



The Herb Society of America

Horseradish Tales

Anecdotes from HSA members on
Horseradish 2011 Herb of the Year

Horseradish Tales is a collection of thoughts and pictures sent in by members of The Herb Society of America about horseradish, the 2011 Herb of the Year. Special thanks to Elizabeth Kennel for coming up with the idea and collecting the information. Special thanks also to the members who shared their insights and experiences with horseradish.

Contributors

Crombie, Mary
Curtis, Benée
Dailey, Marcy
DiGioia, Beth
Doebbeling, Mary
Dorrance, Middy
Dunlavey, Jacqueline
Flowers, Henry
Jackson, Mary Nell
Kellet, Anne
Kennel, Elizabeth
Kenney, Pat
Kiefer, Lorraine

McClure, Gloria
Montowski, Joanne
Moore, Chrissy
Munson, Jen
O'Brien, Karen
Poston, Diane
Ritchie, Eric
Rouleau, Ruth
Schlosser, Kathy
Ternes, Sue
Walworth, Joy



The Herb Society of America
9019 Kirtland Chardon Road
Kirtland, OH 44094
Hours: 9 a.m. - 5 p.m. (EST)
www.herbsociety.org
Phone: 440.256.0514

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**Eric Ritchie
Charlotte, North Carolina**

Horseradish is one of my favorite herbs for use in the kitchen. I grow horseradish in full sun and shade. Hotter tasting horseradish grows in full sun; milder tasting in the shade. I use all parts of the horseradish plant. I cook the leaves mixed with other greens. I have heard that horseradish is called poor man's mustard greens. I am very excited to be growing a variegated horseradish this year. You often see it in English gardens but not in American gardens. The leaves will become variegated after three years.

**Jen Munson
Northeast Seacoast Unit
Portsmouth, New Hampshire**

My first exposure to horseradish was a close Indian friend in grade school who would eat as much as she could tolerate when she had a head or chest cold. Her family believed that the zing of horseradish would help open up their air passages when they were congested. I never developed the taste for it like my grade school buddy but I enjoy the pep it adds to coleslaw or on a roast.

**Claudia Van Nes
Chester, Connecticut
Connecticut Unit**

Horseradish is a challenging herb to embrace. I did a feature story once, when I was a reporter, on a couple whose business was making Pinder's horseradish sauce out of their house. The stench was unbelievable — I couldn't breathe. They probably never got a stuffed nose in their lives.

Joanne Montowski
Pottstown, Pennsylvania
Philadelphia Unit

Easter brunch was an important meal. My grandparents were all from Poland, and the ingredients of the meal reflect this: kielbasa, ham, *babka*, butter in a lamb shape, eggs and *chrzan*. *Chrzan* (kuh ZAHN) is a horseradish and vinegar condiment.

Watching the face of the first person to try it and laughing at their expressions when it was particularly potent, my father never thought store-bought *chrzan* was strong enough. In addition to the white *chrzan*, there was horseradish with grated red beets, called *cwikla*, it had a sweetness but still packed a wallop.

Jacqueline Dunlavey
Washington, D.C.

I have been growing horseradish for a long time (10-12 years) with no problem until this year (2010). I went away for a few weeks mid-summer and returned to find those 30" leaves riddled by a small insect I can't find the name of. The adults had millions of young all over. It is yellow with black stripes.

In the past the only thing it ate was the, spider flower (*Cleome* spp.). I never sprayed them, but eventually the bug would destroy them. This year I didn't plant spider flower (*Cleome* spp.)—there were a few volunteers around (which were riddled)—so I guess the critter looked around for something else tasty and found the horseradish.

Of course, the horseradish is putting up new growth and seems unharmed, but next year I will spray with something—and drive the bug to some other plant. It will be interesting to see what.

Sue Ternes Grosse Pointe Woods, Michigan Grosse Pointe Unit

Dear Ladies and Gentlemen,

This is MY story, not an attempt to educate. In reading all the material I have on horseradish, I see that there are other additives for making horseradish sauce. Using just white vinegar is how I learned, and it is listed as well as water, ice, sugar and salt. Horseradish in itself is fat-free and sugar-free food.

