



REVIEW ARTICLE

Intercropping strategies for abiotic stress tolerance and nutrient acquisition

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Abstract

Abiotic stresses, including drought, extreme temperatures, salinity and nutrient deficiencies, significantly reduce global crop productivity, posing major challenges to food security, particularly in arid and semiarid regions. Climate change intensifies these stresses, emphasizing the need for resilient agricultural systems. Intercropping has emerged as a sustainable strategy to mitigate these impacts by enhancing soil moisture retention, regulating root-zone temperatures and optimizing nutrient acquisition. For instance, legume-cereal systems like maize-pigeon pea improve drought resilience, while peanut-maize intercropping enhances iron (Fe) and phosphorus (P) nutrition in calcareous soils. Agroforestry practices, such as wheat intercropped with alfalfa, increase water use efficiency and reduce soil salinity. These approaches offer practical solutions for smallholder farmers to adapt to climate change while improving crop tolerance to abiotic stresses. This study evaluates various intercropping systems to identify optimal practices tailored to specific environmental conditions, supporting food security and sustainable agricultural practices. By promoting agricultural sustainability, intercropping provides a pathway to mitigate the effects of climate change and secure global food production.

Keywords: climate change; drought; intercropping; salinity; sustainability; tolerance

Introduction

Abiotic stresses such as drought, salinity and extreme temperatures are the most severe factors limiting plant growth and crop productivity worldwide. These stresses pose significant challenges to current agricultural systems, particularly in the context of climate change. Reports indicate that 70% of yield reductions are caused by abiotic factors such as drought and salinity, with climate change exacerbating their effects (1, 2). Global warming amplifies drought conditions by altering rainfall patterns, increasing evaporation rates and reducing water availability, especially in arid and semiarid regions. Furthermore, rising temperatures affect agriculture by modifying cropping seasons, increasing irrigation demands and intensifying heat stress on crops (3). Salinity, in particular, is a major abiotic stress limiting crop productivity in these regions (4, 5), with estimates showing that at least 900 million hectares, or 7% of the world's total land area, are affected (6).

Drought, characterized by an extended water shortage caused by insufficient precipitation, significantly affects soil moisture, water availability and overall ecosystem balance. This reduction in soil humidity disrupts plant growth and the

water cycle. Tools like the standardized precipitation index (SPI) and Palmer drought severity index (PDSI) are commonly used to assess the severity and duration of droughts by measuring deviations in precipitation and soil moisture compared to historical data (7).

During drought, water loss intensifies due to increased evaporation and transpiration. Evaporation removes water from the soil and other surfaces, while transpiration releases water into the atmosphere through plant processes. Under arid conditions, high evaporation rates significantly reduce soil moisture, amplifying the effects of drought. At the same time, plants may increase water uptake through transpiration, further depleting soil water reserves. The FAO-56 Penman-Monteith equation is widely used to calculate evapotranspiration and determine crop water needs (8, 9). The expansion of drought-affected regions is closely linked to rising global temperatures, which accelerate evaporation and transpiration rates. These processes rapidly drain surface and soil water, creating a self-reinforcing cycle that exacerbates soil dryness and crop stress. In arid and semiarid areas, prolonged dry periods and reduced rainfall worsen the situation, as evaporation outpaces the replenishment of soil

moisture. This cumulative impact heightens water scarcity and causes severe agricultural losses (10, 11).

Edaphic factors such as soil pH, relative water content (RWC), nutrient availability and water holding capacity (WHC) are critical in enhancing plant resilience against abiotic stresses like drought, salinity and heat. Soil pH influences nutrient availability and microbial activity, with most essential nutrients being optimally available in a pH range of 6 to 7. Extreme pH levels can lead to nutrient deficiencies or toxicities, while neutral pH conditions support microbial communities that enhance nutrient cycling and plant health (12). Similarly, RWC is a key indicator of a plant's hydration status and ability to tolerate water stress. Higher RWC ensures proper physiological processes, including photosynthesis and nutrient transport, allowing plants to maintain growth under drought and heat stress (13). Nutrient availability is equally vital for stress resistance, as macronutrients like nitrogen (N) and potassium (K) and micronutrients like selenium and zinc support metabolic processes and antioxidant production, which mitigate oxidative damage caused by abiotic factors (14).

Additionally, WHC contributes to drought resilience by enabling soils to retain moisture longer, providing a buffer against water scarcity. Soils with higher WHC also promote deeper root development, improving water and nutrient access, which enhances stress tolerance (15). Together, these edaphic factors create a supportive environment for plant growth under adverse conditions, emphasizing the importance of soil management in mitigating the effects of abiotic stresses.

