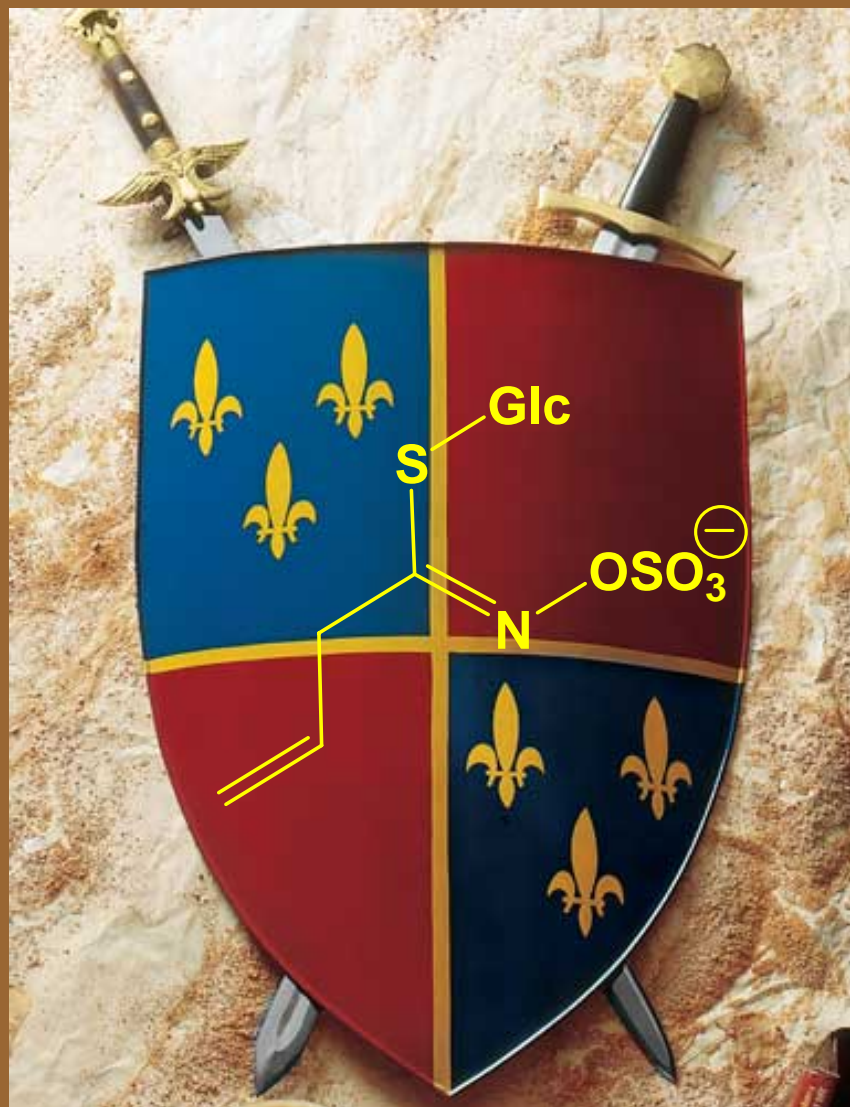
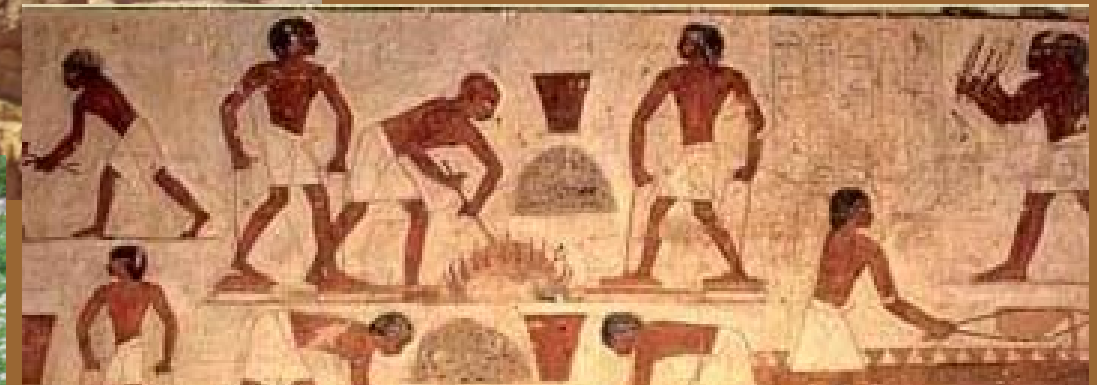


