

Did You Know?



Horseradish, *Armoracia rusticana*

- Horseradish originated in the southern part of Russia and eastern part of the Ukraine
- It was cultivated by ancient Greeks and Romans for medicinal uses such as back pain and as an aphrodisiac in 1500 B.C.
- Other medicinal uses have been explored over the centuries, from sore throats and coughs, asthma, toothaches, and arthritis to tuberculosis.
- Raw horseradish is rich in vitamins A and C.
- Collinsville, Illinois considers itself the horseradish capital of the world. Commercial cultivation began there in the mid 1800's.
- John Henry Heinz bottled and sold his mother's horseradish sauce in 1869 and was one of the first condiments sold in the United States.
- The horseradish plant grows 2-3' tall with long strap-like leaves.
- The tap root which reaches a foot or more is the part of the plant that is harvested and consumed.
- This hardy perennial through zone 5 is often grown as an annual. However small bits of the root which remain from harvesting can regrow and establish quite a few more plants.

If you would like to know more about uses, history and lore as well as how to select and grow horseradish, please see The Herb Society of America's [Essential Guide to Horseradish](#) and [Fact Sheet](#).