



Chinese mustard, Indian mustard or mustard greens (English), 芥末 (jiè mò, Mandarin), Khardal (Somali), Haradali (Swahili), rayo (Nepali)



Mustard

a taste of the Bible on the Floridian table

Mustards are an ancient green with roots in Asia more than 5,000 years ago. After spreading to Europe through trade, the greens became a prominent staple food in ancient civilizations such as Greece and Rome, and it is commonly cited in Hebrew and Christian scriptures. After making its way to the Americas via European colonialism, mustards became a central food source in southern cuisine in the 19th century. They remain a common crop on small farms, in home gardens, and in farmers markets throughout Florida.

To learn more about Florida's culinary history, visit floridaheritagefoods.com

Woman with mustards in Tallahassee, Florida in 1940. State Archives of Florida, Florida Memory



SPRING GREENS AND SPRING CHICKEN

25
MINUTES
TOTAL

5
TOTAL
SERVINGS

INGREDIENTS

- | | |
|--|--|
| 1 tablespoon butter | 2 or 3 hot peppers (optional) |
| 1/2 cup chopped green onions,
with tops | 1 “mess” of tender spring greens
(a mixture of turnip, mustard, and
collard greens - enough chopped
greens to loosely fill a 3-quart pan) |
| 1 clove garlic, minced | Salt and pepper |
| 1 spring chicken, 2 pounds and
tender, cut in individual pieces | |

DIRECTIONS

1. In a 3-quart cook-pot, saute onion and garlic in hot butter.
2. Brown chicken quickly on both sides.
3. Add hot peppers and water to cover.
4. Cover with lid and simmer until tender.
5. Remove the chicken; allow to cool.
6. Bring the chicken broth to a boil and add half the greens.
7. Turn heat to low and cook, covered, until greens cook down (5 minutes or so).
8. Add the rest of the greens and simmer uncovered only until the greens are tender. Don't overcook.
9. Remove chicken from bones and cut into bite-size pieces.
10. Serve in individual bowls with the tender greens and some of the broth.

Recipe adapted from Morrison, Sally. 2011. Cross Creek Kitchens University of Florida Press. pg 97

For more Florida heritage recipes, visit floridaheritagefoods.com



FACTS

Mustard has had a long and significant history in both Jewish and Christian cultures, serving not only as a food and spice, but also as a symbol of faith and the Kingdom of God. During the Middle Ages, mustard greens became a popular vegetable in Europe, where they were grown in monastery gardens and used in both culinary and medicinal preparations.

A highly nutritious vegetable, the mustard green offers a significant amount of vitamins A, C, and K; minerals such as calcium and potassium; and carotene.

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