HOW GLUCOSINOLATES CHANGED THE COURSE OF HUMAN HISTORY

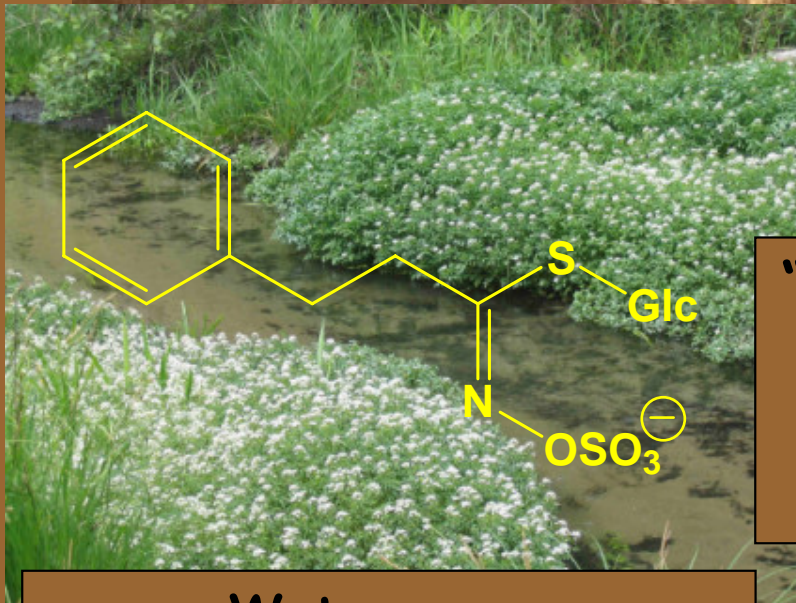
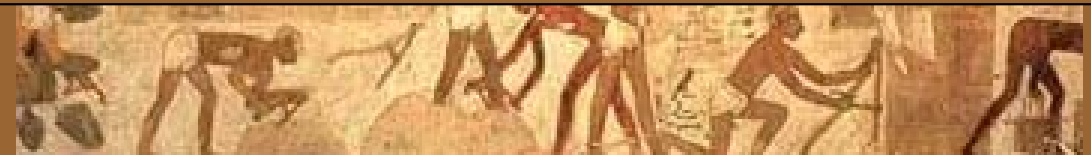




Water cress
(Nasturtium officinalis)

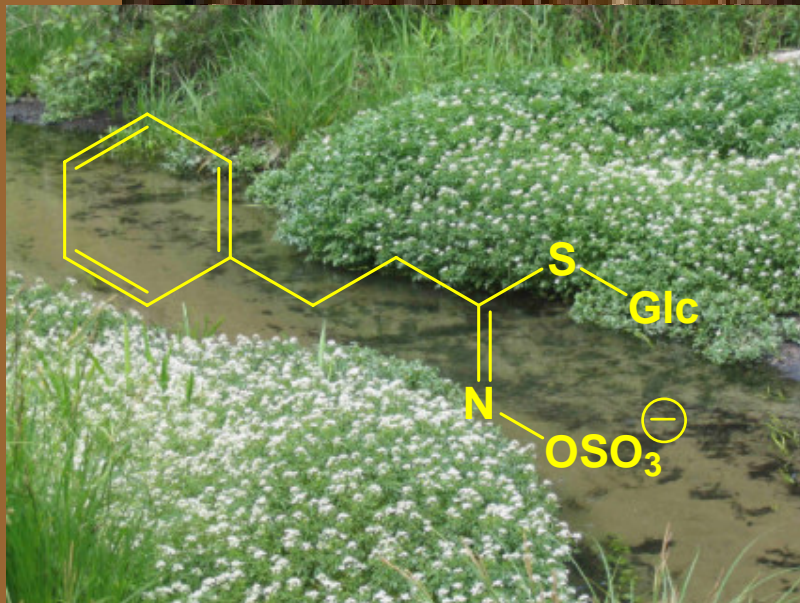


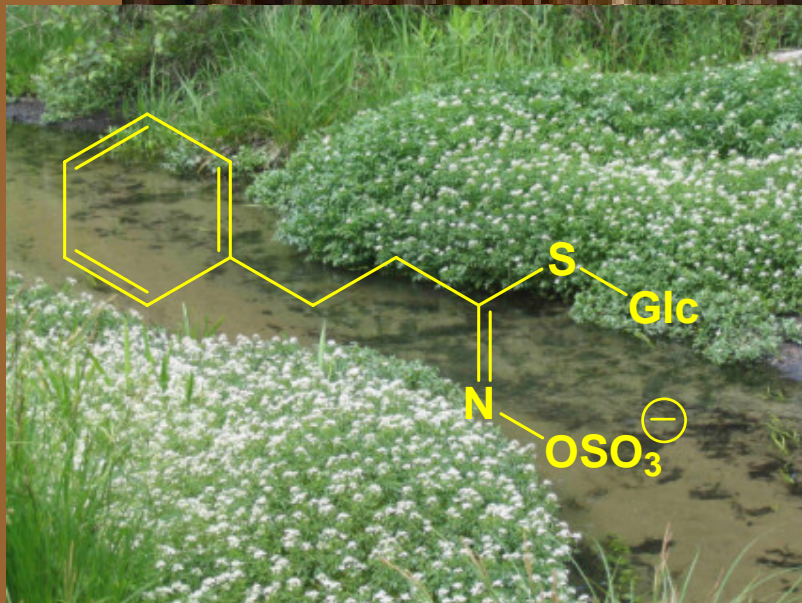
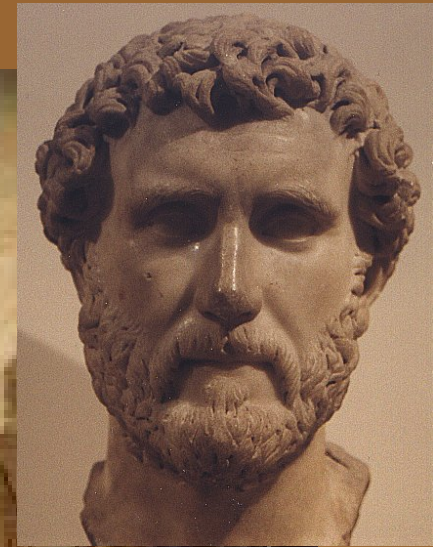
“The Egyptian Pharaohs served freshly squeezed watercress juice to their slaves each morning and afternoon in order to increase their productivity.”



