

Description

Horseradish

Armoracia rusticana syn. *Cochlearia armoracia*

Family: Brassicaceae

Growing Tips

Horseradish is a perennial that grows up to 70cm tall with large green shiny flappy leaves with strong mid ribs that grow from a long white taproot, and a group of white flowers on a single branched out stem.

Parts Used

Plant 40cm apart and 15cm deep in early spring and allow plenty of space for good growth. It prefers full sun and rich moist, regularly fertilized soil. Roots are dug when leaves start to die down after the first frost and lay dormant during winter but grow back in spring.

Uses

Root s.

The root, when chopped or grated, releases a pungent oil that irritates the sinuses and eyes. It is used in European dishes such as boiled beef stew and fish to add a peppery flavour. It is also added to mustard. It is best preserved in apple cider vinegar. It is also dyed green and made into wasabi, as a cheaper substitute to the traditionally used *Cochlearia wasabi* in Japan.

It helps to dispel coughs and colds; to clear lymphatic, sinus and bronchial congestion, candidiasis and fermentation in the digestive tract, to expel fevers.

It stimulates the immune system, blood circulation, menstruation, digestion and urination. It is also used externally for rheumatic conditions and chilblains. It is best used fresh but alcohol extracts are used in therapeutic applications. Excessive consumption may irritate the kidneys.

Origin & History

Horseradish is native to the Middle East and reference was made to its use in Egypt of 1500BC. Records show that in the Middle Ages it was used as a culinary herb as well as medicinal.

