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Planting Advice



GARDENS OF
THE FUTURE

#enterthegardens



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**‘ A society grows great
when old men plant trees
whose shade they know
they shall never sit in. ’**

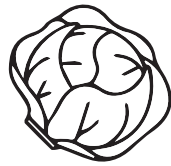
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**Plant
Family
Characteristics**

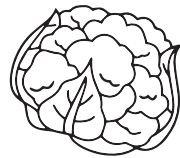
Brassicas



The Brassica family (Brassicaceae), which includes cabbage, broccoli, kale, and cauliflower, is packed with nutrients and cold-hardy, making it a garden staple. These plants benefit from companions like onions and herbs that help deter pests, allowing for healthier growth and harvests.



Cabbage



Cauliflower



Radish



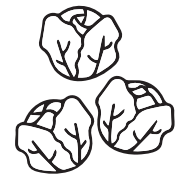
Turnip



Kohlrabi



Broccoli



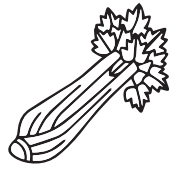
Brussel sprouts

Light	Full Sun		
Hardiness	Frost Hardy, likes a high organic content	Frost Hardy, likes a high organic content	Hardy and low maintenance
Key Problems	Cabbage root fly Caterpillars Flea Beetle Slugs and snails	Flea Beetles. Aphids, Cabbage Worms	Flea Beetles, Cut Worms
Water	10 litre of water per square meter when top 5cm of		
Planting Period	November	November	Sept - Dec Mar - Apr
Planting Distance	45- 60cm	30-45cm	3-8cm
Harvesting Period	60-110 days	60-80 days	21-50 days
Useful Tips	In the case of seedlings, hardening off by putting them outside the night before transplanting helps with transplanting shock.	Gather some large outer leaves and pull them gently toward the center. These will cover the head loosely. Then secure it on top with twine or a rubber	Radishes are very prone to bolting in the heat, leaving to flavor and texture toast. On the contrary established plants may even sweeten up in the cold.
Basic Consumption	Great pair for salads, legumes and stir fry. Also homegrown cabbage makes a great sauerkraut	Cauliflower pickled on veggie platters, raw with dip, mashed as a potato substitute, or even roasted with buffalo sauce as "cauliflower wings".	Radishes give a wonderful peppery, crisp flavor in your salads or on cheese platters.

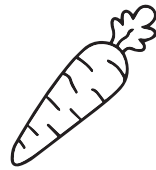
Full Sun			
Hardy and low maintenance	Hardy, high organic content	Frost Hardy, likes a high organic content	Frost Hardy, likes a really high organic content
Flea Beetles, Cabbage Flies, Root Maggots	Cabbage Aphids, Cabbage Loopers, Cutworms, Flea Beetles	Cabbage Worms, Cabbage Loopers, Root Maggots, Aphids	Cabbage Worms, Cabbage Loopers, Flea Beetles, Root Maggots
compost is dry(every 2-3 days), needs consistent moisture			
Sept - Dec Mar - Apr	Sept - Dec Mar - Apr	November	November
5-10cm	20-25cm	45-60cm	30-45cm
35-40 days	55-60 days	100-150 days	90-110 days
Harvest young for the most tender and sweet roots, ideally when they are golf ball-sized or slightly larger. Afterwards they can easily get woody	Once the kohlrabi reaches 5-10cm, you can harvest the bulbs. More mature kohlrabi bulbs become woody with age. Good median size of about 7-8cm	When harvesting, the head should be tight, stiff, and fully colored. Usually, it will be fist-sized or larger. Most varieties will send out offshoots after harvest.	Frost actually improves the flavor of, so wait until the winter sets in to harvest Brussel sprouts
Shredded in a salad or slaw or sliced and eaten with hummus. You can roast them. Ideal for pickles or fermented kimchi blends.	Kohlrabi are better eaten raw straight from the garden, with dip or slightly pickled	Eat them as you would collard greens. Opened flowers and seed pods can also be eaten, usually as a garnish or sprinkled in salads.	Boil them for 3 minutes in salty water and then throw them in a pan with oil, garlic, ginger and chili. Excellent stir-fry full of nutrients.

Umbels

The Umbel family (Apiaceae), featuring carrots, parsley, celery, and dill, is known for its aromatic qualities and delicate, umbrella-like flower clusters. These plants attract beneficial insects like pollinators and predatory wasps, making them excellent companions for tomatoes, lettuce, and brassicas.



Celery



Carrot



Fennel



Parsley



Coriander



Dill



Anise

	Light	Full to Partial Sun	Full to Partial Sun	Full Sun
	Hardiness	Moderately Hardy	Moderately Hardy and Low Maintenance	Moderately Hardy
	Key Problems	Celery Fly, Bacteriosis, Septoria	Parasitic Wasps, Flies, Soldier Beetles	Slugs, Snails, Aphids
	Water	10 litre of water per square meter when top 5cm of		
	Planting Period	Oct - Nov Feb - Mar	Oct - Nov Feb - Mar	Sept - Dec Mar - Apr
	Planting Distance	20-30cm	5-8cm	25-30cm
	Harvesting Period	70-120 days	70-100 days	80-115 days
	Useful Tips	It requires fertile soils rich in organic matter, which is useful for both moisture retention and soil heat retention.	Carrots prefer sandy soil. It's easier to harvest carrots if the soil is moist, so either irrigate the day before harvest or harvest after rainfall.	Fennels have a preference in sandy loam soil. Increases in temperature and lack of water will cause bulb fennel to flower early. Harvested when 10cm.
	Basic Consumption	Celery makes a flavour base for a wide variety of dishes, including stocks, soups, stews. Pickled celery adds a tangy kick that boosts-gut health.	Carrots are high in beta-carotene, vitamin B6, fiber, and potassium. You can enhance their flavor of with herbs like spearmint, thyme, bay leaf, ginger.	The trimmings and stems of bulb fennel can be used to flavor soups and stocks.

