

Uses

ID	133
Crop ID	Abyssinian Mustard
Part	Whole (without root)
Use Category	Food
Notes	Leaves and young stems - raw or cooked. Used when up to 30cm tall. A mild and pleasant cabbage flavour, the young growth can be cut finely and used in mixed salads, whilst older leaves are cooked like cabbage leaves. Immature flowering stems - cooked. Used like broccoli they make a nice vegetable. An edible oil is obtained from the seed. Oil from the wild species is high in erucic acid, which is toxic, though there are some cultivars that contain very little to zero erucic acid and can be used as food. The seed can be crushed and used as a mustard-like condiment
Metadata ID	6,872