



ANISE HYSSOP

Agastache foeniculum (ah-GAH-sta-kee fin-ICK-yoo-lum)

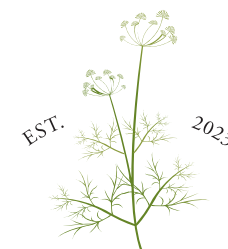
PERENNIAL | LAMIACEAE FAMILY

ZONES: 5 TO 9

EXPOSURE: FULL SUN TO PARTIAL SHADE

MATURE HEIGHT: 3 FT | SPREAD: 2 FT

BLOOM: PURPLE | JUNE - SEPTEMBER



HERB & VINE

— healing plants —



Medicinal



Culinary



Pollinators



Aroma



Container



Resistant

Easy to grow Licorice Mint attracts bees to the garden. The Iroquois were said to make a wash from it used to relieve the itching associated with poison ivy. Anise hyssop is also purported to have mood-lifting qualities.

- Therapeutic*: antioxidant, cardiac and diaphoretic. Infuse leaves to treat colds, fevers, weak heart. Harvest leaves just before flowering, dry and store for tea.
- Other: A poultice of leaves and stems can be used to treat burns. Make a salve to treat wounds.
- Culinary: leaves have an anise (licorice) scent; use as a flavoring in salads and teas. Use seeds in baked goods. Flowers are edible and make a great addition to fruit salad, drinks or dessert.

Caution: Not for medicinal 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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