



Nasturtium

Nasturtiums' leaves, flowers and seedpods have a peppery, almost mustard-like taste, which makes them lovely as a garnish in salads.

They grow well in poorer soils and do not typically need extra fertiliser. Too much nitrogen will encourage more foliage than flowers.

Plant in full sun (6-8 hours per day) for best results.

Water regularly throughout the growing season, but be careful not to overwater. Cutting off the faded and dead flowers will prolong blooming.

Leaves and flowers may be harvested at any time.

Snip off leaves, flowers and seedpods using scissors to avoid damaging the plant.

They are a favourite of pollinating insects such as bees and butterflies.

ERINDALE COMMUNITY GARDEN