PLANT FACT SHEET

Armoracia rusticana Gaertn.

GENUS *Armoracia* **FAMILY** Brassicaceae

COMMON NAMES Horseradish

EDIBLE PARTS AND USES

Edible parts: Roots, Seeds, Herb, Spice, Leaves, Vegetable, Seeds sprouts

The root is processed to produce horseradish sauce. It is ground finely and added to whipped cream. It is not cooked but used cold like mustard with cold meats.
The fresh roots are used to flavour meats, vegetables and pickles.
The young leaves can be added to salads and used in soups and sauce. They are a spice.
CAUTION: Horseradish is a flavouring and should only be eaten in small quantities.

DESCRIPTION

A cabbage family herb. It has stems up to 120 cm tall. It has fleshy roots. They are parsnip like with a spicy, bitter flavour. The taproot is 30 cm long and has smaller side roots. The roots are hairy and wrinkled and have a yellowish-brown skin. The flesh inside is white. The plant keeps growing from year to year. The leaves are 60 cm long. The flowers are small and have a smell. The fruit are oblong wrinkled pods. Usually the seeds do not grow.

HABITAT

It suits temperate places. Plants grow readily in most soils. It suits moist semi-shaded conditions. In Hobart Botanical gardens. It suits hardiness zones 5-9. In the tropics it is cultivated in mountainous places.

PRODUCTION

Cultivation

They are grown by dividing roots. Cuttings 10-15 cm long and 0.5 cm thick are used. These are planted 2.5 cm under the ground. Roots are lifted as cold temperatures approach as the cold improves the flavour. Plants can be grown by seeds.

NOTES

There are 3 Armoracia species. The glucoside sinigrin and an enzyme myrosin cause the stinging fumes when the roots are crushed.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

REFERENCES

Ali, A. M. S., 2005, Homegardens in Smallholder Farming Systems: Examples from Bangladesh. Human Ecology, Vol. 33, No. 2 pp. 245-270

Ambasta S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 53

Arora, R. K., 2014, Diversity in Underutilized Plant Species - An Asia-Pacific Perspective. Bioversity International. p 100

Aziz, M. A., et al, 2022, The nexus between traditional foraging and its sustainability: a qualitative assessment among a few selected Eurasian case studies. Environment, Development and Sustainability. Springer.

Bianchini, F., Corbetta, F., and Pistoia, M., 1975, Fruits of the Earth. Cassell. p 72

Bremness, L., 1994, Herbs. Collins Eyewitness Handbooks. Harper Collins. p 148

Brickell, C. (Ed.), 1999, The Royal Horticultural Society A-Z Encyclopedia of Garden Plants. Convent Garden Books. p 139

Brouk, B., 1975, Plants Consumed by Man. Academic Press, London. p 306

Brown, D., 2002, The Royal Horticultural Society encyclopedia of Herbs and their uses. DK Books. p 129

Burkill, I.H., 1966, A Dictionary of the Economic Products of the Malay Peninsula. Ministry of Agriculture and Cooperatives, Kuala Lumpur, Malaysia. Vol 1 (A-H) p 602 (As Cochlearia armoracea)

Burnie, G & Fenton-Smith, J., 1999, A Grower's Guide to Herbs. Murdoch Books. p 40

Bussman, R. W., et al, 2016, A comparative ethnobotany of Khevsureti, Samtskhe-Javakheti, Tusheti, Svaneti, and Racha-Lechkhumi, Republic of Georgia (Sakartvelo), Caucasus. Journal of Ethnobiology and Ethnomedicine (2016) 12:4

Bussman, R. W. et al, 2017, Ethnobotany of Samtskhe-Javakheti, Sakartvelo (Republic of Georgia), Caucasus. Indian Journal of Traditional Knowledge Vol. 16(1) pp 7-24

Bussman, R. W., et al, 2021, Unity in diversity–food plants and fungi of Sakartvelo (Republic of Georgia), Caucasus. Journal of Ethnobiology and Ethnomedicine (2021) 17:72 p 7

