

Lovage

Leina and Jack ENVS 210



To Grow

- ❖ Full sun to partial Shade
- ❖ Will mature 85-95 days after seed
- ❖ Grows 4-6 feet tall
- ❖ Needs to be spaced 24-36 inches apart, 3-5 feet between rows
- ❖ Start seeds inside and plant outside 6-8 weeks later after frost is no longer a danger
- ❖ Needs rich well-watered soil to thrive
- ❖ No problems with pests or disease currently

Harvesting

- ❖ Can be harvested at the end of first growing season
- ❖ Cut in morning after dew has dried
- ❖ Do not wash or aromatic oils will be lost
- ❖ To store, dry or freeze in plastic bags
- ❖ Tie cuttings in small bunches before hanging upside down in a well-ventilated dark room to dry



<https://www.planetnatural.com/growing-lovage/>

<https://herbs-herbal-supplements.knoji.com/herbs-lovage-or-love-parsley-history-culinary-uses-and-nutrition/>

<http://theepicentre.com/spice/lovage/>

<https://cooking.nytimes.com/tag/lovage?mcubz=3>



Nutrients

- ❖ High contents of:
 - Vitamin C
 - B complex
 - Quercetin
- ❖ Anti-inflammatory
- ❖ Thought to prevent heart disease

How to Use in Cooking

- ❖ The leaves can be used to season soups, stocks, vinegars, pickles, stews, casseroles, and salads
- ❖ The seeds can be sprinkled on salads and mashed potatoes or ground down for breads, pastries, biscuits, and cheeses
- ❖ Stems can be chopped and added to sauces and stews
- ❖ Crystallized stems and leaves can be used to decorate cakes
- ❖ After removing the bitter skin, the roots can be pickled or used as a vegetable
- ❖ Commonly used on pizza, pasta, fish, salad, and soup



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