

# Beneficial weeds & Companion plants

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We know biodiversity is great, but it can be hard to know what weeds are useful, and which ones should go. Here's a handy guide on what you can keep and let flourish. I've very intentionally mixed up the weeds with some cottage garden flowers and edible herbs. Why not grow all of them?

*Katrina*

- Alyssum
- Amaranth
- Aquilegia
- Aster
- Basil
- Bergamot
- Borage
- Calendula
- Catnip
- Chamomile
- Chickweed
- Cleavers
- Clover
- Comfrey
- Coriander
- Cornflower
- CosmosDaffodil
- Dandelion
- Delphinium
- Dianthus
- Dill
- Echinacea
- Fennel
- Forget me not
- Foxglove
- Geranium
- Hollyhock
- Honesty
- Lavender
- Lobelia
- Lupin
- Marigold
- Nasturtium
- Nigella / Love in a Mist
- Pennyroyal
- Plantain
- Polyanthus
- Poppy
- Queen Anne's Lace
- Rosemary
- Sage
- Selfheal
- Stinging Nettle
- Sunflower
- Thyme
- Valerian
- Viola
- Yarrow

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