Salinity refers to the amount of soluble salts in soil or water, which is crucial in determining soil health and plant growth. It is typically assessed by measuring a saturated soil extract's electrical conductivity (EC), expressed in deci Siemens per meter (dS/m) at a standard temperature of 25°C. Soils are categorized as saline when their EC exceeds 4 dS/m, a threshold that negatively impacts crop productivity (16).

Saline and sodic soils differ significantly in their salt composition, physical structure and effects on plant growth. Saline soils contain high concentrations of soluble salts, with EC values above 4 dS/m, a pH below 8.5 and an exchangeable sodium percentage (ESP) less than 15. The primary issue in saline soils is osmotic stress, which restricts water absorption by plant roots. In contrast, sodic soils are characterized by high sodium (Na) ion concentrations (ESP > 15), leading to poor soil structure due to the dispersion of clay particles, reduced water infiltration and an alkaline pH exceeding 8.5 (17, 18).

Salinization of agricultural soils arises from various factors, significantly affecting soil management and crop productivity. Continuous saline irrigation water causes salts to accumulate in the root zone, reducing soil fertility and inhibiting plant growth (19). Poor drainage systems can result in waterlogging, hindering salt leaching and worsening salinity (20). Overuse of chemical fertilizers also contributes to the accumulation of salts in the soil (21). Additionally, natural processes, including the weathering of salt-containing parent materials and the upwelling of saline groundwater, play a major role in this process (22). Arid and semiarid regions are particularly susceptible due to limited

rainfall and high evaporation rates, which concentrate salts in the soil (16).

Salinization is an increasing concern, particularly in Africa and Asia, as it disproportionately impacts arid and semiarid regions. Globally, more than 833 million hectares of land, or 8.7% of the world's total land area, are salinity-affected. Of these, 85% are in arid zones such as deserts and steppes. Countries like Sudan and Egypt are particularly affected in Africa, while heavily irrigated nations such as India and Pakistan face similar challenges in Asia. Moreover, between 20% and 50% of irrigated soils in these regions are salinity-contaminated, threatening food production for over 1.5 billion people worldwide (23) (Fig. 1). In Africa, salinity and drought affect over 40 million hectares of arable land annually, contributing to an estimated 15-20% reduction in crop yield, particularly in regions like the Horn of Africa and North Africa. In Asia, drought affects more than 30% of agricultural areas, with salinity impacting over 60 million hectares, causing yield losses valued at billions of dollars each year (23, 24). Alongside salinization, severe water stress caused by drought is another pressing issue. In Africa, 44% of agricultural land experiences water scarcity, with millions reliant on farming heavily impacted. This issue is especially dire in areas such as the Horn of Africa, where repeated droughts have led to significant agricultural losses and escalating food insecurity. Similarly, between 25% and 30% of agricultural land in Asia is severely affected by drought, particularly in countries such as India and China, where prolonged dry periods disrupt water resources and crop yields (24).

In addition to drought and salinity, soil and crop canopy temperatures influence plant growth and production (25, 26). Sustainable farming techniques, such as intercropping, have been identified as effective strategies to mitigate the effects of abiotic stresses. Intercropping systems enhance crop performance by improving physiological and biochemical traits, particularly under stress conditions (27). Additionally, diversifying cropping systems aids in managing year-to-year climate variability and supports the resilience of agricultural systems (28). For example, (29) demonstrated that strip intercropping maize with alfalfa significantly improved production compared to monocropping systems (Fig. 2).

Intercropping also contributes to biotic stress management, protecting against pests, diseases and yield losses (30). Crop mixtures enhance genetic and species diversity within agroecosystems, which helps control pests and diseases (31). Furthermore, intercropping is a sustainable alternative for improving plant nutrient absorption, surpassing methods like rhizosphere fertilization and intensive water management (32). However, implementing effective intercropping systems requires careful selection of compatible crop species to minimize competitive inhibition while maximizing agronomic and economic benefits. This review explores the various roles of intercropping systems in addressing food and environmental security challenges. It also evaluates intercropping's contributions to nutrient acquisition, crop tolerance to abiotic stresses and sustainable agricultural practices.

