

# SPICE OF THE MONTH

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## October's spice is mustard seeds!

Our Spice of the Month journey compels us to ask the hard questions like this one: You've almost certainly had mustard... but do you really *know* mustard?

Most people are familiar with it as a yellow or brown condiment that adds sharpness and spice to hot dogs and sandwiches — but it can be so much more.

The mustard plant is a cruciferous vegetable, related to cabbage and kale. It's native to Europe and southwestern Asia, and it's now so common in the Americas that it's considered an invasive pest on this continent.

In spite of the mustard plant's unpopularity outdoors, however, its greens are a popular ingredient for many different cuisines — and it's even more common to eat the seeds of the plant than its foliage.

Mustard seeds can be ground and made into a paste (which itself is known as mustard), added whole to pickles and chutneys, and incorporated into salad dressings, curries, spice cakes, rubs, marinades, soups, etc.

In addition to the recipes in this packet, these mustard seeds can be used to make mustard (the condiment), by grinding the seeds and adding water to make a paste.



## Sources - mustard

All the books listed here are available to check out from the Croton Free Library.

- *Cooking with Herbs and Spices* by Judy Guilliard
- *Northeast Foraging* by Leda Meredith
- *The Encyclopedia of Herbs, Spices & Flavorings: A Cook's Compendium* by Elisabeth Lambert Ortiz

These recipes are from:

- *one spice, two spice* by Floyd Cardoz
- *Instantly Indian Cookbook* by Madhur Jaffrey
- *Molto Gusto* by Mario Batali and Mark Ladner
- *The Soul of a New Cuisine* by Marcus Samuelsson

What did you cook with your mustard seeds?

Post it on social media with the hashtag

#CrotonSpiceClub and tag us, or send a

photo & description to [gglazer@wlsmail.org](mailto:gglazer@wlsmail.org)!

**Mustard seeds purchased from Penzey's Spices.**