

# Nasturtium



The name "nasturtium" comes from the Latin words for nose (nas), and tortum (twist), which essentially translates to "twisted nose." Many believe it was named for the reaction on a person's face after biting into the peppery, bittersweet leaves. In addition, a unique trait of Nasturtium leaves is that they are superhydrophobic, meaning the leaves contain waxy nanostructures that prevent water from absorbing through the top of the leaf. This process also cleans the leaf because as the water drops off, it removes dirt and debris allowing the leaf to have a clean surface to continue photosynthesis. Nasturtium leaves are an excellent source of vitamins A, C, and D, beta-carotene, iron, manganese, and flavonoids.

## HEALTH BENEFITS

- Natural Antibiotic
- Promotes Kidney Health
- Fights infections in bladder
- Fights bacteria
- Prevents Tumors
- Boosts Immunity
- Natural expectorant and disinfectant
- Anti-fungicide
- Treats scurvy

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