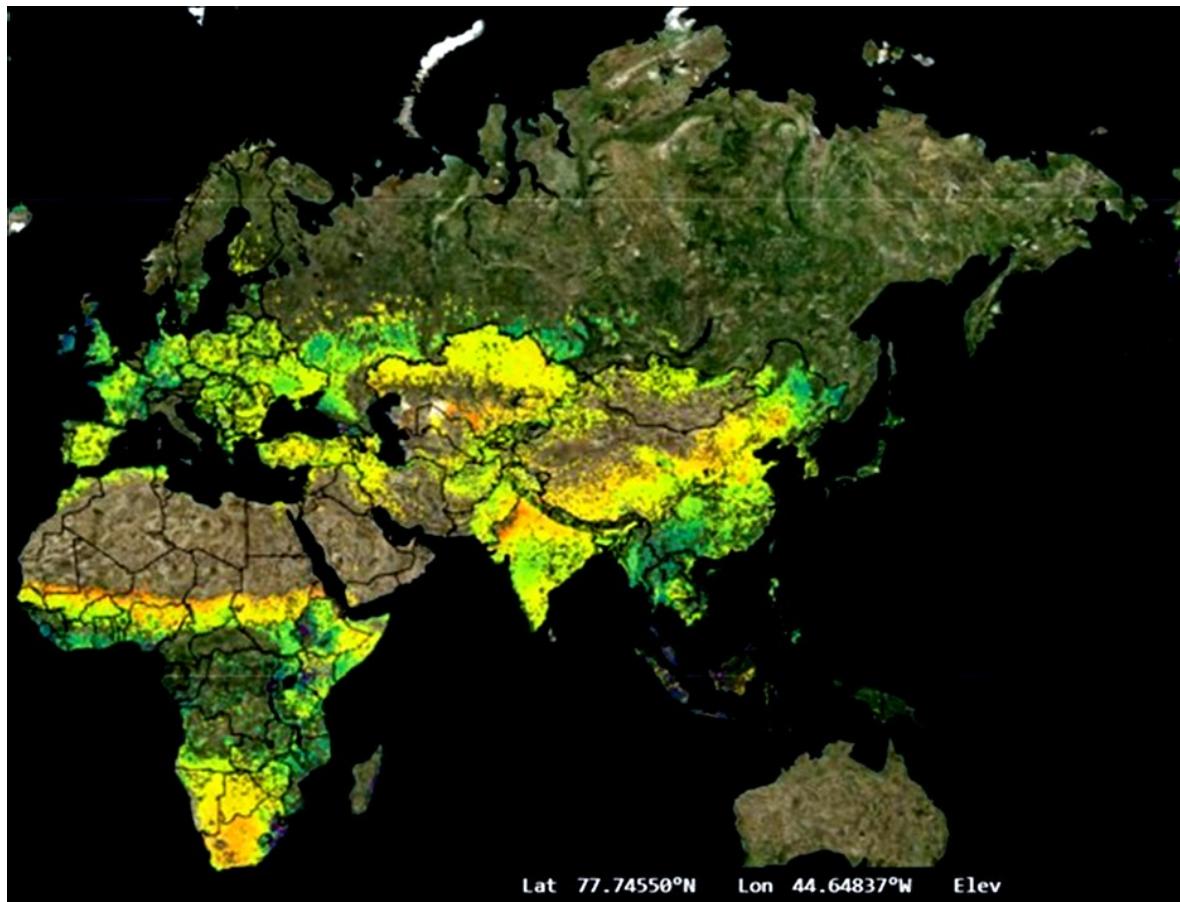


Fig. 1. The map shows different colors representing soil salinity levels, based on conventions commonly used for this type of representation. Green indicates areas with low salinity or non-salinized soils, while yellow corresponds to moderate salinity. Orange signals high salinity, often associated with degraded or at-risk areas. Red/purple regions are those severely affected by salinization, reflecting a critical level of degradation. Finally, blue may represent irrigated areas or groundwater influencing soil salinity.

Methodology

The methodology of this article is based on a comprehensive analysis of different intercropping strategies and their role in abiotic stress tolerance, including drought, salinity, extreme temperatures and nutritional deficiencies. We conducted an exhaustive review of the scientific literature to identify relevant research regarding the effect of intercropping on tolerance to various abiotic stresses. We examined experimental studies conducted on various crops and diverse environments to understand the underlying mechanisms involved in plant responses to these stresses.

