Carefree and Deliciously Edible Nasturtiums

Perfect for urban gardeners, nasturtiums add color, flower-blooming flares, and softly mounding lily-pad shaped leaves to a variety of sunny spots. Nasturtiums growing colors when flowering plants and both flowers and leaves are deliciously edible, looking like watercress with a touch of lamy in the finish.

Alaska Mix
Creamsicle
Aloha Mix
Cherries Jubilee
Vanilla Berry
Copper Sunset
Buttercream
Climbing Phoenix

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Colorful Nasturtiums

Colorful, edible, butterfly-like nasturtium blossoms have delighted gardeners and cooks alike for centuries. At different times in history, they have been regarded as a vegetable, herb, flower, and even a fruit...

Make Nasturtium Vinegar

Fill a new large glass container half full with rinsed and dried nasturtium flowers. Then fill the jar with warmed white vinegar or unseasoned rice vinger. Top with plastic wrap and a lid and let steep for about 2 weeks to transfer flavor and color. Strain the liquid, pour the strained nasturtium vinegar through cheesecloth and pour into pretty bottles to use in making delicious vinaigrettes.

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Warm Wishes,
Renee Shepherd

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