

GARLIC MUSTARD



Garlic mustard is a biennial herb that has been labeled an invasive plant in many areas. Originally from Europe, this nutritious plant is found in many locations across North America. The flower of this wild edible only appears from May to June.

As a member of the mustard family, which includes cabbage, cauliflower, broccoli, brussel sprouts, mustard and watercress, garlic mustard could be among those vegetables eaten as part of a healthy, balanced diet.

Edible Parts

Flowers, leaves, roots and seeds. Leaves in any season can be eaten but once the weather gets hot, the leaves will taste bitter. Flowers can be chopped and tossed into salads. The roots can be collected in early spring and again in late fall, when no flower stalks are present. Garlic mustard roots taste very spicy somewhat like horseradish. In the fall the seed can be collected and eaten.

Photo by: Chris Evans, University of Illinois, Bugwood.org

GARLIC MUSTARD SOUP RECIPE

The release of a garlic smell and taste when the leaves are crushed led to the use of garlic mustard as an alternative to true garlic. Thus it can be said to have the same uses as garlic in food preparation and cooking. The wild herb also makes an excellent savoury salad green, sauce and potherb. Seeds used as a pepper substitute. The root has wasabi notes, and the flavour ranges from 'very hot' to 'sweet with mild heat' depending on location and region.

GARLIC MUSTARD VICHYSOISE

¼ cup butter/plant butter

3 potatoes chopped

2 cups leeks chopped

½ lb Garlic Mustard

1 onion chopped

salt and pepper to taste

2 quarts water or 1qt water/1qt stock

1 cup milk/plant milk

Melt butter/plant butter in pan. Add chopped vegetables and garlic mustard leaves. On medium heat, cover and let the vegetables cook down for five minutes or so. Add the water or stock and simmer for about 20 minutes. Puree in blender or food processor. Stir in milk/plant milk. Cover and chill.

GARLIC MUSTARD PESTO

Ingredients

3 tbsp. garlic mustard roots
1 cup garlic mustard leaves
3/4 cups fresh parsley
1 cup fresh basil
4 garlic cloves
1 ½ cups of low-sodium olives
2 cups of walnuts or pine nuts
1/2 cup mellow miso
1 ¼ cups olive oil or as needed

Instructions

Finely chop the garlic mustard roots and garlic cloves in a food processor or by hand. Then add in finely chopped parsley, garlic mustard leaves and basil.

Add finely chopped nuts to the mixture. Then add the olive oil and miso and process until you've created a coarse paste.

You may want to use less olive oil than what this recipe calls for — add in a little at a time until you have the consistency you like.

DYEING WITH GARLIC MUSTARD

Garlic mustard produces a yellow to yellow green color on fabric. If dyeing fabric with plants is something you would like to try, I suggest checking out different tutorials which you can find on Pinterest or Youtube. Also libraries have a good selection of books on dyeing with plants.