

Country Garden Greenhouse

Hyssop



A hardy pollinator magnet native to southern Europe and the Middle East, with a refreshing mildly camphorous aroma and wide history of culinary and medicinal use. The name is translated from the Hebrew word “ezeb”, mentioned in the Bible, which although might

not be a direct reference to this particular herb, may be associated to a group of herbs which have similar functions to the hyssop plant, connected to cleansing and purifying the body. Volatile oils in its areal parts are antispasmodic, expectorant, nervine and diaphoretic, which makes it useful for respiratory infections and calming the nerves. Leaves can be used topically to help heal wounds. Leaves are slightly bitter and can be used in cooking to garnish salads, game meats, soups and stews. Can be prepared as a tea or tincture. Plant in full sun to part shade in gravelly dry soil. Height 2-3 feet.

Perennial (hardy in zones 3-9)