

URBAN FARMER

LOVE THE EARTH

From Seed to Harvest: A beginner's guide to growing Nasturtium

Nasturtium plants have trumpet-shaped blooms with a slightly spicy fragrance. In addition to their beautiful blooms, Nasturtium can be used as edible arrangements and garnishes for culinary dishes. Nasturtiums can grow in mounds which stay generally low to the ground, or there are also trailing varieties that grow against a trellis and can reach up to 5 feet in height.

To plant:

Nasturtium seeds are large, and generally they can be sown in the garden. For an early start, they can be sown indoors first. For direct sowing, wait until after all dangers of frost have passed. Plant the seeds an inch deep and space them 10 inches apart. A risk with direct sowing is accidentally weeding the seedlings. Place a marker at the site to show where the seedlings are. When starting indoors, Nasturtiums will bloom earlier. Starting them in a 3-inch seed-starting pot and put two seeds in each pot. Place the pots in a sunny window, and the nasturtiums should sprout in 10 days. When seedlings have multiple leaves, thin them to the strongest of the pair per pot. Harden off the seedlings once nighttime temperatures stay at 50 degrees. Since Nasturtiums don't always transplant well, plant them in peat pots if beginning indoors and then plant the entire pot in the garden to not disturb the seedlings. For faster germination, soak the seeds overnight in lukewarm water.

To grow:

Nasturtiums like full sun unless grown in hotter climates, which is when they should be grown in an area with partial shade.



[Alaska Nasturtium seeds available at ufseeds.com](http://ufseeds.com)

Although they are carefree, be sure to keep them watered during dry spells. In addition to being used as borders or planted in a flower garden, Nasturtiums grow well in window boxes or containers. In addition to being edible, Nasturtiums will lure aphids away from other plants in the garden and are deer resistant.

To harvest:

Nasturtium will bloom from summer to fall. Nasturtium leaves and blooms are both edible. Since the blooms come in many different colors, they make for vibrant additions to salads or as garnishes to meals. The flowers have a slight pepper-like taste, similar to watercress. Nasturtium flowers can be eaten as buds or when they have bloomed. Leaves will be more tender if harvested when they are young. To harvest, pluck the flower, bud or leaves off the Nasturtium. The flavor will grow more peppery throughout the day, so harvest in the morning for a mild flavor and later in the day for a more peppery flavor.



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What Nasturtium craves:

It is best not to feed Nasturtiums will fertilizer, as they do well in poorer soils and adding fertilizer can produce more leaves and less blooms.

Where to buy Nasturtium seeds:

Urban Farmer offers many different kinds of Nasturtium seeds from dwarf mixes to various colors.

Check out our Nasturtium seed selection on our website at [ufseeds.com!](http://ufseeds.com)



[Peach Melba Nasturtium seeds available at ufseeds.com](http://ufseeds.com)



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