



KOPPERT CRESS  
*Architecture Aromatique*

## Nasturtium Flowers



### Description

Yellow, golden, orange, brick-red, cherry-pink, salmon, crimson, and dark mahogany. The spicy-sweet Nasturtium flowers, or only the picked petals, add a perfect visual and flavor component to a variety of salads, entrées and desserts. They pair nicely with sweeter greens and add a refreshing bite to classic salads with potatoes, eggs, or seafood.

*Tip: to perk up the flowers, keep them in a small vase with water.*

<b>Origin</b>	South America, first cultivated in Peru
<b>Flavor</b>	Sweet, bright, aromatic, peppery
<b>Use</b>	Ideal in cooler temperature dishes, as in gazpachos, salads, entrées and desserts
<b>Availability</b>	Year-round
<b>Storage</b>	Store for up to ten days at 36° to 40°F
<b>Packaging</b>	Tamper-evident clamshells; 50 ct.

### History

Nasturtium flowers have delighted gardeners and cooks alike for centuries. At different times in their history, they've been considered a vegetable, an herb, a flower, and even a fruit. Renaissance botanists named it after watercress, (*Nasturtium officinale* in Latin) which tastes similar. During the Victorian era, Nasturtium flowers were eaten to prevent scurvy since they are rich in Vitamin C.



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**Health Benefits**

Nasturtium Flowers contain mustard oil, which has been used as a natural antibiotic. They can be chewed to soothe a sore throat and to ward off colds and flus. The flowers have also been known to alleviate respiratory congestion and to stimulate the digestive system.

Available from your favorite  
fruit & vegetable supplier  
Distributed by

**Sustainability**

The flowers are cultivated in a socially responsible manner using environmentally friendly biological crop-protection systems.

[www.usa.koppertcress.com](http://www.usa.koppertcress.com)

Koppert Cress USA • 23423 Middle Road / Route 48 • Cutchogue, NY | 1935  
Tel.: (631) 734-8500 • Fax: (631) 734-8499 • e-mail: [info.usa@koppertcress.com](mailto:info.usa@koppertcress.com)