



# Nasturtium

*Tropaeolum minus*

JW Farms 7



Nasturtium has been used in the Americas for over 700 years as a traditional medicine. Some uses of these plants include making teas and tonics to soothe sore throats and colds, and even using the flowers, seeds and leaves as natural antibiotics to help heal internal infections. It is excellent added to a salad or greens including the flowers, which make for a colorful display.

It is native to South and Central America. There are so many species of this plant family. Their flowers come in a wide range of colors. Their stand alone lush round leaves are reminiscent of a lily pad. Their droopy large flowers will stand out in a garden. They are compared to the watercress and mustard greens.

Nasturtium are 8-10 inch plants pop their blooms above the foliage making an extra colorful display against the green canopy. The whole plant is edible with a sweet mild peppery flavor. Even the seeds are edible!



Nasturtium is one of the easiest herbs to grow. Bonus, Nasturtium works as an excellent trap crop. Planting these nearby fruits and vegetables will keep pests like aphids, cabbage looper, leafhoppers, leaf-miners, and slugs away. It helps in keeping tomato, pepper, bean, strawberry, cabbage, and lettuce, safe from these bugs by attracting them, not to mention they help bring pollination. Bees love them.



Nasturtium leaves are super rich in Vitamin C, iron and some other minerals. Flowers are also not far behind, containing vitamins B1, B2, B3, C and minerals like manganese, iron, phosphorus, and calcium. Have their leaves or flowers at any time of the day to benefit from this nutrient rich plant. This nutrient rich plant has numerous healing properties.

Nutrient Rich  
 Immune System  
 Digestive System  
 Respiratory System  
 Skin  
 Hair  
 Hydrating  
 UTI  
 Internal Bacterial Infections  
 Wounds  
 Laxative  
 Colds & Flu  
 High in Vit C  
 High in Iron  
 Promotes Red Blood Cells  
 Scurvy  
 Hair Loss  
 Stimulates Hair Growth  
 Fungal Infections  
 Yeast Infections  
 Muscular Pain  
 CANCER Prevention  
 EYES  
 Macular Degeneration  
 Cataracts  
 RA  
 Osteoporosis  
 Eczema  
 Expectorant  
 Disinfectant  
 Coughs  
 Bronchitis  
 Kidney infections  
 Congestion  
 Blisters  
 Swelling  
 Strong antifungal



Nasturtium is used vastly in skin and hair care.

Dried Ripe Buds are a STRONG laxative.

Fed to chickens as a wormer, antibiotic, fowlpox, prevents cancer and eye conditions, respiratory disease,

Hens lay more eggs, good for nervous ailments and more.

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The Anti' s:  
 Antioxidant  
 Anti-Inflammatory  
 Antiseptic  
 Antibacterial  
 Antifungal  
 Anti-aging  
 Antimicrobial  
 Antiviral



Nasturtiums will come back every year in most locations. It is considered both an annual and perennial. It will depend on the type you grow. They can be grown as bushes, planted close to other places, and used to cover fences and trellises. Many are climbing plants that will spread out and mingle with other nearby plants.

Fruits can be chopped and used instead of horseradish when making tartar sauce as well as if seeds are ground to powder can be substituted for pepper.

## Caution

Generally Safe.  
 Possible indigestion when consumed.  
 Possible allergic reaction if upset stomach, changes in urination and thirst occurs. This is extremely rare and needs to be studied further to ensure even if this is a possibility.