



DILL

Anethum graveolens (ah-NEE-thum grav-ee-oh-lens)

ANNUAL | APIACEAE FAMILY

ZONES: 2-11

EXPOSURE: FULL SUN

MATURE HEIGHT: 2 FT | SPREAD 2 FT

BLOOM: YELLOW | APRIL - JULY



Medicinal



Culinary



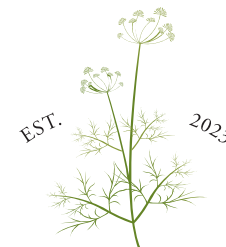
Pollinators



Butterflies



Resistant



HERB & VINE

— healing plants —

Dill is believed to have originated in the Mediterranean and has been used as a culinary and medicinal herb for over 2,000 years dating back to ancient Egypt. It was once used for love potions and magical spells.

- Culinary: leaves, seeds, and flowers are used in teas, pickling, and as culinary seasoning.
- Therapeutic*: the seed is aromatic, carminative, mildly diuretic, galactagogue, stimulant and stomachic – used in an infusion, or eaten whole. Chew the seed to help bad breath. Dill is also a useful added to cough, cold, and flu remedies. Helps increase milk flow in nursing mothers and eases baby's colic.
- Parts used: seeds and leave. Harvest leaves before flowers appear.
- Larval host to the black swallowtail butterfly.

Caution: may cause photosensitivity and or dermatitis in some people.



**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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