Furthermore, we investigated various intercropping practices, such as strip intercropping, row intercropping, mixed intercropping and relay intercropping, to determine the advantages and limitations of each approach in terms of abiotic stress tolerance. We also evaluated the impact of planting density and specific genotype combinations on abiotic stress tolerance within the framework of intercropping. Finally, we synthesized the results of the reviewed studies to provide practical recommendations to farmers and policymakers on the effective use of intercropping to enhance crop resilience to abiotic stresses in the context of climate change.

Additionally, we highlighted key terms such as tolerance, salinity, climate change, temperature, water stress and intercropping as keywords in this article review.

Results

Role of intercropping in abiotic stress tolerance

Drought tolerance: Drought remains one of the most pressing challenges to plant growth and agricultural productivity. Predictions indicate that the frequency and severity of extreme drought events will increase, presenting significant risks to ecosystems worldwide (33). Global warming exacerbates drought conditions by altering rainfall patterns, increasing evaporation rates and reducing water availability, especially in arid and semiarid regions (1, 3). These changes heighten water stress on crops, further compounding the challenges posed by drought (10, 11). Intercropping has emerged as a viable (Fig. 2 and Table 1) and sustainable approach that can boost crop yields, offer natural shading and efficiently use water resources (34). Despite the higher planting density in intercropping systems compared to monoculture maize and the potential for increased competition for water, these systems do not show a greater tendency for drought-induced yield reduction (35). In areas with ample water availability, intercropping has significant potential to meet the demands of high-yield monoculture systems (36). This technique also minimizes water loss through evaporation. It has been widely adopted to mitigate wind erosion, increase water and light use efficiency and create a more favorable soil moisture environment for crop development (37).



Fig. 2. Intercropping of tomato with maize was carried out at the Multidisciplinary Faculty of Nador (Morocco) (Photo taken by Mourad Baghour).

Previously, a study showed that in the semiarid region of India and under uneven and deficit rainfall situations, the production of the soybean/pigeon pea intercropping system is higher than in monoculture of either soybean or pigeon pea (38) (Table 1). In temperate environments, the wheat-soybean (*Triticum aestivum* L.-*Glycine max* L. Merr.) double-crop system often improves radiation and water's capture and use efficiency and exploits a greater fraction of the potential environmental productivity (39). Recent studies have highlighted the development of environmentally friendly planting methods, such as sole forage cropping and forage intercropping, for forage production (40). The authors demonstrated that strip intercropping of spring wheat and alfalfa can serve as an effective and sustainable strategy in arid regions, enhancing irrigation water efficiency, increasing grain and forage yields and boosting net income.

It has been reported that intercropping is crucial in improving physiological and biochemical traits under drought conditions (27). Maize-pigeon pea intercropping can produce the same amount of food on less land in drought and non-drought scenarios without reducing the drought resilience of low-input smallholder maize systems (35). The

benefits of maize-pigeon pea intercropping over monocultures during drought may also stem from its positive effects on soil hydrology and fertility. It was reported that intercropping and N addition influenced the transcript levels of six genes responsible for encoding enzymes in the non-enzymatic antioxidant cycle (34). The genotype-specific interactions observed in intercropping underscore the importance of selective breeding focused on creating well-suited cultivars for maize and potato intercropping. Additionally, it was shown that below-ground interactions may play a more significant role than above-ground interactions, with potatoes exhibiting a stronger competitive ability than maize when intercropped (41).

Moreover, the rhizosphere microbiome can significantly influence plant health by improving plants' tolerance to abiotic stress (42). Wheat-maize intercropping has been shown to outperform monocropping in physiological, biochemical and molecular traits under rain-fed, water-limited conditions. Intercropping led to notable improvements in chlorophyll fluorescence and gas exchange parameters such as F_o/F_m , PS-II efficiency, photosynthesis, stomatal conductance, carbon capacity and the activities of antioxidant enzymes (43).

Table 1. The agronomic benefit of different types of intercropping systems for plants grown under drought stress.

Intercropping system	Country	Agronomic benefits	References
Maize-Pigeonpea	Tanzania	Enhanced land use efficiency.	(35)
Jujube/Cotton	China	Reduced soil temperature and evapotranspiration, improved water-use efficiency.	(37)
Soybean-Pigeonpea	India	Increased yields from soybean and pigeon pea and enhanced drought tolerance.	(38)
Wheat-Soybean	Argentina	Increased grain yield and glucose. Enhanced economic and environmental outcomes. Improved spatial and temporal diversity.	(39)
Spring wheat-Alfalfa	China	Increased irrigation efficiency. Improved forage yield.	(40)
Winter faba bean-Winter wheat	Germany	Increased the yield of winter faba bean, optimized water resource use and finally enhanced drought tolerance.	(43)

