

VICTORY GARDEN COMPANION PLANTING GUIDE

PLAN YOUR PLANTS FOR A VICTORIOUS GARDEN!

Congratulations! You are on your way to a **Victorious Victory Garden!** Victory gardens are no longer a thing of the past. Indeed, gardening for your kitchen table is a growing trend with a significant impact on any household's future.

In the spirit of creating a **Home** full of **Health** and **Happiness** for generations, I'm sharing with you **5 Victory Garden Themes** to make planning your kitchen garden simple, practical and vital to your **Victorious Garden!**

If you haven't already begun bed preparation for your spring/summer garden, you'll want to do the basics first. These steps apply for existing ground rows or raised beds:

- 🌱 Cut dead perennials to the ground.
- 🌱 Remove debris such as branches or pinecones and any bulky dead plant material.
- 🌱 Clear all weeds then cover beds in mulch (leaf matter or natural mulch with no dyes or herbicides added).
- 🌱 Lay 3" organic compost and mix into the top 6" of soil with a hand rake.
- 🌱 Get your tools ready by cleaning and sharpening or oiling, as needed.
- 🌱 Plan your garden!

*(If you are starting from scratch, I'll be sharing my **Start it Up Garden** tips soon!)*

I like to use the square foot method in my raised beds, but this doesn't work for every garden. The main thing is, know what is planted where. Whether it's in square feet, linear rows, or a hodge-podge of yummy beautifulness, planning ahead is essential for garden success!



Most things I buy as "starts" (baby plants) but there are a few I like to start from seed. If you start from seed, plant according to the time frames listed on the package. However, most everything listed here can go in the ground after the last threat of frost for your area, and a couple even earlier.

I will be releasing my new eBook, **Victorious Gardening**, on my birthday, February 17. In it I cover specific planting and maintenance details, and I share my simple secret to determine the prime time for particular veggies each year.

But for now, as an early start on the up-coming season, this guide covers Spring through Summer companion growers (although, some are suited for multiple planting seasons). Rest assured, I'll have another guide for ya as we move into Fall.

One thing I always do is plant various flowering plants in my kitchen garden. Whether it be for soil health or pest control, flowering plants aren't just for the flower beds! The following are great companion plants in ALL 5 of these gardens, and ALL ARE EDIBLE:

- 🌱 Sunflower (soil contamination cleanser, pollinator and trellis for pole beans, tomatoes, cucumbers, beans and squash)
- 🌱 Nasturtium (pollinator, pest trap)
- 🌱 Marigold (pollinator, pest deterrent, nematode control)
- 🌱 Calendula (pest deterrent, especially tomato horn worm)



You'll want to measure your garden and draw its footprint the best you can to plan quantities and layout. For ways to do this easily, reserve your copy of **Victorious Gardening here. Order today and hit the ground planting... right on time.**

In the meantime, check out these **5 Victory Garden Themes, color coded by plant companions for functional Spring Victory Gardens:**

PLANTS IN THIS GUIDE ARE COLOR CODED FOR OPTIMUM COMPATIBILITY. WHETHER IT BE NUTRIENT, PEST, OR STRUCTURE RELATED, GROUPING PLANTS ACCORDING TO THIS ARRANGEMENT WORKS IN NUMEROUS WAYS TOWARD ACHIEVING VICTORY IN YOUR GARDEN.

BLACK

Can be bed fellows with almost everything. See notations for the few you should avoid planting with these.

GREEN

The next most compatible group. This group includes a couple of perennials that will be at home in their beds on a more permanent basis than the others. Asparagus is one that needs ample room underground for years of growth and root expansion. It can grow compatibly with all the others in this group provided it has enough space.

ORANGE

Also a very compatible group with most others. Watch out for those that hog the bed though (squash, melons, cucumbers) and allot enough space between them and their companions for everyone to be comfy. Tall growers in this group can be used as living trellises for the climbers (corn is great support for beans and peas).

BLUE

These are the ground dwellers. Some are roots with foliage extending from a few inches to a few feet above ground, and some form mounds close to the ground.

