



GROWING NASTURTIUMS

Nasturtiums are a wonderful and useful flower to have around the patch. They have a sweet and spicy flavour and are great in salads. They also make great companion plants, as they attract beneficial insects to the garden.

Seed Sowing

Sow your Nasturtium seeds from March to May; they are ideal for direct sowing, but you can also sow them in modules and plant out later if that suits you. Sow seeds 1.5cm deep.

Transplanting

Transplant at 30 x 30 cm spacing and water in well.

Plant Care

Nasturtiums are one of the easiest annuals to care for. If it's really hot and dry, they may show signs of wilting, so give them some water. You can deadhead them for more flowers, but they are quite prolific. If you are eating the flowers, you will effectively encourage more to grow. They will keep going until the frost hits.

Challenges

Nasturtiums attract blackfly and caterpillars, this tempts the insects away from your other crops so they are often planted near beans or brassicas for this reason. They also attract predatory insects into your growing space such as hoverflies, lacewings and ladybirds alongside helpful pollinators.

Harvest

Leaves, flowers, and young seeds are all edible; they are closely related to watercress, and you can taste that hot, spicy, wasabi-like flavor. Flowers are best harvested and used the same day but can keep for a day or two in the fridge. Seeds can be eaten when young and green, offering a really spicy kick.

Culinary Ideas

The flowers are a pretty addition to salads and make great garnishes. The leaves are perfect to add a little something spicy to a salad or sandwich and work well with Asian dishes, such as summer rolls.

Seed Saving

To save seeds, collect the seeds that have fallen to the ground, as that is how you know they are ripe. Dry them in a well-ventilated space before storing them.