



PLANT FACT SHEET

Sinapis alba L.

GENUS *Sinapis* FAMILY Brassicaceae

COMMON NAMES White mustard

EDIBLE PARTS AND USES

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

It provides edible oil. The seeds are used as a spice. They are used for white mustard.

The dried ground seeds make hot English mustard eaten with roast beef.

The sprouted seeds are used for mustard cress in salads. The young seedlings are used in salads and sandwiches.

The leaves of mature plants can be used as a potherb. They are cooked with eggs.

The flowers are eaten as a vegetable.

DESCRIPTION

A cabbage family herb. It grows 50-80 cm high. It spreads 15 cm wide. It grows each year from seed. The stems are upright and branch towards the top. All the leaves have stalks. The leaves are oval and have lobes. They are bright green and sometimes have violet spots. There are up to 50 small yellow flowers in a group. The fruit are pods 2.5-5 cm long. The pods are hairy and have 1-4 seeds. They have beaks 1-3 cm long.

HABITAT

It is a temperate plant. It does not produce seeds in the tropics. In Argentina it grows below 500 m above sea level. It suits hardiness zones 7-11. Tasmania Herbarium.

PRODUCTION

Cultivation

Plants are grown from seed. In the tropics they are grown in the cooler months. Seed are scattered on the surface of the soil in a fine seed bed.

Harvesting and Seed Production

Leaves can be cut in about 6 days. The seeds contain about 35% oil.

NOTES

There are 8 *Sinapis* species.

PICTURES



Credit: Food Plants International (Bruce French)



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