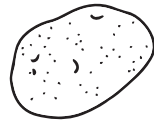
Full to Partial Sun	Full to Partial Sun	Full Sun	Full Sun
Moderately Hardy	Moderately Hardy	Extremely Hardy and Low Maintenance	Moderately Hardy
Aphids, Celery Fly, Caterpillars	Cabbage Loopers, Cutworms, Aphids	Aphids, Caterpillars	Aphids, Caterpillars
compost is dry(every 2-3 days), needs consistent moisture			
Oct - Nov Feb - Mar	Oct - Nov Feb - Mar	Oct - Nov Feb - Mar	Sept - Dec Mar - Apr
15-20cm	10-15cm	25-30cm	15-20cm
70-90 days	30-45 days	65-75 days	120 days
Instead of cutting from the top, cut at the base of the stem to encourage foliage growth. It will give you bushier plants and an improved yield.	If your cilantro is growing tall and leggy, clip off top stems and it will regrow bushier. If seeds is what you're after, the seeds will be ready in about 3 months.	Dill foliage can be harvested any time before the flowers open. Cut the leaves just where they meet the stem and discard the rest of the thick, hollow stem.	Anise has many medicinal benefits. It is said to aid digestion, relieve nausea, and ease sore throats and coughs as well as aniseed flavor to food.
Parsley elevates the flavor of soups, salads, and fish recipes. Aside from its many culinary uses, it is highly nutritious and has powerful health benefits.	Fresh cilantro is often paired with lime as an addition to curries, soups, and Asian dishes. Dried coriander can be grinded and used in stews and soups.	Dill is used to flavor fish, lamb, potato salad, egg dishes, pickled vegetables, and soups. The entire plant is used for flavor when pickling.	The green leaves from the anise plant can be used in salads or added to stews, soups, casseroles, and curries. It's best to add towards the end of cooking.

Solanums

The Solanum family (Solanaceae), including tomatoes, potatoes, peppers, and eggplants, is valued for its nutrient-rich, flavorful crops. While highly productive, these plants are heavy feeders, thriving alongside companion plants like basil and carrots that can help deter pests and enhance growth.



Tomato



Potato



Eggplant



Pepper



Tomatillo

Light	Sheltered Full Sun	Full Sun	Sheltered Full Sun
Hardiness	Frost Tender	Frost Tender, Low Maintenance	Hardy, Heavy Feeder
Key Problems	Aphids, Powdery Mildew	Slugs, Potato Beetle	Tarnished Plant, Bugs, Aphids
Water	10 litre of water per square meter when top 5cm of		
Planting Period	Apr - Nov	Sep - May	Apr - Nov
Planting Distance	20-25cm	10cm	45-60cm
Harvesting Period	90 days	70-120 days	60-100 days
Useful Tips	The easiest tomatoes to grow in pots are bush varieties, which don't need to be staked. Insert a 1.5m bamboo cane and loosely tie the stem.	Keep the mulch topped up approximately every 4 weeks and add some liquid feed or fertiliser every two to three waterings to add extra nutrition.	As long as it has enough heat and water, eggplant will yield in great abundance throughout the summer.
Basic Consumption	Tomatoes can be used in anything and do everything better. Salads, sauces, eat them as a snack, everything.	For potatoes, less is more. My recommendation, roast them and add some flaky salt and rosemary on it. Perfection.	It's most well known for the signature eggplant parmesan of Italy, the Middle Eastern relish dip called baba ganoush, Greek moussaka.

Full Sun	Full Sun
Heat Loving, Heavy Feeder	Hardy, Frost Tender
Aphids, Cellery Fly, Caterpillars	Cabbage Loopers, Cutworms, Aphids
compost is dry (every 3-4 days)	
Apr - Nov	Apr - Nov
20-40cm	24-36cm
60-90 days	60-85 days
You can use strong sticks buried by the base of the plant and tied to the plant for added support. Careful never to tie too tight choke or snap the stem	Treat a tomatillo like a determinate (bush) tomato and guide it to grow up its cage or stay within the bounds of fencing and string.
Pepper are a great choice for soups, stir-fry and of course stuffing.	Only the mature fruits of tomatillos are edible. They can be enjoyed raw in salsas, chutneys, jams, and as garnishes. They are also cooked into stews, soups.

Legumes



The Legume family (Fabaceae), which includes beans, peas, lentils, and chickpeas, is prized for its high protein content and soil-enriching ability through nitrogen fixation. These plants are excellent companions in the garden, improving soil fertility and supporting crops like corn, spinach, and carrots.



Bush Beans



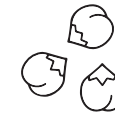
Broad Beans



Peas



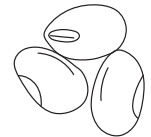
Runner Beans



Chickpeas



Split Peas



Mung Beans

Light	Full Sun	Full Sun	Full Sun, Partial Shade
Hardiness	Hardy, Very Resilient	Hardy, Cooler Variety	Hardy
Key Problems	Bean Beetles, Spider Mites, Archids, Thrips, Cutworms	Bean Beetles, Spider Mites, Archids, Thrips, Cutworms	Root Maggot, Cutworms, Thrips, Spider Mites, Pea Moth, Aphids
Water	10 litre of water per square meter when top 5cm of		
Planting Period	Sep - Dec Apr - Jun	Oct - Apr	Oct - Apr
Planting Distance	5-8cm	20-25cm	5-8cm
Harvesting Period	55-65 days	75-80 days	50-70 days
Useful Tips	Rinse off your beans thoroughly, and then soak in water for at least 12 hours. Keep them moist. You will have bean sprouts within 6-10 days.	Broad beans do not require trellising, they can benefit from support. Using some support with strings can offer extra assistance to younger plants.	While pea plants grow, gently hook the tendrils onto the bottom of a trellis. The bright green pea tendrils will wrap around the trellis and hold on.
Basic Consumption	You can eat these beans in two ways. Eat them as fresh pods, where the whole pod is harvested and eaten, or eat them as dry beans.	These light and versatile beans are a perfect summer ingredient. Roast, sauté, stew or fry them until crispy. Blend or mash them to make a dip.	Peas are rich in fibre. Foods rich in fibre are known to reduce blood pressure and improve lipid levels in the blood. Great addition to stews and currys.

