

Hoosier Botanicals™

ANISE HYSSOP (*Agastache foeniculum*)

In the Kitchen...

Anise hyssop's sweet licorice flavor, similar to anise seed, is used to complement strong-flavored meats and to add interest to deserts. North American Indians have long appreciated the leaves of this "licorice mint" as a flavoring in cough remedies.

Anise Hyssop Sauce for Roast Lamb In a small saucepan, combine 3 tbsp sugar, ½ cup cider vinegar and ½ cup water. Bring to a boil. Add ½ cup of coarsely chopped anise hyssop leaves and flowers and bring to a boil. Turn off heat and let steep for ½ hour. Pour through sieve, pressing solids to extract all the liquid. Serve with roast lamb or veal.

Anise Hyssop Honey Fill a small jar with anise hyssop leaves and flowers. Warm honey until it is a liquid. Pour over anise hyssop and cover. Let stand for one month before using. Try it in coffee, tea or on toast or muffins.



Part used: Leaves, flowers

Condition: Fresh or dry

Ethnic span: Native American, English, Korean

Methods: Pinch off as needed

Storage: Dry

Hoosier Botanicals™

ANISE HYSSOP (*Agastache foeniculum*)

In the Garden...

Grows best in full sun but will tolerate shade (min. 3 hours of sunlight) and any type of ground. Good for meadow or prairie gardens. Typically grown as a border or low hedge. It is easy to grow and pest-free. May be started indoors eight weeks before your last spring frost. Or directly sow in garden a week before the last spring frost in your area. Fertilize once or twice during the growing season using a balanced organic fertilizer or mulch with ½" compost around the base of the plant. Harvest leaves before plant blooms or snip as needed. Cut florets when ¾ open. Harvest carefully! The bees love it! To dry for tea, cut whole stems 4–5" from the base and strip leaves. Hang upside down and air dry. Harvest seed when flower clusters turn brown or allow to self-seed. Usually over-winters well and can take spring frost. Beekeepers love this herb for the mild licorice anise seed tasting honey that is produced from it.

www.hort.purdue.edu/newcrop/6pac



Mint family–Labiatae

Native to Southwestern US

Annual/hardy perennial in mild climates

Full sun to partial shade

Well-drained soil with neutral pH

Space 1' apart

Grows to 3'

Flowers July through September

Purple to lavender blossoms

Propagate by seed