



Companion planting acts in two main ways.

Most frequently the companion plant is strongly scented and so deters or confuses the pest, preventing attack. So-called 'sacrificial' planting is where the pest is given a choice and in finding the sacrificial plant more attractive, the pest is lured away from the crop.

Plant	Companion	Notes
Tomato	French Marigold	The scent deters greenfly & blackfly.
Carrots	Sage	Their scents drive away each other's pests.
Cabbages	Nasturtiums	Caterpillars love the Nasturtiums and choose them, leaving the cabbage alone.
Roses	Garlic	The strong scent of Garlic deters aphids.
Leeks	Carrots	Leeks repel the carrot fly whilst carrots repel the onion fly and leek moth.
Tomatoes	Asparagus	Asparagus appears to prevent pest damage to tomato roots.
Chives	Sunflowers	The onion scent is effective in deterring aphids from a number of plants
Beans	Nasturtiums	The nasturtium acts as a sacrificial crop, luring the aphids away from the beans and attracting beneficial insects which prey on aphids,
Misc	Artemesia	The strong scent of Artemesia deters aphids and flea beetles from nearby plants & attracts hoverflies, lacewings and ladybirds which prey on aphids.
Misc	Mint	The strong scent of mint confuses pests that attack carrots, tomatoes, alliums and brassicas. Plant mint in a pot as it is highly invasive.

Sources:
BBC
Gardeners World

