



TROPAEOLUM MAJUS

Fam. Tropaeolaceae

DESCRIPTION

Bushy or ground-covering plant.

LEAVES

Round, peltate, waxy leaves, often with slightly wavy margins; when rubbed between the fingers, they give off a light and pleasant scent.

HABITAT

Native to South America.

DISTRIBUTION

This plant grows spontaneously in the Mediterranean shrubland. It owes its diffusion to the cultivation in gardens and pots on the balconies; this species can produce many seeds from a single plant.

FLOWERS

Campanulate flowers about 5 cm wide, delicately scented, in different shades of cream, yellow, orange and scarlet red; on the back of the flower, a short spur stretches out. Nasturtiums bloom profusely from spring to late summer.

ROOTS

Robust fasciculated root.

STEM

Thin, fleshy, light-green stems.

INTERESTING FACTS

Tropaeolum is commonly known as nasturtium (literally "nose-twister"). The flowers, leaves and seeds are all edible and can be added fresh to salads, used in chicken and fish recipes or to make a tasty omelette. In the seventeenth century, the plant was imported by Europeans and also used against the deficiency of vitamin C (scurvy). The Nasturtium flower is the symbol of tenacity and fight.

