

Anise, Anise Seed, Star Anise

Family	Umbelliferae
Botanical	Pimpinella anisum
Parts Used	Seeds
USDA Hardiness	6 - 10
Light	Full Sun to Light Shade
Soil	Light dry loam to clay
Duration	Evergreen Tree



Propagation	The tree can be propagated by seed. Sow seeds in the spring. It can also be propagated by semi-ripe cuttings that are taken in the summer.
Water	As needed, do not overwater
Growing	It is propagated by seed in early spring in a sunny, sheltered area in light , dry loam. It will not produce ripe seeds in northern climates without a long, hot summer. It is a medium-sized evergreen tree of the magnolia family, and can get quite tall if not pruned (26 feet). This tree is mainly grown in greenhouses in containers because it cannot handle temperatures lower than 23 degrees Fahrenheit. It will grow happily in containers. It requires well-drained soil and partial shade. It grows very slowly and may possibly take 15 years to produce fruit. However, once it starts producing fruit, you can usually get harvests from the tree 3 times a year and it may give you harvests for over 100 years. It is a good companion plant with coriander, but shouldn't be grown with carrot.
Medicinal Uses	Carminative, stomachic, stimulant, and diuretic properties
Benefits	Helps expel gas, promotes digestion and relieves nausea and abdominal pain. Soothes coughs and colds, helps clear congestion and stimulates milk production in nursing mothers.
Preparation	Gently crush the seeds into a powder. Put 1 teaspoon into 1 cup of boiling water. Cover and steep for 15 minutes and sip throughout the day. To treat flatulence, the tea should be drunk slowly before meals.

Fines Herbes

Culinary Uses Leaves in soups, sauces and salads. Oil for flavoring. Seeds for seasoning cakes, breads and cookies.

Cinnamon-Star Anise Sugar

Start to finish: 5 minutes Makes ¼ cup

3-inch cinnamon stick, broken into several pieces

½ star anise

2 tablespoons sugar

Pinch salt

Combine all ingredients in an electric spice grinder or blender. Grind until reduced to a fine powder, about 1 to 2 minutes. Use as directed below.

- Slather butter over slices of bread, then sprinkle with the cinnamon-star anise sugar. Toast under a broiler or in a toaster oven until bubbly and lightly browned.

- Mix the entire batch with 1 cup of quick oats and a stick of softened butter. Sprinkle this mixture over blueberry muffins before baking.

- Use 1 tablespoon of the mixture in place of 1 tablespoon of the sugar in your favorite pancake or waffle recipe.

- Use instead of plain sugar to sweeten applesauce. Or use in place of the sugar in apple crisp.

- Melt butter in a large nonstick skillet. Slice a banana lengthwise down the center. Add a teaspoon of the sugar to the skillet, then add the bananas and fry on both sides for several minutes, or until lightly browned. Eat on the banana slices on their own, or use as topping for ice cream or pancakes. Be sure to use the liquid in the skillet as syrup on the pancakes or ice cream.

- Pan-fry your favorite meatball recipe (or use frozen) in a bit of melted butter. Transfer the meatballs to an oven-safe platter and keep warm in a 200 degree F oven. Meanwhile, return the uncleaned skillet to the heat. Add more butter, a sliced onion and a splash of soy sauce. Cook until the onion is tender, then add 1 teaspoon of the sugar mixture and a splash of white wine to deglaze the pan. Serve the meatballs topped with the pan sauce.



Historical Facts

It is one of the oldest known spice plants used both for culinary and medicinal purposes since ancient times. There is evidence that anise was used in Egypt as early as 1500 B.C. In the Bible there is mention of paying tithe with anise in the book of Matthew. In 1305, anise was listed by King Edward I as a taxable drug and merchants bringing it into London paid a toll to help raise moneys to maintain and repair London bridge.

Additional Tips

Nutrition Facts

This food is low in Saturated Fat, and very low in Cholesterol and Sodium. It is also a good source of Dietary Fiber, Vitamin C, Calcium, Magnesium, Phosphorus, Potassium, Zinc and Copper, and a very good source of Iron and Manganese.