

# Harvest of the Month



Ground Mustard



## FUN FACTS:

Mustard is one of the most ancient spices. It dates back over 5000 years where it was cultivated in India.

Ground mustard comes from the seeds of the perennial mustard plant.

The condiment yellow mustard, is made with ground mustard, water, vinegar and other spices.

Mustard adds a flavorful kick and tangy heat that livens up potato salad, mac 'n cheese, deviled eggs, dips and dressings, and marinades and rubs.

This institution is an equal opportunity provider.

