



Know What You Grow!



Nasturtium

Scientific Name: *Tropaeolum majus*

Recommended Varieties:

Alaska: Compact and bushy; various colors.

Empress of India – Bush dwarf -size species with brilliant red flowers. Good in pots.

Blue Velvet: Trailing type, deep crimson flowers with yellow throats.

More Information: [Gardeners Path](#)

Pests: Nasturtiums can be used as a [trap crop](#), meaning they will lure aphids and other harmful pests away from vegetables.

More Information: [Gardening Know How](#)

Growing Information

Cool to Warm Season Annual

In Southern California where climates are temperate, nasturtiums may act like perennials by growing again the next spring. While being sun lovers, they do not like blistering heat.

Ideal Planting Window

Inland Valley & Desert: Late winter – spring

Growing Guidance

- Pat the seeds into the soil and cover with a scant amount of potting soil.
- Keep the seeds consistently moist until they germinate, 7 – 10 days.
- Nasturtiums are drought-tolerant and prefer fast-draining organic soil. Too rich soil and too much fertilizer will result in lush foliage but few flowers.

More information: [Master Gardeners](#)



Fun Flower Facts

- Nasturtiums come in vivid shades of yellow, orange, and red, but softer colors are being developed, such as peach and apricot.
- They are extremely easy to grow.
- Nasturtium flowers are aromatic with a fragrance reminiscent of mustard.
- All parts of the plant are edible: the flowers, leaves and seeds.
- Nasturtium flowers are an excellent source of vitamin C.
- Native to Peru, the nasturtium found its way to Europe via Spanish conquistadors in the 1550s.
- In Europe, the nasturtium became a symbol of victory and patriotism. Many believed the circular leaves resembled shields and the flowers helmets. Soldiers would be gifted an entire blanket made from the flowers after a victory.
- Nasturtium flowers were seen in the United States as early as the mid-1750s. They were a favorite in Thomas Jefferson's Monticello garden.

More information: [Specialty Produce](#)

Contact Information



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Pollinators/Beneficial Insects

Nasturtiums will attract bees, butterflies, hummingbirds, and beneficial insects. Adding nasturtiums in an outside space is one way to help honeybees and other bee species that are under threat due to climate change and human activity.

Suggested Uses

- Flowers and leaves add a peppery flavor to mixed salad greens and a wide variety of other foods.
- Their brilliant colors and unique foliage go well in flower bouquets.
- Add a fun and edible touch to frosted birthday cupcakes.
- Trailing types look great in hanging baskets, cascading over the edge of a planter or wall, or as ground cover to replace grass.
- Bush types are ideal for window boxes and containers, or for edging a path or border.

More information: [Garden & Happy](#)



Companion Plants

Nasturtiums may repel cucumber beetles, whiteflies, aphids and squash bugs and other garden pests when planted next to vegetables. Some examples are cucumbers, cabbage, broccoli, carrots, beans, and tomatoes.

More information: [Kellogg Garden](#)

All Photos: AOL Images