Full Sun	Full Sun	Full Sun, Partial Shade	Full Sun
Hardy, Sun Loving	Moderately Hardy	Hardy, Cooler Variety	Moderately Hardy
Bean Beetles, Spider Mites, Archids, Thrips, Cutworms	Beet Armyworm, Leafminer, Bean Beetles, Cutworms, Pod Borers	Bean Beetles, Spider Mites, Archids, Thrips, Cutworms	Aphids, Bean Beetles, Bean Weevils, Mealybugs
compost is dry (every 3-4 days)			
Sep - Dec Apr - Jun	Oct - Apr	Oct - Apr	Sep - Dec Apr - Jun
20-25cm	8-16cm	5-8cm	5-10cm
60-70 days	90-100 days	55-80 days	100 days
Usually, wrapping the tendril once or twice around a bit of netting or hooking it onto the trellis will suffice, as the plant will secure itself from there.	As the plant grows, either stake, trellis, or cage it. If you'd like, at maturity (before flowering) prune the tips of the plant to produce more dry chickpeas.	If your plants are producing no flowers, you may have a lot of nitrogen in your soil. Pinch back the ends of your vines, harvesting those tasty pea shoots.	Mung Beans can also be grown as microgreens. Sprouting not only enhances the nutrition of mung beans but also makes them easily digestible.
Runner beans are used in salads as well as being served as a vegetable. They are added to stews, cassoulets, soups and broths.	Chickpeas are excellent for soups, stews, or a delicious homemade hummus.	Split peas taste similar to lentils, and you can use them in just as many ways, from falafel and fritters to flavorful stews.	Microgreens are high in protein, fiber and vital nutrients. These beans have a slightly sweet taste and are often made into a paste in Asian desserts.

Roots and Alliums



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The Allium family (Alliaceae), including onions, garlic, leeks, and chives, is known for its strong flavors and health benefits, rich in antioxidants and immune-boosting compounds. These easy-to-grow plants also naturally repel pests, making them ideal companions for vegetables like carrots, tomatoes, and lettuce.



Onion



Leeks



Garlic



Spring Onions



Beetroot



Spinach



Chard

Light	Full Sun	Full Sun, Partial Shade	Full Sun
Hardiness	Moderately Hardy	Moderately Hardy, Frost Tolerant	Moderately Hardy, Frost Lover
Key Problems	Onion Thrips, Onion Maggots	Leek Moth, Thrips, Onion Maggots	Thrips, Bulb Mites, Nematodes
Water	10 litre of water per square meter when top 5cm of		
Planting Period	Oct - Apr	Oct - Apr	Oct - Apr
Planting Distance	5-10cm	10-15cm	15cm
Harvesting Period	90-100 days	80-130 days	180-210 days
Useful Tips	Onions not only are important in food, but they're also important in intercropping and pest control.	In Leeks, mound soil around the plants to cover the stalk up to the base of the leaves. This naturally blanches the stalk and encourages it to grow taller.	Planting your garlic in the autumn gives the roots time to develop while exposure to cold ensures you end up with a nice-sized bulb to harvest.
Basic Consumption	Fresh onion is an important ingredient in just about every meal—soup, stew, and even pizza. Without onions, food tends to be fairly bland and tasteless.	Their onion-like flavor is excellent for soups, roasts, risottos, stir fried, or in tarts.	Garlic has the magical power to make everything better. If you don't have a problem with garlic breath, try garlic aioli. Reduces blood pressure.

Full Sun	Full Sun	Full Sun to Partial Shade	Full Sun to Partial Shade
Moderately Hardy	Moderately Hardy	Moderately Hardy, Frost Tolerant	Moderately Hardy, Frost Tolerant
Aphids, Onion Maggots, Slugs, Snails, Thrips	Aphids, Root Knot Leafhoppers, Leaf Miners, Nematodes	Downy Mildew, Slugs, Snails	Aphids, Darkling Beetles, Flea Beetles, Beet Leafhopper
compost is dry (every 3-4 days)			
Oct - Apr	Oct - Apr	Oct - Apr	Oct - Apr
3-5cm	8-10cm	10-15cm	30-35cm
60-95 days	45-70 days	24-30 days	55-60 days
Green onions are very easy to be regrown from rooted bulbs from store-bought plants. They will produce tall, green leaves every couple of weeks.	Fully-mature beets should be removed when they reach a baseball size. Leave 3-5cm of stem on the root. You can also harvest beet greens.	For harvesting spinach, simply grab a handful and cut across the bottom of the stems, leaving the center growing point intact.	Harvest chard from the outside in, leaving the chard heart in the middle intact. Then new leaves will grow again and again
Scallions can be cooked or used raw as a part of salads, salsas or Asian recipes. Diced scallions are used in soup, noodle, curries and stir fries.	Beetroots are perfect pickled using a vinegar base, or made beet chips. Cook the beets first, then slice and dry. You can dry them raw or cooked.	Spinach can be used in pesto and other sauces, added to stew and soups/sauteed or even used as a topping for pizza.	Chard can be steamed or sauteed, and it's great in soups, stews, casseroles, frittatas and quiches. Young leaves can be eaten raw in salads.

