# Tropaeolum majus **Common name:** Nasturtium

**Family:** Tropaeolaceae

**Botany:**  An annual climber up to 3 m long. The stems are straggling, the leaves are rounded and the five petalled flowers are trumpet shaped with a long spur containg nectar. The flowers are through the red to yellow range of colours.

**Parts used:** All parts (leaves, flowers and seeds)

**Harvesting, cultivation and habitat:** Originally from Peru the plant is widely cultivated as an ornamental and a salad vegetable.

**Constituents:** Glucocyanates including plycotropeoline, Spilanthol, Myrosin, Oxalica acid, Vitamin C

**Actions:**  Disinfectant, antibiotic, Expectorant, Immunomodulant

**Traditional and current uses:**

* Used as an infusion to increase resistance to bacterial infections
* Clears nasal and bronchila infection
* Reduces the formation of mucus and promotes expectoration
* Treatment of scrofula
* Antiseptic wash

**Garden pesto**

2 cups nasturtium leaves

1 cup parsley leaves

1 cup sorrel leaves

A few sprigs of sage leaves

1 cup ground almonds

2 dessertspoons apple cider vinegar or infused vinegar

1 cup olive oil (or more if preferred)

Salt to taste

Put all the ingredients into a food processor and blend to desired consistency . Add more oil or a little water if wished.

**Nasturtium ‘capers’**

Loosely pack a sterilized jar with fresh plump green nasturtium seeds and covered with boiled apple cider vinegar. Leave for a couple of weeks and then use as one would use capers.