I tried to find information from the University of Illinois; I couldn't find much. An article that I read from the teacher of my husband's compost class also failed to add any additional information. The best I found is www.horseradish.org.

My story starts several years ago when I moved into my new husband's home. There stood a big, ugly plant right near the front of the house, a weird decoration. I tried my best to get Bob to dig it out but it was sentimental to him as he bought it in Pittsburgh, PA, where his daughter was attending The Art Institute of Pittsburgh. It took me a couple of years to prevail but only after I told him I would make horseradish sauce of it. I asked my Dad how to do this, knowing that he had made horseradish sauce in the past.

Yeah!! The plant was dug out; by now it had a huge root ball, and I made my first of many jars of horseradish sauce. After doing some research for the proper way to plant the remaining roots, Bob replanted them in the backyard vegetable garden.

The Method: Although you can find lots of information on planting horseradish, the following is what we did according to the directions we found at the time, which was about 22 years ago. Bob thinks BIG, so we have a 4 x 8 ft. plot in our vegetable garden. (Normal people throw it behind the garage). You need to dig at least a 2 ft. deep hole and line it with cement block. This may already have caused you to run to the store to buy a jar of horseradish sauce. If the root is large, you can cut it into 6-12" pieces, cut the bottom of the root at an angle and stick it cut side down in the ground.

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Sue Ternes, continued from previous page

There must be drainage, wherefore the cement block instead of solid cement; perhaps a large bucket would do for average needs but my husband never does anything "average."

Harvesting: As I said, we have a 4 x 8 ft. plot. Digging up the amount of roots we need means very careful consideration so that pieces of root, hair roots, etc. do not get away from you or you will find horseradish growing in the tomatoes, squash and beets, as well as in the grass. Bob lays a large sheet on the ground to catch as much as possible. He's not happy unless he can doctor up his plants, and after searching for something to add to the soil he found that potash is great for horseradish. This was confirmed when I read that the soil in the Mississippi River area is heavy with potash and a lot of horseradish is grown there.

Process: We clean the roots as you would a carrot, not quite as easy. Cut in small pieces and toss into the blender. White vinegar and if desired, a quick dash of salt is all that is needed. Blend until it looks like it came from the store. However, I like to stop just before that point; a tiny bit coarser makes it appear homemade and we prefer that texture. Be prepared to run for a Kleenex or towel as the tears start to flow and you have trouble seeing. Try not to look into the blender but just scrape it down as you work it to the right consistency (not while the blades are running).

Every November our Grosse Pointe Unit has a Herb and Holly Boutique where we sell our herbal items; the horseradish especially is one of the most popular and we can never make enough. For our unit's sale we make about 20 jars. At home, I make 2-3 jars at a time and keep them refrigerated as the horseradish will lose some of its heat over time. Personally, I like it a little less hot so I can eat more of it.

No problems with rodents as our garden is fenced in; however, the tall green leaves can get pretty lacy looking by the middle of summer depending on what is visiting our yard. This year the leaves look pretty good.

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Sue Ternes, continued from previous page

The leaves are edible, but I recommend using the new small leaves for adding to salads. We also get a thin white flower in early summer. It rises above the leaves and doesn't look like much, but I tried to press it. When I took it out of my phone book, it disintegrated.

So I'm the horseradish lady and my signature herb is *Armoracia rusticana*. Horseradish is susceptible to rust; is that why the "*rusticana*"? For 2011 I will have to try some of the many recipes I have for ways to use horseradish; some sound good, some interesting and some YUK! For the really brave you can grate it raw, dip it into a little lemon juice or white vinegar to prevent it from turning dark and sprinkle the flakes over your salad or whatever you have. However you decide to use it, you can always depend on it clearing your sinuses, and that is a good thing when you live in the Great Lakes region. I have always liked horseradish but never expected it to be this much a part of my life.



Horseradish in Sue's garden
Photo by Sue Ternes

Henry Flowers Brenham, Texas Pioneer Unit

I haven't had great success here with horseradish. It seems to grow for a while and then fizzles out. I experimented this spring with growing it in various areas and under varying conditions. Only one of six plants that I planted has survived and thrived. It is planted in an area that I thought would be the least successful - full sun. All the others were planted where they would receive some shade during the day and they were in the ground. The successful one is in our pharmacy garden where there is no shade and all the beds are raised and on drip irrigation - suffice it to say that we don't work there in the summer except first thing in the morning.

