

Template: Companion Planting Action Plan for Cannabis

Generated: 4/15/2026

Based on Article: "The Benefits of Companion Planting with Cannabis"
Website: <https://theseedconnect.com>

Use this worksheet to set goals and plan actions for implementing companion planting in your cannabis garden. Track priorities, status, and additional notes to enhance your grow space.

Checklist Items:

1. Assess Current Grow Conditions

Evaluate whether your grow space faces issues like pest problems, weak soil, or tight conditions, determining if companion planting can be beneficial.

Reference Section: Quick check — is companion planting right for your grow?

2. Identify Key Benefits Needed

Decide which core benefits you want from companion planting, such as pest suppression, attracting pollinators, or improving soil structure.

Reference Section: Core benefits of companion planting for cannabis

3. Select Appropriate Companion Plants

Choose companion plants based on their specific benefits. For example, select marigolds for pest management or clover for nitrogen fixing.

Reference Section: Best companion plants and what they do for cannabis

4. Plan Planting Layout

Design a layout that considers the spacing of cannabis plants and their companions to optimize health and growth. Remember to account for airflow and light.

Reference Section: Practical planting plans, spacing, and timing

5. Monitor Pest and Soil Health

Regularly check pest levels and soil conditions to gauge the effectiveness of your companion planting strategy and make adjustments as needed.

Reference Section: Troubleshooting common issues and practical tips

6. Document Growth and Changes

Keep a record of plant health, pest pressure, and soil changes as you implement companion planting to understand its impact on your garden.

Reference Section: Core benefits of companion planting for cannabis

7. Review and Adjust Strategy Periodically

Periodically review the outcomes of your companion planting and adjust your strategies based on the results and changes in your grow space.

Reference Section: Quick check — is companion planting right for your grow?