PLANT FACT SHEET

Tropaeolum minus L.

GENUS *Tropaeolum* **FAMILY** Tropaeolaceae

COMMON NAMES Dwarf nasturtium

EDIBLE PARTS AND USES

Edible parts: Flowers, Leaves, Seeds, pod

The leaves and flowers are eaten in salads.
The unripe fruits and flower buds are pickled in vinegar and used for seasoning.

DESCRIPTION

A bushy herb. It keeps growing from year to year.

HABITAT

It is a tropical plant. It grows at high altitudes in the tropics. It needs a sunny position. It suits hardiness zone 8-11.

NOTES

There are 80 to 90 Tropaeolum species.

PICTURES



Credit: Food Plants International (Bruce French)

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