I think that in order to have good success here one needs to plant in full sun, a rich, well-drained, loose soil, and provide adequate, routine watering. Raised beds and containers may give success if it isn't achieved in planting in the ground. I would doubt that horseradish would become invasive here and have never heard of it happening.

As I don't like the taste of horseradish I don't have anything to add in that regard. I have also tried various cultivars. Deni Bown told me of a variegated one which I believe would be a great specimen plant for a container.

Ruth Rouleau Pittsburgh, Pennsylvania

I wanted to call to your attention to the article on horseradish in the 1971 issue of *The Herbarist*, page 17, by George H.M. Lawrence, former President-at-Large of HSA and former Director of the Hunt Botanical Library, now the Hunt Institute for Botanical Documentation in Pittsburgh. (A pdf of this article is available from Helen Tramte, HSA Horticultural Librarian, at htramte@herbsociety.org)

My own plant, started from a root purchased at the supermarket, is flourishing in my garden. We are looking forward to seeing many of you in Pittsburgh next June.

Mary Nell Jackson Parker, Texas North Texas Unit

Our unit is sponsoring an educational seminar in February titled "Roots, Shoots and Blooms" and will include horseradish in our presentation.



What's New/Old in the Herb Garden?

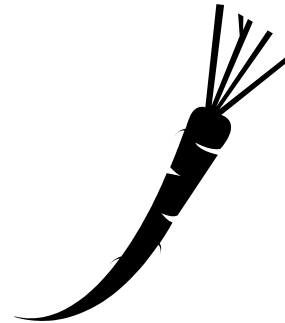
2011 is just around the corner and everyone is talking horseradish. If you haven't potted yours, it may not be too late. We will be reading about this herbal root in the new year since it is the Herb of the Year 2011. February 26, 2011 at our Educational Seminar, Herbal Roots, Shoots and Blooms members and guests will hear all about horseradish— growing, harvesting and using this pungent root.

You might be surprised to learn that there is an International Horseradish Festival in Collinsville, Illinois, the Horseradish Capital of the World. The climate for growing horseradish is just about perfect in the Collinsville area. Judy McCann has earned the title of "The Root Queen" for her horseradish recipes. She is currently chairperson of the festival.

You can grow this invasive root in the North Texas area, but to be sure you may want to pot up a plant instead of letting it loose in your garden to roam.

Judy's recipe for Horseradish Biscuits

2 cups Bisquick® Baking Mix
2/3 cups milk
1/3 cup prepared horseradish, well drained (jars of the prepared mix are available at the grocery store)
1 tablespoon Italian seasoning
1 teaspoon onion powder
1/3 cup grated parmesan Cheese



Heat oven to 450°
Mix all of the ingredients and drop by spoonfuls onto a greased cookie sheet.
Bake 10-12 minutes until brown.

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Mary Nell Jackson, continued from previous page

I came upon the poem "Ode to Horseradish" on the Internet this summer, but when I returned to search for it I didn't find it. Maybe someone else might have more luck.

As I was preparing a program on aromatherapy for our local Dallas Arboretum, I noted in my research that horseradish essential oil should NOT be used under any circumstances. Who knew about horseradish essential oil? I found this warning in *The Complete Book of Essential Oils and Aromotherapy* by Valerie Ann Worwood.

I am growing a root in a pot here in North Texas, and when we had 18 days of 100°+ temperatures I watered it with ice cubes. It is doing great now that fall is trying to come to Dallas.

Linda Lain
Houston, Texas

In my *Houston Chronicle* newspaper in "Today's Trivia" there was a little blip: "If you've ever been to the supermarket, you know that Heinz has "56 Varieties" of food products. But do you know what was the first item that Heinz sold? Clue: It wasn't ketchup. Heinz entered the food business in 1869 selling horseradish."

Here is the link to the pdf fact sheet from Heinz showing that in 1869 they started out with grated horseradish.

