



ANGELICA

Angelica archangelica (an-JEL-ih-kah ark-an-JEL-ih-kah)

BIENNIAL | APIACEAE FAMILY

ZONES: 8-10

EXPOSURE: FULL SUN

MATURE HEIGHT: 3-6 FT | SPREAD 2-4 FT

BLOOM: GREEN/YELLOW | SUMMER



HERB & VINE
— healing plants —



Medicinal



Culinary



Pollinators



Aroma



Resistant

Angelica, or wild celery, was believed to have magical power to counteract poisons and ward off evil. As a medicinal plant, its healing powers protect against contagions, purify blood, and treat digestive disorders. Candied stalks are used for decoration on puddings and cakes. Essential oils may be used in perfumes, soaps, salves, and oils.

- Culinary: Roots, leaves, seeds, and young stems have a flavor similar to licorice. Seeds flavor liqueurs. Leaves may be used in salads, young stalks peeled and used like celery or candied, use leaves and roots for tea.
- Therapeutic*: Alterative, analgesic, anti-inflammatory, antimicrobial, antirheumatic, antispasmodic, astringent, bitter, carminative, diaphoretic, emmenagogue, expectorant, nervine, sialagogue, stomachic.
- Parts used: leaves, stalks and young shoots, roots, seeds.

Caution: contains furocoumarins, which increase skin sensitivity to sunlight and may cause dermatitis.



**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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