

# Template: Companion Planting Checklist for Cannabis

Generated: 11/21/2025

Based on Article: "Companion Planting: Enhancing Cannabis Health with Sustainable Practices"

A practical checklist to implement companion planting for healthier cannabis crops through sustainable practices.

## Checklist Items:

- 1. Map Your Grow Space**  
Measure the usable area, assess light availability, and evaluate air circulation in your growing environment to identify microzones.  
Reference Section: Designing Your Companion Planting Plan
- 2. Define Your Objectives**  
Identify the primary goals for companion planting such as pest control, soil fertility, or humidity management to guide your plant selections.  
Reference Section: Designing Your Companion Planting Plan
- 3. Choose Beneficial Companion Plants**  
Select companion plants like marigolds for pest suppression or clover for nitrogen fixation based on your defined objectives and the growing season.  
Reference Section: Quick-Start Companion Plant List for Beginners
- 4. Create a Planting Schedule**  
Plan the planting times for your chosen companions to ensure they provide benefits throughout the cannabis growth cycle, considering seasonal timing.  
Reference Section: Quick-Start Companion Plant List for Beginners
- 5. Design Plant Layout**  
Arrange your companion plants strategically around cannabis to optimize functions like light filtration, pest attraction, and support for beneficial insects.  
Reference Section: Designing Your Companion Planting Plan
- 6. Monitor Plant Interactions**  
Regularly observe the growth and interactions between cannabis and companion plants, adjusting the placements if you notice resource competition or poor performance.  
Reference Section: Companion Planting Basics for Cannabis
- 7. Implement Nitrogen-Fixing Covers**  
Incorporate legumes or cover crops during off-cycles to improve nitrogen content and soil health for your cannabis plants.  
Reference Section: Companion Planting Basics for Cannabis
- 8. Evaluate and Adjust**  
Continuously assess the impact of companion planting on plant health and make necessary adjustments to optimize growth and pest management.  
Reference Section: Designing Your Companion Planting Plan