Cerne, M., 1992, Wild Plants from Slovenia used as Vegetables. Acta Horticulturae 318 (As Armoracia lapathifolia)

Cheifetz, A., (ed), 1999, 500 popular vegetables, herbs, fruits and nuts for Australian Gardeners. Random House p 116

Crawford, M., 2012, How to grow Perennial Vegetables. Green Books. p 117

Cundall, P., (ed.), 2004, Gardening Australia: flora: the gardener's bible. ABC Books. p 188

Denes, A., et al, 2012, Wild plants used for food by Hungarian ethnic groups living in the Carpathian Basin. Acta Societatis Botanicorum Poloniae 81 (4): 381-396

Esperanca, M. J., 1988. Surviving in the wild. A glance at the wild plants and their uses. Vol. 2. p 17

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 52

Flora of China @ efloras.org Volume 8

Gabrielian, E. & Zohary, D.: Wild relatives of food crops native to Armenia and Nakhichevan. – Fl. Medit. 14: 5-80. 2004. – ISSN 1120-4052

Girard, N. J., 2020, Sustainable Foraging of Wild Edible Plants in Norway. A Biocultural Approach. M. Sc. thesis Norwegian University. p 129

Gouldstone, S., 1983, Growing your own Food-bearing Plants in Australia. Macmillan p 189 (As Cochlearia armoracia)

Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 206 (As Cochlearia armoracia)

Hemphill, I, 2002, Spice Notes. Macmillan. p 205

Heywood, V. H. & Zohary, D.,1995, A Catalogue of the Wild Relatives of Cultivated Plants Native to Europe. Flora Mediterranea 5 - 1995, p 388

Hibbert, M., 2002, The Aussie Plant Finder 2002, Florilegium. p 32

Hu, Shiu-ying, 2005, Food Plants of China. The Chinese University Press. p 403

Irving, M., 2009, The Forager Handbook, A Guide to the Edible Plants of Britain. Ebury Press p 77

Kalle, R. & Soukand, R., 2012, Historical ethnobotanical review of wild edible plants of Estonia (1770s-1960s) Acta Societatis Botanicorum Poloniae 81(4):271-281

Kasper-Pakosz, R., et al, 2016, Wild and native plants and mushrooms sold in the open-air markets of south- eastern Poland. Journal of Ethnobiology and Ethnomedicine 12:45

Kays, S. J., and Dias, J. C. S., 1995, Common Names of Commercially Cultivated Vegetables of the World in 15 languages. Economic Botany, Vol. 49, No. 2, pp. 115-152

Kermath, B. M., et al, 2018, Food Plants in the Americas: A survey of the domesticated, cultivated and wild plants used for Human food in North, Central and South America and the Caribbean. p 116

Kiple, K.F. & Ornelas, K.C., (eds), 2000, The Cambridge World History of Food. CUP p 433, 1787

Kybal, J., 1980, Herbs and Spices, A Hamlyn Colour Guide, Hamlyn Sydney p 42

Lim, T. K., 2015, Edible Medicinal and Non Medicinal Plants. Volume 9, Modified Stems, Roots, Bulbs. Springer p 12

Łukasz Łuczaj and Wojciech M Szymański, 2007, Wild vascular plants gathered for consumption in the Polish countryside: a review. J Ethnobiol Ethnomedicine. 3: 17

Luczaj, L., 2012, Ethnobotanical review of wild edible plants of Slovakia. Acta Societatis Botanicorum Poloniae 81(4):245-255

Lukasz, L., et al, 2013, Wild edible plants of Belarus: from Rostafiński's questionnaire of 1883 to the present. Journal of Ethnobiology and Ethnomedicine 2013, 9:21

Full reference list (37 more) at https://www.echocommunity.org/en/resources/4bb50dee-e905-4d11-ad88-66fa5a2e2269

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/4bb50dee-e905-4d11-ad88-66fa5a2e2269