

# Template: Companion Planting Checklist for Cannabis Cultivation

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Based on Article: "The Benefits of Companion Planting in Cannabis Cultivation"

Website: <https://theseedconnect.com>

This checklist provides actionable steps for implementing companion planting in cannabis cultivation to enhance pest control, soil health, and overall crop resilience.

## Checklist Items:

### 1. Select Companion Plants

Choose companion plants based on their benefits, such as pest deterrence, nutrient fixation, or attracting beneficial insects.

Reference Section: [What Is Companion Planting?](#)

### 2. Test Pairing in a Small Area

Start with one companion pairing in a single bed to observe interactions before scaling up.

Reference Section: [Implementation checklist for a small plot](#)

### 3. Monitor Plant Health Regularly

Track the health of both cannabis and companion plants weekly to assess pest issues and plant vigor.

Reference Section: [Maintenance, Monitoring and Troubleshooting](#)

### 4. Incorporate Legumes for Nitrogen Fixation

Plant legumes such as clover or vetch to enhance soil nitrogen levels, essential before heavy feeding cannabis cycles.

Reference Section: [Root/soil effects of common companion categories](#)

### 5. Utilize Trap Crops

Incorporate sacrificial plants like nasturtiums to draw pests away from cannabis to control their populations more effectively.

Reference Section: [How Companion Planting Works](#)

### 6. Rotate Companion Groupings

Change companion planting combinations with each season to prevent the build-up of pests and maximize biodiversity.

Reference Section: [Implementation checklist for a small plot](#)

### 7. Combine with Soil Practices

Integrate companion planting with practices like composting and cover cropping to promote soil health and improve overall plant growth.

Reference Section: [Implementation checklist for a small plot](#)

### 8. Observe Environmental Interactions

Pay attention to microclimate effects, such as shading from taller plants, to optimize the growing conditions for cannabis.

Reference Section: [How Companion Planting Works](#)

### 9. Document Results and Adapt Strategies

Keep a record of observed outcomes and adjust companion planting strategies based on effectiveness and any emerging pest issues.

Reference Section: [Maintenance, Monitoring and Troubleshooting](#)