

# URBAN FARMER

LOVE THE EARTH

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

Coleus is a beautiful plant that blooms in leaves and not flowers, and many gardeners can recognize the importance and beauty that foliage alone can bring to a garden. Coleus is a member of the mint family, and the different varieties of colors, patterns and more varies greatly in Coleus, making it easy to select a variety that fits your garden well. Coleus have three types of varieties - uprights, trailing or rounded. Depending on the area you plan to plant the Coleus in determines what type you should decide to grow.

### To plant:

The best time to plant Coleus outside is after all dangers of frost have passed. Originally, sow them indoors eight to 12 weeks before the last frost. Since the seeds require light to germinate, don't cover them with soil when you plant them.

### To grow:

Coleus can grow in the shade, but you will obtain the best color of leaves by planting it in an area that has morning sun and afternoon shade. Coleus doesn't do well when grown in damp soil, because that can lead to leaf drop and also encourage disease to target the plant. Coleus will flower if you don't pinch it back, so be sure to pinch the plant back every few weeks to direct more energy into the stem and leaves of the plant. When Coleus flowers, it puts too much energy into the flower blooms and loses vigor with the leaves. Once the Coleus plant flowers, it will die a few weeks afterwards. Coleus can be grown in the garden, in pots or in hanging baskets. Be careful not to over-water the coleus, since wet soil can



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

cause problems with the plant's growth or cause root rot or various fungus diseases. Once it hits mid-summer, you can trim the plant back by a third to promote new growth with the leaves.

### To harvest:

Coleus aren't the greatest options for cut flowers because they tend to wilt immediately upon cutting them. However, you can overwinter Coleus by turning it into a houseplant during the colder months. If you are going to move Coleus inside to grow, temperatures of around 70 degrees are required to keep the plant growing well. you can utilize grow lights to provide more light.

### What Coleus craves:

Fertilize Coleus once a month with a 10-10-10 fertilizer.

### Where to buy Coleus seeds:

Check out Coleus seeds on our website at [ufseeds.com!](http://ufseeds.com)



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Non-GMO Seed



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