



Nasturtium (Peruvian Cress)

About Nasturtium

Nasturtium is a unique plant native to South America that has both edible and medicinal properties. Its name means nose-twister, as it's known for its peppery taste and smell.

Benefits

Rich in vitamin C, this edible plant can treat colds, UTIs, and coughs. The leaves and flowers can be used in salads, and the seeds can be cured to substitute for capers.

Sowing

In our climate, we directly sow seeds in the ground from fall to early spring. Bury them about 1/2 inches deep in the soil and water frequently until germination.

Care

Nasturtiums prefer poor soil rather than fertile soil, as rich soil can deter flower growth. They need 6-8 hours of direct sunlight to thrive.

Harvesting

Snip leaves when young and tender; pick the edible flowers once they've fully opened.

Nasturtium Pesto

Ingredients

4 cups packed nasturtium leaves
2 cups packed nasturtium flowers
1 1/2 cups olive oil
5 cloves of garlic
1 to 1 1/2 cups sunflower seeds
1 to 1 1/2 cups shredded Parmesan cheese

Instructions

1. Pick a basket full of fresh, healthy leaves and flowers without any blemishes. If your plants aren't blooming yet, using only the leaves is fine too.
2. Thoroughly wash and dry the leaves and flowers; tear larger leaves in half.
3. Add the leaves, flowers, garlic, olive oil, seeds, and Parmesan to a blender or food processor. I like my pesto extra nutty and extra cheesy, so I use the full 1 1/2 cups for each ingredient.
4. Blend all the ingredients until the mixture is smooth.
5. Ladle the pesto into small jars, refrigerate, and enjoy! It should keep for up to two weeks.