Mustard

*Brassicaceae rapa*

**When to Plant:** Spring

**When to Harvest:** Mid-summer

**Uses in Medicine:** Considered an appetite stimulant, digestive aid, and decongestant. It can also increase blood circulation and has been used as a anti-inflammatory plaster.

**Uses in Cooking:** Mustard seeds can be used as a spice or garnish for extra crunchy texture. Can also be ground to use in sauces, oils, and vinegars.

**Fun Facts:** Mustard plants are commonly used by vineyard owners as a cover crop and viewed as a winemakers friend. The plant can act as a green manure and repel insects.