

# LOVAGE

- TYPE:** Perennial
- SUN:** Full Sun
- HEIGHT:** 3 to 5 inches
- GROWING IT:** Rich, well drained soil.
- PARTS USED:** Leaves, seeds, and roots.
- HARVEST:** Pick leaves as needed. Dry or freeze to preserve. Seeds can be collected when ripe in late summer. Roots can be dug up every 3<sup>rd</sup> year.
- CULINARY:** Has a celery taste so it can be used as a substitute. Leaves or stems can be used in salads, soup, stock, stew, rice, stuffing, tomato sauces, and meats. Seeds can be added to bread, can be used as celery seed.

## TRY IT!

### LOVAGE SOUP

- 2 Tbs. butter
- 2 medium onions, finely chopped
- 4 Tbs. lovage leaves, finely chopped
- 2 Tbs. all purpose flour
- 2 c. chicken or vegetable stock
- 1 c. milk
- 1 tsp. summer savory

Melt butter in saucepan, sauté onions for 5 minutes. Add lovage, stir in flour and cook for 1 minute stirring constantly. Gradually stir in stock, cover, simmer gently for 15 minutes. Add milk and seasoning. Reheat slowly; do not boil or it will curdle.