Nasturtium

Today on Gardening in a Minute: nasturtium.

The nasturtium is an attractive, easy-to-grow plant typically used in landscapes for its beauty. It can also be grown as a food crop, since nasturtium leaves, flowers, and seed pods are edible.

This vining annual can be grown year-round in most of Florida, but will die back to the ground during a freeze. Nasturtium leaves are round and smooth, and its numerous flowers are yellow, orange, or red.

There are many varieties. Trailing forms grow best in hanging baskets or on low trellises, while dwarf forms can be left freestanding.

You can add the flowers and leaves to salads, and pickle the seed pods, using them as a substitute for capers. If you plan to eat parts of your nasturtiums, avoid using pesticides on or near the plants.

For more information about nasturtiums and many other gardening topics, contact your county Extension office or visit Gardening in a Minute dot com.

Gardening in a Minute is a production of the University of Florida’s Center for Landscape Conservation and Ecology, IFAS Extension, and WUFT-FM.