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### *Thlaspi arvense*

[Synonyms : *Teruncius arvense*]

**FIELD PENNY-CRESS** is an annual. Found in Europe it has small white flowers.

It is also known as *Acker-Hellerkraut* (German), Bastard cress, Boor's mustard, *Codywasg* (Welsh), *Codywasg y Maes* (Welsh), Dish mustard, False cress, Fan-weed, French weed, Jim Hill weed, Mithridate mustard, *Monnayère* (French), *Moutardier* (Channel Islander-Guernsey), *Peniažtek roľný* (Slovak), *Penízek rolní* (Czech), *Penningört* (Swedish), *Penselmöja penninggräs* (Swedish), Penny cress, *Skärvyfrö* (Swedish), Stinkweed, *Tabouret des champs* (French), Treacle mustard, and Treaclewort.

Warning – the oils in the plant are considered to be strong irritants if taken internally in quantity especially for animals. A garlicky smell is imparted to milk if the plant is eaten by livestock.

*Arvense* means 'of or growing in cultivated fields or land'.

For Europeans especially the name Jim Hill weed may seem a little curious. Apparently it refers to an American railway magnet and financier James Jerome Hill (1838-1916) who was famous for building railroads across the United States and ultimately Canada. Field penny-cress was one of the many plants to take full advantage of his railway 'corridors' as it spread westwards over the North American Continent.

North American Havasupai Indians prepared the seeds in different ways for food and the Cherokee ate the leaves.

A plant infusion was used by the North American Iroquois to ease sore throats.

Medicinally, the seeds were an ingredient in a poison antidote that is no longer in use and was known as the Mithridate mixture. Herbalists also recommended the seeds for the treatment of rheumatism and fluid retention and also as a tonic.