

Title:

In Praise Of Mustard

Word Count:

516

Summary:

Mustard is a versatile plant with a long history of use for both culinary and medicinal purposes.

Keywords:

mustard,spices,herbs.cooking,food

Article Body:

Mustard is a highly versatile plant, which lends its fiery flavour to many dishes and condiments.

Mustard can be grown either for salad use or for its seeds, which are the main ingredient of many condiments.

Most of us, however, are more familiar with mustard in the guise of a potently hot yellow paste.

Table mustards are made by grinding down the seeds of the mature mustard plant and mixing the resulting powder with a liquid.

Many people think that they don't enjoy the taste of mustard, and it's true that it can be somewhat pungent.

Mustard also has medicinal uses, and has traditionally been made into a poultice and applied to the skin.

Finally, mustard is widely used agriculturally, both as fodder for livestock and as a 'green manure' crop.

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