

Watercress seeds

Nasturtium officinale



Height:	Up to 10cm and spreads across the soil surface
Suitable for:	Partial shade in a constantly damp location. Ideally in a large shallow container.
Summary:	Watercress is a well known tasty salad leaf with a hot and peppery taste. As well as a superb flavour it has many health benefits — high in Vitamin C, iron, calcium and folic acid.

More information:

It is traditionally grown in running water but is quick and easy to grow in wide shallow plant pots which are kept constantly damp by standing in a saucer of water. It grows best with just a little sun in a partially shaded position, and can be harvested regularly on a cut and come again basis throughout the summer and autumn.

Early crops can be started in an unheated greenhouse or cold frame, and from mid March onwards it can be grown outside with no protection.

Watercress needs no introduction. It has been grown and used as a salad herb for centuries. It is a very versatile kitchen crop which has innumerable uses. The hot peppery leaves are great to add a kick to salads and sandwiches, and they also make a flavour packed soup as well as combining particularly well with both eggs and cheese. Quite a lot of versatility for one herb.

Watercress has one of its first mentions far back in history, by Hippocrates who had his hospital close to wild watercress beds which he used to treat his patients with its health promoting benefits.

As a traditionally spring and summer crop watercress is a popular culinary herb with a long history stretching back into the Middle Ages, and it is still justifiably popular today.