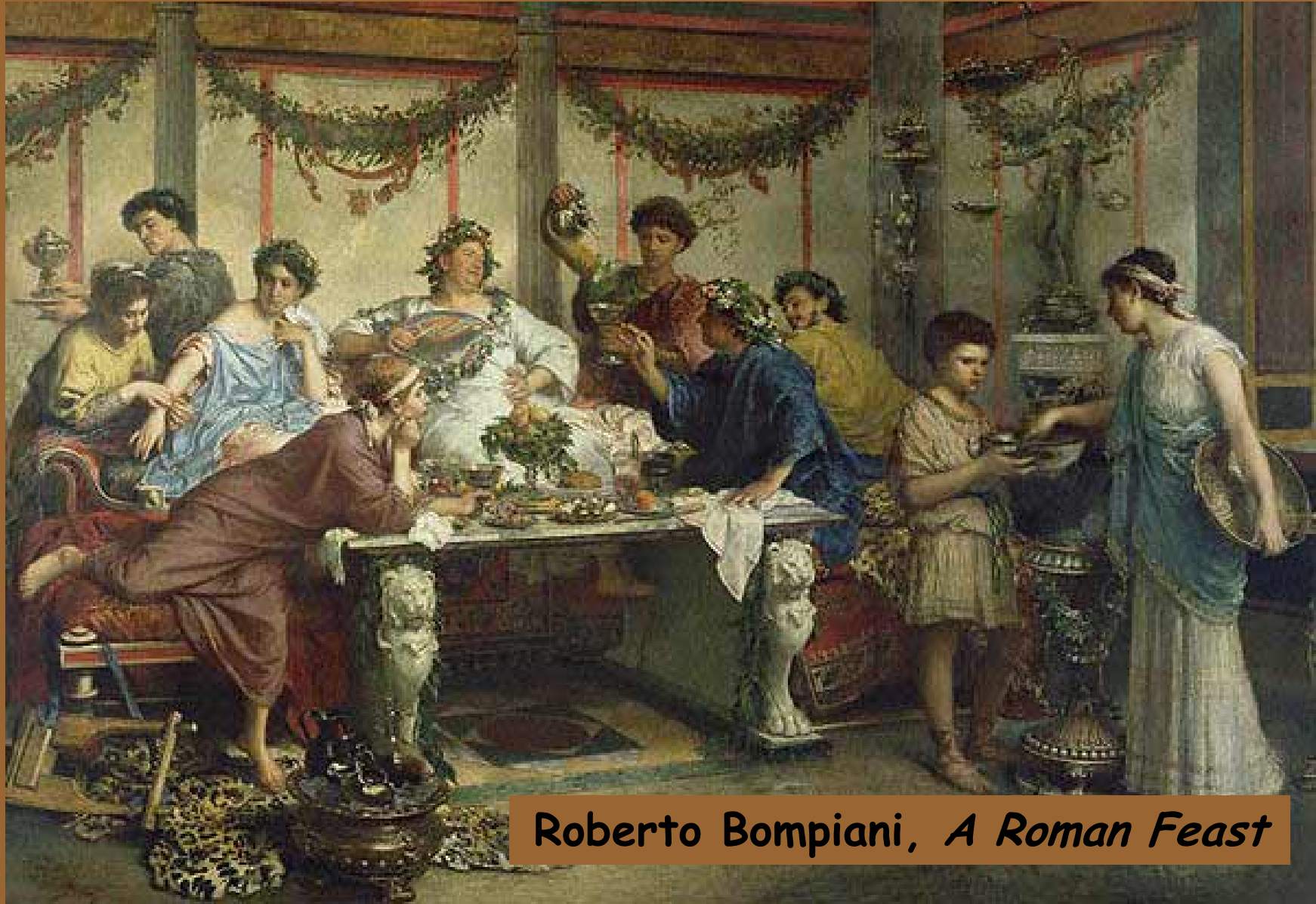
Water cress
(*Nasturtium officinalis*)







“Roman emperors drank infusions of water cress to help them make bold decisions.”



Roberto Bompiani, *A Roman Feast*

“During the reign of Emperor Tiberius, the Roman Senate voted corned beef and cabbage the best dish by acclamation.”



“The Romans would eat a few leaves of cabbage to prepare for large banquets at which etiquette dictated that the host refill guests' cups liberally... to the point of oblivion.”





© Harald Hartmann





© Harald Hartmann



“Pickled cabbage...became the staple food of the builders of the Great Wall of China in the third century BC.”

