

Indian Cress

Tropaeolum majus



Is an annual plant in the family of tropaeolaceae, also known as garden nasturium.

It has creeping branches and its leaves are large and nearly circular and its flowers are yellow reddish that have a spicy taste similar to that of watercress

More information: https://www.amu.bio/_indian_cress

Cultivation

Indian Cress can be propagated trough seeds or cuttings.

It most have about 50cm between the plants, as they grow and spread rapidly.

This plant should be grown with direct sunlight and in a moist, well-drained soil.

It prefers hot climates and does not stand low temperatures.

History

Its origin is from South America, the Andean region, however it is naturalized in several places of the world.

This species was introduced in Europe through the Jesuits in the 16th century.

Utilization

In medical terms, Indian Cress is considered a natural antibiotic, its infusions are used for the treatment of bronchitis, sinusitis, colds and flu, etc.

This plant is used for cooking salads, sauces, omelettes and is rich in vitamin C.

It is also an ornamental plant, ideal for flower beds and borders and is a good companion in the gardens as it attracts the parasites to itself.