

Horseradish

How to grow Horseradish. Easy to harvest if grown in a pot or planter. Just dump the pot into a wheelbarrow to harvest the roots and replant the same soil back in the same pot with two or three 5 inch root sections planted back from harvest. Like many Herbs, Horseradish likes lots of water. Don't worry about planting Horseradish upside down! It grows from either end of the root!

Scrub the roots white with a plastic scrub pad. Cut root into ½" to 1" long chunks. Place in a blender with enough vinegar to accomplish chopping. The less vinegar used the coarser the grind. Sour cream, mayo, etc. can be combined with the vinegar and horseradish to create your own sauce! Remember to avoid the fumes when grinding Horseradish!

Tulelake Horseradish- Horseradish (*Armoracia rusticana*, syn. *Cochlearia armoracia*) is a perennial plant of the Brassicaceae family, which also includes mustard, wasabi, broccoli, and cabbages. The plant is probably native to southeastern Europe and western Asia, but is popular around the world today. It grows up to 1.5 meters (five feet) tall and is mainly cultivated for its large white, tapered root.

The intact horseradish root has hardly any aroma. When cut or grated, however, enzymes from the damaged plant cells break down sinigrin (a glucosinolate) to produce allyl isothiocyanate (mustard oil), which irritates the sinuses and eyes. Once grated, if not used immediately or mixed in vinegar, the root darkens and loses its pungency and becomes unpleasantly bitter when exposed to air and heat.