

Country Garden Greenhouse

Cicely , Sweet



Sweet cicely is known for its delightful anise scented tall fern-like leaves. The sweet leaves can be used as a sugar alternative; very versatile in the kitchen as an addition to soup, salads and other sweet or savory meals. Seeds can be chewed as a breath freshener and stems candied like angelica. English author Eleanour Sinclair Rohde states that

"if lavender is the queen of herbs, sweet cicely is surely the princess. A shy, elusive princess adorned with beauty, grace and dignity". The seeds need a chill cycle or "stratification" in order to germinate properly. For this reason, autumn is the perfect time to plant in a sunny or partly shady spot. After the freezing temperatures of winter, the seedlings will come up in spring. The bees will thank you!

Perennial (hardy in zones 3-7)