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/
http://theepicentre.com/spice/lovage/
**Nutrients**

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

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**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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http://theepicentre.com/spice/lovage/