

FACT SHEET

NASTURTITIUM JEWEL MIXED

Nasturtium is a fast growing, hardy annual with brightly coloured flowers and attractive trailing foliage, which are both edible. Nasturtium has large, easy to handle seeds, making them an ideal plant for your child's first garden

Best time to sow:	Warm zones – late Summer to early Spring, Temperate zones – Spring to early Autumn, Cool zones – Spring to early Summer
Best in:	Flower beds, borders, pots, hanging baskets
Where to grow:	Full sun
Time to flowering	10 weeks
Recipe Ideas:	Both flowers and leaves are edible and have a peppery taste; ideal for salads



PLANTING TIPS

- Sow seed direct where they are to grow, 12 cm deep. Ensure seeds are completely covered as they require darkness for germination. They will take around 14-21 days to germinate.
- Nasturtiums like a sunny and well-drained position.

GROWING GUIDELINES

- Nasturtiums prefer moderately poor soil, don't over fertilise them however feeding each fortnight with **Yates® Thrive® Vegie & Herb Plant Food** will encourage healthy plants and lots of flowers
- Nasturtiums are a versatile plant that can be used in a garden bed, vegie patch, pot, hanging basket or as a ground cover
- To limit the unwanted spread of Nasturtiums, remove spent flowers before they set seed

COMPANION PLANTINGS

- Bright and vivid flowers attract pollinators into your garden they are great for fruiting vegies or fruit trees.

HARVESTING TIPS

- Remove spent flowers to prolong the flowering period.
- Flower buds can be used as a substitution for capers in many meals.