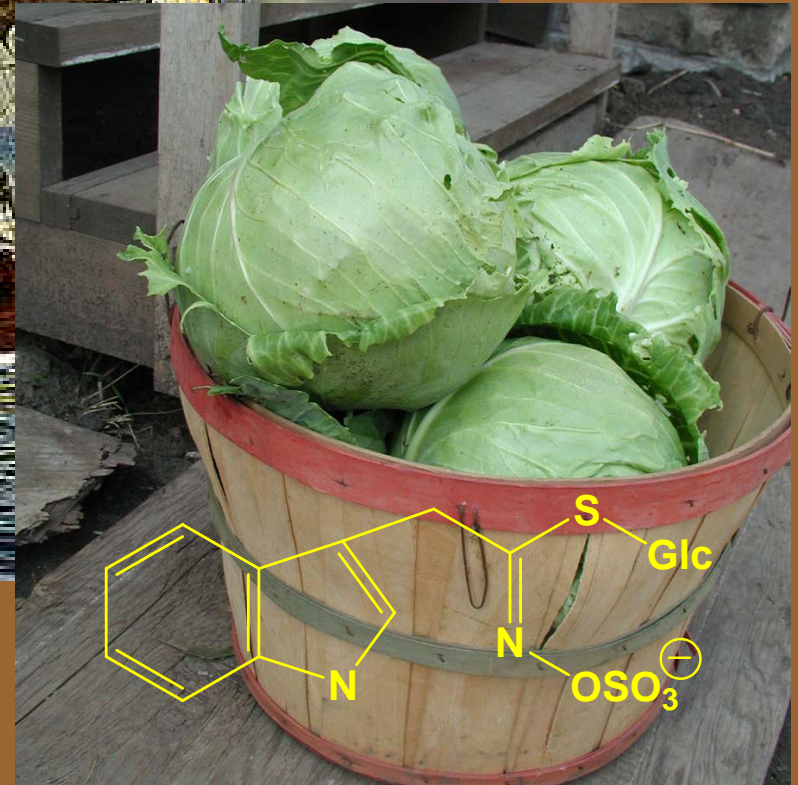


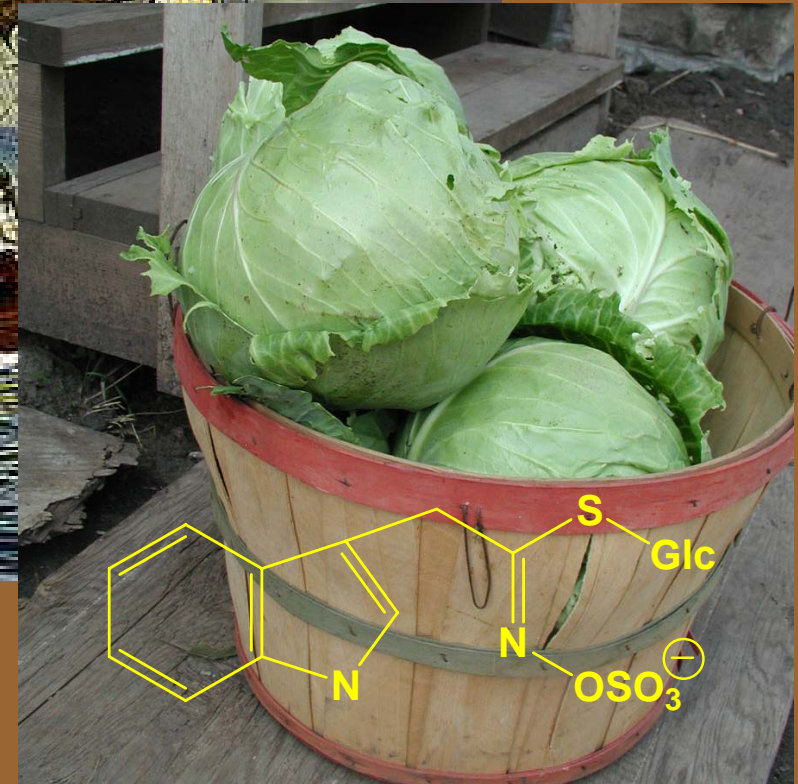
"The English have only three vegetables-
and two of them are cabbage."





“During the Hundred Years War, battles were won or lost depending on whether fresh provisions of cabbage had arrived at the soldiers' camps”





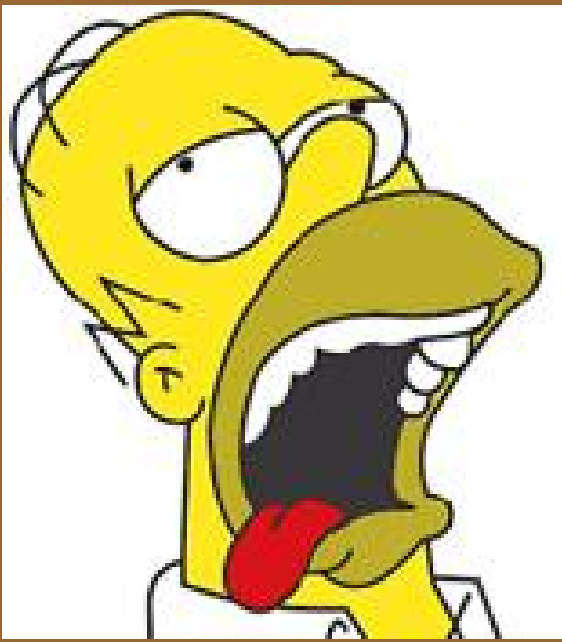


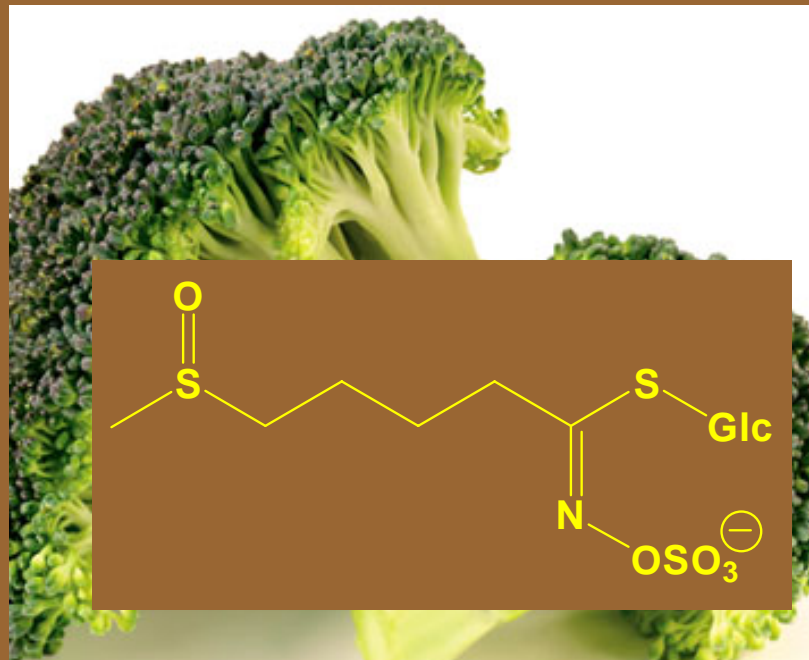
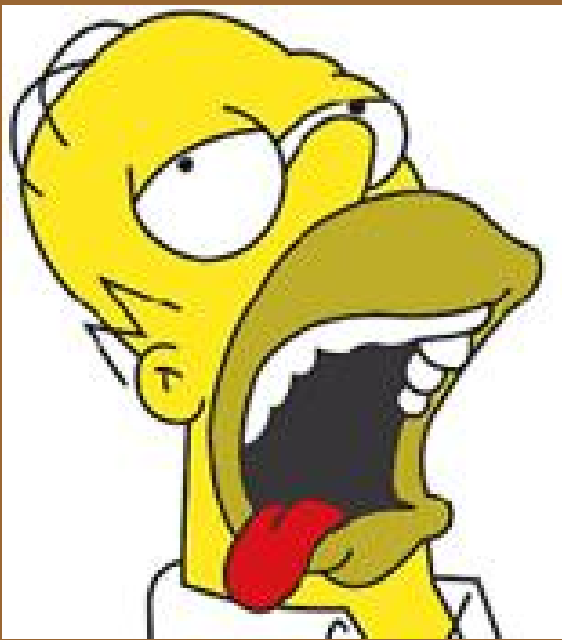
“Eat your broccoli, dear.”

