



# HYSSOP

*Hyssopus officinalis* (hiss-SOP-us ah-fiss-ih-NAH-liss)

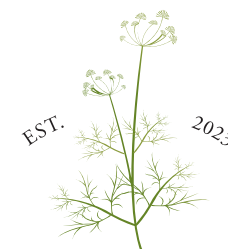
PERENNIAL | LAMIACEAE FAMILY

ZONES: 3 TO 11

EXPOSURE: FULL SUN | AFTERNOON SHADE

MATURE HEIGHT: 2 FT | SPREAD 18"

BLOOM: BLUE | SUMMER



HERB & VINE

— healing plants —



Medicinal



Culinary



Pollinators



Butterflies



Aroma



Cut



Container

An ornamental herb and shrubby evergreen thought to ward off evil and misfortune by Ancient Greeks, Hyssop is a profuse bloomer producing fragrant flowers on spikes that can be used in wreaths, potpourri or arrangements.

- Grow as a low hedge on a slope to help with erosion. Trim back in spring to extend plant life.
- Therapeutic\*: its leaves are bitter, but are still used to brew teas to aide in digestion and as a cough expectorant. Combined with Horehound and honey in tea, Hyssop creates a natural alternative to store-bought cough syrups.
- Externally as a poultice it can be used to help reduce bruising and heal cuts.
- Culinary: flowers and leaves are used as flavoring in stews, soups and sauces. Oil us used in Chartreuse liquor.

Caution: Not for use during pregnancy.



\*Information is based on research of the historical uses of this herb and does not constitute medical advice. Consult a medical professional before using any herb for therapeutic purposes.



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