

Kids Grow Nasturtiums

Nasturtiums not only look pretty, they're edible too! You can eat the leaves and petals – they taste a bit peppery and look amazing in salads.

Nasturtiums are colourful, fast-growing flowers that you can grow in the ground or in containers, hanging baskets and window boxes. They come in lots of colours including cream, yellow, orange, pink, red and burgundy.

Popular nasturtium varieties

'Firebird'

Orange and red

'Banana split'

Gold and yellow

'Chameleon'

changes colour between pink and cream!

What you'll need:

- Packet of nasturtium seeds
- Container, box or hanging basket (if using)
- Soil
- Watering can

Why should you grow them?

They're edible

You can eat them! The flowers really brighten up a salad.

Quick growing

Just eight weeks from seed to flower.

Good for pollinators

Nasturtiums attract bees and other pollinators to your garden.

More fruit and veg

Pollinators are attracted to the flowers but then go on to pollinate your fruit and vegetables.

FUN FACT!

Nasturtium seeds were used as a substitute for pepper during World War II!



Step 1: Prepare your soil

- If you want to grow your nasturtiums in containers, fill them with soil.
- If you're growing them in the ground, remove the weeds and rake it well.
- They like to be in full sun and they prefer soil without too much compost.

Step 2: Plant your seeds outside

- Sow your seeds outside from March to May where you want the flowers to grow.
- Make a drill in the soil 2cm deep with your finger.
- Sprinkle the seeds in and cover with soil.
- Gently water.
- If you want another row, it should be 30cm away from the first one.
- Your plants should flower in about eight weeks.

Step 3: Care for your nasturtiums

- Water your plants regularly, but be careful not to over-water them.
- 'Deadheading' - removing dead flowers - will keep them blooming longer.
- Your nasturtiums may need to be trimmed back occasionally.
- Blackfly like nasturtiums. Get rid of them by watering with a weak solution of eco washing up liquid.
- Nasturtium seeds are easy to collect. Save some to plant next year!