*“I say it’s spinach—and I say to hell
with it.”*



“United States President George H. W. Bush was known to have an active disdain for broccoli, having actually said so in an offhand remark during his presidency.”





from *The Simpsons* episode, 'Treehouse of Horror XI', 2001





WATKINS
MUSTARD
THE JOHNSON CO
CHICAGO, ILL.

**ASTOR
PURE
MUSTARD**

MUSTARD
EASTERN MILLING CO.
CHICAGO, ILL.

ALLIED BRAND
MUSTARD
POUNDED

HASBRO'S

WIDLOFF'S
MUSTARD
PURE SPICES

Schilling
MUSTARD

BLUE SEAL
MUSTARD

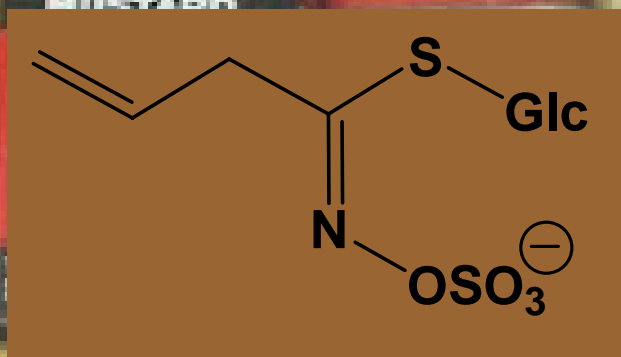
**Stickney
Poor's**
MUSTARD
2 OZ. FULL WEIGHT

