



Nasturtium (*Tropaeolum majus* L.)

Blooms from June to September, and the seeds ripen from Aug to October. The flowers are hermaphrodite (have both male and female organs). Nasturtium is latin for "nose twister", so called because the flowers omit a pepper smell (and taste)

Edible Uses: *Leaves & Flowers*- raw, have a hot watercress flavor. Very nice addition in color and flavoring in mixed salads. ***Young seed pods*** - Raw, these are even hotter than the flowers or leaves. They can also be harvested while immature and pickled for use as a caper substitute. ***Seeds*** - raw or cooked. Very hot! The mature seed can be ground into a powder and used as a pepper substitute. **Caution:** Avoid use in infants or small children and patients with gastrointestinal ulcers or kidney disease.

Medicinal Uses: According to WebMD, people take nasturtium in combination with other herbs for urinary tract infections, swollen airways, cough, and bronchitis. Nasturtium is sometimes applied directly to the skin in combination with other herbs for mild muscular pain. Nasturtium contains vitamin C and might help fight bacteria, fungi, viruses, and tumors.