



LOVAGE

Levisticum officinale (leh-VISS-tih-kum ah-fiss-ih-NAH-lay)

EST. 2023



HERB & VINE

— healing plants —

PERENNIAL | APIACEAE FAMILY

ZONES: 4-8

EXPOSURE: FULL SUN

MATURE HEIGHT: 4 FT | SPREAD 2 FT

BLOOM: GREEN | SUMMER



Medicinal



Culinary



Pollinators

This hardy perennial herb is versatile—prized for its culinary, medicinal and aromatic properties. Its vibrant green leaves, sturdy stems and distinctive flavor are reminiscent of celery and parsley.

- Culinary: the flavor of the leaves and stems intensifies as the plant matures. Its seeds, also used as a spice, offer a more intense flavor similar to fennel or anise.
- Therapeutic*: The roots have diuretic properties and aid to promote digestion, relieve bloating and treat urinary tract infections. Its anti-inflammatory properties make it helpful for skin irritations.
- Fun Fact: the name “lovage” comes from “love-ache”, which was the traditional name for parsley in Medieval times.

Caution: May cause increased urination. Do not use if pregnant or breast feeding.



**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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