

## Angelica, wild parsnip, wild celery

Family	Apiaceae
Botanical	Angelica archangelica
Parts Used	Root, Stems, Seeds and Leaves
USDA Hardiness	4 - 9
Light	Partial Shade
Soil	Rich, moist well-drained
Duration	Perennial



**Propagation** Angelica can be started from root cuttings and offshoots taken the second year, or (preferably) from seeds, which, however, don't keep well and must be planted immediately after ripening in late summer.

**Water** Moist

**Growing** The herb likes rich, moist, well-drained soil that's slightly acid, and prefers semi-shaded areas, especially if they're near running water. Because the large, fiber-covered seeds need light to germinate, they should be planted in shallow drills and barely pressed into the soil. Later, it's advisable to cultivate the mature plants gently to improve air circulation and control weeds. Although angelica is not a true perennial, it may perform as one if you cut off the flower heads before they reach maturity (the plant dies after flowering). Angelica and dill are not good companions. Do not plant them near each other.

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**Medicinal Uses** Carminative, diaphoretic, emmenagogue, stimulant, alterative, tonic and expectorant.

**Benefits** Angelica acts as a bitter digestive aid that can help calm a nervous stomach and tension-related digestive disorders. The fruit, leaf, and root of angelica stimulate digestion, help dispel gas, and calm a nervous stomach. traditional birthing herb used to help bring on a delayed labor and to help expel the placenta following childbirth. Relieves painful and cramping menstruation, especially good when bloating or cramps are present.

**Preparation** Compresses made from the leaves are also reputed to be helpful in cases of chronic gout or rheumatism. You can brew it as a tea and drink it several times through the day. Put 1 teaspoonful of the cut herb in a cup of water and bring to a boil. Simmer 2 minutes. Take off the heat and let it stand for 15 minutes. Sip throughout the day.  
Harvested roots should be dried between 38-60 C (100-140 F). The roots are mostly used in preparing tinctures and infusions.

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# Fines Herbes

## Culinary Uses

Cooking the hollow, fluted stems in sugar—its seeds are also one of the principal flavoring agents in vermouth, Chartreuse, and gin, and may be the "secret ingredient" in certain Rhine wines. The leaves of the angelica plant can be used to flavor fish, poultry, cooked fruits, soups, or stews, while its stems can be cut and prepared like asparagus, chopped and stewed with rhubarb and apples, minced in preserves and marmalade, or candied and cut up to serve as decorations on cakes and other confections.

## Candied Angelica

Cut the stems into 1 inch lengths and simmer in 2 cups sugar and 1 cup water for an hour. Strain and allow to dry. Sprinkle with powdered sugar and store in an airtight tin. Dose: A 2 inch strip every few hours.

Angelica is considered in some regions to be a vegetable. One recommendation includes the stems to be chopped and roasted with onions until caramelized as a side dish for pork and poultry. Angelica is said to be a good flavoring for fish, particularly as part of a bouillon to season poaching liquid. The leaves can be added to salads.

The leaves are said to be a good addition when cooking squash or pumpkin.



## Historical Facts

The name Archangelica is believed to come from the Greek word "arkhangelos", the name of St. Michael the Archangel who according to myth revealed to a humble monk its use in medicine. Northern European legend told of sucking a piece of angelica root as a protection against all ills.

## Additional Tips

## Nutrition Facts

Vitamins A, B, B12 and E. Niacin, magnesium, and calcium. Rich iron source. Coumarin (blood thinner)