

## Horehound, White Horehound

Family	Labiatae
Botanical	Marrubium vulgare
Parts Used	Dried leaves and flowering tops
USDA Hardiness	4
Light	Full Sun
Soil	Well drained, sandy
Duration	Perennial



Propagation	Plant in deep, sandy, well-drained soil with a pH of 6.9. Use seeds or division.
Water	As needed, do not overwater
Growing	Once the seedlings have developed and are thinned to 12 inches apart, they will thrive with little attention.

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Medicinal Uses	Expectorant, anti-spasmodic, bitter digestive, vulnerary, diaphoretic, pectoral, tonic and stimulant.
Benefits	Used for bronchitis where there is a non-productive cough. Stimulates the flow and secretion of bile from the gall-bladder promoting digestion. Externally promotes the healing of wounds.
Preparation	Collect the herb while it is blossoming in early summer and early fall. Dry in the shade at a temperature not greater than 95 degrees. Infusion: Pour a cup of boiling water onto 1/2 - 1 teaspoon of the dried herb and infuse for 10-15 minutes. Drink 3 times a day.

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# Fines Herbes

## Culinary Uses

Horehound is used to make hard lozenge candies that are considered by folk medicine to aid digestion, soothe sore throats, and relieve inflammation. It is also used in beverages, such as horehound beer, steeped as tea (similar to mint tea), and in the rock and rye cocktail.

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To make old-fashioned horehound cough drops, boil a quarter of a cup of the leaves in 2 cups of water for 10 minutes; discard the leaves. Add twice as much honey as the remaining liquid and stir the mixture smooth. Then blend 2 cups of sugar with 1/8 teaspoon of cream of tartar in a saucepan, and add the honey-horehound mixture. Stir over medium heat until the sugar melts. Then lower the flame and continue stirring until a dollop of the candy forms a hard ball when dropped into cold water. At that point, you can pour the syrup into a buttered baking dish and cut it into small squares as the candy begins to harden. Finally, roll the confections in powdered and then granulated sugar and store them in airtight containers.



## Historical Facts

The name is formed from horus, the Egyptian god of sky and light. For thousands of years, horehound has been valued as a cough remedy. The Greek physician Hippocrates held this herb in high esteem for healing many ailments.

## Additional Tips

## Nutrition Facts

B-complex vitamins, iron, potassium and vitamins A, C and E.