



# Willow Moon Herbals



## Garlic Mustard

**Latin binomial:** *Alliaria petiolata* (M. Bieb.) Cavara & Grande.

**Description:** **Garlic mustard**, ~ also called hedge garlic, sauce-alone, jack-by-the-hedge, poor man's mustard, jack-in-the-bush, garlic root, garlicwort, and mustard root ~ defends itself from insects by smelling like **garlic**. It is on the USDA's National Invasive Species Information Center and is classified as an invasive, noxious weed in many states since it crowds out native plants. A biennial herb, its heart-shaped leaves give off an aroma of garlic when crushed. Typical of the mustard family, the flowers are four-petaled and cross shaped. This plant is allelopathic, meaning that it secretes a toxin that is not tolerated by other plants, and thus they will not grow well near it ~ similar to black walnut trees.

**Uses:** A member of the Brassicaceae family, garlic mustard is used as food and for medicinal purposes. The leaves, flowers and fruit are edible as food, and are best when young. They have a mild flavor of both garlic and mustard, and are used in salads and pesto. Garlic mustard has been little used in herbal medicine, although traditionally the leaves have been taken internally to promote sweating and to treat bronchitis, asthma and eczema. Externally, they have been used as an antiseptic poultice on ulcers etc., and are effective in relieving the itching caused by bites and stings. The leaves and stems are harvested before the plant comes into flower and they can be dried for later use.

*Sources: Identifying and Harvesting Edible and Medicinal Plants in Wild (and Not So Wild) Places (S. Brill); Plants For A Future website.*

*Note: Any remedies listed on this web site are from historical references and used for teaching purposes only. The contents are not meant to diagnose, treat, prescribe, or substitute consultation with a licensed health-care professional.*

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