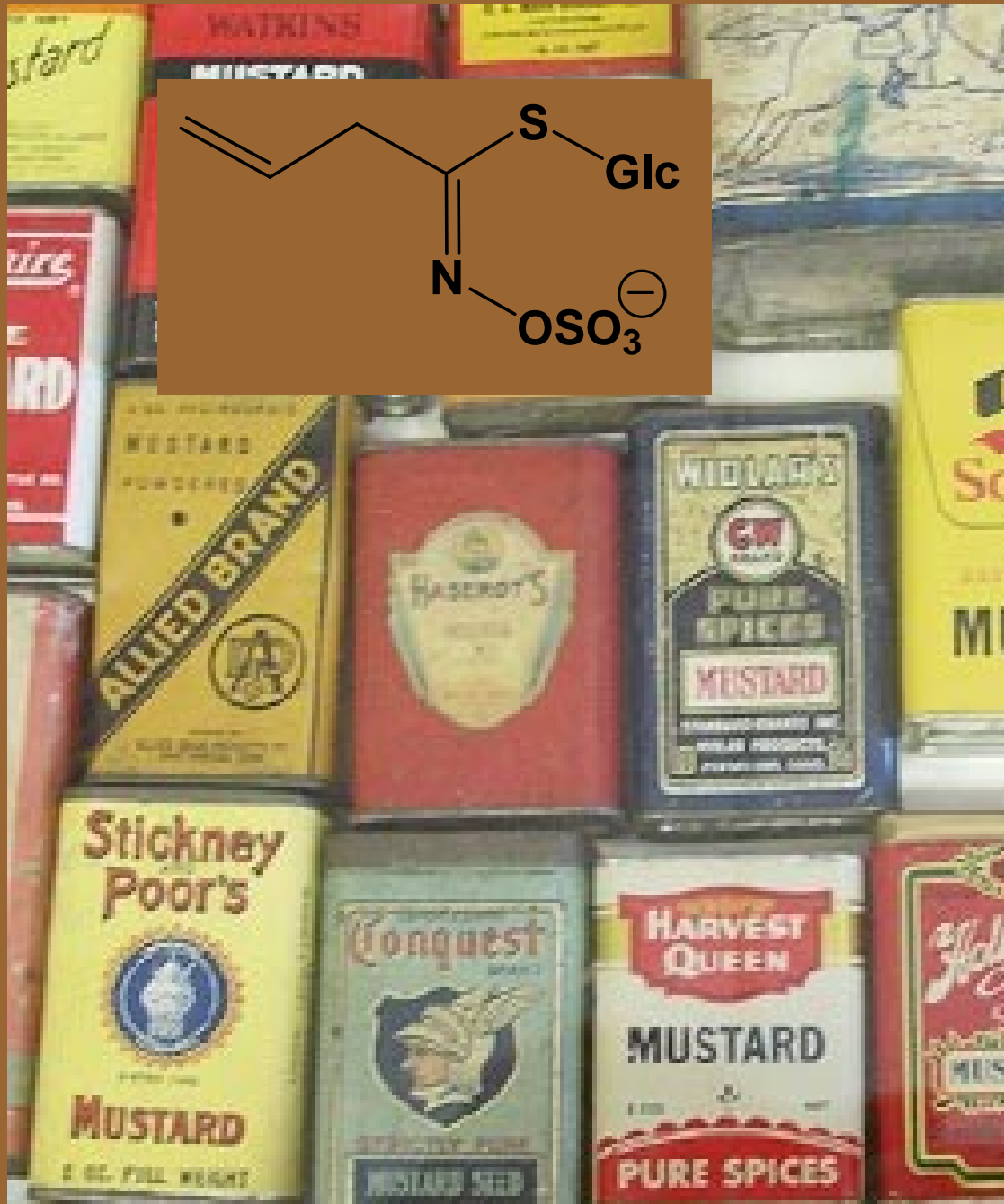
Conquest
MUSTARD SEED

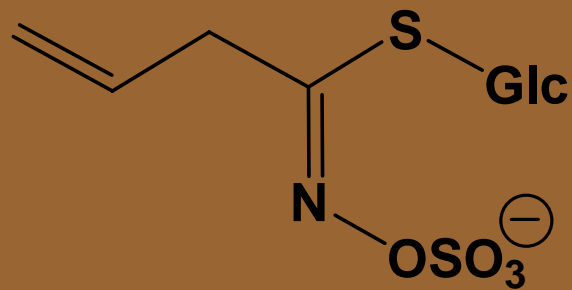
**HARVEST
QUEEN**
MUSTARD
PURE SPICES

**Hollyhock
Spices**
MUSTARD

Colburn
Mustard
The Colburn Brand
OF MUSTARD SEEDS
MADE IN U.S.A.





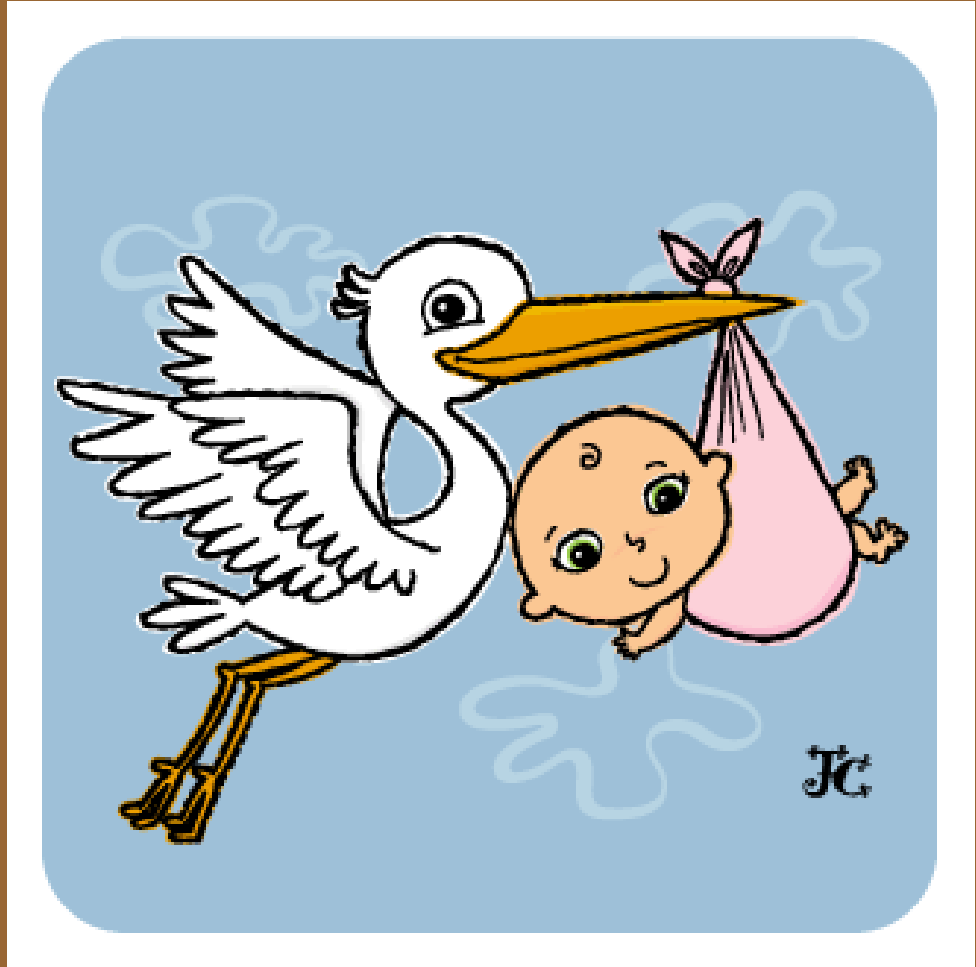


"In 1866, Jeremiah Colman, founder of Colman's Mustard of England, was appointed as mustard-maker to Queen Victoria."



