

ANOTHER  
**HERB HERBERT FAVOURITE HERBS**  
FACT SHEET

# Caraway

*Carum carvi*



Any enquiries can be directed to:  
HERB HERBERT P/L  
PO Box 24 Monbulk  
Victoria 3793 AUSTRALIA  
E-mail: herb@herbherbert.com

This is a genus of around 30 species of biennials and perennials.

Carum carvi, caraway, has a long historical background. Evidence of the seed has been found in food remains dating back 5000 years. Throughout history, caraway has been used to flavor both sweet and savory foods, the seeds being the most popular part used.

As an ancient herb it was not without its magical properties, having been said to keep away witches.

## DESCRIPTION

Carum carvi is a biennial with finely cut leaves that have a parsley-dill scent. Umbels of white flowers appear in spring followed by seeds that are crescent shaped with ridges down the length of them.

## PARTS USED

Leaves, stems, seeds

## PROPERTIES

A stimulant herb. The volatile oils, carvone, stimulates the mucous membrane encouraging productive coughing. Also has carminative properties.

## USES OF THE HERB

### Culinary

The whole plant can be used for culinary purposes, however it is the seed that has given caraway its popularity.

Used to flavor breads, cheese, egg dishes, cakes and rich meats such as pork and goose.

Also used in a popular Hungarian stew, Goulash. Leaves can be chopped and

added to salads, soups and stews. Roots can be cooked and eaten as parsnip.

## Medicinal

Seed can be chewed raw or infused in milk to provide relief for digestive complaints, flatulence, as a gargle for sore throats and is safe to use for young children with colic.

## CULTIVATION

Light, well-drained soil in sun or partial shade. Produced readily from seed.

## HARVEST

Pick leaves as needed. Use fresh as they do not dry well. Seed should be collected before they ripen. Cut seed heads and hang upside down over paper to collect the seed as they 'explode' from the outer capsule. Roots can be collected as they are needed.

Height 25cm-1m (10in-3ft) x Spread 15-30cm(6-12in)