Cucurbits

The Cucurbit family (Cucurbitaceae), including cucumbers, squash, melons, and pumpkins, produces sprawling, fruit-bearing vines that thrive in warm conditions. These plants benefit from companions like corn and beans, which provide natural support and improve soil nutrients for a productive harvest.



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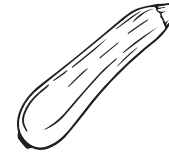
Melon



Watermelon



Cucumber












Courgette



Gourds



Pumpkin

	Light	Full Sun		
	Hardiness	Moderately Hardy, and Heat loving	Moderately Hardy, and Heat loving	Moderately Hardy
	Key Problems	Aphids, Thrips, Cutworms, Beetles, Cabbage Loopers, Nematodes	Aphids, Beetles, Spider Mites, Squash bugs, Vine Borers	Aphids, Whiteflies, Cucumber beetle, Spider Mites, Vine Borers
	Water	20 litre of water per square meter when top 5cm of		
	Planting Period	April - July		
	Planting Distance	45-60cm	45-60cm	30-45cm
	Harvesting Period	80-90 days	70-90 days	40-75 days
	Useful Tips	Collect pollen from the male flowers, then brush it into the female flowers, and you'll be rewarded with future fruit.	For harvest, watch the small tendrils close to where the vine attaches to the melon. These will begin to dry out when the melon is approaching ripeness.	A 150-180cm tall trellis is plenty for cucumbers. Ensure it's able to handle weight, as cucumber fruit can become heavy.
	Basic Consumption	You can freeze it in slices or cubes. Additionally, some like to puree and freeze it in ice cube trays to make a frozen cube that's easy to add to a smoothie.	Pickled watermelon rind or as a sweet, can be incredibly tasty and well worth storing. Many people will also freeze ice cubes to blend into a smoothie.	Cucumbers with thinner skin can be easily used in salads. They are crisp, juicy, and tasty. When they have thicker skins popular for pickling use.

Full Sun		
Moderately Hardy	Moderately Hardy, and Heat loving	Moderately Hardy
Aphids, Cucumber Beetles	Pumpkin Flies, Cucumber Beetles, Squash Bugs	Pumpkin Flies, Cucumber Beetles, Aphits
compost is dry (every 3-4 days) or more on hot summer days		
April - July		
60-90cm	90-120cm	90-120cm
40-60 days	60-180 days	60-180 days
For zuchinnis it's best, early in the morning, to clip off a male flower and remove the petals. Touch or roll the male pollen into the female flowers.	Although they will grow on the ground, it's very easy for disease to spread and the fruit to rot there. Trellises provide air circulation to keep the plant healthy.	Pumpkin vines branches itself every 20-30 cm and requires a lot of space to extend. You can dig and bury a node for extra root system.
Zucchini can be enjoyed raw, but it has the most nutrient bio-availability and flavor when cooked.	Gourds can be turned into bowls, used for storage, or put to use as canteens. They can be carved into spoons, vases, and musical instruments.	Pumpkins are a great soup ingredient, pie filling or even a fun carving experience for a Halloween Decoration

Perennial Plants



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Perennials are long-lasting plants like asparagus, rhubarb, artichokes, and certain herbs that return year after year with minimal replanting. They build soil health over time, attract beneficial insects, and make great companions for annuals by creating a resilient, sustainable garden ecosystem.



Asparagus



Artichoke



Endives



Capers



Geranium



Strawberry

Light	Full Sun		
Hardiness	Moderately Hardy	Moderately Hardy, but Frost Tender	Moderately Hardy
Key Problems	Cutworm, Thrips, Asparagus Beetle, Asparagus Miner, Aphids	Aphids, Plume Moth, Snails, Mildew, Armyworm, Plume Moth	Slugs, Snails, Rabbits, Downy Mildew, Anthracnose
Water	10 litre of water per square meter when top 5cm of		
Planting Period	Sep - Dec	Mar - Apr Oct - Nov	Mar - Apr
Planting Distance	45- 60cm	90-120cm	30-45cm
Harvesting Period	2-3 years	60-70 days	45 days
Useful Tips	Asparagus is a monoecious plant, with each plant either male or female. Male plants provide better spear production than female plants.	Artichokes can be cultivated as part of decorative landscaping. They add a whimsical look you just can't get with garden other off-the-mill flowers	Chicory roots as a coffee substitute. You can grind and brew dried chicory roots just like you would coffee.
Basic Consumption	Raw asparagus to pasta dishes and salads are a great addition. Alternatively, enjoy the spears lightly steamed or sautéed in a frittata	Artichokes may be eaten cold or hot. They are served with a dip, either melted butter or lemon vinaigrette	Simply cut two or three leaves from the outside of each plant, and the younger leaves at the centre will continue to grow for further harvests.

Full Sun		
Moderately Hardy, Heat Lover	Moderately Hardy	Moderately Hardy
Slugs, Snails, Rabbits, Downy Mildew, Anthracnose	Aphids, Thrips Scale Insects, Spider Mites, Cabbage Loopers	Rodents, Birds, Tarnished Plant Bug
compost is dry (every 3-4 days)		
Mar - Sep	All year round	Sep - Oct Mar - Apr
45-60cm	23-30cm	30-45cm
1-2 years	30-40 days	28-42 days
Both the flower bud and the young flower stem of caper can be eaten. Caper bushes prefer the shade and moisture under olive and other fruit trees	For a plant which can create a plethora of bright and wildly-colored flowers, or a plant that smells like cinnamon or spices, you can find a gerani-	As hardy herbaceous perennials, strawberries die back in the winter and grow back vigorously when the weather warms again in the spring.
Toss capers into salads for a satisfying crunch and pop of flavor. Use capers to add saltiness to pasta, salads and rice dishes. Top plates with caper sauces.	The leaves of scented geraniums are safe to eat, but the leaves and flowers are most often used as scents and flavoring.	Strawberries are mostly consumed as fresh fruit, but they are also very popular in jams, preserves, smoothies, ice cream, and baked goods.

