



Nasturtium Planting Guide

About Nasturtiums

Beautiful and beneficial, Nasturtiums are often planted as companions to vegetables as they can help to repel harmful pests. Not only do Nasturtiums produce gorgeous blooms- the blooms are also edible and have a peppery, almost mustard-like taste.

When to Plant

Sow seeds outdoors after all danger of frost has passed or indoors 4-6 weeks prior to the last spring frost date.

Where to Plant

Nasturtiums perform best in full sun, in average, slightly acidic, well-drained soils. Light shade is tolerated in hot summer areas. Nasturtiums do better in soil of moderate to low fertility.

How to Plant

Sow seeds about 1/2" deep and 10-12" apart in the garden if direct sowing. If starting indoors, transplant after seedlings emerge, after 7-10 days, and space as you would if direct sowing.

Caring for Nasturtiums

Water regularly throughout the growing season, but be careful not to overwater. Deadhead your plants to prolong blooming. If maintaining your nasturtiums in containers, they'll need to be trimmed back occasionally to promote new foliage. Leaves and flowers can be harvested anytime, using scissors to avoid damaging the plants.