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Alliaria petiolata

[Synonyms : *Alliaria alliacea*, *Alliaria alliaria*, *Alliaria officinalis*, *Arabis petiolata*, *Erysimum alliaria*, *Sisymbrium alliaceum*, *Sisymbrium alliaria*]

GARLIC MUSTARD is a biennial or perennial. Native to Europe it has tiny snow-white flowers.

It is also known as *Alliaire* (French), *Alliaria* (English, Italian), Beggarman's oatmeal, *Česnáček lékařský* (Czech), *Cesnačka lekárska* (Czech), English treacle, *Erisimo* (Spanish), Flixweed, Garlic root, Garlic wort, *Garlleg y Berth* (Welsh), Hedge garlic, Hedge mustard, Jack-by-the-hedge, Jack-in-the-bush, Jack-in-the-hedge, Jack-run-along-by-the-hedge, *Juliennne* (French), *Knoblauchhederich* (German), *Knoblauchsrauke* (German), Lady's needlework, Lamb's pummy, *Lauchkraut* (German), Leek cress, *Litulaukka* (Finnish), *Logkarse* (Danish), *Löktrav* (Swedish), Onion nettle, Penny-hedge, Pickpocket, Poor man's mustard, *Poumillière* (Channel Islander-Guernsey), Sauce alone, and *Vitlöksört* (Swedish).

Warning – garlic mustard can cause skin irritation if used in a poultice or plaster.

The flowers are pollinated by bees, flies, butterflies and moths.

Petiolata means 'with a leaf stalk, or with a particularly long leaf stalk'.

Garlic mustard has been picked primarily for home cooking. The leaves, which smell strongly of garlic (*Allium sativum*) when bruised and are described as having a garlic taste with a short-lived hint of bitterness, have been added as an ingredient in salads and as a flavouring in sauces. Additionally it seems that the Scottish horticultural author, John Claudius Loudon (1783-1843) also recommended boiled leaves as a vegetable accompaniment for mutton.

The whole plant can be used to obtain a yellow dye.

Medicinally, herbalists once used the leaves for treating ulcers and gangrene, and also recommended the leaf juice as a remedy for fluid retention. The seeds have been taken like snuff to cause sneezing and today some people still rub the leaves on bites or stings.