

Did You Know?



Lovage, *Levisticum officinale*

- Is typically described to be quite similar tasting to celery, only stronger
- The leaves and seeds are often used as a substitute for celery, but use less since the flavor is more concentrated
- This hardy perennial grows 3-6' tall with hollow stems and compound leaves is related to parsley, dill and angelica
- Grows in full sun to partial shade, in rich, moist and well-drained soil
- Historical use of lovage includes medicinally dating back to the Romans
- Used as a salt substitute during World War I and II in many European countries
- The English herbalist Nicholas Culpeper noted that a tincture made from the leaves removed freckles
- Other uses included aiding digestion, treating nausea and curing jaundice
- Young leaves are the sweetest while older leaves mature to a bitter flavor
- Add leaves to soups, stews, salads and chicken dishes especially
- Crushed leaves rubbed around the rim of a salad bowl will leave behind flavor for the salad that follows