

# 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

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