

Nasturtium

Edible Flowers



Nasturtium

Suggested varieties: *Tom Thumb, Wina, Whirlybird Mixed*

Edible Flowers

PLANT



Sow seed 1.5cm deep in pots or rows. Thin or transplant seedlings to 20cm apart. Choose sunny site; avoid very fertile soil to prevent excess leaves with few flowers

GROW



Keep well watered in dry weather. Wash off any 'aphid' pests on leaves and pick off caterpillars; cut back plants if the attack is severe

EAT



Pick flowers just after they open fully. Keep picking and remove seed heads to encourage more flowers. Young leaves are also edible

Growing guide

Easy!

Average time to harvest

From 8 weeks

Equipment needed

None

Germination time

10-20 days

Average plant size

30cm tall, 45cm wide

Family group to grow with

Miscellaneous

Seed saving group

2 - Annual, can cross-pollinate

Key nutritional content

Low calorie complement

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest



Use cloche

2.5cm = 1 inch 30 cm = 1 foot