

# URBAN FARMER

LOVE THE EARTH

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

Considered a healthy fat, peanuts are a staple in the pantry for snacks and can be eaten raw or roasted. In addition to monounsaturated fats, peanuts are rich in copper, manganese, vitamin b3 and more. Often looped in with the nut family, the peanut is actually a legume, related to peas and beans. Peanuts can grow in various places, such as the garden or a container pot if it is large enough. Peanuts grow underground, different from most nuts that grow on trees.

### To plant:

Similar to planting a garlic clove to grow a garlic plant, the actual peanut can be planted in the garden. Although it is possible to plant an unroasted peanut from the grocery store and have it turn into a plant, gardeners will have better luck if purchasing the peanuts from a seed company. Peanuts are commonly grown in southern climates as they are a warm weather crop, but they can grow in northern areas as well. If planting in a northern climate, choose an early-maturing variety to grow.

If purchased from a seed company, peanut seeds should still be in a shell. The peanuts must be shelled prior to planting. Since they have a longer growing season, peanuts can be started indoors three to four weeks before the last frost date and transplanted to the garden a week or two after the last frost date.

Prior to planting, dig the soil at least 5 inches deep to loosen the soil, as that makes space for the peanut roots when they can begin to grow.



[Jumbo Peanut seeds available at ufseeds.com](http://ufseeds.com)

When planting in the garden, plant the seeds 10 inches apart and 2 inches deep, placing two or three seeds in each spot. For those growing in a northern climate, planting the peanuts on a south-facing slope may aid in their growth.

### To grow:

Peanuts require full sun and frequent watering, and they do best in a sandier soil. They take up to 140 days to harvest. Once they sprout, thin the peanut plants to one per every 10 inches. Since peanut roots are very delicate, don't weed roughly around the plants. Once the plants are 6 inches tall, cultivate around them to make the soil easier for the pegs to grow into. Add a layer of mulch to keep the weeds down and retain moisture.

### To harvest:

Peanut plants can produce up to 50 peanuts per plant. The plant will begin to yellow and wilt when the peanuts are ready to harvest. Harvest them before the first fall frost.



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To harvest, pull the entire plant and hang upside down in a warm place for up to two weeks. This allows the peanuts to cure. After the two weeks, pull the peanuts off the plant and then continue drying them for two more weeks.

## What peanuts crave:

Although not necessary, gardeners can fertilize the peanut plants. If choosing to fertilize, use a low-nitrogen treatment. Once the plants lower, you can treat again with a calcium-rich fertilizer which will aid in nut formation.

## Where to buy peanut seeds:

Urban Farmer offers different varieties of peanut seeds, including a Spanish variety, which is better for northern climates. Check out our website at [ufseeds.com](http://ufseeds.com)!



Tennessee Red Valencia Peanut seeds  
available at [ufseeds.com](http://ufseeds.com)



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