



Cambridge University

Botanic Garden

FAMILY ACTIVITIES AT HOME

Grow your own Poached Eggs

These cool plants have yellow and white flowers that look just like poached eggs. Plant their seeds around Easter time and your garden will be full of their fragrant flowers by summer.

Ages
3+

You will need:

- Poached Egg plant seeds
- An area of soil or a soil filled pot where you can plant your seeds
- A trowel
- A rake (if growing in soil outside)
- A pinch of sand (optional)



Instructions

1. First get your soil ready by removing any weeds with your trowel.
2. If you are growing in the ground, rake the soil until the surface looks like it's covered in little crumbs – gardeners call this a fine tilth.

3. Mix a pinch of sand with your seeds (the sand will help thin out the seed so you don't spread it too thickly but don't worry if you haven't got any). Sprinkle the seed mix thinly over the soil.
4. Bury the seeds very slightly by raking gently or by sprinkling a fine layer of soil over the top.
5. Water gently and ensure the soil is kept moist. The seeds will germinate in 14 to 20 days.
6. As the plants get bigger you can remove some of the plants if they are growing too close together. They should have a 10cm space around each one.
7. The plants will grow to be about 15cm tall with lots of cup-shaped yellow and white flowers.

Us bees love to visit Poached Egg flowers to drink their delicious nectar. Keep an eye out for pollinators like us in your garden.



Poached Egg plant facts:

- The plant originally comes from California where it can be found growing in grassy meadows.
- It was discovered by the plant hunter, David Douglas. David and his dog, Billy travelled all around North America having adventures and tracking down new plants.
- The plant is so great it's won awards! It won the Award of Garden Merit (AGM) from the Royal Horticultural Society.