

# trellis

## Grow-a-long Activity Sheet

### Join Trellis in a Nasturtium Wigwam grow-a-long

#### What you need:

- **Nasturtium seeds** ('trailing variety' preferably)
- **Compost** (or use garden soil mixed with used tea bag leaves)
- **Small pot with drainage holes** (or use a cup size plastic food container or homemade paper pots )
- **Watering bottle/can**
- **Wigwam pot** (40cm x 40cm approx. or use a 10p supermarket bag or be **creative** in your choice)
- **Canes** approx. 2ft tall to create the wigwam structure (or use garden twigs)
- **String**



Step 1 Sow seeds

#### Step 1. Sow seeds.

Fill a cup sized 'pot' three-quarters full with compost and push 6 seeds into the compost.

Cover with a thin layer of compost leaving a gap between the brim of the pot.

Give the compost a good soak of water.

Place on a saucer (as water will leak out of the drainage holes) and position on a sunny windowsill.

Keep the compost feeling moist like 'sandcastle sand'.

Make a label for your pot if there are a few of you growing your own Nasturtium Wigwam.

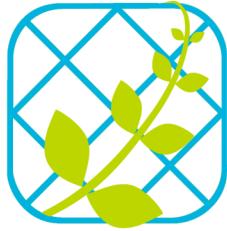
Start thinking of a funky container that you could make your wigwam in!

Make a photo record of your Wigwam! Take photos of your seedlings and nasturtiums as they grow, print them out and stick them on these sheets. And/or send us your photos as you complete each stage! We'll feature them on social media. Email them, along with your name and town (and age, if under 16) to [jo@trellisscotland.org.uk](mailto:jo@trellisscotland.org.uk)

Step 1 Take a photo of your seeds, print it and stick it here, & date you planted them

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## **Join Trellis in a Nasturtium Wigwam grow-a-long**



**Step 2 Hello Seedling!**

**Step 2. The seeds will sprout** through the compost after 5-7 days.

Don't worry if they all don't appear.

Keep the compost moist allowing the shoot to grow taller and develop leaves.

**Step 3. Hardening off** Once the seedling (sprouted seed) has grown its first set of wavy edged leaves, put the pot outside to get the plants used to living outdoors.

If it's frosty at night, be nice to them and bring them indoors. But remember to put them back outside the next morning. Keep the compost moist.



**Step 3 Out you go**

### **Step 4. Making your planter and wigwam**

Fill a larger pot /container/ 10p plastic carrier bag 4/5th full compost/garden soil.

Take 3—5 garden canes and place them evenly around the edge of pot, sliding into the compost.

Pull the tops of the canes together to create a wigwam shape. Tie the cane tops together with string. Place a plastic yoghurt pot on top of the canes to prevent poking your eyes with the canes!



**Step 4**

#### **Pot into larger pot**

### **Step 5. Potting on seedlings into planter**

Make little holes in the compost beside each cane.

Carefully scoop the small nasturtium plants out of their nursery pot and pop one into each compost hole. Firm the compost in around the necks of the plants.

Top up with more compost but leave a gap between the compost and the container top. Water thoroughly.



Photo by  
[StelladeSmit](#) on [Unsplash](#)

**Step 6. As the stems grow, tease them around the canes, and tie in with string if you like.**

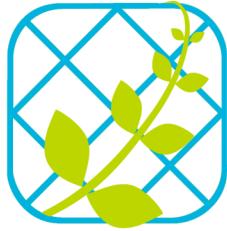
Be careful not to overwater now, as older nasturtium plants prefer a dryer soil once they are more established.

You can pick the leaves and flowers to eat raw in a salad—try them!

Be careful when picking them—bumble bees love visiting nasturtium flowers too!

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**Join Trellis in a Nasturtium Wigwam grow-a-long**

Step 2 Seeds have sprouted  
Your picture and date taken

Step 3 Seedlings  
Your picture and date taken

Step 4 /5 Planting up the planter  
Your picture and date taken

Step 5 Your Nasturtium wigwam  
Your picture and date taken

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