



Dragonfly's Nook
PLANTS ♦ CRAFTS ♦ GOOD VIBES
Grow a kinder, greener tomorrow ♥

Healthy Plants
Happier People ♥

**Bold Blooms
Bright Benefits** ♥

**Good Plants
Good People**

NASTURTITIUM

(*Tropaeolum majus*)

Edible ♥ Medicinal ♥ Beautiful ♥

A vibrant, easy-growing plant that nourishes people, pollinators, and the planet.

More Than a Pretty Flower ♥

Medicinal Benefits
(Backed by Research)

- ♥ **Natural antimicrobial properties** – Contains compounds (like glucosinolates and isothiocyanates) that may help fight bacteria, fungi, and some viruses (1, 2).
- ♥ **Supports respiratory health** – Traditionally used to help with coughs, colds, bronchitis, and sinus congestion (3).
- ♥ **May support urinary tract health** – Some studies suggest nasturtium extracts can help prevent certain urinary tract infections (4).
- ♥ **Rich in antioxidants** – High in vitamin C, flavonoids, and carotenoids that help protect cells from damage and support immune function (5).
- ♥ **May support cardiovascular health** – Compounds in nasturtium may help reduce inflammation and support healthy blood vessels (6).

A natural defender with a bright spirit. ♥

Growing Information

- 🌱 **Type:** Annual (self-seeds easily)
- 📏 **Height:** 6 – 12 inches (trailing varieties can reach 3 – 10 feet)
- ↔ **Spread:** 10 – 18 inches (trailing varieties spread much farther)
- 🌸 **Bloom Time:** Late spring – fall
- ☀️ **Sunlight:** Full sun to partial shade
- 💧 **Soil:** Well-draining, moderately fertile (thrives in poor soil too!)
- 🌿 **Water:** Moderate (drought tolerant once established)
- ❄️ **Hardiness Zones:** 2 – 11 (grown as an annual in most areas)

Easy to grow.
Hardy and resilient.
Nasturtiums bloom where others struggle. ♥

Nasturtium Varieties Different colors. Different habits. All amazing! ♥

Dwarf Nasturtium
(*Tropaeolum majus nanum*)



- ♥ Compact, bushy growth (6 – 12 inches)
- ♥ Perfect for containers, edges, and small gardens
- ♥ Abundant blooms
- ♥ All parts are edible

Small plant, big personality. ♥

Trailing Nasturtium
(*Tropaeolum majus*)



- ♥ Vigorous, trailing growth (3 – 10 feet)
- ♥ Great for trellises, fences, and hanging baskets
- ♥ Adds a beautiful cascade of color
- ♥ All parts are edible

Let it trail, let it shine. ♥

Alaska Mix
(*Tropaeolum majus*)



- ♥ A popular mix of colors
- ♥ Tolerates cooler weather better than many varieties
- ♥ Blooms prolifically
- ♥ Great for borders and pollinator gardens
- ♥ All parts are edible

A classic for a reason. ♥

Black Velvet
(*Tropaeolum majus* 'Black Velvet')



- ♥ Stunning deep red, almost mahogany blooms
- ♥ Dramatic foliage
- ♥ Adds a unique, elegant touch to any garden
- ♥ All parts are edible
- ♥ Same great benefits as other nasturtiums

Bold beauty. Same goodness. ♥

Popular Ways to Use Nasturtium



Fresh in Salads
(leaves, flowers, seeds)



Pickled Seed Pods
(a caper substitute)



Herbal Tea
(leaves or flowers)



In Soups
(adds a peppery flavor)



Infused Vinegar
(beautiful and flavorful)



Nasturtium Pesto
(try it instead of basil)

Peppery flavor. Endless possibilities. ♥

A Few Things to Know

- ♥ All parts of the plant are edible (leaves, flowers, and seed pods).
- ♥ Has a peppery, slightly spicy flavor (similar to watercress).
- ♥ Generally safe for most people in culinary amounts.
- ♥ May cause mild stomach upset in large amounts for some individuals.
- ♥ Avoid using pesticides.
- ♥ Can help deter garden pests like aphids, whiteflies, and squash bugs – a great companion plant!
- ♥ Attracts pollinators like bees, butterflies, and hummingbirds.

Good for you. Good for the garden. ♥

Selected Studies & Sources

1. Cespedes, C. L., et al. (2006). Antimicrobial activity of *Tropaeolum majus*. *J. Ethnopharmacology*.
2. Silva, L. R., et al. (2011). Antibacterial and antifungal properties of nasturtium extracts. *BMC Complementary Medicine*.
3. Sharma, P. V. (1996). Medicinal plants with anti-inflammatory activity. *J. Ethnopharmacology*.
4. Kaim, D., et al. (2013). Nasturtium extract and urinary tract infections: a randomized study. *Phytotherapy Research*.
5. Liu, R. H. (2003). Health benefits of flavonoids and carotenoids. *J. Nutr.*
6. Ojewole, J. A. (2005). Cardiovascular effects of *Tropaeolum majus* in experimental models. *Phytomedicine*.

(Full citations available upon request)

Bright Blooms Healthier Tomorrows ♥

Plant Wellness ♥ Grow Joy ♥ Dragonfly's Nook ♥