



LICORICE

Glycyrrhiza glabra

PERENNIAL | FABACEAE FAMILY

ZONES: 6-11

EXPOSURE: FULL SUN TO PART SHADE

MATURE HEIGHT: 48" | SPREAD 36"

BLOOM: BLUE/PURPLE | SUMMER



Medicinal



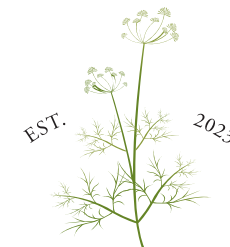
Pollinators



Butterflies



Resistant



HERB & VINE

— healing plants —

Its intensely sweet roots are used in teas and candies (similar in flavor to anise, fennel and star anise). Licorice has been used for centuries as a source of glycerine, a sweetener and a component in folk medicines. The compound glycyrrhizin is 50 to 170 times sweeter than sugar. Note: does not tolerate clay soil, so amend for good drainage.

- Culinary: extract/oil are used in candies, and as a sweetener in food and tobacco products.
- Therapeutic*: used in Ayurvedic medicine to enhance the immune system, treat ulcers, as an expectorant, a liver enzyme stimulant, a laxative, and a diuretic. Anti-inflammatory - use externally for herpes, eczema and shingles.
- Provides shelter for beneficial insects, provides nectar for pollinators, is a nitrogen-fixer, and prevents soil erosion.

Caution: MODERATE use only. Overdose can cause oedema, high blood pressure and heart failure. Do not use if pregnant or suffering from liver cirrhosis.



*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.

Download PDF
[www. herb-and-vine.com](http://www herb-and-vine.com)