

FIELD MUSTARD FACT SHEET

Also called: Wild Mustard or
Brassica rapa



What Is Field Mustard?

Field Mustard is a bright yellow wildflower that grows in fields and along roads in the spring. It's part of the mustard family, which includes broccoli, kale, and cabbage!

It looks like sunshine on a stem—with little yellow flowers at the top and rough, green leaves below.

How to Recognize It:

- Tall plant with lots of yellow flowers
- Leaves are a little rough and sometimes hairy
- Grows in groups, especially in sunny places
- Flowers have 4 petals that form a cross shape (like a plus sign)

Fun Fact:

Field Mustard is related to many of the veggies we eat! Long ago, people grew wild mustard into different vegetables by choosing different parts of the plant to grow bigger.

- Cabbage = big leaves
- Broccoli = big flower buds
- Turnips = big roots

It's like the superhero parent of many veggies!

Can You Eat It?

Yes, the young leaves, flowers, and seed pods are edible for humans—but only when properly identified. It tastes a little spicy, like arugula or radish.

Important: Always ask an adult before trying wild plants. Be 100% sure it's safe and clean.

*Not safe for pets like dogs and cats.

Scavenger Hunt

Can you find a plant that:

- Has yellow flowers with 4 petals?
- Grows taller than your knees?
- Feels rough when you touch the leaves?

FIELD MUSTARD ACTIVITIES



Draw what you find and compare with a photo of field mustard!

Make Field Mustard Leaf Chips!

Just like kale chips, you can roast young mustard leaves for a crunchy snack (adult help needed).

- Rinse young leaves well
- Toss in olive oil and a pinch of salt
- Bake at 300°F for 10–12 minutes
- Let cool and crunch away!