



THE ULTIMATE GUIDE TO GROWING TOMATOES

Tomatoes love warmth, sunlight, and the right companions in the garden. This leaflet covers the key conditions they need, the best soil to thrive in, and which plants help (or harm) them as neighbors — giving you the foundation for a healthy, happy tomato crop.

WHAT TOMATOES NEED

Sunlight: At least 6–8 hours of direct sun per day — they love full sun. Choose the sunniest, most sheltered spot.

Temperature: Best grown in temperatures between 18–27°C (65–80°F). Avoid planting outside until after the last frost.

Watering: Tomatoes like deep, regular watering — about 2.5–5 cm per week. Water at the base to avoid wetting leaves, which helps prevent fungal diseases. Keep their soil moist but not waterlogged.

Support: Use stakes, cages, or trellises to keep plants upright and fruits off the ground.

SOIL CONDITIONS

Type: Well-drained, loamy or sandy soil. Fertile.

pH level: Slightly acidic, ideally 6.0–6.8.

Nutrients: Tomatoes are heavy feeders. Mix compost or well-rotted manure into the soil before planting. A balanced fertiliser (or one slightly higher in phosphorus) helps with root and flower development.

COMPANION PLANTING

Good companions (*help deter pests or improve growth*):

- ✓ Basil — improves flavour, repels insects.
- ✓ Marigold — deters whiteflies and aphids.
- ✓ Chives / Garlic / Onions — repel aphids.
- ✓ Lettuce / Spinach — use the space under taller tomato plants.

Bad companions (*compete or attract pests*):

- ✗ Potatoes — risk of shared diseases like blight.
- ✗ Cabbage (brassica) family (broccoli, cauliflower, kale) — compete heavily for nutrients.
- ✗ Fennel — inhibits tomato growth.

Happy tomato growing!

More info available at www.thegrowingway.com