

# Grower's Facts

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## Nasturtium

*Tropaeolum majus* Orchid Cream

**PLANTATION:** Sow the seeds 2 weeks before the last frost. Keep the temperature around 13-18 °C. Germination time is between 7-14 days. Or sow directly outdoors after the last ground frosts.

**SOIL: Indoor:** A well-drained, porous sowing media is best to prevent overwatering.

**Outdoor:** Dry soil.

### PLANTING:

**Step 1:** plow the soil about 30 cm (12 inches). Add an equal part of potting soil and mix well. Dig a hole approximately the same length as the container and about 1 ½ to 3 times the width.

**Step 2:** slightly squeeze the container, tap out the plant, and delicately free the roots. If the roots are too dense, liberate the fibers by inserting a knife or a transplanter. Separate the roots carefully, and then place in the hole.

\* **Good to know:** Use an organic bone meal or a «soil activator» when transplanting to stimulate root development. Follow the instructions for use on the package.

Fill up the hole with garden soil. Slightly press the soil around the base of the plant to favor the contact between the roots and the soil. Water regularly every 2 or 3 days until the soil is well compacted.

**Note:** Water regularly throughout the growing season, but be careful not to over-water your plants. Cutting off the faded/dead flowers will prolong blooming. If you're growing nasturtiums in containers, they may need to be trimmed back occasionally over the growing season.