

FLOWERS AND SEEDS

Nasturtium “capers”

Pickled green nasturtium seeds with a peppery bite. Add them to dishes just as you would capers.

Recipe author: Jane Levi · JaneLevi.com



TIME

24 hours brining + 1 month maturing

MAKES

One small jar

Method: Brining, then pickling in vinegar

Season and ingredients: Tender green seed pods of garden nasturtium (*Tropaeolum majus*)

Storage: Fermentarnia recommends refrigerating once the vinegar has been added, including during maturation.

Ingredients

- ❑ 50 g young green nasturtium seeds
- ❑ 150 ml water
- ❑ 10 g salt
- ❑ Up to 100 ml white wine vinegar, enough to cover the seeds in your jar
- ❑ Optional seasonings: peppercorns or chilli, with bay leaf, dill or tarragon

Instructions

1. Choose and wash the seeds

Pick tender green seeds. Discard any that have turned yellow or dried out, then wash the rest.

2. Soak in brine

Dissolve the salt in the water. Add the seeds, cover and leave for 24 hours.

3. Pack the jar

Drain the seeds, discard the brine and pat the seeds dry with a clean tea towel. Put in a small sterilised jar with your chosen seasonings, leaving about 1 cm below the lid.

COMPILED BY / NATALIA HORBACH, PhD

Sources and history on the Fermentarnia website
fermentarnia.com



Nasturtium "capers" / continued

4. **Cover with vinegar**

Add enough white wine vinegar to cover the seeds. Close the jar and refrigerate for a month, following Fermentarnia's recommendation. Keep refrigerated after opening.

Tips

Vinegar can corrode a metal lid. Use a well-lined lid or a jar with a glass lid and rubber seal.

Notes from Fermentarnia

The author matures the seeds in a cool, dark place and refrigerates after opening. Fermentarnia recommends using the fridge throughout maturation.

Use the tender green fruits of edible garden nasturtium, commonly called seeds. Do not use dried seeds or chemically treated seeds sold for sowing.

How to serve

Chop and add to potato salad, tartare sauce or salad dressing.

Under the microscope

The chemistry of the peppery bite

Nasturtiums contain glucosinolates. When plant tissue is damaged, these compounds can break down into isothiocyanates, which contribute to the peppery taste. This gives the green seed fruits their own flavour; the vinegar supplies the acidity of the finished pickle.

