

ANGELICA

TYPE:	Biennial
SUN:	Full Sun
HEIGHT:	6 feet
GROWING IT:	Moist, rich soil, needs room to grow.
PARTS USED:	Leaves, stems, and roots.
HARVEST:	Cut leaves before flowering and use fresh.
CULINARY:	Leaves and roots can all be used fresh. Leaves are good in salad. Leaves and stalk can be stewed with acidic fruit for sweetness. Stalk may be cooked and eaten like celery. Leaf stalk and stem can also be candied.

TRY IT!

CANDIED ANGELICA

- 1 lb. angelica stalks
- 1 lb. granulated sugar

Only use angelica stalks that are young and tender, usually in April or May. Trim the young shoots into 3-4 inch lengths, put them into a pan, cover with water and bring to a boil. Drain and scrape away tough skin and fibrous threads with a potato peeler, like you would a stalk of celery. Return the angelica to the pan, pour on fresh boiling water and cook until green and tender. If the shoots are youthful as they should be, this will take 5 minutes or less. Drain the stalks and dry them. Put them into a bowl and sprinkle granulated sugar between the layers, allowing 1 pound of sugar for every 1 pound of angelica. Cover and leave for 2-3 days. Slide contents of the bowl into a heavy pan. Bring very slowly to a boil and simmer until angelica feels perfectly tender and looks clear. Drain, then roll or toss the shoots on wax paper thickly sprinkled with sugar, letting the angelica take up as much sugar as will stick to it. Then dry off the angelica – without letting it become hard – in the oven, using the lowest possible temperature. Place the stalks directly on the oven shelves (with trays underneath to catch any falling sugar) for about 3 hours. Wrap and store after cooking completely. Home candied angelica makes a charming present, packed in pretty little boxes.

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