

# *Brassica* spp.



**Common Name:** Mustard

**Scientific Name:** *Brassica* spp.

**Family:** Brassicaceae

The genus *Brassica* is known for its important agricultural and horticultural crops and also includes a number of weeds, both of wild taxa and escapees from cultivation. Species belonging are mostly annual, biennial, or perennial herbaceous plants, some are dwarf shrubs or shrubs, and very few vines.

**Economic Importance:** The flowers, seeds, stalks, and tender leaves of many species of Brassica can be eaten raw or cooked.

**Nutrition:** *Brassica* vegetables provide high amounts of vitamin C, vitamin K, manganese, and soluble fibre, and contain glucosinolates which are under preliminary research for their potential biological properties when consumed. Epidemiological studies suggest that *Brassica* vegetables are protective against cancers of the lungs and alimentary tract.