Oxbow Farm & Conservation Center
LEVI TUCK, OXBOW FARM & CONSERVATION CENTER

PNW-Native Plant Alternatives for Common Crop Companion Plants

WHAT ARE COMPANION PLANTS?

Companion plants are select species grown alongside crops to enhance growth and support crop maintenance.

HOW DO COMPANION PLANTS ASSIST CROP PRODUCTION?

They attract pollinators, deter pests, provide shade, retain soil moisture, break up soil, and stabilize plants. They may also be grown for harvest.

WHY DO WE NEED ALTERNATIVES FOR COMMONLY USED COMPANION PLANTS?

Companion plants have proven effective with many crops and have been selected for specific beneficial traits. However, like some introduced crop and ornamental species, non-native companion plants can adversely affect local ecosystems and spread beyond intended areas. Regionally native alternatives may work double duty by providing crop benefits while functioning with more compatibility within the local environment.

NATIVE COMPANION PLANT ALTERNATIVES WE'RE EXPLORING AT OXBOW

This chart reflects preliminary research and trial selections based on species native to the Snoqualmie Valley. This list is not comprehensive, and performance may vary across ecoregions. We encourage growers to explore and trial species native to their own landscapes. Happy planting!

KEY
P: Perennial
A: Annual
B: Biennial

CROP	FUNCTION	ATTRACT POLLINATORS	REPEL PESTS	NITROGEN FIX	LOOSEN SOUL
ZUCCHINI **LIFE CYCLE:** Annual **LIGHT:** Full Sun (6-8 hours) **WATER:** Medium, Well-Drained Soil **PLANTING TIME:** Late April-August (starting outside in Snoqualmie Valley)	COMMON COMPANION PLANTS	Nasturtium Calendula Marigolds	Nasturtium Calendula Marigolds	Beans Peas	Radishes
	NATIVE PLANT ALTERNATIVES	*Campanula rotundifolia* P *Clarkia amoena* A *Gilia capitata* A *Madia elegans* A	*Allium acuminatum* P *Allium cernuum* P *Madia elegans* A	*Trifolium (spp.)* A,P *Lupinus (spp.)* A,P,B *Oxalis oregana* P	*Achillea millefolium* P *Lupinus (spp.)* A,P,B
AMARANTH **LIFE CYCLE:** Annual **LIGHT:** Full Sun (6-8 hours) **WATER:** Low/none **PLANTING TIME:** Late April-August (starting outside in Snoqualmie Valley)	COMMON COMPANION PLANTS	Marigolds	Chives Basil	Runner Beans Peas	-
	NATIVE PLANT ALTERNATIVES	*Camassia leichtlinii* P *Clarkia amoena* A	*Allium acuminatum* P *Mentha canadensis* P *Madia elegans* A	*Trifolium (spp.)* A,P *Lupinus (spp.)* A,P,B *Oxalis oregana* P	*Trifolium (spp.)* A,P
TOMATOES **LIFE CYCLE:** Annual **LIGHT:** Full Sun (6-8 hours) **WATER:** Low-High, Can be Dry-Farmed **PLANTING TIME:** Late April-July (transplanting seedlings outside)	COMMON COMPANION PLANTS	Calendula Cosmos Marigolds Lavender	Nasturtium Salvia Sweet Alyssum Mints (Sage, Thyme, etc.)	Bush Beans	Bush Beans
	NATIVE PLANT ALTERNATIVES	*Phlox diffusa* P • GOOD FOR DRY-FARMING *Madia elegans* A *Sidalcea oregana* P • REQUIRES MOIST SOIL *Sidalcea hendersonii* P • REQUIRES MOIST SOIL	*Mentha canadensis* P • SPREADS AGGRESSIVELY *Allium acuminatum* P *Allium cernuum* P	*Trifolium (spp.)* A,P	*Lomatium (spp.)* P • GOOD FOR DRY-FARMING *Balsamorhiza deltoidea* P • GOOD FOR DRY-FARMING *Achillea millefolium* P • ALSO LOVED BY POLLINATORS