

**Latin Name/Genus:** *Tropaeolum majus* & *T. minus*  
Family: *Tropaeolaceae*

**Difficulty:** Easy

**Season:** Warm Season

**Exposure:** Full-sun to partial shaded

**Zone:** Hardy as perennial to Zone 9 (grown as annual in cooler climates)

**Timing:** Sow nasturtium seeds indoors in peat or coir pots 2-4 weeks before the last frost date; alternatively, direct sow from one week after last frost and repeat at 2-week intervals into early summer. Optimal soil temperature for germination: 12-18°C; seeds will sprout in 7-12 days, but may take longer outdoors.

**Starting:** Sow seeds 5mm – 1cm (1/4"-1/2") deep; space smaller varieties 15-30cm (6-12") apart, and larger varieties 60-90cm (24-36") apart; water well after planting. If starting indoors, provide darkness during germination, followed by bright light.

**Growing:** Nasturtiums prefer a pH between 6.1-7.8, however tend to thrive in poor to average, well-drained sandy or loamy soil; keep watered during dry weather.

**Nutrient Preferences:** It is recommended nasturtiums avoid any fertilization, as they are able to process any nutrients in the soil already - there tends to be more harm caused to the plant when fertilized.

**Harvest:** Harvest leaves and flowers for culinary purposes as needed throughout the growing season.

**Disease & Pests:** If aphids are infesting nasturtiums, cut off the infested growing tip and destroy it. Otherwise, a quick jet of water from the hose should dislodge and kill aphids.

**Companion Planting:** Nasturtiums make a good trap crop for aphids, and deter whiteflies and cucumber beetles, all while attracting predatory insects. It is a good companion for brassicas, cucumbers, melons, radishes, and tomatoes; avoid planting mint, sage, thyme, and tomato nearby.

