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Iberis amara

[Synonyms : *Biauricula amara*, *Biauricula panduriformis*, *Biauricula resedifolia*, *Crucifera iberis*, *Iberis affinis*, *Iberis amara* subsp. *amara*, *Iberis amara* subsp. *forestieri*, *Iberis apricorum*, *Iberis arvatica*, *Iberis bicolor*, *Iberis bicorymbifera*, *Iberis contracta* subsp. *vinetorum*, *Iberis crenata*, *Iberis decipiens*, *Iberis forestieri*, *Iberis latifolia*, *Iberis martini*, *Iberis montolivensis*, *Iberis panduraeformis*, *Iberis pinetorum*, *Iberis resedifolia*, *Iberis ruficaulis*, *Iberis sabauda*, *Iberis vinetorum*, *Thlaspi amarum*]

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, *Ibéride* (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.