

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. Th 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.