

URBAN FARMER

LOVE THE EARTH

From Seed to Harvest: A beginner's guide to growing Alyssum

Alyssum, also commonly known as Sweet Alyssum, is a very popular flower to include when planning out your flower beds.

Alyssum is an annual and usually grows on low-lying stems. A major benefit to growing Alyssum is that the flowers do a great job at attracting birds, bees and butterflies to the garden. Also, Alyssum is deer resistant and although it is classified as an annual, it self-sows easily and will return most years.

To plant:

To plant Alyssum, sprinkle the seeds over the area of your garden in which you want the flowers to grow. This allows the flowers to grow close together and create a carpet-like effect. Keep the seeds moist and they should sprout within a week. Alyssum also can be started indoors 8 to 10 weeks before transplanting outside.

To grow:

Alyssum grows best in well-drained, humus-like soil, but make sure the soil holds moisture well because in the summer, Alyssum can dry out and die back easily. Alyssum requires four to six hours of sunlight each day, so it can grow in partial or full sun. Be sure to keep the plant watered well, because hot spells can damage it. In the middle of the summer, cut the plant back by a third. This encourages new growth. Alyssum is beautiful when planted along borders or in front of taller annuals to create height differences in your garden.

To harvest:

Alyssum is a compact, low-lying flower and since it doesn't grow on tall, sturdy stems, it doesn't make for the best cut flowers.



[Alyssum seeds available at ufseeds.com](http://ufseeds.com)

However, many times Alyssum will self-sow itself even though it is classified as an annual. Although this can be convenient, the self-sown seeds don't produce as well as the fresh seeds do, so it is encouraged the gardener removes these from the garden and starts new with Alyssum each year.

What Alyssum craves:

Alyssum does best when it is fertilized after you cut it back by one third in the middle of the summer. Fertilize it with a balanced fertilizer cut with water, and the flowers will continue to bloom into the late summer.

Where to buy Alyssum seeds:

Find Alyssum seeds on our website at [ufseeds.com!](http://ufseeds.com)



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