compared to monocropping systems (27). Regulating osmotic adjustment under water stress is a key factor in drought tolerance. In many plant species, the buildup of compatible osmolytes like proline and sugars is a vital strategy for enhancing drought resilience (43, 31). Under drought stress, the upregulation of the proline synthesis gene P5CR1 and the proline degradation gene ProDH downregulation led to proline accumulation (27). A genetically modified drought-tolerant sugarcane variety was shown to secrete and accumulate substantial rhizosphere and soil nutrients, contributing to a distinct rhizosphere bacterial community in soybean intercropped with drought-tolerant sugarcane, compared to those intercropped with wild-type sugarcane (43). Recent reports indicate that intercropping treatments significantly boost antioxidant capacity by enhancing the activities of enzymes like superoxide dismutase, peroxidase, catalase and ascorbate peroxidase while simultaneously reducing lipid peroxidation by lowering malondialdehyde (MDA) levels (43). In studying the effects of intercropping on specific secondary metabolites, it was found that certain health-promoting phytochemicals, such as glucosinolates, can be enhanced through intercropping systems (27). Additionally, intercropping has been identified as an effective strategy for managing drought stress by boosting carotenoid concentrations and improving water-use efficiency.

Temperature Tolerance

Mediterranean agriculture faces major climate change and sustainability challenges. Global warming and climate change are causing an alarming increase in the frequency and intensity of different abiotic stresses, such as heat and cold waves. Changes in soil and canopy temperatures could negatively affect plant growth and crop productivity (25). The intercropping system is a cheap and simple alternative that helps to reduce the ambient temperature (44). Soil temperature changes depend on atmospheric temperature fluctuations and are impacted by cropping systems. The soil temperature stability of intercropping is significantly higher than that of monocropping (Table 2). Suitable soil temperature aids gas exchange between the soil and the atmosphere, enhances microbial activity from the soil and enhances root activity (37).

Table 2. The agronomic benefit of different types of intercropping systems for plants grown under temperature stress.

Intercropping system	Country	Agronomic benefits	References
Sweet corn-Cauliflower	Indonesia	Reduced the air temperature of the cauliflower canopy. Increased leaf area, dry weight and yield of cauliflower plants.	(44)
Faba Bean-Wheat	China	Increased the yield of wheat and faba bean. Increased the canopy temperature and transmittance of light.	(45)
Faba Bean-wheat	China	Increased the yield of wheat and faba bean. Increased the canopy temperature and transmittance of light.	(46)
Jujube-Cotton	China	Stabilized soil temperature. Reduced water loss by evaporation. Increased cotton crop yield.	(47)
Jujube-Cotton	China	Reduced root zone temperature under jujube and cotton.	(48)
Safflower-Chickpea	Iran	Increased leaf area index and chlorophyll content. Improved received light percentage and canopy temperature.	(49)
Safflower-Chickpea	Iran	Increased leaf area index and chlorophyll content Enhanced received light percentage Improve canopy temperature.	(50)
Garlic stalk with Eggplant	China	Reduced malondialdehyde content in eggplant leaves, enhanced antioxidative defense system, mitigated oxidative stress in monocropped eggplant.	(53)

Intercropping systems create a more favorable microenvironment for plant growth by mitigating temperature extremes, conserving soil moisture and enhancing light interception (Table 2). In faba bean-wheat intercropping (45), intercropping improves the microclimate by reducing relative humidity while increasing canopy temperature and light transmittance (46). Similarly, during the summer, the extensive canopy of a main crop like cotton (Jujube-Cotton intercropping)(47) reduces air movement and temperature, which decreases evaporation and raises relative humidity (48). Intercropping systems can lower light-intensity air and soil temperatures while enhancing the plants' capacity to capture radiation energy (Table 2).

Conversely, intercropping can reduce sunlight intensity and air temperature while increasing canopy humidity (46). In safflower-chickpea intercropping (49), the canopy temperature was reduced by 2.17°C and 2.88°C for safflower and chickpea, respectively, due to the shading provided by safflower. This reduction was attributed to increased land coverage, improved soil moisture retention, reduced soil surface evaporation, enhanced water use efficiency and higher canopy humidity (50). Research on the mitigating effects of multi-variety intercropping and mixed cropping during the flowering stage has shown that high-temperature tolerance is significantly improved through appropriate variety combinations and row-spacing adjustments (51). In arid regions, agricultural practices that reduce surface soil temperature, such as increasing canopy density, straw mulching and intercropping, can lower soil respiration and boost grain yield (52). It was concluded that soil amendment with raw garlic stalk significantly reduced malondialdehyde content in eggplant leaves, demonstrating the potential of garlic-based strategies to enhance the antioxidative defense system and mitigate oxidative stress in monocropped eggplant (53), which can lessen the damage to eggplant and enhanced the plants' resistance to high temperatures and other stresses (54).