Perennial Herbs



Perennials are long-lasting plants like asparagus, rhubarb, artichokes, and certain herbs that return year after year with minimal replanting. They build soil health over time, attract beneficial insects, and make great companions for annuals by creating a resilient,



Chives



Sage



Mint



Oregano



Rosemary



Basil



Thyme

Light	Partial Shade	Partial Shade	Full Sun
Hardiness	Extremely Hardy	Frost Hardy, likes a high organic content	Frost Hardy, likes a high organic content
Key Problems	Slugs & Snails		
Water	10 litre of water per square meter when top 3 cm of		
Planting Period	March - May Oct - Nov	March - May Oct - Nov	March - May Oct - Nov
Planting Distance	25-30 cm	25-30 cm	25-30 cm
Harvesting Period	Stop harvesting one month before frost date		
Useful Tips	Cut leaves in a random manner to prevent bare patches.	Pick leaves when you need them or cut a bigger batch and let it dry naturally to store in glass jars.	Pick the tips of stems, just above a pair of leaves to promote bushy growth
Basic Consumption	Both leaves and flowers are edible, perfect for decorating salads or soups.	Soothing tea and a great choice in winter days. When is paired with butter and pasta makes the best soul food!	Salads, cocktails but also as a tasty tea. Adds a freshness kick to any drink!

Full Sun	Full Sun	Full Sun	Full Sun
Frost Hardy, likes a high organic content	Frost Hardy, likes a high organic content	Frost Hardy, likes a high organic content	Frost Hardy, likes a high organic content
Slugs & Snails			
compost is dry (every 3-4 days)			
Sept - Dec Mar - Apr	Sept - Dec Mar - Apr	March - May Oct - Nov	March - May Oct - Nov
25-30 cm	20-25cm	25-30 cm	25-30 cm
Stop harvesting one month before frost date			
Pick shoots and leaves when you need them in cooking or cut a bigger batch and let it dry naturally to store in glass jars.	Cut the stem tips about halfway down the soft, new growth	Pick the tips of stems, just above a pair of leaves to promote growth	Pick the tops of stems to promote bushy new growth
Add to your pizza, pasta and sauces for it's pungent flavor.	Adding full sprigs of rosemary in the pan while cooking can add subtle flavor to your food.	Salads, sauces, stews, technically everything. But our recommendation is to make a homemade pesto from scratch. Huge difference!	Great addition to starchy dishes and white sauces. A simple sprinkling while roasting is enough to make vegetables stand out on their own.

Edible Ornamentals



Co-funded by the European Union

The Edible Ornamentals family includes vibrant, dual-purpose plants like nasturtiums, pansies, and calendula, which bring beauty to the garden and are also safe to eat. These plants attract pollinators, deter pests, and add color and flavor to salads, making them perfect companions in both decorative and edible landscapes.



Valerian



Nasturtium



Marigolds



Amaranth



Purslane



Sunflower

Light	Full to Partial Sun	Full to Partial Sun	Full to Partial Sun
Hardiness	Hardy	Moderately Hardy, but Frost Tender	Hardy, Heat and Drought Tolerant
Key Problems	Leaf-mining fly Bacteriosis Septoria	Parasitic Wasps Flies Soldier Beetles	Slugs Snails
Water			
Planting Period	November	November	Sept - Dec Mar - Apr
Planting Distance	45- 60cm	30-45cm	3-8cm
Harvesting Period	60-110 days	60-80 days	21-50 days
Useful Tips	The flower stems of valerian grow to 1-1.5m tall from a basal clump of foliage, so plant towards the back of a bed or border.	The strong, pungent scent of nasturtium flowers and leaves is said to be unappealing to mosquitoes and other insects. Nasturtiums are great aphid traps.	Marigolds get benefited from cutting the spent flowers off a few inches below the flower head. This will keep your plant blooming prolifically.
Basic Consumption	Valerian root has sedative and calming properties. Today, valerian is promoted for insomnia, anxiety, depression, menopause symptoms, and headaches.	The leaves and flowers have a strong pepper flavor that will season salads, pasta, cakes. They also have lots of Vitamin C, beta-carotene, and antioxidants.	Marigold tea is beneficial for treating gastritis, acid reflux and ulcers, as well as reducing stomach or menstrual cramps.

Partial Shade	Full to Partial Sun	Full Sun
Moderately Hardy, but Frost Tender	Frost Hardy, likes a high organic content	Frost Hardy, likes a high organic content
Cabbage root fly Caterpillars Flea Beetle Slugs and snails	Cabbage root fly Caterpillars Flea Beetle Slugs and snails	Cabbage root fly Caterpillars Flea Beetle Slugs and snails
Sept - Dec Mar - Apr	Sept - Dec Mar - Apr	November
5-10cm	20-25cm	45-60cm
35-40 days	55-60 days	100-150 days
Amaranth is a fun and effortless plant for your garden. Not only does it have stunning flowers, but it also provides unique food for the family.	The brightly colored small rose-like flowers will attract bees, butterflies, and other beneficial pollinators to the garden.	Sunflowers are a great way to make a green fence on your property but also to add color and food for the pollinators with minimum effort
The beautiful blooms of amaranth can be enjoyed as cut flowers, but also you can harvest it for food, enjoying the tasty greens and nutritious seeds.	Purslane has a slightly sour taste, similar to spinach. It can be used in many of the same ways as spinach and lettuce, such as in salads or sandwiches.	Sunflower seeds can be roasted for a tasty snack or used to plant the next season. Beneficial for your heart they are rich in vitamin E and magnesium.

02.