<http://www.heinz.com/data/pdf/HeinzFactSheet2009.pdf>

Kathy Schlosser
Greensboro, North Carolina

The variegated horseradish that I bought last year, which was very attractive, jumped out of the ground this spring—100% monotone green. Too bad, but I have since heard from others that the “variegated” plants sold in nurseries will always revert to green, so don’t spend any extra money on them!

Here is a snippet from a 1796 cookbook:

“Horse Raddish(sic), once in the garden, can scarcely ever be totally eradicated; plowing or digging them up with that view, seems at times rather to increase and spread them.”

From *American Cookery* by Amelia Simmons [An American Orphan].
Hartford: Printed by Hudson & Goodwin for the author, 1796.

Kirti Mathura
Chandler, Arizona
Member at Large

Horseradish grows beautifully here in Arizona as long as the soil is well amended with compost to a good depth and it is given frequent watering through the summer, also with a little shade from mid-day through the afternoon. Without sufficient water, or with too much direct sun in the afternoon, the leaves will turn crispy, but it will develop new foliage and continue to grow if water and/or shade are provided in quick response. All conditions adequately met, it is probably wise to control its spread as in other areas!

Karen O'Brien Mendon, Massachusetts

WHAT I DID ON MY SUMMER VACATION

One of my trips this summer was to attend the International Herb Association's Conference in Collinsville, IL. It was held there this year because Collinsville is known as the Horseradish Capital of the World, and next year IHA celebrates Horseradish as its Herb of the Year for 2011. Over half of the horseradish grown in the U.S. is grown in southern Illinois, and the University of Illinois at Urbana-Champaign is a famous center for horseradish research. They have over 130 cultivars of horseradish in their collection.

Each year an International Horseradish Festival is held in Collinsville the first weekend in June. Among the activities in which attendees can participate are horseradish golf and a horseradish-eating contest. Each year in January, a Horseradish Growers School is conducted in the city, with participants from around the world. The people of Collinsville certainly know their subject!

We were treated to a tour of horseradish growing on the flat, fertile plains of southwestern Illinois. The growers are very protective of their crops, and do not divulge the varieties that they grow. The Keller Farm has a section of one of their fields dedicated to horseradish trials. In commercial production, the root is treated as an annual, even though horseradish is a perennial. The roots are harvested, and the small pieces are trimmed and used as set roots to plant for the following year. Most of the root expansion takes place in the fall, and the harvest is usually done in November.



TrialFieldatKellerFarms

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Karen O'Brien , continued from previous page

We then traveled to Kelly Farms, where the processing of horseradish takes place. There were huge pallets of the harvested root, mounds of washed and peeled roots, and all kinds of equipment necessary to provide clean and uniform packaging of these pungent roots. It was surprising that the odor in the processing area was not stronger, but since there was no crushing of the root in the presence of water (as when the roots are ground in the making of the horseradish sauce you find in grocery stores) the aroma was very mild.



Culling and cutting the horseradish roots into uniform pieces

Horseradish has been grown and used for over 2000 years. It was known to the Egyptians as far back as 1500 BC. The Oracle at Delphi claimed that horseradish was worth its weight in gold. It is believed to be a native of Eastern Europe, and its name *Armoracia rusticana*, refers to the fact that it grows naturally near the sea. The first mention of the root as "horseradish" was in *Gerard's Herbal* in 1597, and its use was medicinal. Until the late 1600's, it was thought to be acceptable for country people and common laborers, but too strong for the stomachs of the upper class. Historically it has been used as a pesticide, to ease back pain, to repel evil in the home, and as an aphrodisiac. Jewish people use it at Passover as one of the five bitter herbs. Today, we use it mainly as a condiment, with six million gallons being produced each year in this country.

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Karen O'Brien , continued from previous page



Horseradish roots cleaned and wrapped

I have always enjoyed horseradish with certain meats, such as kielbasa and roast beef. There are many more ways to enjoy this spicy herb, and I'll be trying some of the recipes shared at the conference. I may even try to make the horseradish schnapps that we sampled, courtesy of Andrea and Matthias Reisen!

Information taken from the presentation by J.W. Courter and Charles E. Voigt at the IHA Conference, Collinsville, IL, July 2010.

