

BIRD TALK: Flower Power!

Look to your garden to add colorful flavor to your bird's menu

Nasturtium flower (*Tropaeolum majus*) is a semi-trailing annual with orange and yellow flowers. They give a peppery taste similar to watercress. Nasturtiums are not only easy to grow, they also add colorful flavor to your bird's menu. These small flowers require very little attention to thrive in your garden; they just need soil, water and room to grow.

Nasturtium seeds are edible when they are immature and green and are similar to capers when pickled.

Get Growing!

Here's what you'll need to sow your own Nasturtium garden.

Seeds: Nasturtiums come in many varieties including climbing, variegated leaves and dwarf. Colors range from a vanilla white to fiery red and even multi-colored.

****For the full article, pick up the February 2008 issue of BIRD TALK****

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