

Nasturtium



Light: Full Sun to Part Shade

Timing: Direct sow 1 week after last frost.

Plant seeds 1" deep and 6" apart.
Soaking seeds overnight in water improves germination.

Watering Requirements: Well draining soil. Nasturtiums thrive in poor to average soil.

Size: Height 12", some varieties will trail over the edge of pots or containers.

Bloom time: 30 to 45 days after starting seeds. Blooms continue all summer into early fall if you deadhead regularly.

All parts of the plant are edible. The leaves are slightly peppery, the seeds can be pickled and used like capers and the flowers add a bright punch to salads or desserts.

