

# URBAN FARMER

LOVE THE EARTH

## From Seed to Harvest: A beginner's guide to growing Eryngium

Eryngium is a beautiful flower that makes a garden look unique and fascinating. They also are referred to as sea hollies. Sea hollies have spiny leaves and they bloom in clusters with teasel-like blossoms. The Eryngium is native to Europe and the Mediterranean. They can reach up to 36 inches tall and can spread up to one foot. They have green or silver-blue stems, and bloom with green or blue cones surrounded by silver, white, green, blue or violet petals resembling delicate spikes. Eryngium are perennials, meaning they will return year after year to be enjoyed.



[Eryngium seed available at ufseeds.com](http://ufseeds.com)

### To plant:

Sow Eryngium seeds indoors 10 to 16 weeks before the last frost. Light is required for the seeds to germinate, so do not cover them with soil. Harden the transplants off and move them outside after the last frost. Eryngium are easy to grow. They do best if planted in full sun in soils that are moist. Since Eryngium has a long tap root, it will withstand poor soil conditions. If Eryngium are sown directly into the garden, they may not bloom their first year. Prior to planting, use a warm stratification process for one month followed by cold stratification for one month, as well.

### To grow:

Eryngium are drought tolerant, and they are also tolerant of wind, salt spray and sandy soils. They are often grown in beds or along borders, and they make great additions to butterfly gardens. When growing sea hollies, gardeners should utilize deadheading to encourage additional blooming. Once the flowers' blooming period ends in the fall,

cut the flowering stalks back, but leave the evergreen foliage. When planted as a border around the garden, sea hollies act as a deer deterrent. Eryngium will bloom in the summer, and its blooms are long lasting. The cones will oftentimes disappear in the colder months, but this doesn't mean the plant has died. It is just dormant.

### To harvest:

Sea hollies make excellent dried flowers. They keep their unique and vibrant color even after picked, and even after they have dried. Utilize the flowers for beautiful, foreign looking bouquets and keep the flowers around for display even after they have dried. The flowers should be cut when the cones are blue or white, depending on the variety. If drying immediately after cutting, hang them upside down to air dry.

### What Eryngium craves:

Gardeners should not fertilize sea hollies. They actually do better when not fertilized,



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as fertilizer can make the flowers spread and appear droopy.

## Where to buy Eryngium seeds:

You can find Eryngium seed on our website at [ufseeds.com](http://ufseeds.com)!



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