Anne Kellett
Villanova, Pennsylvania
Philadelphia Unit

On March 31, 2010, *The New York Times* published an article by Anne Raver on growing your own horseradish. In it, Ms. Raver described her one-year-old homegrown roots as being “on the atomic side of hot.” She goes on to describe the sinus-clearing ability of this ancient herb as well as its possible anti-cancer properties (due to its production of isothiocyanates).

The article quotes Tucker and DeBaggio on the Oracle of Delphi’s description of horseradish as being worth its weight in gold. (The author describes Tucker and DeBaggio’s *The Big Book of Herbs* as her “bible for growing everything from hot peppers to patchouli.”)

Ms. Raver amended her planting bed with compost and wood ash (for potassium) and kept it moist and weed free. She adds, “Whatever you do, don’t plant horseradish next to some polite plant that will be quickly muscled out of existence. Keep this ebullient root at a distance, like bamboo. And give it plenty of sun.”

Grinding creates a chemical reaction which produces an irritating gas and is traditionally done out of doors. Adding vinegar stops the reaction.

The author notes that horseradish is delicious mixed with mashed potatoes and that some people add a bit to vanilla ice cream.

Joy Walworth
Oberlin, Ohio
Western Reserve Unit

Fresh Applesauce with Horseradish

A recipe to consider:

This is a quick and good applesauce. Greening or early acidic Macintosh apples are best.

8 apples, cored, peeled and cut into eighths
4 tablespoons unsalted butter
1 scant teaspoon kosher salt
½ cup prepared horseradish, drained

In a large saucepan, cook the apples with the butter and 2 tablespoons water for 15 to 20 minutes, or until tender. Place the apple mixture in a food processor and puree. When smooth, add the salt and horseradish and pulse to mix.

Makes about 5 cups.

Recipe and description from Barbara Kafka, *Vegetable Love* (Workman, 2005).

Lorraine Kiefer
Franklinville, New Jersey
Triple Oaks Nursery
South Jersey Unit

Potato Salad with Horseradish

5 pounds red skin potatoes
2 cups mayonnaise
2 cups sour cream
1/4 cup wine vinegar
1/4 cup sugar
1/4 cup grated horseradish, or prepared horseradish
2 tablespoons chopped parsley
2 tablespoons dill weed
2 tablespoons chopped chives

Scrub potatoes, remove any blemishes and dice into bite-size pieces, boil until tender. Drain and toss with remaining ingredients while potatoes are still warm.



Lower Fat Dressing

Use about 3/4 cup olive oil and 1/2 cup apple cider vinegar; add sugar to taste. I do not usually measure this, just keep tasting; be sure it is tangy sweet and sour and not too dry. Delicious!

Make coleslaw by replacing potatoes with cabbage. Slice up cucumbers and toss with the sour cream or the oil and vinegar dressing, but be sure to use lots of DILL!

Middy Dorrance
Villanova, Pennsylvania
Philadelphia Unit

I attended the Tante Marie Cooking School in London in 1974. While I was there one of my classmates was a local girl. We would spend many weekends at her family's house in Sussex where we cooked dinner parties for her local friends. One time we were making horseradish sauce. Not knowing at that point where bottled horseradish came from, I was surprised when we went to her back yard and dug it up. We made a great sauce for the roast beef and Yorkshire pudding. When I returned to Villanova I immediately planted it in my garden. I quickly found out how invasive the plant is and ended up having to move my whole garden, never to plant horseradish again.

Here is a 1974 British recipe for Beef Fondue Sauce:

Cream Horseradish Beetroot Sauce

1/2 pint double cream
1 small beetroot diced
3 teaspoons grated horseradish
1/4 teaspoons sugar
1/2 level teaspoon vinegar
Salt and pepper

Whisk cream and fold in other ingredients. Season to taste



Elizabeth Kennel
West Chester, Pennsylvania
Philadelphia Unit

It is possible to destroy a patch of horseradish. First, you dig up as much as you can find for transplanting. Then you place large 6-inch deep raised beds over the patch. Plant the transplants in the shade of large trees. In the first spring after doing this, some plants will come up in your raised bed. Pull them out. Some of the transplants will also survive, although somewhat spindly. After a couple of years, horseradish will no longer come up in your raised bed, and the spindly transplants growing in the shade will give up and die completely. I didn't kill my horseradish on purpose by this method, but I did kill it.

