

# Horseradish Root

- [Phytopedia](#)
- [VEGETABLES](#)



Horseradish Root acts against bacterial infections

## GEEK TALK

*Armoracia rusticana*

## BUT WE TALK

Horseradish Root

## DID YOU KNOW?

While the well-known Horseradish sauce is commonly bottled and commercially sold, the natural Horseradish root provides great benefits and a delicious accent. While the plant itself grows up to 5 feet in height, the long and white root of the horseradish is the most commonly sold part.

Horseradish has been eaten and used medicinally for thousands of years and has even been mentioned in Greek mythology.

A member of the mustard family along with Kale and Turnips, the sauce that comes from the root goes great with many types of meat and can add great flavoring for soups and stews.

## KITCHEN PHARMACY

- Horseradish root is believed to have great anti-cancer properties by increasing a human's resistance to cancer and suppressing the growth of tumors in some areas of the body.
- In addition, it is often used to relieve sinus discomfort, increase blood flow and can even act as a natural antibiotic against certain bacterial infections.