

Hyssop

A SEMI-EVERGREEN PERENNIAL IN THE LAMIACEAE FAMILY

FUN FACT: HYSSOP IS A KEY INGREDIENT IN COLOGNES AND PERFUMES!

COMMON USES

Hyssop leaves are used as an aromatic condiment. The leaves have a lightly bitter taste due to its tannins, and an intense minty aroma. Due to its intensity, it is used moderately in cooking. The herb is also used to flavor liqueur, and is part of the official formulation of Chartreuse.



HARVESTING AND STORAGE

Harvest: The leaves can be harvested at any time during the year. We pick the flowers and young flowering tops as flowering begins.

Storage: Hyssop leaves should be stored in specific ways depending on their condition. Fresh leaves and flowers - in tightly sealed plastic bags or 'tupperware' containers in the refrigerator. Dried leaves - in airtight containers in a cool, dark place.

FEATURED RECIPE

GLAZED CARROTS WITH HYSSOP

INGREDIENTS

- 1 lb young carrots, peeled & thinly sliced
- 1 cup chicken stock
- 1 TBSP honey
- 1 TBSP unsalted butter
- 1 TBSP finely chopped fresh hyssop leaves
- Kosher salt and freshly ground white pepper, to taste

DIRECTIONS

In a saucepan, combine the carrots, stock, honey, butter and salt and pepper. Bring to a simmer over medium heat. Cover and cook over low heat until the carrots are tender and the liquid is a syrupy glaze, about 20 minutes or so. Be careful that it does not burn. Toss the carrots with hyssop and serve immediately.

