

# Plant Nasturtium Seeds

Auburn Farmers Market



## You will need:

- Peat pellet
- Water
- Small cup or container
- Nasturtium seeds



## Before you start:

- Soak your nasturtium seeds overnight or rub the seed gently with a nail file before planting (this will help break down the seed-coat and help the seedling germinate.)
- Place the peat pellet in the small container and cover with water, it will get bigger

## Plant your seeds:

- When the pellet has absorbed all of the water that it can, carefully pour the remaining water out of the container
- Make a small hole - ½ inch deep and place the seed in the hole
- Carefully cover with soil and press down gently
- Cover the container loosely with a plastic bag and place container on a bright windowsill (south-facing is best)
- If the pellet starts to look dry, give it a small amount of water
- The seedling should start to emerge in 10-14 days
- After the seedlings emerge, remove the plastic bag and let the seedlings sit on the sill for a few days to grow
- To transplant them outside, move seedlings (in pellet) to a sheltered place outside for a week. Be sure to protect them from wind and hot sun at first. This process toughens the plant's cell structure and reduces transplant shock and scalding.
- Plant the entire pellet in the ground with soil covering to the top of the pellet.
- Water when the soil starts to look dry (but don't let it dry out all the way!)

Nasturtiums do well in containers, flower boxes, or in your garden! They are fairly easy to grow and beyond watering, do not need much care. Once your plant grows and blooms, all parts of the nasturtium are edible (even the flowers!) Try the leaves and flowers in your salad, or on a sandwich.

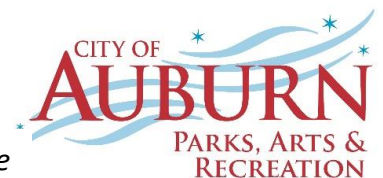
Share your results with us on Facebook @AuburnInternationalFarmersMarket

or email us at [farmersmarket@auburnwa.gov](mailto:farmersmarket@auburnwa.gov)



Join us Sundays, June 4 – September 17  
10 AM – 3 PM at Les Gove Park  
[www.auburnfarmersmarket.org](http://www.auburnfarmersmarket.org)

*The Auburn Farmers Market is supported by the  
King Conservation District and the City of  
Auburn*



<https://askthefoodgeek.com/nasturtium/>

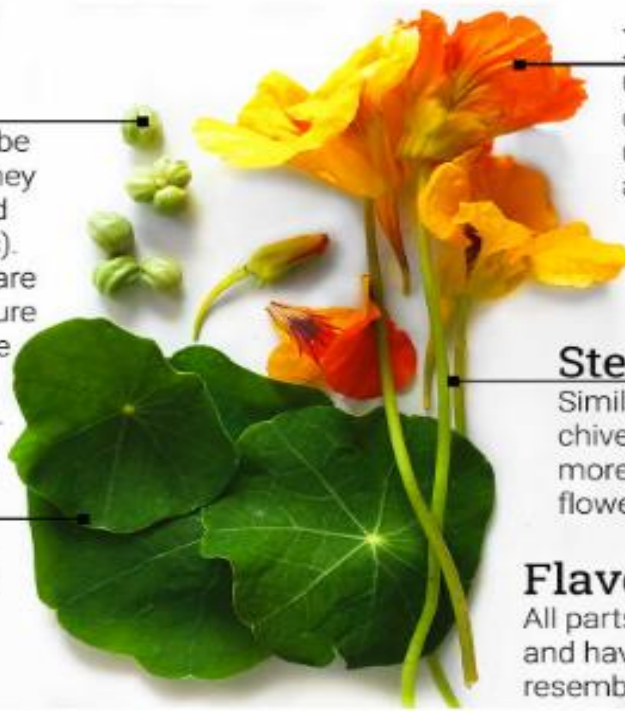
# Nasturtium: what's edible?

## Seeds

Strongest flavor. Can be eaten raw, although they are most often pickled (ending up like capers). Use young pods that are still green & soft. Mature yellow seed pods have a very hard seed inside that tastes bad.

## Leaves

Both big and small leaves are edible and have a hint of bitterness that other parts don't have



## Flowers

Come in a variety of colors and can be used to dye vinegar and other infusions

## Stems

Similar texture to chives with a bit more 'bite' than flowers and leaves

## Flavor

All parts taste very similar and have a peppery 'bite' that resembles a radish

Nasturtiums will thrive in poor soils, heat, and cold

All parts are edible, add to salads, pesto, omelets, sandwiches

Fairly large seeds

Sprouts in 10 to 14 days

*Auburn Farmers Market*

