PLANT FACT SHEET

Brassica nigra S. Kohl ex Koch

GENUS *Brassica* **FAMILY** Brassicaceae

COMMON NAMES Black mustard

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds, Herb, Spice, Flowers, Vegetable, Oil

The young basal leaves and shoots are cooked and eaten as a vegetable.
The seed oil is used for cooking.
The ripe seeds can be used as flavouring. They are used in pickles and sausages.
The seeds are sprouted and eaten. They are also powdered and eaten with honey.
The flowers are used like broccoli.

DESCRIPTION

A cabbage family herb. It is an annual plant. It grows about 1-3 m high. The leaves are stalked and clasp the stem. The upper leaves are sword shaped. Leaves are 10-20 cm long. Flowers are yellow. The fruit is a pod. It is erect, smooth and 2 cm long. It can have 3-5 seeds. The seeds are reddish-brown to almost black. They are 1.5 mm across.

HABITAT

It is a temperate and Mediterranean climate plant. In China it grows on slopes, steppe, field margins between 900–2800 m altitude. In Nepal it grows to 2000 m altitude. In Ethiopia it grows between 1,500-2,600 m above sea level. Tasmania Herbarium.

PRODUCTION

Cultivation

Plants are grown from seed.

Harvesting and Seed Production

The seeds need to be hand picked as they shed their seeds at maturity. They can be harvested after 90-100 days.

NOTES

There are about 30 Brassica species and many cultivated varieties.

A recent publication revised the name to Rhamphospermum nigrum (L.) Al-Shehbaz.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

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