**Companion
Planting**

Companion Planting Matrix



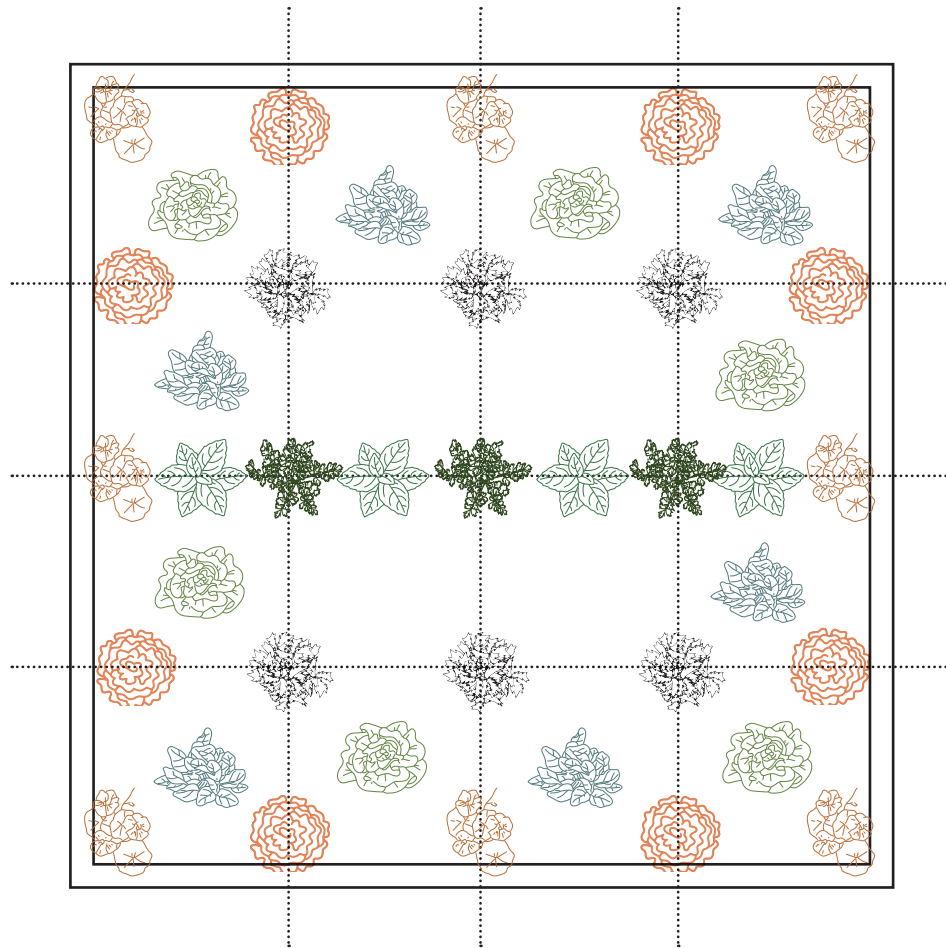
Co-funded by the European Union

	Beans					
	Peas					
	Cucumber					
	Potatoes					

03.

**Seasonal Planter
Layout Examples**

Autumn Planter Layout



Key:

	Tomato		Marigold		Nasturtium		Celery
	Spinach		Basil		Lettuce		

Layout Description

Basil near your tomatoes help repel pests such as aphids, whiteflies, and tomato hornworms. Basil also improves the flavor of tomatoes.

Marigolds near your tomatoes help repel nematodes, which can damage tomato roots. Marigolds also attract beneficial insects such as ladybugs and lacewings.

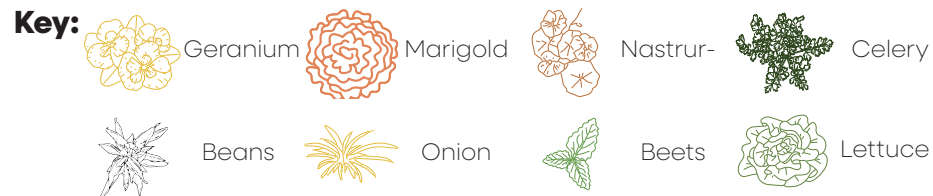
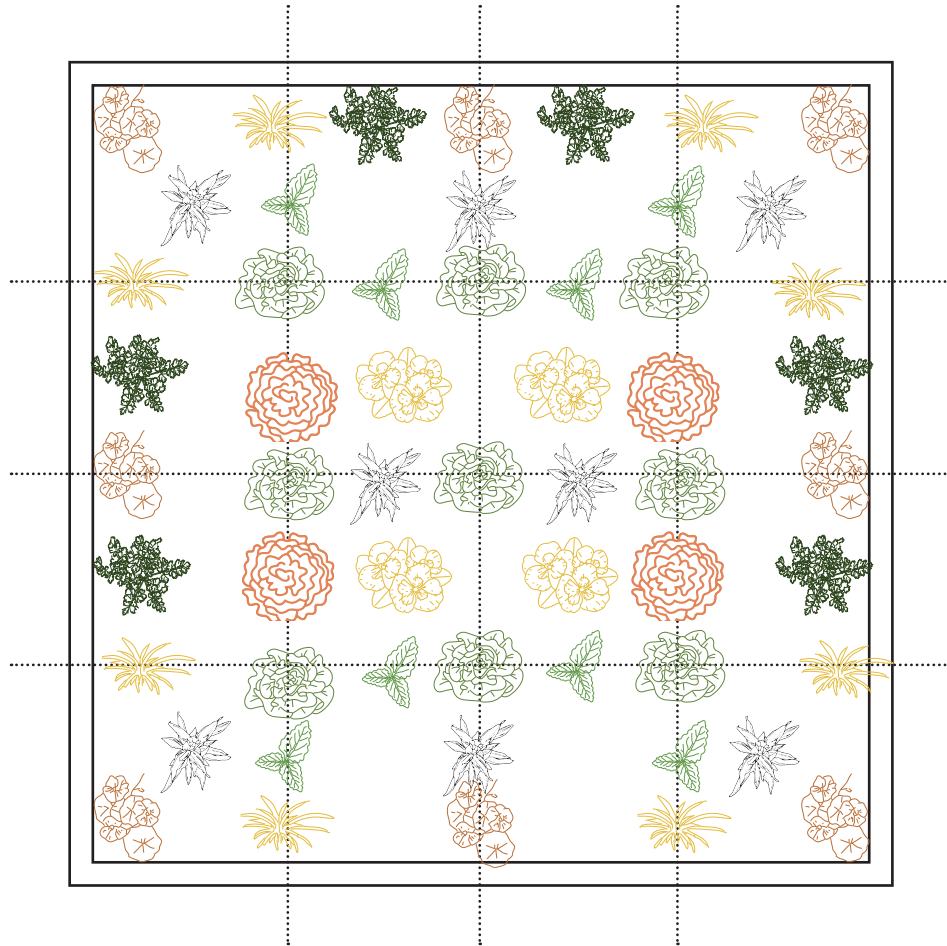
Nasturtiums act as a trap crop for aphids, luring the pests away from the plants you want to keep. Plus, the flowers are tasty and make delicious additions to salads.

