

# Did You Know?

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## Anise hyssop, *Agastache* spp.

- 2019 Herb of the Year, 2019 as named by the International Herb Association, includes many species of the *Agastache* genus. While all of the species are great pollinators and attract butterflies, these have herbal uses:
  - *A. foeniculum*, commonly referred to as anise hyssop
  - *A. mexicana* – Mexican giant hyssop
  - *A. rugosa* – Korean mint
  - *A. scrophulariifolia* – purple giant hyssop
- Also known as licorice mint due to anise scented foliage which actually more closely resembles basil or French tarragon in fragrance with a hint of mint; or blue giant hyssop or fennel giant hyssop.
- Most thrive in full sun to part shade, well drained moist soils but also tolerate dry soil. *A. rugosa* is slightly more tender than *A. foeniculum*. *A. mexicana* is hardy in zones 9-10.
- *Agastache* is a member of the mint family (Lamiaceae) and is not related to plants commonly referred to as hyssop.
- *Agastache* spread by rhizomes or self-seeds once established.
- Are good landscape plants, used to attract bees and butterflies. In addition, they are deer resistant and drought tolerant once established.
- *A. foeniculum* and *A. scrophulariifolia* have lavender flowers bloom that June through September and retain their color and fragrance when dried. *A. mexicana* flowers are generally a pale rosy pink to near crimson in color and *A. rugosa* has rose to violet flowers.
- *Agastache* spp. were used by Native Americans for medicine, tea and to sweeten and flavor food.
- The Cheyenne used it medicinally for chest colds, chest pain from coughing, in steam baths to induce sweating, and to correct a dispirited heart. The Chippewa, Cree and other tribes also had medicinal uses.

# Did You Know?

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- *A. spp.* are said to stop nightmares so are often an ingredient in dream pillows.
- The leaves and flowers can be used in pot pourri.
- *Agastache* 'Golden Jubilee' was awarded All America Selection Winner in 2003. This cultivar was named to commemorate the 50 years' reign of HM Queen Elizabeth II.