

URBAN FARMER

LOVE THE EARTH

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

Solidago is also known as goldenrod, and it is an interesting profile. In America, it is oftentimes considered a roadside weed which people tend to rid from their gardens and consider it to be an invader. However, Europeans often cultivate it on purpose as an ornamental plant along borders. Other names for the plant can be woundwort, Aaron's rod and blue mountain tea. These perennials are clump-forming, and they are considered wildflowers. Although many North Americans consider the plant a weed, it is non-invasive.

To plant:

Goldenrod is easy to grow and can survive just about anywhere. As long as the soil is well draining, goldenrod will survive in just about any soil type. If you're growing goldenrod from seed, plant the seeds in flats and press them lightly into the soil but do not cover the seeds because they require light to germinate. Keep the seeds at 70 degrees, and they should sprout within 21 days. When you transplant them to the garden, space them 12 to 18 inches apart. The plant prefers full sun, but in hotter climates it can tolerate partial shade.

To grow:

Solidago is a hardy plant and it can grow along asphalt border, which is why it oftentimes is found along roadways.

Although this plant is tough and survives in many different types of environments, it prefers full sun. One positive about these plants is their hardiness, and it needs little, if any, watering once it is established. Gardeners should divide goldenrod every



[Solidago seed available at ufseeds.com](http://ufseeds.com)

four to five years. you can take cuttings of the plant and plant them elsewhere in your garden in the spring.

Once established, these plants will attract butterflies, bees and other beneficial insects to the area because the flowers provide nectar. The plant also provides protection for larvae, and it can draw bad bugs toward it, where the beneficial insects will then eat them, a natural way to eliminate pests in the garden.

To harvest:

Fluffy, yellow plumes bloom on top of long stems, and these plants typically aren't harvested to use in bouquets. The flowers bloom late in the summer and early in the fall. Although many people think it's the reason behind seasonal allergies, that is incorrect. You can find recipes for drying the leaves and flowers, which can be used as a tea to treat things like arthritis or aches and pains.



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What Solidago craves:

This plant is very easy to grow and fertilization should be avoided.

Where to buy Solidago seeds:

You can find Solidago seed that produce large and slightly flat golden flowers on our website at ufseeds.com!



[Solidago seed available at ufseeds.com](http://ufseeds.com)



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