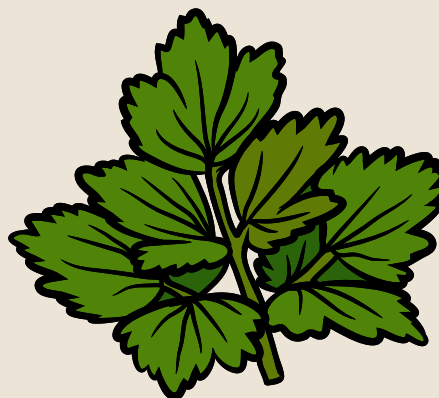


LOVAGE

A HERBACEOUS, PERENNIAL PLANT

COMMON USES

The leaves can be used in salads, soup or season broths, and the roots can be eaten as a vegetable. Its flavor and smell is somewhat similar to celery. Lovage tea can be applied to wounds as an antiseptic, or drunk to stimulate digestion.



HARVESTING AND STORAGE

Harvest: Cut the side branches off the main stem or from the crown.

Storage: Most sources recommend using lovage fresh for maximum flavor, but if you'd like to try storing for the winter, drying individual leaves on a screen.

FEATURED RECIPE:

Lovage Potato Soup

- 1 medium onion, peeled and finely chopped
- 1 tablespoon olive oil
- 1 kg potato, scrubbed and cubed
- 1/2 liter good vegetable stock or 1/2 liter chicken stock (adjust to give preferred consistency)
- 2 cups milk
- 5 tablespoons chopped lovage (retain small amount for garnish)
- salt & pepper