Millie Owen points out that you can make a potent pick-me-up by blending horseradish and herbs with tomato juice. This makes an interesting base for an unusual Bloody Mary. She also describes horseradish as an excellent salt substitute.

Millie Owen. 1978. *Herbs, Greens, and Aromatics: A guide for the gardening cook*. Lyons & Burford: New York.

Benée Curtis
Houston, Texas
South Texas Unit

Horseradish Sorbet?

When visiting our family in Princeton, NJ, we always try to make a stop by The Bent Spoon Artisan Ice Cream shop (www.thebentspoon.net). This creative dessert spot always has fantastic herbally-infused ice creams and sorbets like Habañero Chocolate, Cardamom and Ginger Cream, Rosemary Chocolate and Rose Geranium Blueberry. On our most recent visit this summer I asked if they'd ever used horseradish in a dessert and they enthusiastically replied that they seasonally make Green Apple Horseradish sorbet. In fact the owner e-mailed me that they're getting ready for their autumn batch any day now. Who'd have thunk it? If you're ever up that way, a trip to this shop is worth the detour.

Reprinted from *Herbs Make Scents*, the South Texas Unit newsletter of October 2010

Pat Kenney Silver Spring, Maryland

A request to give an hour talk for the county Master Gardeners called "Using the Herbal Harvest" made me start envisioning what I was calling the "archetypical herbal plant." Perusing the dictionary, I thought "the quintessential herb" better defined my idea. Every evening and morning before dozing off and awakening I started envisioning a composite drawing that I could prop on an easel and point to while the participants and I thought about what herbs we grow for what illustrated plant parts we want to use. I forgot bulbils (e.g. of "Egyptian" top onions) and pollen (of cattails and fennel) and have since added them to the drawing.

I found a great horseradish root at our local Safeway from the very same plant farm that we visited during our IHA conference, the Horseradish House J.R. Kelly! I decided to start the talk with the below-ground herbs, grow up the plant, naming typical herbs we grow to use each part and come back down talking about what we can do with those parts and, in some cases, demonstrate how we process the part. The peer-review helped me to realize I didn't like that. After ascending the quintessential herb, I came back down to the underground because...actually I was anxious to get to play with the horseradish. Chuck Voigt kindly provided me with copies of the excellent horseradish information folder from the University of Illinois Extension; they were jumped on after the presentation.

The event got rave reviews except for one person who wrote that his expectations were not at all met; I'm really worried about that person; dang, ya just can't please 'em all.

Beth DiGioia Fairview, Texas North Texas Unit

My Experience Growing Horseradish:

My first thought when I heard that horseradish was the Herb of the Year was a disappointed sigh. My exposure to horseradish had been limited to purchasing roots from the grocery store to make horseradish sauce. I went online and found lots of information on growing horseradish and was heartened by the comment that “only people who have grown horseradish in their garden know how truly pungent and delicious horseradish can be”.

The directions on when to take cuttings of horseradish were contradictory, some recommended spring and others recommended fall. June in Texas is neither spring nor fall; but I was psyched and so decided to give it a go— assuring myself that I could try again in the fall if my attempts failed.



Container of horseradish in Beth's yard
Photo by Beth DiGioia

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Beth DiGioia, continued from previous page

One comment really got my attention: "once your horseradish plant becomes established, it will be yours for life ... you need to either give it lots of room or firm boundaries." That sounded suspiciously like what I've cautioned others about mint, so I decided to plant in a large pot, with a saucer underneath for extra protection.

This is the procedure I followed:

At the grocery store, I chose a firm horseradish root. I cut it into 2" pieces. I cut the bottom of the root at a 45-degree angle and cut straight across on the top of the root so that I wouldn't mix up which end went up. I placed these pieces vertically in the pot, angled part down, about three inches apart, in a pot filled with commercial potting soil. I then covered the entire surface with 1" of commercial potting soil and 1" of mulch. I placed the pot in a semi-shady (morning sun and afternoon shade) location and watered the pot with root stimulator. I kept the potting medium moist but not wet.



