

Love in a Mist

- Zone 4-9
- Sun Full Sun, Part Sun
- Plant Type Medium size
- Bloom Season Spring, Late Spring, Early Summer, Summer
- Ornamental Use Beds, Borders
- Planting Time Spring
- Features Attracts Bees and Butterfly's
- Life Cycle Annual

Growing Nigella in the garden, also known as love in a mist plant (Nigella damascena), offers an interesting, peek-a-boo flower to be glimpsed through showy bracts. Care of love in a mistflower is easy, and its interesting blooms well worth the effort. Learn more about how to grow Nigella love in a mist so you can enjoy this unusual flower in your garden.

Love in a Mist Plant info

If you're not familiar with the love in a mist plant, you may wonder exactly what it is. Flowers of growing Nigella are surrounded by a series of bracts. These are supported by a thread-like leaf structure, known as a ruff, on the cultivar love in a mist plant. This gives the appearance of the flowers being surrounded by a mist, hence the romantic name. Double flowers appear to peek through the mist in colors of blue, pink and white. Love in a mist plant reaches 15 to 24 inches (28 to 61 cm.) in height and up to a foot (30 cm.) in width when adequate room is left in the garden. Growing Nigella may be used in combination with other annuals in a mixed border or as part of an attractive

container display.

Sowing and growing instructions

We strongly advise against starting your love-in-a-mist seeds indoors, since disturbing the seedling's fragile taproot can cause it to fail. Plant your seeds outdoors as soon as all danger of frost has passed in the spring. In more temperate regions, try planting *Nigella damascena* seeds in early fall for a head start on next season's blooms.

- **Seed Treatment:** None required, though we recommend soaking them overnight at room temperature to soften the seed hulls.
- **Seed Depth:** No more than 1/8" deep; love-in-a-mist seeds require some sunlight to germinate.
- **Seed Spacing:** Plant seeds or thin seedlings 8" to 12" apart.
- **Days to Germination:** 14 to 21 days at 65°F or above.

If you do decide to start your seeds indoors, be sure to use the tallest peat pots you can find, or fold your own newspaper pots. This way, you can transfer the seedlings to their "forever home" pot and all, with minimal disruption to their roots. Start them 6 to 8 weeks before you intend to transplant them, and don't let them outgrow their seedling containers.

Care of Love in a Mist Seedlings

Love in a mist is best grown with very good exposure to the sun, and it is best to plant in either south-facing or west-facing sites. The soil needs to be well-drained too.

If you are sowing the seed directly into garden soil, you will need a relatively fine consistency. This makes it easier for shoots to push out into the light. When planting, be careful not to overcrowd, as the plants will compete for food, water and light. Sow your seeds thinly. Thin your plants out once they are about 2 to 3cm (1 inch) tall, leaving 10cm (4 inches) between them to prevent overcrowding. With Love-in-a-mist, the more

space you give them, the longer they will continue to bloom. Thinning out again after 6 weeks is probably a good idea. Aim to have the plants about 6 inches apart.

They are a fairly hardy flower, which is why they require low maintenance. However, if you have planted them in a particularly windy location, it is best to support the stems with a cane