



WHAT IS A NASTURTIUM?



- Nasturtiums are native to South & Central America, but are grown in gardens worldwide.
- Nasturtiums are related to familiar vegetables such as cabbage, broccoli, kale, Brussel sprouts, & bok choy.



NASTURTIUM IS A 'TRAP CROP'



This poor nasturtium is getting attacked by insects!

- Used as “companion” plants in the garden, nasturtiums protect other plants from pests.
- They repel some insects while attracting and “trapping” others, preventing them from eating other plants you want.



NASTURTIUMS ARE EASY TO GROW



They are also ideal for hanging baskets and containers.

- Nasturtiums are the perfect flowers for beginner gardeners!
- These annuals are very easy to grow from seed, drought tolerant, and can be grown in any climate zone.
- Just plant them and seedlings will pop up in only 7-10 days!



FUN FLOWER FACTS ABOUT NASTURTIUM:



Nasturtium seeds can be used as an alternative to capers. The seeds were also used for a substitute for pepper during World War II.

- The name nasturtium means “nose twister” in Latin, referring to people’s reaction upon tasting the flowers.
- The nasturtium is the 40th Wedding Anniversary flower.
- In the Victorian Language of Flowers, the nasturtium represents patriotism.



HEALTH BENEFITS OF NASTURTIUMS



Try adding the flowers and leaves to a garden salad.

- Nasturtiums have edible leaves and flowers!
- Nasturtiums are high in Vitamins A, C, & D, and many other nutrients.
- They may improve the immune system, tackling sore throats, coughs, and colds, as well as bacterial and fungal infections.