

EDIBLE FLOWERS

Nasturtium

A vivid flower with a peppery bite, between bright orange and sunny yellow.

Nasturtium is one of the most expressive edible flowers: fleshy petals in orange, yellow or red, and a peppery flavour reminiscent of watercress. It brings both colour and character to the plate. Picked in full bloom and delivered in a punnet, it should be handled delicately and preferably used on the day.

FLAVOUR
peppery, close to watercress

ORIGINS
Spain, France

Seasons and origins

Peak season · Early · Late · Rare

	J	F	M	A	M	J	J	A	S	O	N	D
All origins	●	●	●	●	●	●	●	●	●	●	●	●
Spain	●	●	●	●	●	●	●	○	○	●	○	●
France		○	◐	●	●	●	●	●	●	◐	◐	

Indicative calendar based on our sales. Our sales team will confirm current availability.

Pack sizes

- **Punnet** — Spain, France

In the kitchen

- Sprinkled over a baby leaf salad
- Stuffed with fresh cheese as an aperitif bite
- To finish raw fish or a tartare

Orders and prices

Moorea — 69 rue de Perpignan, Bâtiment D3, marché international de Rungis, 94550 Rungis
01 56 70 62 40 · commercial@moorea.fr · qualite@moorea.fr