Salinity tolerance

Salt stress significantly affects plant growth and crop productivity, especially in arid and semiarid regions, where soil salinity seriously threatens food security (43). Over 39% of the world's drylands are impacted by saline soils in various

subhumid, semiarid and arid regions (55, 56). Salinity is a major abiotic stress limiting crop productivity in these regions, with estimates showing that at least 900 million hectares, or 7% of the world's total land area, are affected (6). The limited rainfall and high evaporation rates in these areas exacerbate salt accumulation in the soil, further intensifying the impact of salinity (16). These conditions significantly hinder crop productivity and soil health, especially in arid and semiarid regions where water scarcity compounds the challenges posed by salinity (23). Intercropping, a traditional agricultural system (Table 3), is vital in such resource-limited environments, offering efficient resource use and resilience against abiotic stresses, including salinity (57). Cropping patterns influence soil salinity, particularly their effects on water balance and leaching processes during intercropping periods (58). Additionally, intercropping can improve soil nutrient status and regulate Na/K homeostasis, enhancing salt tolerance in peanuts (59).

Research has demonstrated the benefits of various intercropping systems for improving soil salinity and enhancing crop resilience to salt stress. In the hulless barley-pea mixed-cropping system, N and P application rate adjustments influence rhizosphere soil microbial diversity, potentially enhancing nutrient use efficiency and biomass production (60). The wheat-mustard intercropping system improves growth and photosynthetic performance in India, contributing to enhanced crop productivity and efficient resource utilization, as observed under controlled conditions

(61). In another context, in Tunisia, combining salt-sensitive tomato plants (*Solanum lycopersicum* L.) with the salt-tolerant halophyte *Arthrocaulon macrostachyum* proved effective in reducing soil salinity and boosting tomato productivity. This strategy also optimized water use, mitigated osmotic stress and stabilized growth hormone levels in tomatoes, making it a sustainable solution for reclaiming saline soils (62). Shifting focus to China, intercropping soybean (*Glycine max*) with *Suaeda salsa* in saline soils promoted soybean development by lowering salt stress, balancing ion concentrations in the soil and enriching the rhizosphere microbial community. This approach significantly enhanced soybean biomass and reduced Na levels in the roots, presenting a valuable method for increasing crop performance under saline conditions (63).

Similarly, in Italy, salt-sensitive lettuce (*Lactuca sativa* L.) was intercropped with salt-tolerant *Salsola soda* in a hydroponic system, which improved the nutritional profile of *S. soda*. However, this system heightened abiotic stress on lettuce by intensifying resource competition for light and CO₂, underscoring its limitations under specific salinity levels (64).

In Iran, a mixed cropping system involving *Kochia scoparia*, *Sesbania aculeata* and *Cyamopsis tetragonoloba* demonstrated considerable physiological and yield improvements under saline irrigation. This practice enhanced K uptake, reduced cell damage and improved salt resilience, particularly for *Kochia*, which thrived under high salinity (65). Meanwhile, in India, combining bioinoculants with intercropping reduced the impact of salinity and drought

Table 3. The agronomic benefit of different types of intercropping systems for plants grown under salinity stress

