

NASTURTIUM

Edible
Playgrounds

1 SOWING YOUR SEEDS

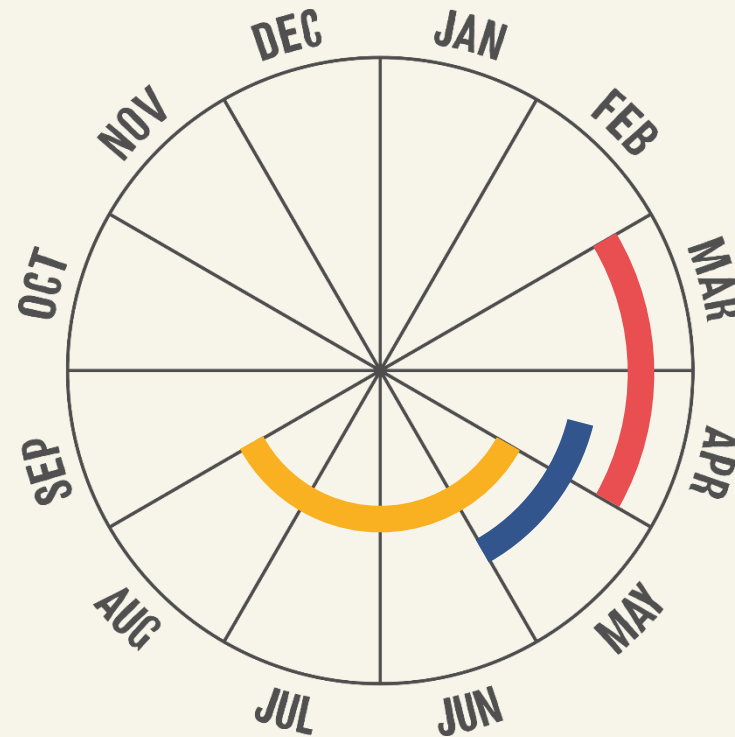
From March sow seeds directly into raised beds. Make a couple of drills which are 0.5cm deep and spaced 30cm apart. Water the drill. Sprinkle the seeds along the drill. Cover thinly with soil.

2 THINNING OUT

Once seedlings are 5-10cm tall, start to pull out the smaller and weaker stems. Leave a 20-30cm space between each plant.

3 HARVESTING

Once the flowers have fully opened it's time to start picking the petals. Use them to add colour to salads or stir fries.



Seedlings



Ready for harvest

Water and weed regularly, especially over the warm summer months. Nasturtiums love to climb so guide them towards some trellis or build a bamboo wigwam to support them.