

ESSENTIAL GUIDE TO HERBAL COMPANION PLANTING

WITH WENDI BERGIN

The herb companion issue



joyfullyprepared.com



about me

I'm a regular mom...

...with a husband, a bunch of kids, and some dogs and I'm the founder of Joyfully Prepared, a business dedicated to teaching busy moms skills like gardening, food preservation, natural remedies, and more so they can take care of themselves through developing talents, support their families with confidence, and save money.

I've rolled down the mountain of accomplishment so many times that I have skinned knees, grass in my teeth, and sticks in my hair. All of these mistakes have actually allowed me to become more confident in my knowledge and skills.

I'm eager to learn and strive to create a space where people want to learn. I'm not perfect. In fact, someone once described me as the “queen of preparedness, but normal without scaring people.”

Whether it's canning, gardening, emergency preparedness, or anything else—I teach others to feel confident while learning it.

wendi

What Is Companion Planting?

Companion planting is like matchmaking for your garden.

Some plants just naturally grow better together—they support each other by keeping pests away, attracting helpful insects, or boosting each other's flavor and growth. It's the garden version of a good neighbor: someone who doesn't borrow your tools but does keep the bad guys away.

You've probably heard that basil helps tomatoes thrive, or that marigolds keep pests off your squash. That's companion planting in action!

When you plant herbs alongside your fruits and vegetables, you're not just growing more food—you're growing a little ecosystem that works together in harmony.



How to Place Herbs in the Garden

There's no one right way to add herbs to your garden, which is great news if you're working with limited space or a little chaos (been there). Here are a few simple ways to get started:

Interplanting

Tuck herbs like basil, thyme, or dill right between your tomatoes, lettuce, or peppers. They're compact, cheerful, and won't compete much for space.

Border Planting


Use strongly-scented herbs like rosemary or lavender around the edges of your garden beds. They help deter pests and look beautiful while doing it.

Container Planting

Growing mint or lemon balm? Keep them in pots to prevent garden takeover. Containers also let you move herbs around as needed (and they look cute on porches!).

Hanging Baskets

Try trailing herbs like thyme or lemon balm in hanging baskets near doorways or patios. They'll add beauty, scent, and gentle pest protection—no bending required.

 Herbs don't need their own bed unless you want one. Most are happiest when mingled among your vegetables and fruit—just like at a good potluck.

Special Considerations

A few things to know before you plant and walk away:

☀️ **Sunlight:** Most herbs love full sun, but a few (like parsley or mint) can tolerate partial shade.

💧 **Water Needs:** Some herbs, like rosemary and thyme, like it dry. Others, like basil or parsley, prefer moist soil.

🪴 **Invasive Herbs:** Mint, lemon balm, and catnip like to spread. Keep them in containers or harvest often.

🌱 **Annual vs Perennial:** Some herbs come back year after year (rosemary, thyme, lavender). Others (like basil and dill) will need replanting each season.

✂️ **Harvest Often:** Picking herbs encourages new growth—and gives you fresh sprigs for the kitchen.



🌿 A Few Extra Tips

✨ Harvest often. Herbs love a good haircut—it keeps them from getting leggy and encourages fresh growth. Don't be shy.

☀️ Sun matters. Most herbs want 6–8 hours of full sun. A sunny spot by your back door or a balcony works just fine.

🌱 Get to know them. Smell them, taste them, learn how each one feels. The more familiar you are, the more confident you'll become in using them.

🗑️ Preserve your abundance. Try drying your herbs, freezing them in oil, or steeping them in vinegar or honey for later use.

👨🌾 Herbs are self-care. Planting, harvesting, using—this is a way of showing up for yourself and your family. Quiet, powerful, and grounding.



Final Thoughts

You don't have to be a master gardener to grow herbs that actually do something. With just a few well-placed plants, you can:

- Deter pests (without harsh chemicals)
- Attract helpful bugs and pollinators
- Boost the flavor and health of your vegetables
- Make simple meals taste like magic
- And have a backyard apothecary right at your fingertips
-

Whether you start with a few pots on the porch or tuck herbs around your tomato plants, you're adding beauty, intention, and power to your growing space.

This is your permission to start simple.

One herb. One patch. One victory at a time.



Herb Companion Guide

Herb	Best Companions	Garden Benefits	Culinary Uses	Medicinal Uses
Basil	Tomatoes Peppers	Repels aphids Improves Flavor	Pesto, caprese, Thai curry	Calming, aids digestion
Rosemary	Beans Carrots	Repels beetles prefers dry soil	Meats potatoes	Boosts memory scalp health
Thyme	Cabbage Family	Repels cabbage worms, great groundcover	Soups, stews, marinades	Cough relief, antiseptic
Dill	Lettuce Cabbage	Attracts ladybugs, avoid carrots	Pickles, dressings, fish	Digestive aid, calming
Sage	Carrots, Strawberries	Repels cabbage moths, dislikes cucumbers	Stuffing, roasted veggies	Hormone support, throat soother
Oregano	General companion	Groundcover, Repels aphids	Italian, Greek, Mexican dishes	Antibacterial, cold relief
Lavender	Fruit trees, borders	Repels moths, attracts pollinators	Shortbread, teas, honey	Calming, sleep aid
Bay Laurel	Container plant	Deters flies, slow grower	Soups, stews, sauces	Digestive & respiratory aid
Parsley	Tomatoes, Carrots	Attracts pollinators, growth booster	Salads, tabbouleh, garnish	Nutrient-rich, detox support

Comparison of Mint Family Herbs



Peppermint	Spearmint	Catnip	Lemon Balm	Bee Balm (Bergamot)
Repels ants, aphids, cabbage moths, flea beetles	Same pest-repelling benefits as peppermint. Attracts beneficial insects too	Attracts cats, repels squash bugs, aphids, ants, and flea beetles. Can act as a trap crop for pests.	Repels mosquitoes, flies, and gnats. Attracts bees and pollinators.	HUGE pollinator magnet. Attracts bees, butterflies, hummingbirds.
Cool, sharp, strong flavor. Best in teas, desserts, chocolates, and syrups.	Milder, sweeter. Great in savory dishes, salads, teas, and summer drinks.	Bitter, less culinary use. Some people do steep it in teas for relaxation.	Lemon-scented and citrusy. Lovely in teas, dessert, infused water.	Earthy, oregano-like with citrus tones. Used in teas and flavoring.
Powerful for digestion, headaches, nausea. Cooling muscle rubs. Antimicrobial	Gentler for kids. Soothes tummy, mild calming, breath freshener.	Deeply calming, especially for nervous tension and insomnia. Mild sedative.	Mood lifter, anti-anxiety, antiviral (esp. cold sores), sleep aid.	Antiseptic, anti-inflammatory, used for colds, sore throats, and skin issues.
Super invasive—keep in pots. Can overpower other herbs.	Still invasive, but a bit more manageable than peppermint.	Cats may roll in it and smash your plants. Can spread aggressively.	Reseeds and spreads. Cut back before it flowers if you want to control it.	Can get powdery mildew if too crowded. Spreads, but not as aggressively.

want to
learn more?



I invite you to join my free Facebook group, Joyfully Prepared, where we support one another in our efforts to save money and learn ways to become more self-sufficient.



JOIN

joyfullyprepared.com