

URBAN FARMER

LOVE THE EARTH

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

Lupine is a spiky, vibrant flower reaching up to the 4 feet in height. Lupines in both annual and perennial varieties. It grows from taproot. Lupines are frequently seen growing wild throughout the United States, where they serve as a host plant for larvae of endangered butterflies. Lupine can come in colors of blue, yellow, pink and purple. Lupine is a member of the pea family.

To plant:

Lupine can grow from seeds or from cuttings from the plant. If growing from seed, either scratch the surface of the seed or soak it overnight in lukewarm water to soften the seed coat so it germinates more easily. Seeds should also be chilled for a week prior to planting, but the natural way of accomplishing this is planting the Lupine seeds in the fall. If planting from seed in the spring, give the lupine seeds the cold treatment and scratch the seed's surface and soak them. Prior to planting, dig the soil up as deep as 20 inches, and break it up before raking the area smooth. Since Lupine has a long taproot, deeply loosened soil aids in growth. Sow directly outdoors, as lupine plants don't transplant well and if their taproot is damaged, they will die. Plant seeds 1/8-inch-deep and 12 inches apart. Water lightly over the freshly planted seeds. Sprouts will appear in 15 to 70 days.

To grow:

Lupine prefers full sun and a normal watering pattern. Lupine flowers will add nitrogen to the soil it grows in, so some gardeners opt to plant shade-loving plants beneath the lupine as a groundcover, where



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

they will benefit from the nitrogen-rich soil. Pair Lupine with flowers that are late-blooming, such as zinnias. Lupine grows better when its spent blooms are deadheaded. Once a Lupine stalk has finished blooming, cut it back or pinch of the flower head as this may encourage a second blooming during the same season.

To harvest:

Lupine flowers will bloom beginning in the early spring and continue blooming through July. Lupines make beautiful cut flowers. To properly harvest, cut the flowers in the morning or early evening. Flowers will be more fragrant in the morning. Cut the stem at an angle with a sharp knife and cut longer than you think you will need. Place the flowers in a vase filled with warm water immediately after cutting. Trim a half inch off the stem each day.

What Lupine craves:

Fertilize Lupine with a fertilizer that is high in phosphorous, as it will encourage that plant



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to produce more blooms. If fertilized with a nitrogen-dominant fertilizer, the Lupine plant will produce more leaves but less blooms.

Where to buy Lupine seeds:

Urban Farmer sells different varieties of Lupine that come in colors of purple, white, pink and more.

Check out our Lupine seed selection on our website at ufseeds.com!



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



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