Lettuce and spinach between your tomato plants fills vacant spots and helps to protect the soil from erosion. They also help regulate soil moisture and tomato plants benefit from consistent soil moisture (but never soggy); it helps their growth.

Celery and carrots between your tomato plants help to break up and loosen up the soil around them, aerating the soil and allowing nutrients, water, and oxygen to reach the roots of tomato plants.

Great also companion plants are Amaranth, Coriander, Parsley, Dill and Radishes. Adding herbs throughout your garden, including near your tomato plants, attracts all sorts of other beneficial insects, such as ladybugs, lacewings and parasitic wasps that love to feed on tomato hornworms, tomato fruit worms, and other caterpillars.

Winter Planter Layout



Layout Description

Bush beans are a great selection since cauliflower needs plenty of nitrogen to develop its leaves and head.

Legumes absorb nitrogen from the air, then affix it in nodules on their roots. Because bush beans leaves are so dense, they also do a great job suppressing weeds.

Celery has been purported to repel cabbage moths, which makes it a good choice for companion planting with brassicas. It also help to break up and loosen up the soil around them, aerating the soil and allowing nutrients, water, and oxygen to reach the roots of brassica plants. Celery and brassicas both are best grown as transplants, prefer cooler weather, and need regular water for ideal growth formation.

Sage, Rosemary, Oregano and Thyme are herbs that will go to battle for your brassicas. They repel major pests like flea beetles, cabbage maggots, cabbage worms, cabbage moths, and cabbage loopers. When they go to flower, it will attract all sorts of pollinators. Herbs make great companions for each other, so you can plant them all with brassicas to help keep pests away. They also prefer dry conditions, so keeping them near but separate from your brassicas is ideal. While they will tolerate more water, they prefer a drier soil base than your brassicas.

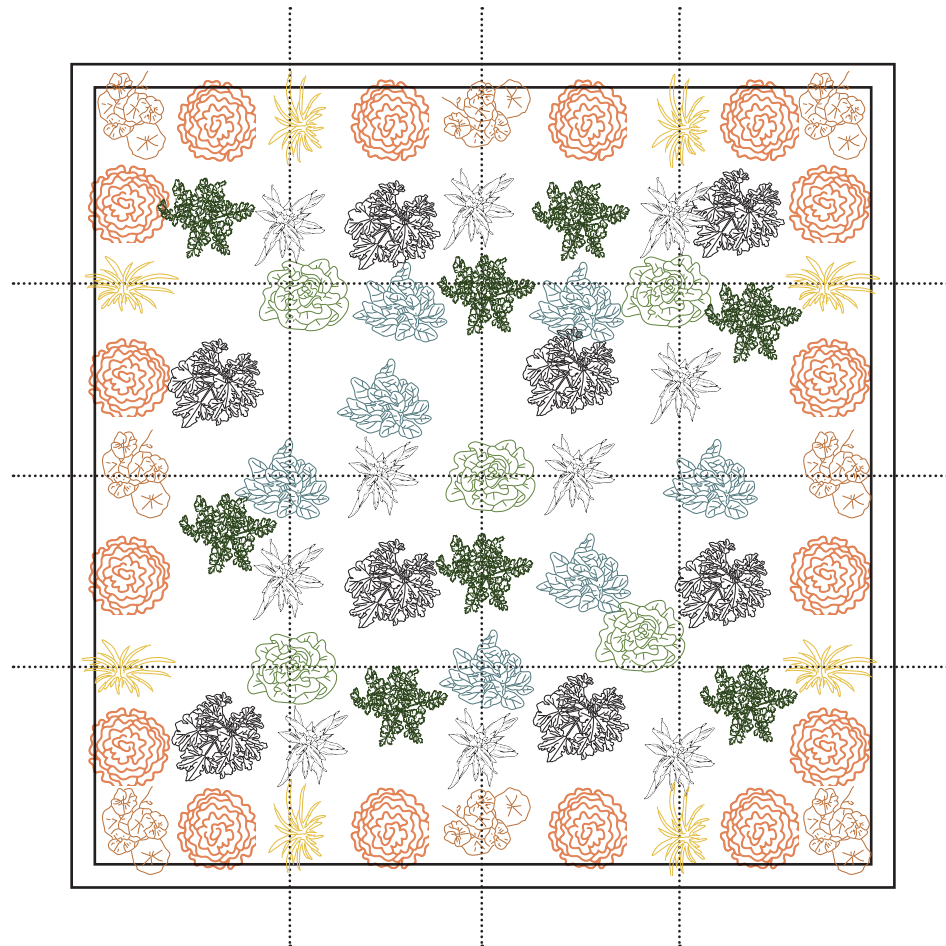
Spring Planter Layout




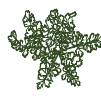




Layout Description

Bush Beans (or other legumes, you can swap out to take the place of beans) They are all wonderful companions for eggplant. Nitrogen-fixing legumes are all loved for the nutrient boost they provide in the soil. Because they do not need the same nutrients, they do not compete. Beans also do an excellent job of deterring pests such as Mexican bean beetles.

