

HORSERADISH

CREATED FOR PHILLY HERB HUB BY @SOLAR.YAYA

Summer 2023

HERBALISM NEWSLETTER

Philly Herb Hub



**From Condiment
to Cure-All**

RECOGNIZING GOOD HORSERADISH

*Written by Yaya Vallis
MSci Clinical Herbalism, (May 2024)*

Fresh Horseradish is generally available in the produce sections of markets year-round, but the best time to purchase roots is in the spring when the roots have just been harvested and tend to be fresher with the highest firmness at this time. If the Horseradish has any dark or black spots or is squishy, it is past its prime and ready for the compost.

Consuming fresh Horseradish within a month after the purchase date

is best. Fresh roots should be placed into a plastic bag in the refrigerator to maintain their freshness for the longest possible time.

Once Horseradish is grated or ground, it rapidly loses the pungent flavor unless placed in vinegar, cream, or alcohol. Small chunks of cut horseradish roots can be frozen and then stored in a freezer for up to six months and ground for use as needed.

HORSERADISH

Summer 2023

HERBALISM NEWSLETTER

Philly Herb Hub

RECOGNIZING GOOD HORSERADISH, CONT...

Fresh Horseradish has a distinctive pungent, sulfurous, biting hot, vegetative flavor with a sharp, fresh green earthy, nuanced flavor. A description from the Good Scents Company describes Horseradish as: "Hot with a green vegetative rooty metallic throat tingle."

WHY HORSERADISH?

The root offers digestive support, improves circulation, supports healthy respiratory function, and extends aid during allergy season.

When taken internally, Horseradish has an affinity for the sinuses, opening up the pathways and potentially relieving upper and lower respiratory tract congestion.

When the ground root is made into a poultice and applied to the skin, it would cause heat, help with inflammation, and stimulate the circulatory system.

The leaves were also made into poultices and applied to the chest to help with colds and congestion.

Taken as a tea, Horseradish infusions are used as a cough medicine for coughs, sore throats, and hoarseness.

Traditionally, healers would recommend Horseradish for everything from a sore throat to digestive upset.

In North America, many Indigenous folks utilized Horseradish for toothaches and menstrual cramps.

Horseradish was rubbed on the forehead in the American South by Black folks to relieve headaches.



HORSERADISH

Summer 2023

HERBALISM NEWSLETTER

Philly Herb Hub

TRADITIONAL AND HISTORICAL USE

Over 3,000 years of recorded history in several areas of the world. In Europe the leaves and roots were used for treating asthma, arthritis, cancer and toothaches.

In North America, Indigenous peoples used Horseradish to ease menstrual cramps and toothaches.

In the American South, enslaved African Americans used Horseradish to cool down, and also to relieve headaches.

Additionally there are reports of Horseradish use in digestive support, improves circulation, supports healthy respiratory function. It has also been used to speed wound healing when topically used.

FOR MORE VISIT: www.phillyherbhub.com

HORSERADISH

Summer 2023

HERBALISM NEWSLETTER

Philly Herb Hub

HOW TO USE HORSERADISH

Both the Horseradish plant's root and leaves are used culinarily and medicinally.

The root is often used; however, the leaves are great for politics and other topical applications.

Although horseradish roots are generally ground and consumed as a condiment, Horseradish can also be consumed raw, pickled, or cooked.

To use Horseradish medicinally, the fresh root should be taken before meals.

**Take 1-2 tsp daily.
The dried root can be taken at 1.5 tbsps per day.**

Horseradish can be taken in 1-2 tsp doses as needed throughout the day as an infusion and syrup.



HORSERADISH

Summer 2023

HERBALISM NEWSLETTER

Philly Herb Hub



WHAT TO EXPECT, AND WHEN

When used topically, the anti-inflammatory effects can be noticed as soon as 20-30 minutes. You will notice a warming feeling after ingesting horseradish—especially in the sinuses. This warming effect is sometimes enough to clear the sinuses completely, and many have reported almost instantaneous effects.

Expect at least 2-3 weeks of regular use before noticing an improvement in sluggish digestive and overall circulation.

ADVERSE EFFECTS & SAFETY CONCERNS

Large doses of horseradish may irritate the stomach lining and induce vomiting. Ingesting large quantities of Horseradish use should be avoided during pregnancy and lactation. Also, consult your physician and experienced herbalist if you have a kidney disorder, stomach or intestinal ulcers, or inflammation.



FOR MORE VISIT: [phillyherbhub.](http://phillyherbhub.com)

HORSERADISH

Summer 2023

HERBALISM NEWSLETTER

Philly Herb Hub

SOURCES

Ernst, E. (2002). Herbal medicinal products during pregnancy: are they safe?. *BJOG: An International Journal of Obstetrics & Gynaecology*, 109(3), 227-235.

Hoffmann D. 2003. *Medical Herbalism: The Science and Practice of Herbal Medicine*. Rochester (VT): Healing Arts Press.

Manuguerra, S., Caccamo, L., Mancuso, M., Arena, R., Rappazzo, A. C., Genovese, L., ... & Maricchiolo, G. (2020). The antioxidant power of horseradish, *Armoracia rusticana*, underlies antimicrobial and antiradical effects, exerted in vitro. *Natural product research*, 34(11), 1567-1570.

Mazumder, A., Dwivedi, A., & Du Plessis, J. (2016). Sinigrin and its therapeutic benefits. *Molecules*, 21(4), 416.(Mazumder et al, 2016)

Newall CA, Anderson LA, Phillipson JD. *Herbal Medicines: A Guide for Health-Care Professionals*. London, England: The Pharmaceutical Press; 1996.

Rivelli, A. R., Caruso, M. C., De Maria, S., & Galgano, F. (2017). Vitamin C content in leaves and roots of horseradish (*Armoracia rusticana*): Seasonal variation in fresh tissues and retention as affected by storage conditions. *Emirates Journal of Food and Agriculture*, 799-806.

Stillo, P. A. O. L. A., Icka, P. I. R. R. O., & Damo, R. O. B. E. R. T. (2018). *Armoracia rusticana* Gaertn., Mey. & Scherb. A neglected multiuseful species. *BSHN (UT)*, 26, 312-322.

Walters, S. A. (2021). Horseradish: A neglected and underutilized plant species for improving human health. *Horticulturae*, 7(7), 167.

Wright, J. (2010). *The Herb Society of America's Essential Guide to horseradish*.

FOR MORE VISIT: [phillyherbhub](http://phillyherbhub.com).