Cutting up the root
Photos by Beth
DiGioia



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Beth DiGioia, continued from previous page

When I mentioned to another North Texas Unit member that I was attempting this, she decided to try it too. I'm not sure of the procedure that she used, but her roots produced shoots several weeks before mine. She mentioned that the roots begin to swell just before sprouting, so I dug down to check and promptly knocked off the one sprout that I found. I thought it was done for, but the next week, I had multiple sprouts coming up.



Photos: L: Newly planted roots, R: Mulch covering
Photos by Beth DiGioia

My horseradish plant is now flourishing and I'm looking forward to harvesting it. I'm told there are two schools of thought on when to harvest horseradish. One says that you should harvest in the fall, right after the first frost; the other says that you should harvest in early spring, when the plant needs to be divided anyway. Since our first frost occurs sometime around Thanksgiving here in North Texas, I think I'll opt for that time so that I can have fresh root available for the Holidays and the great prime rib that my husband serves.

My initial disappointment has turned into happiness at the thought of growing my own horseradish -- something I wouldn't have considered if it weren't for the Herb of the Year.

Mary Doebbeling Cleburne, Texas

This recipe is from the family of Kimberly Nicholson who was my business partner when she and I owned Our Thyme Garden, Inc. We made this for the various functions we catered. We really weren't in the catering business but did some for special friends. It was always a hit.

Shrimp Remoulade

36 shrimp, cleaned, deveined and cooked
1/3 cup yellow mustard
3 tablespoons fresh horseradish
2 cloves garlic, minced
2 tablespoons catsup
2 ½ tablespoons paprika
¼ teaspoon cayenne pepper
½ teaspoon salt
1/3 cup Texas tarragon vinegar (or French tarragon vinegar)
½ cup vegetable oil
½ cup chopped green onions

Make 24 hours in advance. Mix all ingredients together (except shrimp) in a large bowl. Add shrimp and stir to coat. Marinate overnight.
Serves 4.

Chrissy Moore National Herb Garden, Washington, D.C. Potomac Unit

We haven't grown a lot of horseradish in the NHG to date. We had a variegated cultivar earlier, but over time, it lost its variegation, and then petered out.

I know that it can get rampant in the garden, but we have not had that experience. The clump we had in the entrance garden never got bigger than the original planting. The plants got bigger themselves, but it never spread. This was not a particularly wet or dry spot, so I'm not sure what conditions are needed "exactly" for it to go buck-wild

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Chrissy Moore, continued from previous page

in the garden. We also recently planted it in the Culinary Garden, but in a rather dry spot, so again, it never got rampant. In fact, it didn't do very well (never grew much). So, I think there is definitely some wiggle room in growing it. I would be curious what conditions others are growing it in, such that it becomes a garden menace. I'm a little nervous to put it in a wetter spot for fear that it will do exactly what others have said and spread like crazy.

When we had a healthy clump, it got attacked (to the point of being unsightly) by harlequin bugs every year during the summer. It was a harlequin magnet. The upside is that horseradish is generally used for its root and not its leaves; the downside is that, if you don't want to spray/treat for the bugs, you're left with a pretty ugly looking specimen.

A little piece of trivia that I recently read about it: It can make it look as if you are bleeding in your stool during specialized tests when you are not. So, one needs to be careful about what one eats prior to such a test. I don't know much more about this phenomenon than that, but it gave me pause and a desire to look that up a little bit more.

Gloria McClure Bossier City, Louisiana

Several years ago I planted horseradish in my herb garden in Baton Rouge. The plant leaves were huge and robust. It was soon apparent that horseradish, if in a happy spot, could be a bully in the garden. Still, the texture was coarse and I found it an interesting addition to the garden. I used some of the big leaves in flower arrangements. I wondered about the quality of the root. I knew that in the warm Gulf South climate the quality might be poor. Sure enough, when I harvested, the root smelled of horseradish, but was knurled and so tough it could hardly be cut. The tissue was stringy. Not a texture you wished for in your mouth. The next year, there were multiple horseradish plants that appeared in my garden. It seemed that some of that tough root had been left behind in the ground after harvest and was multiplying. The LSU AgCenter had warned about that, so I spent a fair bit of time eliminating the plants. It was difficult since the roots seemed to curve and twist their way to China.

