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*Iberis amara*

**WILD CANDYTUFT** is an annual or biennial. Native to western Europe it has small scented, white or purplish flowers.

It is also known as Annual candytuft, Bastard mithridate mustard, *Beryn Cherw* (Welsh), Bitter candytuft, *Bitterer Bauernsenf* (German), Candytuft, Clown's mustard, Florist's candytuft, *Ibérade* (French), *Iberis* (Dutch), Rocket, Rocket candytuft, *Schleifenblume* (German), White candytuft, and Wryflower.

*Amara* is Latin (bitter).

The seeds have been used to make mustard.

Medicinally, North American herbalists particularly have used the whole plant to treat gout, rheumatism, asthma, bronchitis and fluid retention. Today a tincture of the ripe seeds is used in homoeopathic treatments.