Intercropping System	Country	Agronomic Benefits	References
Sweet Basil-Jatropha	India	Increased the yield. Enhanced land use efficiency. Stimulated the biological activity in the rhizosphere soil. Improved soil properties in terms of soil pH, electric conductivity and organic carbon.	(56)
Peanut-Maize	Turkey	Rhizosphere chemistry improvement by peanut root. Decreased the concentrations of Na in the shoots of maize and barley. Improved Fe, Zn and Mn nutrition of peanut.	(58)
Peanut-Sorghum	China	Improved soil nutrient status and increase salt tolerance, Regulated sodium/K homeostasis in peanut.	(59)
Hulless Barley and Pea mixed	China	Improved nitrogen and phosphorus application enhances rhizosphere microbial diversity, promoted better soil health and nutrient efficiency.	(60)
Wheat-Mustard	India	Improved growth and photosynthetic performance of wheat and mustard, leading to enhanced resource utilization and crop productivity in intercropping systems.	(61)
Tomato (<i>Solanum lycopersicum</i>) and <i>Arthrocaulon macrostachyum</i>	Tunisia	Reduced soil salinity, improved tomato productivity, optimized water use, mitigated osmotic stress.	(62)
Soybean (<i>Glycine max</i>) and <i>Suaeda salsa</i>	China	Enhanced soybean biomass, reduced sodium content in roots and improved rhizosphere microbial diversity.	(63)
Lettuce (<i>Lactuca sativa</i>) and <i>Salsola soda</i>	Italy	Improved nutritional quality of <i>S. soda</i> , but increased abiotic stress on lettuce.	(64)
Kochia scoparia, Sesbania aculeata and <i>Cyamopsis tetragonoloba</i>	Iran	Increased leaf K, reduced cell damage and improved salt tolerance, particularly for Kochia.	(65)
Bioinoculants and intercropping systems	India	Mitigated salinity and drought stress and promoted sustainable agriculture through soil microbe-plant interactions.	(66)
Maize (<i>Zea mays</i> L.) and Legumes	South Africa	Improved soil organic matter, ammonium and nitrate levels, reduced bulk density and enhanced soil fertility.	(67)
Maize (<i>Zea mays</i> L.) and <i>Suaeda salsa</i>	China	Enhanced salt accumulation around <i>S. salsa</i> roots, reduced nutrient competition, boosted maize growth.	(68)
Peanut (<i>Arachis hypogaea</i>) and Sorghum (<i>Sorghum bicolor</i>)	China	Improved rhizosphere soil properties, enhanced enzymatic activity and microbial diversity under saline stress.	(69)
Peanut-Sorghum	China	Increased the production of metabolites responsible for stress tolerance.	(73)

stress while supporting sustainable farming practices. This technique enhanced plant resilience through beneficial interactions between soil microbes and crops, highlighting its potential for restoring degraded lands (66).

Turning to South Africa, intercropping maize (*Zea mays* L.) with legumes like chickpea and mung bean improved soil health in both rainfed and irrigated settings. The system increased organic matter, ammonium and nitrate levels while decreasing soil bulk density, showcasing the soil fertility benefits of legume integration (67). In China, intercropping maize with *Suaeda salsa* further demonstrated its utility by enhancing salt accumulation around the halophyte's roots and reducing nutrient competition. The application of nitrate N further boosted maize growth and improved the system's efficiency in rehabilitating saline soils (68).

Finally, intercropping peanuts (*Arachis hypogaea*) with sorghum (*Sorghum bicolor*) in China also demonstrated transformative effects on soil properties and microbial diversity under saline stress. This approach enhanced enzymatic activity, soil nutrient content and microbial structure, ultimately improving peanut yield and environmental adaptability (69).

These intercropping systems highlight the potential of combining halophytes with traditional crops, promoting soil desalination, improving mineral nutrition and increasing yields. For example, halophytes like *Salicornia* and *Arthrocaulon* absorb salts from the soil, enhancing soil desalination and boosting crop yields (70, 71). Intercropping with these plants also triggers various metabolic and signaling pathways that help crops adapt to saline conditions, such as enhanced sugar metabolism and the accumulation of protective metabolites (72). Furthermore, it has been shown to increase the production of metabolites responsible for stress tolerance (73). These findings demonstrate the effectiveness of intercropping systems in mitigating the adverse effects of salinity and improving agricultural productivity in saline-prone areas.

Nutrient Deficiency Tolerance

Diversified cropping systems, including crop rotation and intercropping, are commonly employed to enhance the nutritional status of various plant species. Intercropping is a promising strategy to increase resource use efficiency and reduce carbon emissions, contributing to the sustainability of agriculture (74). Soil pH, a critical edaphic factor, plays a pivotal role in nutrient availability and microbial activity, as most essential nutrients are optimally available in a pH range

of 6 to 7 (12). Neutral pH conditions further support microbial communities that enhance nutrient cycling and plant health (13), providing a foundation for intercropping systems to thrive.

