

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.

