



Lupine Planting Guide

About Lupine

Lupine is known for growing tall, lush spiked chock full of vividly colored flowers! It's an early season perennial that may take a year after planting to offer it's stunning blooms, but will reward a gardener's patience with abundant, colorful blooms!

When to Plant

Direct sow in early spring, as soon as the soil is able to be worked. You can also start Lupine seeds indoors, 4-8 weeks before the final frost of the spring. In temperate climates, Lupine seeds can also be sown in the fall, after the first killing frost.

Where to Plant

Choose a space with full sun conditions, or some light shade. Lupines do best in moist, well-draining, somewhat sandy and well-worked soil.

How to Plant

Soak the seeds overnight in lukewarm water, or you can use sandpaper to rough up the exterior coating of the seed. This will help make it easier for your seeds to germinate and give you a stronger success rate. Direct sow your seeds onto the surface of the soil and compress, but do not cover, as Lupines need sunlight to germinate. Sprouts will appear in about 10-15 days.

Caring for Lupine

Deadhead spent blooms to encourage additional flowering through the season. Taller varieties of Lupine may need staking as well. Don't cut down dead spikes in the spring/summer, and instead wait until the fall. Likewise, seed pods can be harvested and saved for future plantings. For perennial Lupine, mulching in the winter can be beneficial for the roots. As spring approaches, the mulching can be removed.