

Watercress

Nasturtium officinale

Risk: Moderate

- Type:** Aquatic or semi-aquatic herb
- Light:** Full sun to partial shade
- Zones:** USDA 6-11
- Size:** 6-24 in. tall
- Bloom:** White flowers spring-fall
- Care:** Do not eat if grown in unsafe water.

INVASIVE PLANT WARNING

Regulated in some areas. Check local laws, keep contained, and never release into natural waterways.