

# Garlic Mustard

*Alliaria petiolata*

*The Alien in your  
Backyard & Forest*



## Life History

**Garlic mustard** is native to Europe and was introduced to North America by early settlers for its medicinal properties and use in cooking. Garlic mustard invades woodlands and can *dominate* the forest floor within **10 years**.

## Identification

**Biennial:** Two year growth cycle.

**Seeds:**

Black, small, 100 seeds per plant.



**Flowers:**

White, four petals (mustard family). Flowers at second year growth.



**Leaves:**

Rounded to kidney-shape (1<sup>st</sup> year); heart-shape (2<sup>nd</sup> year).



**Roots:**

White, S-shaped, curved at the tip.



## Methods of Eradication

### Removal by Hand

Remove the entire plant (avoid breaking off plant at base, it can regrow) and dispose of. It is **NOT** recommended to compost this plant. Allow the plant to dry in paper bags and burn. After removing the plant, tap the ground.

Do not leave any plants on the ground because plants can continue to grow on the surface area.



*Area overgrown with garlic mustard*

### Herbicides

Severe infestations can be controlled by the applying a 1-2 % solution of glyphosate to the foliage of plants in October or early spring. This chemical is non-selective and will kill or injure all green plants. Be sure to follow directions according to suggested manufactured chemical's directions.

# Prevention

Prevention is the best way to stop the spreading of garlic mustard. To prevent further contamination, follow the steps below.

1. Seeds fit nicely in the cracks of boots and shoes. Clean clothing and shoes thoroughly after walking or working in infested areas.
2. Be persistent with the removal of plants. Remember, it is easier to control a small area of infestation than an entire forest!



*Native woodlands flowers like these Trillium, are in danger of being crowded out by garlic mustard.*

## Did you know?

Garlic Mustard releases chemicals which harm a soil fungus which hardwood trees need to grow and survive.

Source: *Journal Public Library of Science Biology*

## Yum - Garlic Mustard!

There are some palatable uses for garlic mustard. Check out these recipes!

### Garlic Mustard Pesto

- 4 cloves of garlic
- 3 T. garlic mustard taproots
- 3/4 C. parsley
- 1 C. garlic mustard leaves
- 1 C. basil
- 1 - 1 1/2 C. low-sodium olives
- 2 C. walnuts or pine nuts
- 1/2 C. mellow miso
- 1 - 1 1/4 C. olive oil or as needed

1. Chop the garlic and garlic mustard roots in a food processor.

2. Add the parsley, garlic, garlic mustard and basil and chop.

3. Add the nuts and chop coarsely.

4. Add the olive oil and miso and process until you've created a coarse paste.

*Makes 4 cups*

### Garlic Mustard in Lemon Sauce

Garlic mustard is a great vegetable, but it is bitter. Stir-frying followed by simmering in a strongly seasoned sauce takes the edge off. Serve this Asian-flavored side dish with brown rice.

- 4 - 4 1/2 T. kuzu or tapioca flour
- 3 T. vegetable glycerin, barley malt, rice syrup, or honey
- 2 C. water
- 1/2 T. liquid stevia
- 6 T. lemon juice
- 1/2 T. lemon extract
- 3/4 t. salt
- 3/4 t. cloves, ground
- 3/4 t. allspice, ground
- 3/4 t. star anise, ground
- 4 - 4 1/2 T. peanut oil
- 6 C. young garlic mustard leaves, chopped
- 3 cloves of garlic, chopped

1. Mix together all ingredients except the garlic mustard leaves, garlic, and peanut oil in a saucepan with a whisk, bring to a boil over medium heat, stirring constantly, reduce the heat to low, cover, and simmer 5 minutes stirring occasionally.

2. Meanwhile, heat the oil in a wok or skillet and stir-fry the garlic mustard and garlic 1.5 minutes, stirring constantly.

3. Pour the sauce over the garlic mustard mixture and cook over high heat 3 minutes or until the garlic mustard leaves are tender, stirring constantly.

*Serves 6*