Continued on the next page

Gloria McClure, continued from previous page

Another experience I had with horseradish was in the Horticulture Department at LSU. Dr. David Picha was the post-harvest physiologist. He was working with the Illinois horseradish growers on ways to store their crop following harvest. In his lab there were shelves that housed huge horseradish roots with different post-harvest treatments. By the way, these roots looked nothing like the knurled misshapen root I grew. I cannot remember all the treatments, but one group was shrink-wrapped and another group had been dipped in paraffin as is done with rutabagas. I do not know the outcome of the work, but it seemed to me the roots dipped in paraffin were preserved much better than the other treatments. Those paraffin-coated roots sat there for months and didn't change. Maybe they are still there!

Diane Poston
Dallas, Texas
North Texas Unit

Being of Hungarian descent, I received an old cookbook from Vicki Burk one year for my birthday. Recently, when looking up a recipe in it I found this interesting fact about horseradish:

"Old-timers tell you that everyone in the Ormansag (an area of Hungary) always ate 'three bites of horseradish' before Easter luncheon so that if in the following year he slept outside with his mouth open, he would not have a snake crawl into it. Fortunately, this was followed by a piece of good cured ham to relieve the bite of the horseradish."

The Cuisine of Hungary cookbook by George Lang

Further in the cookbook there are two recipes using horseradish:

Horseradish Relish (*Ectes tormamartas*)

1 horseradish root, peeled and grated
½ teaspoon salt
1 teaspoon sugar
1 teaspoon cider vinegar
2 tablespoons sour cream

Mix together all ingredients.

Diane Poston, continued from previous page

Horseradish Sour-Cream Sauce (*Teifeles tormamartas*)

¼ pound grated horseradish
3 tablespoons butter
2 tablespoons flour
½ cup meat broth
½ cup milk
1 teaspoon sugar
1 teaspoon salt
1 to 2 tablespoons white vinegar or lemon juice
Pinch of pepper
½ cup sour cream

Pour ½ cup boiling water over grated horseradish. Let it stand for a couple of minutes, then drain. Make a roux with the butter and flour. Stir, then dilute with broth and milk. Add sugar and salt. Bring the mixture to a simmer and then let it cook over very low heat for about five minutes. Add grated horseradish together with vinegar and pepper. Cook for another ten to fifteen minutes. Adjust salt and sweet and sour to your taste, with more accent on the sour. Just before serving, whip in the sour cream.

I have not personally tried either of these recipes, but anything with sour cream has to be good, at least to a Hungarian! In any case, if you are apt to fall asleep outside, you may want to try one on Easter.

Marcy Dailey
Rolling Prairie, Indiana
Member at Large

Horseradish Lovers are **Stable** People

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If your meals *run* toward boring and could use a little *kick*,
Rein in a *bit* of horseradish; this will so do the trick.

With *unbridled* passion, do *stirrup* your favorite dish.
Try relish, eggs, and chicken, mustard, cheese, and shellfish.

Just grate the roots with vinegar or cream or mayonnaise.
Serve with roast beef or prime rib—not just on holidays.

To cultivate this ancient herb, allow it a wide *girth*.
Add compost to a ten-inch depth of well-loosened earth.

Keep horseradish *corralled* in a *paddock* of its own,
For it may plot a quick escape and through your garden roam.

Now, when *saddled* by the question of what to fix for dinner,
You know anything with horseradish is sure to be a *winner!*



Mary Crombie
Glastonbury, Connecticut
Connecticut Unit

Here is the latest recipe from the 8/9/11 meeting of the Connecticut Unit:

Horseradish Biscuits

2 cups Bisquick baking mix
2/3 cup milk
1/3 cup prepared horseradish, well drained
1 tablespoon Italian seasonings
1 teaspoon onion powder
1/3 grated Parmesan cheese

Heat the oven to 450 degrees F. Mix all of the above ingredients together and drop by spoonfuls onto a greased cookie sheet. Bake about 10 to 12 minutes until done.

I found the recipe online - - it is credited to Judy McCann, on The Global Gourmet site (www.globalgourmet.com). I was also thinking they might even taste better to leave out the Italian seasoning and onion powder.

It's not too late to submit an entry to Horseradish Tales. We will be adding them throughout the year. Send your entry to Elizabeth Kennel at aekennel@msn.com.