

ANOTHER  
**HERB HERBERT FAVOURITE HERBS**  
FACT SHEET

# Angelica

*Angelica archangelica*

This genus consists of around 50 biennial and perennial species native to Europe and Asia.

Angelica archangelica has had a long history of association with magic, protection and healing. Its name is said to derive from the fact that it blooms in its native habitat around the eighth day of May which is the feast day of St Michael the Archangel. It has had a long medicinal history having also been attributed to helping cure the Black Plague of the fifteenth century.

It is also noted that American Indians used angelica to help fight respiratory problems and as a tonic after an illness.

## DESCRIPTION

Angelica archangelica is biennial or short lived perennial herb with an aroma not unlike celery. They have large glossy green divided leaves borne on hollow stems.

It bears tiny greenish-white flowers in large umbels.

## PARTS USED

Leaves, stems, seeds

## PROPERTIES

A bitter, aromatic, anti-inflammatory herb functions as an expectorant.

## USES OF THE HERB

### Culinary

Leaves are cooked as a vegetable or stewed with acidic fruits to reduce the amount of sugar required. The stems are candied and eaten as sweets or used to decorate cakes.

### Medicinal

Internally used for digestive complaints, flatulence or as a tonic for colds and respiratory problems.

## Ornamental

This plant makes an attractive addition to the perennial border with its large leaves and globe shaped umbels.

## CULTIVATION

Rich, moist soil in sun or partial shade. Seed is not viable for long so sow as soon as possible or allow to self sow and transplant before the tap root gets too long.

## HARVEST

Cut stems in early to mid summer for crystalizing. Leaves are cut before flowering and usually used fresh. Seed should be collected when ripe.

Height 1-2.5m (3-8') x Spread 45cm-1m(1.5-3.5')



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