

Did You Know?



Anise Hyssop, *Agastache foeniculum*

- 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
- Thrives in full sun to part shade, well drained moist soils but also tolerates dry soil
- Member of the mint family (Lamiaceae) and is not related to plants referred to as Hyssop
- Spreads by rhizomes or self-seeds once established
- Is deer resistant and drought tolerant once established
- Lavender flowers bloom June through September and retain their color and fragrance when dried
- 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
- Said to stop nightmares so is an ingredient in dream pillows