



Edible Flowers

Eat your flowers! Flowers are not only beautiful in recipes, but they have unique and interesting flavors as well. Some have tart, bitter, and spicy flavors that add some kick to salads and savory dishes. Others have a sweetness that adds punch to your punch (or other beverages) and desserts. The flowers in this collection were picked for their universal appeal and flavor. Plus, they are easy to grow!

Here's a step-by-step guide on how to grow the seeds included in your Garden Therapy Kit!

MATERIALS

- Garden Therapy Edible Flowers Collection Seeds
- Seed-starting journal
- Seed-starting soil mix
- Seed tray with greenhouse lid and pots
- Plant labels

GROW IT!

Download and print the seed-starting journal here: <https://gardentherapy.ca/get-growing-printable/>

Follow the instructions on the seed-starting journal to calculate the date to start each one of the seeds in the collection.

Some of the seeds can be started right in the garden, while others are best started indoors before the last day of frost in your area.

INDOOR SEED STARTING

For Indoor seed starting, The Jiffy Greenhouse will get your garden started off on the right foot!

1. Mix the seed-starting soil and water in a bucket to moisten it. It should be moist, but not soggy.
2. Fill Jiffy pots with damp soil mix.
3. Make a small indent in the top of the soil and plant 2-3 seeds per pot, and cover lightly.
4. Label the planted seeds.
5. To create a mini greenhouse, cover the tray with the plastic dome lid.
6. Once the seedlings emerge, remove the dome altogether and place the seedlings in bright light.
7. Water the seedlings from the bottom of the tray or by misting with a spray bottle to avoid damaging them.

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A Few Notes

Planting Medium. Soil is full of microbes, bacteria, and critters. That's great for the garden but bad for indoor seed starting. If you are starting the seeds indoors, look for a soilless seed-starting mix that is sterile. It will give your seeds the best start.

Labeling. Those little green sprouts all look pretty similar when they first pop up. Use plant labels to identify what seeds were planted so you can keep track of them. Wooden Popsicle sticks make inexpensive and biodegradable seed labels.

Thinning. If you planted more than one seed, then it's pretty likely that you have more than one seedling (germination rates are one of the things GardenTrends is pretty serious about!). In small pots, it's best to reduce the crop down to one plant to avoid overcrowding. Grab a clean pair of scissors and snip all but the strongest seedling in each pot – don't pull! Pulling can disrupt the roots.

The Right Light. The light requirements for each of the plants can be seen in the next section. Generally, a window is not enough light for starting seeds. For early seed starting indoors, a florescent grow light will help to give your seedlings a great start. The seeds will also do well in a greenhouse.

Watering. Make sure you keep the seeds hydrated by watering them enough so that the top layer of growing medium stays moist at all times. Don't overwater, though—the growing medium should be damp to the touch, but never soggy.

To avoid washing out tiny seeds or damaging seedlings, try misting using a spray bottle or soaking plants from the bottom by placing water in the basin of a tray and allowing the moisture to be wicked up.

Transplanting. As the seedlings grow into plants that are too large for the pots, you can move them outside to keep growing (as long as you have passed the Last Frost Date in your area). Repot the plants into larger pots and slowly introduce them outside (in the shade) to harden them off. After a week of gradually increasing outside time, they should be ready for the garden!

Harvesting Edible Flowers. Harvest edible flowers for recipes at their peak of freshness: when they have fully bloomed and are not starting to wilt. Cut them during the cool parts of the day (early morning or late evening) and plan to use them within a day. Ideally, they should be cut just before use. Use a clean pair of floral shears or scissors to cut the bloom just below the flower head. Lay the flowers in a basket and set them in the fridge until use.

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garden therapy

SEED COLLECTION

EDIBLE FLOWERS COLLECTION



Cool Wave® Mix
Pansy

Annual

Seeding Time: Late Winter [for Early Spring/Summer flowering] or Summer [for Fall flowering]

Days to Germination: 4 – 15

Seeding Depth: ¼"

Weeks to Transplant: 4 – 7

Soil Temperature: 65°F

Transplant Spacing: 7 – 12"

Pansies prefer cool weather, and often die back with hot weather. For best results, sow seed indoors into a sterile soil mix, lightly covering the seed. Requires moderate moisture to germinate. Transplant to well-drained garden soil in a partial to full sun location.



Golden Sweet
Pea

Annual

Seeding Time: Early Spring

Days to Germination: 6 – 12

Seeding Depth: 1 – 1.5"

Soil Temperature: 60°F

Seed Spacing: 1 – 1.5" x 30 – 36"

Spacing After Thinning: Do not thin

65 days. Sow seed directly into thoroughly prepared soil outdoors from early spring until June. Requires moderate moisture to germinate. Sow seed into shallow trenches and water well. Use fencing or trellising to take up less space and for easier cultivation in the garden!



Green
Chives

Perennial

Seeding Time: Spring

Days to Germination: 10 – 14

Seeding Depth: ¼ – ½"

Weeks to Transplant: 6 – 8

Soil Temperature: 65°F

Transplant Spacing: 8 – 12"

Sow seed indoors into a sterile soil mix in spring. Transplant to well-drained garden soil in a partial to full sun location. Late summer to fall sowings can be made directly to the garden in clumps 8 -12" apart.

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**Costa Mix
Calendula**

Annual

Seeding Time: Spring
Days to Germination: 7 – 14
Seeding Depth: ¼”
Weeks to Transplant: 3 – 4
Soil Temperature: 60 – 68°F
Transplant Spacing: 6 – 12”

Calendula prefer cool weather. For best results, sow seed indoors into a sterile soil mix, lightly covering the seed. Requires moderate moisture to germinate. Transplant to well-drained garden soil in a partial to full sun location.

**Jewel Mix
Nasturtium**

Annual

Seeding Time: Spring
Days to Germination: 7 – 14
Seeding Depth: 1”
Weeks to Transplant: 3 – 4
Soil Temperature: 64 – 70°F
Transplant Spacing: 8 – 10”

For best results, sow seeds directly into warm soil, thinning as needed. Cover seeds with soil, as darkness is needed for germination, and keep the top layer moist. If starting indoors, transplant seedlings outdoors in a full sun location after the last possibility of frost has passed.

**Zucchini Elite
Squash**

Annual

Seeding Time: Late Spring and Summer
Days to Germination: 6 – 12
Seeding Depth: 1 – 1.5”
Soil Temperature: 65°F minimum
Seed Spacing: 24” x 48 – 60”
Container: 2 – 3 seeds per 5 – 8 gal. container

48 days. Sow seed directly into thoroughly prepared, warm soil. Requires moderate moisture to germinate. Try growing squash in hills, sowing 3 seeds per hill, and thinning to 2 strong plants later. Space hills in square pattern.

**Penny™
All Seasons Mix
Viola**

Annual

Seeding Time: Late Summer or Fall [to overwinter for Spring flowering]
Days to Germination: 10 – 14
Seeding Depth: ¼”
Weeks to Transplant: 4 – 6
Soil Temperature: 65°F
Transplant Spacing: 6 – 8”

Violas prefer cool weather and often die back with hot weather. For best results, sow seed indoors into a sterile soil mix, lightly covering the seed. Requires moderate moisture to germinate. Transplant to well-drained garden soil in a partial to full sun location.

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