

ANOTHER
HERB HERBERT FAVOURITE HERBS
FACT SHEET

Lovage

Levisticum officinale

A single species consisting of a perennial, native to southern Europe. Lovage has a strong celery flavour and resembles celery in many ways. It has had a long history of cultivation for both culinary and medicinal purposes. Although these days it doesn't seem to be as popular as it once was.

DESCRIPTION

Levisticum officinale is a large perennial with divided leaves, fleshy roots and hollow stems. The whole plant has a celery scent.

PARTS USED

Leaves, seeds and roots

PROPERTIES

A celery-scented herb. A sedative herb that helps digestion and relaxes muscle spasms as well as promoting perspiration.

useful additive for savory dishes.

Use as a replacement for celery when it is not available. It is quite strong, therefore few leaves are enough to substitute a stalk of celery. Young shoots can be steamed and eaten as a vegetable.

Medicinal

Chew seeds to help relieve indigestion and act as a breath freshener.

CULTIVATION

Rich, well-drained soil in sun or partial shade. The soil should be deeply dug to allow for the development of a good rhizome..

HARVEST

Pick leaves as needed. Seed should be collected when ripe. Roots can be dug in the third year.



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USES OF THE HERB

Culinary

The pungent celery flavor of this herb makes it a



Height 2m (6ft) x 8



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