

# ANOTHER HERB HERBERT FAVOURITE HERBS

FACT SHEET

## Horseradish and Wasabi Japanese Horseradish

*Armoracea rusticana syn. Cochlearia amoracia*

A useful and easily propagated plant that is grown for its white pungent root. Its most traditional use is as a sauce served with beef. It can be mixed with vinegar for a salad dressing.

Plants produce a large root system when grown in a well-manured soil, making them unsuitable for containers, but the nature of the plant allows it to be placed in any odd corner rather than growing in valuable open ground.

Horseradish does not produce seed, although it will send up a small seed stalk with sterile flowers. New plants are grown either by dividing up old crowns or by taking root cuttings.

Root cuttings are preferred as they seem to produce straighter and thicker roots. The ideal root cutting is made by obtaining a smooth straight piece of root about 1 cm thick and 20 cm long. When taking it from the plant it is a good idea to cut the top end square and the lower end with an angled cut to ensure that the root is planted the correct way up.



Horseradish plants should be removed and replanted every Year for top-quality roots. Care should be taken to remove even the smallest root piece as it may reshoot and cause a problem.

Roots can be shredded and dried for storage.

Horseradish is a member of the cabbage family and, while it is affected by few of the common pests, it should be considered in planning crop rotation.

A tasty sauce can be made by using 4 tablespoons of grated fresh root, 2 tablespoons of wine vinegar, 2 teaspoons of dry mustard. Mix the ingredients until well blended then add 4 tablespoons of beaten cream. Chill for half an hour before serving.

**Wasabi Japanese Horseradish.** Perennial. Root is used as a condiment and has an extremely strong flavor. Its hotness is more akin to that of a hot mustard than that of the capsicum in a chilli pepper, producing vapours that stimulate the nasal passages more than the tongue.



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Plant the root piece so the upper end is 3 cm below the surface and the lower end 8 cm deep. Leave 30 cm between each plant. Prune shoots as they appear to the three strongest.