

**間種**的意思是把兩種或更多不同種類的作物種植於彼此鄰近的地方，理由是這些作物在生長時相互之間會產生互助互利的作用。有機農夫會小心選取農作物，進行適當的配搭，以達致所追求的作物之間的互利關係。種植的方法可以是把某些作物種植在田的周邊位置形成邊界植物，或將間種的作物以每個品種一行的排列方法交錯種植，或把有關作物隨便混合種在一起。

## 提供屏障

長得較高的植物可提供屏障，為脆弱的植物擋風遮陰，如番茄與椰菜。

## Provides physical shelter

Tall plants provide sensitive plants against wind and sun e.g. tomato and cabbage.

## 善用種植空間

藤蔓植物生於地上，直立的植物向上生長，如南瓜與粟米。

## Uses planting space efficiently

Vining plants cover the ground, upright plants grow up e.g. Pumpkin and corn.

## 驅除害蟲

很多香草例如魚香、迷迭香、小茴香、百里香、薄荷等，會散發可驅蟲的香氣。這些香氣具有可驅除某些害蟲的特性，或可起到遮擋某些作物的作用，令害蟲不會到來。這些香草與葉菜類如菜心、芥蘭、西蘭花等一起種植，證實可有效驅除小菜蛾等害蟲。其他如葱、蒜、芫荽及洋蔥等氣味刺鼻的農作物對某些害蟲有不同程度的驅避作用，若與茄子、馬鈴薯及番茄等合種，可減少蚜蟲、紅蜘蛛及甲蟲的為害。

## Deters pests

Many herbs like basil, rosemary, dill, thyme have the scent that can deter pest. Their scents either have the repelling properties against certain pests or they may mask or hide a crop from pests. These herbs planted together with leafy vegetables such as Chinese flowering cabbage, Chinese kale and broccoli have been proven to be beneficial to control pests such as cabbage moth. Other crops with pungent odour like chives, garlic, coriander, and onions have different repelling properties for certain kinds of pests. Their many combinations included planting with eggplants, potatoes and tomatoes can reduce aphids, spider mites and beetles.

# 間種 Companion Planting

**Companion Planting** is the practice of planting two or more different crops in close proximity to each other on the theory that there are some kinds of beneficial plant interactions among them. There are many varieties of vegetables, herbs, flowers with certain special plant properties that can be used in companion planting. The possibilities of combination are just unlimited.

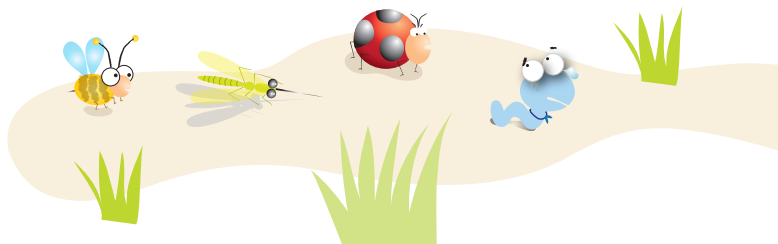


## 吸引益蟲

很多植物的根、花、葉等組織含有的天然化合物，視乎種植者的需要，亦可以起到驅趕或吸引昆蟲的作用。

## Attracts beneficial insects

Many plants have natural substances in their roots, flowers, leaves etc. that can alternately repel and/or attract insects depending on your needs.



## 提供養分

有些植物如甜粟、椰菜、西蘭花等從土壤中吸取大量營養包括氮以及其他養分；但另一些如玉豆和青豆等的豆科作物則剛好相反，它們能把空氣中的氮氣固定成氮肥。這些植物適宜一起栽種，因為豆科植物的根部所固定下來的氮肥可以讓在旁生長的甜粟吸收。

## Provides nutrients

Some vegetables like sweet corn, cabbages, broccoli are heavy feeders and take a lot of nitrogen and plenty of other nutrients from the soil. On the contrary, vegetables like beans and peas are able of fixing nitrogen from the air. These combination of vegetables grow well together as the beans' roots will fix nitrogen from the air into the soil where the sweet corns are growing next to them.