RED

These plants need a little separation from the group to do their own thing. They can share the bed with each other but if allowed, some of them might steal the covers! Some are downright off putting to the rest of the gang, while others are in this group because they are the only ones who can tolerate those jerks.

PINK

This plant has its own color because it can go with TWO of the most compatible groups, green and orange. **The exception is squash.**

Find specific info on plant spacing and more in the upcoming **Victorious Gardening** eBook.

CHEF'S DELIGHT

INGREDIENTS FOR SAVORY DELIGHTS FROM MAIN COURSES TO SOUPS AND SAUCES!



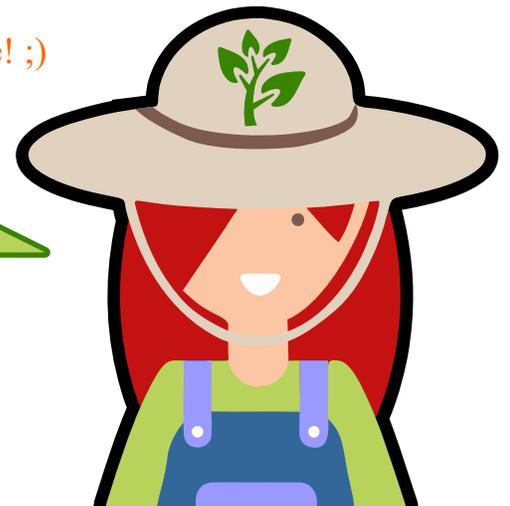
HERBS

-  Sweet Basil
-  Purple Basil
-  Thai Basil
-  Culinary Sage
-  Oregano
-  Thyme
-  Cilantro
-  Rosemary
-  Mint (sweet, spear or pepper or all 3, and maybe even chocolate mint... ooh la la!)
-  Parsley
-  Dill

VEGGIES

-  Tomatoes (goes with all but POTATOES, CABBAGE, CORN, FENNEL & DILL)
-  Beans (pole or runner beans)
-  Peas (sweet, snow, or any kind you like)
-  Carrots
-  Corn
-  Squash (zucchini, yellow, patty pan... as opposed to patty cake! ;)
-  Onions (yellow, white, red)
-  Chives
-  Garlic
-  Leeks
-  Celery
-  Cabbage
-  Spinach
-  Sweet Potatoes
-  Potatoes
-  Peppers (take your pick – hot, sweet, bell... go crazy!)
-  Asparagus
-  Mushrooms (needs shade - plant under taller plants like tomato and asparagus)

Did you know that watering plants with water used to boil or steam vegetables or to cook pasta and eggs is a GREAT way to get necessary micronutrients to your garden? Cheap, feasible, sustainable...
Victorious Gardening!



SALAD BOWL

SOME OF US JUST PREFER TO EAT LIKE RABBITS!

HERBS

- 🌿 Sweet Basil (great for dressings)
- 🌿 Purple Basil (great for dressings)
- 🌿 Oregano (great for dressings)
- 🌿 Thyme (great for dressings)
- 🌿 Cilantro (great for dressings)

VEGGIES & BERRIES

- 🍅 Tomatoes (goes with all but POTATOES, CABBAGE, CORN, FENNEL & DILL)
- 🌿 Lettuce (head, leaf, butter... there's SO many and it gets along with the whole crew!)
- 🍓 Peas (sweet, snow, or any kind you like)
- 🥕 Carrots
- 🍆 Squash (zucchini, yellow)
- 🥒 Cucumbers
- 🍓 Strawberries
- 🌿 Arugula
- 🧅 Onions (sweet or red)
- 🌿 Leeks
- 🌿 Celery
- 🌿 Spinach
- 🍇 Blueberries
- 🌿 Peppers (take your pick – hot, sweet, bell... go crazy!)
- 🥕 Radishes
- 🍄 Mushrooms (needs shade - plant under taller plants like tomato and asparagus)



FRIENDS & NEIGHBORS

**BOUNTIFUL YIELDS, CANNING COMPANIONS AND RECIPE INGREDIENTS
SO YOU CAN SHARE AND SHARE ALIKE!!**

HERBS

-  Rosemary
-  Mint (whatever mint you choose, there will always be enough to share!)
-  Dill (make those pickles for the whole neighborhood!)

