

Watercress - Plant

Watercress is a rapidly growing, aquatic or semi-aquatic, perennial plant.
Very easy to grow.
Very good for you and your pond!
Tastes delicious!

Rating: Not Rated Yet

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Description

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Watercress Plant

Description for Watercress

Plant height: 3 - 6 inches (7 - 16 cm)

Plant spread:

Watercress is an aquatic plant species with the botanical name *Nasturtium officinale*. This should not be confused with the profoundly different and unrelated group of plants with the common name of nasturtium, within the genus *Tropaeolum*.

Common name(s): garden cress

Flower colours: white

Bloom time: May to frost

Max reachable height: 1.00 to 2.00 feet

Difficulty to grow: easy to grow

Planting and care

Being semi-aquatic, watercress is well-suited to hydroponic cultivation, thriving best in water that is slightly alkaline. It is frequently produced around the headwaters of chalk streams.

Sunlight: Full sun to part shade

Soil: well-drained soil

Water: Medium

Temperature: 55 degrees

Fertilizer: Apply any organic fertilizer

Caring for Watercress

Keep soil moist at all times. Make sure there is always water in the plastic tray. Trim the watercress.

Typical uses of Watercress

Special features: Simply plant into the 'mulm' or muddy shallows if planting in a bog garden, put on a shelf of your pond or plant it in a pot!

Culinary use: It is one of the oldest known leaf vegetables consumed by humans.

Watercress has a pungent, slightly bitter taste, with a peppery snap.

It is popular in salads and as a garnish, and may be used in soups, salads, and diverse cooked dishes.

Watercress is one of the main ingredients in V8 Vegetable Juice.

Ornamental use: The plant is used for ornamental purpose.

Medicinal use: It acts as a mild stimulant and a digestive aid.

It also appears to have cancer-suppressing properties.

It is widely believed to help defend against lung cancer.

References

- <https://en.wikipedia.org/wiki/Watercress>
- <http://www.newworldencyclopedia.org/entry/Watercress>

Reviews

Wednesday, 25 September 2019

Very small but looking cute

Kashiah ghossh