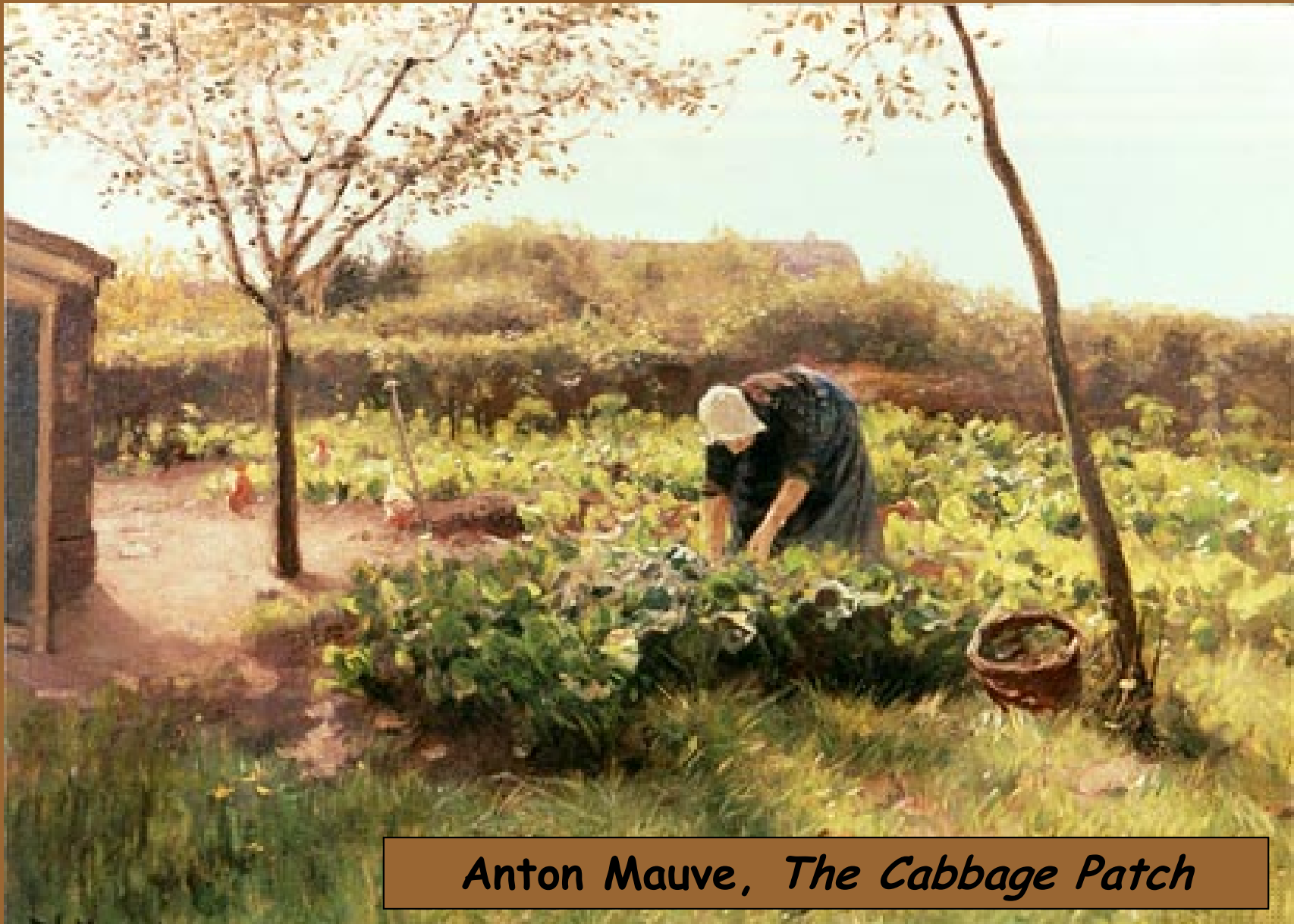
"Pope John XXII was so fond of mustard that he created a new Vatican position - *grand moutardier du pape* (mustard-maker to the pope)"