VEGGIES & BERRIES

-  Tomatoes (goes with all but POTATOES, CABBAGE, CORN, FENNEL & DILL)
-  Peas (sweet, snow, or any kind you like)
-  Carrots
-  Squash (zucchini, yellow)
-  Cucumbers
-  Onions
-  Garlic (for the pickles!)
-  Sweet Potatoes
-  Potatoes
-  Peppers (take your pick – hot, sweet, bell... go crazy!)
-  Okra
-  Eggplant
-  Blackberries (I prefer thornless!)



LET THE KIDS GET DIRTY

THIS ONE SPEAKS FOR ITSELF!

HERBS

- 🌿 Sweet or Purple Basil
- 🌿 Mint (any kind is a sure-fire success for the kiddos!)

VEGGIES

- 🍅 Tomatoes (goes with all but POTATOES, CABBAGE, CORN, FENNEL & DILL)
- 🥬 Lettuce (head, leaf...pick your favorite, it gets along with the whole crew!)
- 🍈 Watermelon
- 🍉 Cantaloupe
- 🫘 Beans (pole or runner beans)
- 🥜 Peas (sweet, snow, or any kind you like)
- 🥕 Carrots
- 🌽 Corn
- 🍆 Squash (zucchini, yellow, cousa, and patty pan)
- 🍓 Strawberries
- 🍆 Okra
- 🥔 Potatoes
- 🫐 Blueberries (this is a shrub)



MOTHER NATURE'S MEDICINES

GROW YOUR OWN WELLNESS!

HERBS

-  Lavender
-  Peppermint
-  Thyme
-  Oregano
-  Lemon Balm
-  Yarrow
-  Valerian
-  Bee Balm
-  Echinacea
-  Rue



Did you know plant stress is a real thing and can cause outbreaks of disease or pests? Avoid stress in herbs by harvesting before or after the heat of the day and only when the plants are dry. To keep them producing longer, cut foliage before flowering begins.



For many more medicinal herbs and other healing plants, their uses and recipes, keep an eye out for my eBook, *Medicine Woman's Way* COMING SOON!

SO THERE YOU HAVE IT. PICK AND CHOOSE OR PLANT THEM ALL, JUST BE SURE TO PLAN THE LAYOUT BEFORE DIGGIN' IN!

If you are a novice or are looking for a little more expertise in planting and growing your **Victory Garden**, you can pre-purchase my eBook, **Victorious Gardening**, on planting, growing, and maintaining all these plants and more for **ONLY \$14.99!** I've dumped all my knowledge into an entertaining and concise instruction manual that can help anyone become a successful kitchen gardener!

Also, remember to be on the look-out for your **FREE** download of my **Start it Up Garden** tips and tricks AND soon to come eBook, **Medicine Woman's Way!**



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ABOUT THE AUTHOR

As a Mom, Wife, Farmer, Rock-n-Roll Singer, Business Owner, Certified Texas Master Gardener and now Author, P.J. Whitehouse credits her blessings to hard work and Faith. In 2010, upon returning from band tour, P.J. followed another dream and opened a small garden center/landscape company in the heart of Houston, TX. In 2016 the Whitehouse's sold the business and ironically, moved to Whitehouse, TX. On a micro farm outside of town, P.J. dove into a self-sufficient lifestyle of victory gardening and DIY sundries, spawning Freedom Farm Provision Co. P.J. is dedicated to community education by sharing knowledge accumulated over a decade of experience, and she continues her own education to become a Certified Vet Tech and TX Master Naturalist. She also still plays and records music with her band. P.J. is happiest on her farm making soap, feeding animals, singing on the porch, and of course, diggin' in the dirt.

