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Turritis glabra

[Synonyms : *Arabis glabra*, *Arabis perfoliata*, *Erysimum glabrum*, *Turritis dregeana*, *Turritis stricta*]

TOWER MUSTARD is a biennial (occasionally an annual). Native to Europe and south-western Asia it has tiny, pale yellow or greenish-white flowers.

It is also known as *Rockentrav* (Swedish), *Tourette* (French), Tower rockcress, *Turmkraut* (German), and *Twrged Esmwyth* (Welsh).

Tower mustard is considered to be threatened in the wild in Britain.

Glabra is Latin (hairless, bald) meaning hairless or smooth'.

The North American Cheyenne Indians made a plant infusion as a drink.

Apart from the view maintained amongst members of the Cheyenne tribe that tower mustard was a panacea that could prevent sickness generally, a plant infusion was also thought to be good for colds if taken at their outset.