

NASTURTIUMS

TROPAEOLUM MAJUS

A beautiful trailing flower, which thrives on neglect. Not everyone wants to spend all their time in the garden, if so this is the plant for you!



PLANTING

Plant the seeds in springtime

1. Soak the seeds for 4hrs to 8hrs maximum to increase speed of germination. (You don't have to do this bit, if you can you will see results quicker).
2. Fill pot, pat down to remove air pockets.
3. Water, then sprinkle seeds on compost. Alternatively, sow directly into soil.
4. You can cover with a plastic bottle (bottom cut off) to retain moisture.

GARDENING TIPS

You can sow these straight into the ground or in a pot, in spring and throughout the summer. They germinate after 10-14 days. A good companion plant to vegetables as they attract hover flies and aphids away from the vegetables.

Harvest the leaves, flowers and seeds as they are all edible. Edible bright orange and red flowers in late summer/autumn can be added to salads. Seeds can be pickled in the autumn when seeds appear. Leaves are spicy and full of vitamin C.

USE

This plant has shown to have anti-inflammatory, antioxidant and antimicrobial properties. Traditionally it has been seen as "nature's natural antibiotic". The leaves are high in vitamin C which can support the immune system. The flowers have been added to food for taste and beauty with the added bonus of being full of nutrients.

A colourful delight to add to salads or turn into pesto.

RECIPE - NASTURTIUM PESTO

- 1 cup of nasturtium leaves
- Half a cup of olive oil
- ¼ cup of walnuts or pine nuts
- 3 wild garlic stems or a clove of crushed garlic.
- Salt and pepper and parmesan to taste.

Use a pestle and mortar or a kitchen blender to mix all ingredients.

Spread on a rice or oat cake or mix with pasta.

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For further information regarding herbs contact Julia@herbal-consultant.com

