



I - INDIAN CRESS

- A common name for this flower is “Nasturtium” – this is both a garden flower, which hosts beautiful orange and yellow blossoms and is an edible plant.
- Native to South America – the Spanish Conquistadors sent these plants back to Spain when they noted that the Incans used them as a food source.
- The flowers can be used in a variety of ways – put in salads, added to sandwiches, made into a pesto or simply used as garnish.
- Both the buds and seeds of the plant are edible.



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