

MUSTARD

An Old Crop

Mustard is an oilseed and one of the world's most important spice crops. Food historians believe mustard was first grown in India around 3000 B.C.E. Reference to mustard appeared in Chinese writings before 1000 B.C.E.



More than 700 million pounds of mustard are consumed around the world every year!



Canada is a global leader in mustard exports and most mustard is grown in Saskatchewan.

Types of Mustard

There are three main types of mustard: yellow mustard, brown mustard, and oriental mustard. Yellow mustard is primarily used to make condiments like hot dog mustard, mayo and salad dressings. Brown mustard is mostly used to make condiments. Oriental mustard is primarily used in Asia where it's used as a cooking oil and condiment.

Nutritional Properties

Mustard is an oilseed which makes it high in fat and protein. It also contains essential minerals including calcium, iron, manganese, phosphorus, zinc, selenium, and magnesium. Mustard is also a great source of soluble fibre.



In the sixth century B.C.E., Greek scientist Pythagoras used mustard as a remedy for scorpion stings.

What's Mustard Used For?

Besides being a tasty condiment on your hot dog or hamburger, mustard powder is used as a spice in cooking as well as added to things like salad dressings to give flavor. Mustard oil is also used for cooking. Mustard also has a long history of medicinal uses such as clearing chest congestion and relieving toothaches.