Peppers are a vegetable that prefers similar growing conditions as **eggplant**. This is because they are both members of the nightshade family. Some gardeners will advise against it, but planting members of the same plant family can work if done correctly. There are so many varieties that range from sweet, like bell peppers, to spicy, like habaneros. They all will work well with eggplant in the garden. Ensure there is plenty of fertility and water for both crops. Add other non-nightshade companions for maximum success.

Onions have a pungent smell that repels pests like aphids, beetles, and whiteflies. White onions have the most sulphuric compounds, so they tend to be the most pungent. These same compounds are what bring you to tears when chopping onions in the kitchen. Their shallow growth habit ensures that the onion won't compete with your eggplant for any resources in the soil. The foliage also won't shade out your sun-loving eggplants.



- Key:**
-  Eggplant
 -  Marigold
 -  Nastrur-
 -  Pepper
 -  Beans
 -  Onion
 -  Kohlrabi
 -  Spinach

Summer Planter Layout



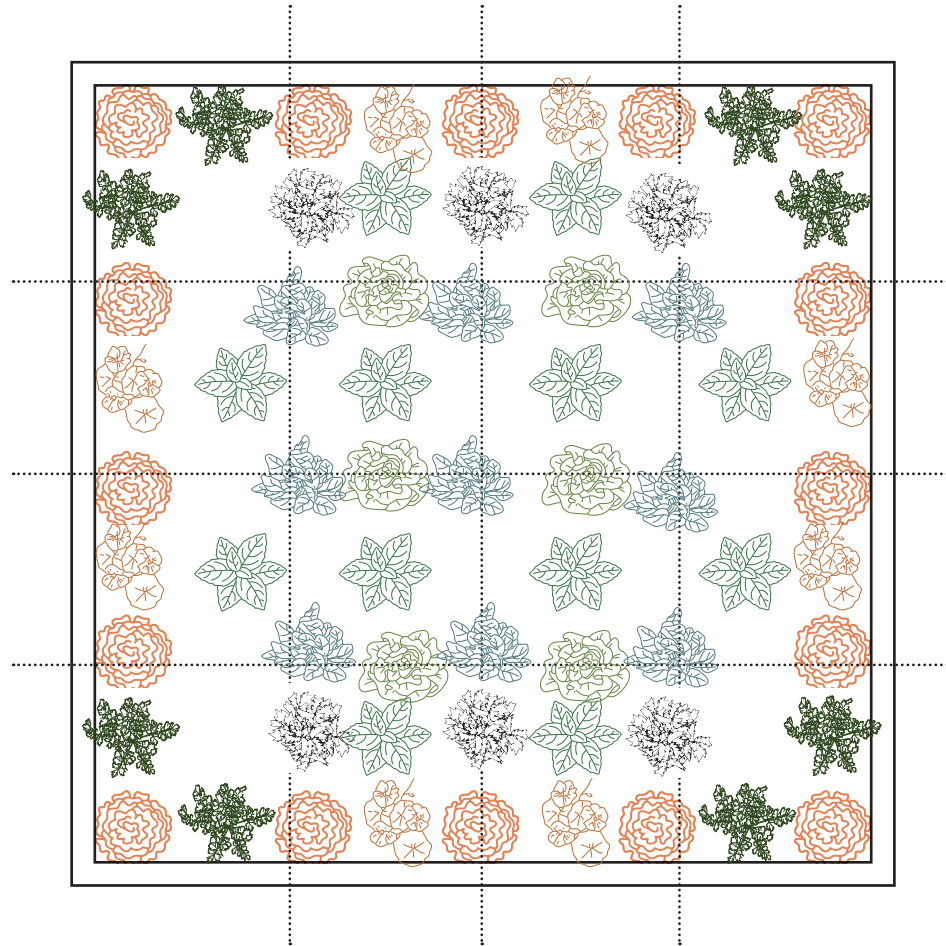
Layout Description

Beans (or other legumes, you can swap out to take the place of beans) are nitrogen-fixing. We recommend **Blackeyed peas** as they are adjusted to the temperatures of Cyprus. They take nitrogen from the air and deposit it back into nodules on their roots.

Corn consumes nitrogen, which helps it grow taller and develop more foliage. Corn gives back to the beans by providing a tall trellis for them to climb. Later in the year, when you've cut the bean vines down, leave their roots in the soil. As they decompose, they release their stored nitrogen back into the soil, replenishing it for the next growing season.

Dill/Thyme attracts beneficial insects that prey on pests that often gobble up corn, such as parasitic wasps, that go after caterpillars, and ladybugs that eat aphids. Dill has a long tap-root that may compete with corn roots, so it's best when placed on the ends of corn rows or with at least 30cm of space between the corn and dill. Since the mutual benefits are about pest control rather than nutrients, it's not detrimental for you to grow these in close quarters. They'll benefit each other if they're in the same vicinity.

Lettuce/Spinach has shallow roots who won't interfere with corn roots, but they'll benefit from the moisture and nutrients the corn draws up from deep within the soil. your plants a little



Key:

	Peas		Marigold		Nasturtium		Dill
	Zucchini		Corn		Lettuce		



‘ Planting your own edible garden is an act of hope and empowerment, transforming small spaces into abundant havens that nourish both body and soul. ’