10,000 gardens in Africa project

Intercropping

www.slowfoodfoundation.com
Why consider intercropping?

It is important to associate two or more crops in the food garden. By making a good selection, the risk of them competing with each other is reduced to a minimum and mutual support between the different crops is stimulated. Some can fix nitrogen, others can attract beneficial insects, and others can act as a support (as in the case of corn and beans). There are plants capable of capturing solar energy even if they are located beneath other crops: this is the case of pumpkins, which can capture light thanks to their large leaves. A diverse set of crops is useful for the diversification of food and also to have an availability of market products. The art of horticulturists is experimenting intercropping on their own land, discovering the best combinations.

How is intercropping carried out?

For every country and/or climate zone, some proposals related to intercropping will need to be drawn up together during the training sessions together with the local technicians and communities that take into account local traditions, the possibility of finding/multiplying seeds, and the suitability of the environment. We suggest you involve the community in the elaboration of tables and/or drawings that will enable you to view some simple sequences that can be easily applied to successive crop cycles, for example:

<table>
<thead>
<tr>
<th>Vegetables</th>
<th>Suitable for intercropping</th>
<th>Unsuitable for intercropping</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beet</td>
<td>Onion, radish, cabbage, turnip</td>
<td>Climbing bean</td>
</tr>
<tr>
<td>Carrot</td>
<td>Onion, radish, pea, lettuce, chicory, leek, rosemary, sage, tomato</td>
<td>Dill</td>
</tr>
<tr>
<td>Cabbage</td>
<td>Beet, cucumber, climbing bean, kidney bean, strawberry, lettuce, pea, tomato, leek, spinach, radish, celery</td>
<td>Garlic, onion, potato</td>
</tr>
<tr>
<td>Cucumber</td>
<td>Cabbage, bean, corn, pea, radish, sunflower, fennel</td>
<td>Potato, aromatic herbs</td>
</tr>
<tr>
<td>Chicory</td>
<td>Carrot, climbing bean, lettuce, fennel, tomato</td>
<td>=</td>
</tr>
<tr>
<td>Onion and garlic</td>
<td>Zucchini, beet, strawberry, tomato, lettuce, chamomile</td>
<td>Pea, bean, cabbage</td>
</tr>
<tr>
<td>Chives</td>
<td>Carrot</td>
<td>Peas, beans</td>
</tr>
<tr>
<td>Bean</td>
<td>Potato, carrot, cucumber, cabbage</td>
<td>Onion, garlic, gladioli</td>
</tr>
<tr>
<td>Climbing bean</td>
<td>Zucchini, radish, chicory, cabbage, corn, savory</td>
<td>Onion, beet, fennel, sunflower</td>
</tr>
<tr>
<td>Kidney bean</td>
<td>Cabbage, radish, potato, cucumber, corn, strawberry, celery, savory</td>
<td>Onion, beet, fennel, sunflower</td>
</tr>
<tr>
<td>Fennel</td>
<td>Cucumber, chicory, lettuce, peas</td>
<td>Climbing bean, kidney bean</td>
</tr>
<tr>
<td>Strawberry</td>
<td>Radish, kidney bean, spinach, lettuce, cabbage</td>
<td>=</td>
</tr>
<tr>
<td>Sunflower</td>
<td>Cucumber</td>
<td>Potato</td>
</tr>
<tr>
<td>Lettuce</td>
<td>Chicory, fennel, cabbage, carrot, radish, strawberry, cucumber</td>
<td>Parsley</td>
</tr>
<tr>
<td>Egg plant</td>
<td>Bean</td>
<td>=</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Suitable for intercropping</td>
<td>Unsuitable for intercropping</td>
</tr>
<tr>
<td>------------------</td>
<td>-----------------------------------------------------------------</td>
<td>-----------------------------------------------</td>
</tr>
<tr>
<td>Potato</td>
<td>Bean, corn, horseradish, marigold, eggplant</td>
<td>Pumpkin, cucumber, sunflower, cabbage, tomato, raspberry</td>
</tr>
<tr>
<td>Pea</td>
<td>Fennel, carrot, turnip, radish, cucumber, corn, bean, cabbage</td>
<td>Onion, garlic, gladioli, potato</td>
</tr>
<tr>
<td>Tomato</td>
<td>Radish, chicory, onion, parsley, asparagus, calendula, carrot</td>
<td>Cabbage, turnip, potato, fennel</td>
</tr>
<tr>
<td>Leek</td>
<td>Onion, cabbage, celery, carrot</td>
<td></td>
</tr>
<tr>
<td>Parsley</td>
<td>Radish, tomato, asparagus</td>
<td>Lettuce</td>
</tr>
<tr>
<td>Turnip</td>
<td>Pea</td>
<td></td>
</tr>
<tr>
<td>Radish</td>
<td>Cabbage, beet, climbing bean, kidney bean, strawberry, lettuce, pea, tomato, spinach, parsley, cucumber</td>
<td></td>
</tr>
<tr>
<td>Celery</td>
<td>Leek, tomato, kidney bean, cabbage</td>
<td></td>
</tr>
<tr>
<td>Spinach</td>
<td>Strawberry, cabbage, radish</td>
<td></td>
</tr>
<tr>
<td>Pumpkin</td>
<td>Corn, nasturtium</td>
<td>Potato</td>
</tr>
<tr>
<td>Zucchini</td>
<td>Onion, climbing bean</td>
<td></td>
</tr>
</tbody>
</table>

Help us to find other products!