

# 10,000 gardens in Africa project

## Intercropping



## 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:

Vegetables	Suitable for intercropping	Unsuitable for intercropping
Beet	Onion, radish, cabbage, turnip	Climbing bean
Carrot	Onion, radish, pea, lettuce, chicory, leek, rosemary, sage, tomato	Dill
Cabbage	Beet, cucumber, climbing bean, kidney bean, strawberry, lettuce, pea, tomato, leek, spinach, radish, celery	Garlic, onion, potato
Cucumber	Cabbage, bean, corn, pea, radish, sunflower, fennel	Potato, aromatic herbs
Chicory	Carrot, climbing bean, lettuce, fennel, tomato	=
Onion and garlic	Zucchini, beet, strawberry, tomato, lettuce, chamomile	Pea, bean, cabbage
Chives	Carrot	Peas, beans
Bean	Potato, carrot, cucumber, cabbage	Onion, garlic, gladioli
Climbing bean	Zucchini, radish, chicory, cabbage, corn, savory	Onion, beet, fennel, sunflower
Kidney bean	Cabbage, radish, potato, cucumber, corn, strawberry, celery, savory	Onion, beet, fennel, sunflower
Fennel	Cucumber, chicory, lettuce, peas	Climbing bean, kidney bean
Strawberry	Radish, kidney bean, spinach, lettuce, cabbage	=
Sunflower	Cucumber	Potato
Lettuce	Chicory, fennel, cabbage, carrot, radish, strawberry, cucumber	Parsley
Egg plant	Bean	=

