Nasturtium
*Tropaeolum*

**When to plant:** Spring-fall

**When to Harvest:** Pick flowers at anytime once they have bloomed! Collect seedpods when they are over 1/4” diameter.

**Uses in medicine:** Nasturtium can be used on wounds to help fight infection. The seeds can be ground to a paste and painted onto fungal infections on toenails. The vapors released when eating are also great for bronchitis and other lung infections.

**Uses in cooking:** Flower petals can be eaten raw or cooked in dishes/put in salads! Seeds can be roasted and made into pesto.