Recent findings indicate that the increase in crop productivity in alternate intercropping systems is linked to enhanced canopy photosynthesis and nutrient uptake by root systems associated with rhizosphere microbes (75). In these systems, root interactions between species reduce competition through spatial and temporal differentiation in root distribution while facilitating the uptake of nutrients such as N, P and micronutrients (76). Intercropping between grasses and dicots has been shown to impact the availability of micronutrients in the rhizosphere of both species (77). For example, Fe deficiency chlorosis in peanuts can be alleviated by intercropping with maize in calcareous soil (78). These researchers observed that intercropping altered Fe concentration, pH, Olsen-P and N levels in the peanut rhizosphere at various growth stages, playing a key role in regulating Fe nutrition in peanuts grown in calcareous soils (79) (Table 4).

Similarly, changes in rhizosphere processes, such as Fe availability, pH and Olsen-P, could enhance Fe nutrition in intercropped peanuts (80). Peanut/maize intercropping also boosted the uptake of Zn, P and K in peanut shoots and Fe and Zn content in peanut seeds (81). Likewise, maize/peanut intercropping improved peanut's Fe nutrition (Table 4).

The enhancement of Fe nutrition in dicots, particularly those prone to Fe deficiency under stress, through intercropping with grasses, may result from root interactions and the creation of favorable rhizosphere conditions by grass exudates. Intercropping facilitates the mobilization and absorption of K, P and micronutrients via rhizosphere interactions, improved soil micro-ecology and increased microbial populations and enzyme activity in the soil, which are critical for higher crop yields (79).

Legume-cereal intercropping is gaining interest worldwide as a method to optimize mineral resource use. In these systems, increased crop functional diversity stimulates root/rhizosphere activities, leading to greater microbial diversity and promoting morphological and biochemical changes that improve shoot biomass and nutrient uptake (82). For example, plants capable of mobilizing P facilitated the conversion of sparingly soluble inorganic P in the soil by releasing carboxylates, protons, or enzymatically hydrolyzing organic P via root or microbial phosphatase enzymes, making P available to intercropped plants lacking this capability (72).

Table 4. The agronomic benefit of different intercropping systems for plants grown under nutrient deficiency

Intercropping system	Country	Agronomic benefits	References
Tomato with the halophyte <i>Arthrocaulon macrostachyum</i>	Spain	Stimulated sugar and starch metabolisms in tomato.	(71)
Maize-Peanuts	China	Increased the expression of <i>AhFRO1</i> and <i>AhYSL1</i> genes. Improved the iron nutrition of peanuts in calcareous soils.	(78)
Chinese Milk Vetch-Rape	China	Improved soil microbial community in rhizosphere.	(80)
Cotton-Peanut	China	Increased productivity via enhanced canopy photosynthesis and nutrient uptake.	(82)

By analyzing the effect of cotton-maize intercropping on rhizosphere properties, P bioavailability and the expression of key genes involved in P availability, it was concluded that intercropping increased P bioavailability by altering rhizosphere microbial composition and functional gene expression (73). Additionally, compared to monoculture, alternate intercropping boosted N uptake by 8.8%, P by 10.9% and K by 8.5% in cotton and 6.4%, 9.2% and 8.8%, respectively, in peanuts (78). Both alternate and traditional intercropping methods led to increased partitioning of ¹³C-labeled photoassimilate to reproductive organs.

Intercropping systems involving legumes also promote symbiotic N fixation, reducing N requirements by 26% without sacrificing yields (83). A study on the response of soil microbial genes involved in N cycling in intercropping systems revealed that the abundances of ammonia monooxygenase genes, such as archaea-amoA in ammonia-oxidizing archaea and nitrogenase Fe protein (nifH), were significantly higher in intercropping systems, thereby promoting N transfer from soil to crops, increasing N use efficiency and lowering nitrous oxide (N₂O) emissions (44). Moreover, intercropping influences the accumulation of minerals and secondary metabolites, which can affect the nutritional quality of crops through interspecific competition and complementation (78).

Conclusion

The intercropping system is a recently adopted strategy to enhance crop tolerance to biotic and abiotic stresses. Its effectiveness depends not only on the pedoclimatic conditions of each region but also on the specific crop combinations and the nature of the stress factors involved. Four primary intercropping patterns have been identified: i) strip intercropping, ii) row intercropping, iii) mixed intercropping and iv) relay intercropping. Additionally, factors such as plant density and specific genotype combinations play a critical role in optimizing the benefits of intercropping under varying stress conditions.

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Authors' contributions

MB proposed the idea and wrote this research article. MM revised the manuscript. CR, MF, MA, AS and AR read the article.

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During the preparation of this work the author(s) used Grammarly and Chat GPT in order to improve the language and grammar. After using this tool/service, the author(s) reviewed and edited the content as needed and take(s) full responsibility for the content of the publication

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