



The Background on Horseradish

Roots

Horseradish is a root vegetable with natural heat. Formally known as *Armoracia rusticana*, it's part of the cabbage or *Brassicaceae* (*Cruciferae*) family along with mustard, cauliflower, kale and wasabi.

Origin/History

Egyptians cultivated the root as early as 1500 B.C., and the Romans, as well as the Greeks, used it as an aphrodisiac. Traditionally the flower, leaves and roots were used for medicine. Horseradish consumption spread from Central Europe to England during the Renaissance and, by the late 1600s, it was being used as an accompaniment for beef and oysters in England. In the mid-1850s, commercial cultivation of horseradish started in North America after European immigrants and early settlers brought it across the Atlantic Ocean ^[1].

Types

Two types of horseradish are generally used in commercial production. The "Common" type, also called "Maliner Kren", which is recognizable by its broad crinkled leaves, has roots of superior quality. The "Bohemian" type has narrow and smooth leaves and is often a preferred choice for its resistance to disease ^[2]. There are many other varieties of horseradish, however most are not widely available except for the ornamental "Variegata", a beloved choice for homeowners for its appealing foliage.

Horseradish is best harvested in the fall or early spring (from previous year sowing) as the plants need at least a season before they are ready to harvest ^[3]. Year-old roots are optimal as they will have the most taste while older roots won't be as good for consumption because of their woody character ^[4]. Horseradish is a perennial plant and its roots spread like wildfire: they can survive temperatures of minus 28° Celsius and will keep spreading if not harvested.

Market/Industry

Consumers have spoken: the demand for new varieties of hot sauces is expected to drive the prepared horseradish market forward in the years to come. The horseradish market is especially driven by consumers' hunger for taste, convenience and authenticity in the products they purchase. The market for specialty products like premium, small-batch horseradish is expected to see an important growth in terms of volume of consumption in the near future ^[5].



Health Benefits

The potential health and nutritional benefits of horseradish are just as powerful as its sharp aroma. The many key nutrients in horseradish include calcium, dietary fibre, folate, manganese, magnesium, potassium, vitamin C and zinc ^[6]. And the benefits do not stop there. More information on health benefits can be found on our website, dennishorseradish.com

Cooking

Horseradish can add an element of excitement and punch to any meal thanks to endless possibilities and combinations. From soups to sushi, dips and salads, cooked eggs to fish and meats, there is no end to the diverse uses of horseradish. Here is a sampling of those recommended by the Dennis' Horseradish team:

DENNIS' HORSERADISH STUFFED MUSHROOMS

<https://dennishorseradish.com/horseradish-stuffed-mushrooms-recipe/>

KICKED UP MASHED POTATOES

<https://dennishorseradish.com/kicked-up-mashed-potatoes-recipe/>

DENNIS' HORSERADISH CAESAR

<https://dennishorseradish.com/horseradish-caesar-recipe/>

GRILLED SALMON WITH MAPLE HORSERADISH SAUCE

<https://dennishorseradish.com/grilled-salmon-with-maple-horseradish-sauce/>

Sources for reference:

[1] <https://horseradish.org/horseradish-facts/horseradish-history/>

[2] <https://homeguides.sfgate.com/horseradish-varieties-25804.html>

[3] <https://www.growveg.com/guides/how-to-grow-harvest-and-prepare-horseradish/>

[4] <https://hort.extension.wisc.edu/articles/horseradish-armoracia-rusticana/>

[5] <https://www.transparencymarketresearch.com/horseradish-sauce-market.html>

[6] <https://www.verywellhealth.com/horseradish-benefits-4585217>