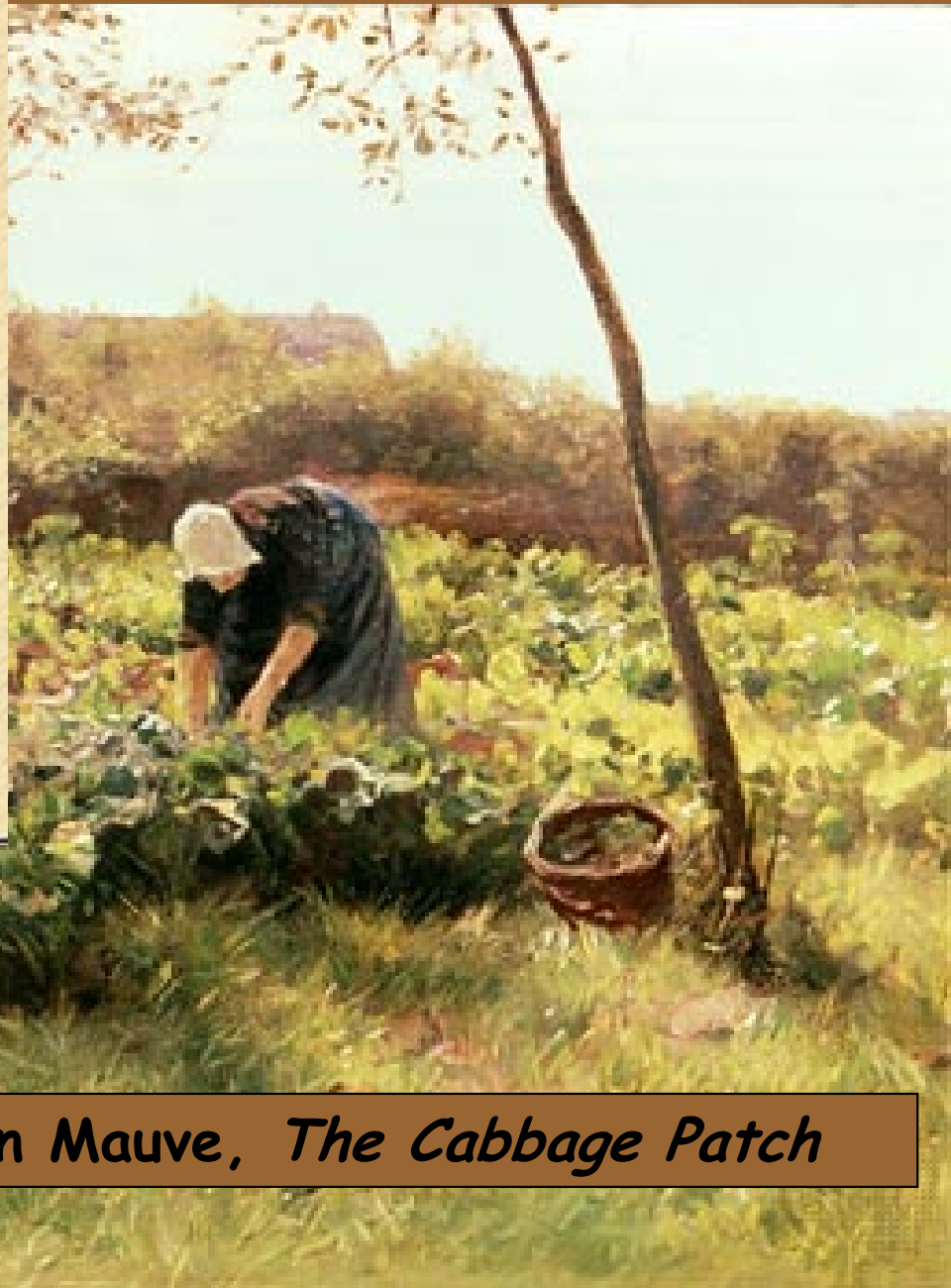


Anton Mauve, The Cabbage Patch



Anton Mauve, The Cabbage Patch

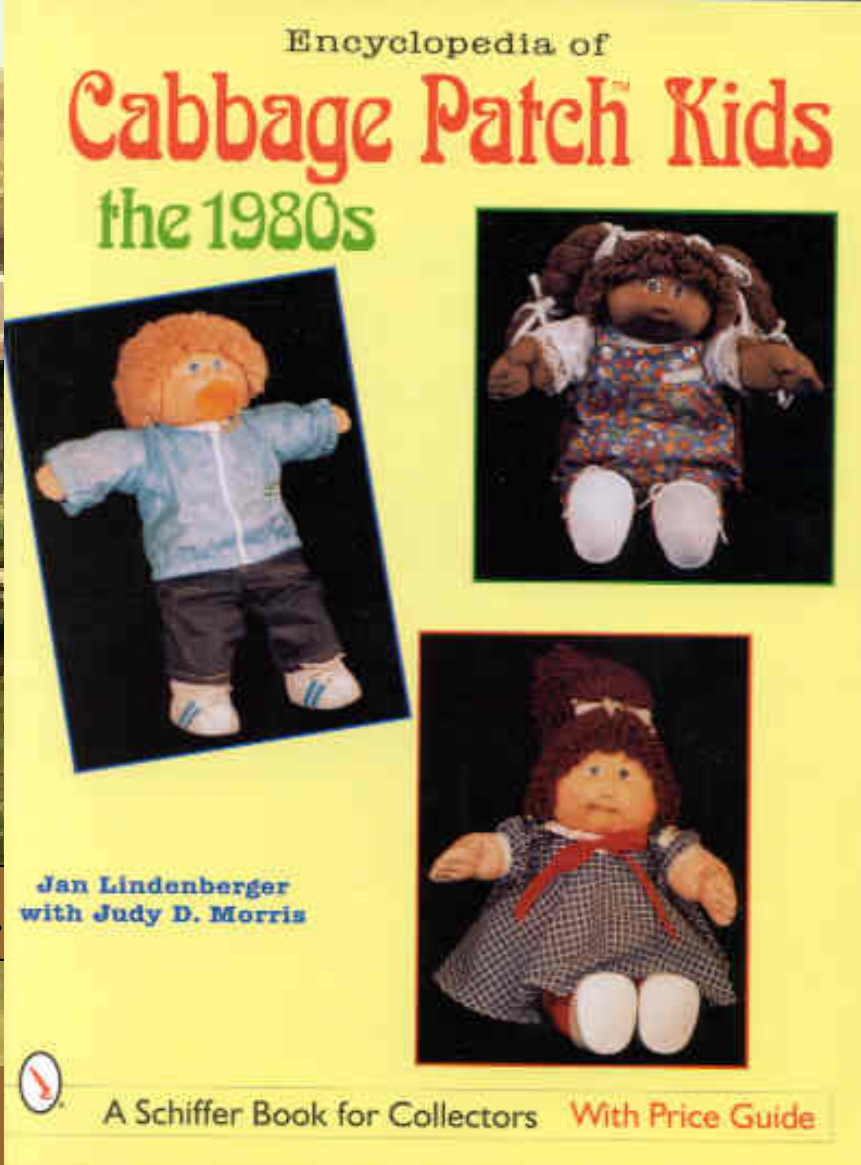
“In the past cabbage was associated with babies and was even thought to cause their birth...”



Anton Mauve, The Cabbage Patch



Anton Mauve










“German lore advises a bride to sew mustard seeds into the hem of her wedding dress to assure her dominance of the household.”



**"Glucosinolate Biology, Chemistry and Biochemistry,
and its Application to Human Health and Agriculture"
September 10 – 14, 2006, Jena, Germany**

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