

## Hyssop, Anise-hyssop

Family	Lamiaceae (Mint)
Botanical	Agastache foeniculum
Parts Used	Flowers and leaves
USDA Hardiness	4 - 9
Light	Full Sun
Soil	Well Drained
Duration	Perennial



Propagation	Grow from seed or division
Water	As needed, do not overwater
Growing	Anise hyssop grows wild in North American prairies and upland woods. It likes light, sandy soil, so be prepared to feed or compost the soil annually. Buy small plants in the spring. Choose a location that gets at least 6 hours of sun per day and good drainage. Let nature do the watering, unless there is a drought. This herb does not do well indoors. Blooms from June through September.

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Medicinal Uses	Main properties are diaphoretic (inducing perspiration) and a decongestant. Antispasmodic, expectorant, diaphoretic, sedative, carminative, anticatarrhal, aromatic, hepatic pectoral, tonic and vulnerary.
Benefits	Useful to treat a bad cold, cough and stuffy nose. It will help relieve the heavy, congested feeling in the head and chest. Also good for indigestion.
Preparation	Collect the flowering tops in late summer. Make a tea with 1 teaspoon of dried herb in 1/2 cup water. Sip throughout the day. The tea can also refresh overheated skin. Add 1/4 cup witch hazel to the 1/2 cup Hyssop tea and spritz your face from time to time throughout the day. The mixture will keep if refrigerated for 1 week.

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# Fines Herbes

## Culinary Uses

Use the leaves in salads and as a slightly sweet, pleasant flavor in herb teas. Use the tea to poach peaches. The leaves can also be added to baked goods, including fruit tart/pie crusts. Anise hyssop leaves make a wonderful addition to salads. Combine some sauteed greens with cherry tomatoes, cooked fava beans, and naturally smoked mozzarella. Drizzle on some extra virgin olive oil and aged balsamic vinegar, and then sprinkle it with chopped anise hyssop. Yum!

## Watermelon With Chevre and Anise Hyssop

Servings: 24 bites

### Ingredients:

16 large anise hyssop leaves (may substitute mint leaves), plus 1 optional tablespoon of the plant's blossoming buds

4 ounces plain chevre (goat's-milk cheese)

4 tablespoons crème fraîche (sour cream)

4 slices cut 1/2-inch thick from a seedless watermelon, rind and white flesh removed

1/4 teaspoon flaked sea salt, such as Maldon (may substitute coarse kosher salt)

1 tablespoon organic edible flower petals (any combination of anise hyssop blossoms or culinary lavender blossoms (see headnote), or other edible flowers such as viola, bee balm, borage or bachelor button. Pluck individual petals from the stem.



## Historical Facts

American Indians (Cheyenne and Chippewa) chewed the leaves and also made them into a tea to lift the spirits, strengthen a weak heart or to relieve coughs. The leaves were also used in sweat lodges to induce perspiration and as a powder to cool the body during a fever.

## Additional Tips

Edible flowers. Attracts bees and butterflies.

## Nutrition Facts