

CORAL HONEYSUCKLE

*Lonicera
sempervirens*



RUBY-THROATED HUMMINGBIRD

Archilochus colubris



ANISE HYSSOP

Agastache foeniculum



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Anise Hyssop is a medicinal herb with countless health benefits and surprisingly delicious **culinary** uses. Native to the western U.S., Anise Hyssop was used for hundreds of years by Native Americans for healing, such as in a salve to treat cuts and scrapes. When made into a tea, Anise Hyssop can stop a runny nose and aid digestion too. This versatile herb is also effective when used for **aromatherapy**. When crushed, the leaves release an uplifting fragrance of licorice, which calms nerves, and may relieve certain symptoms of depression. The leaves and flowers of Anise Hyssop can also be added to a bath, relaxing the body and relieving sore muscles. In addition to its medicinal uses, Anise Hyssop is quite tasty. The seeds can be baked into muffins, and flowers and leaves can be used to infuse syrups, jellies, and butter with its anise, fennel-like flavor. Besides its value to people, this plant is an abundant and attractive source of nectar for many pollinators such as bees, butterflies, moths, and even the Ruby-throated Hummingbird. Wild birds like to eat the seeds, so make sure to leave the plants in the ground during the winter. What a versatile and beneficial plant to keep in your garden year-round!



Anise Hyssop Lemonade

Servings: 4

Estimated Time: 1 hour 10 minutes

Ingredients:

- ½ cup freshly-squeezed lemon juice (from 4-5 lemons)
- ½ cup Anise Hyssop simple syrup (see below)
- 4 cups water

Instructions:

1. Stir all ingredients together in a pitcher and add more water, juice, or syrup to desired taste.
2. Serve over ice and garnish with a sprig of fresh Anise Hyssop.

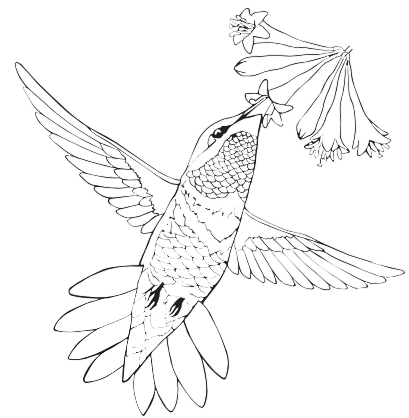
Anise Hyssop Simple Syrup

Ingredients:

- 1 cup granulated sugar
- 1 cup water
- ½ cup fresh, roughly chooped Anise Hyssop leaves and flowers (can substitute with other herb and use ¼ cup if dried)

Instructions:

1. Stir water and sugar together in a small pot and bring to a boil.
2. Turn off heat, add Anise Hyssop leaves and flowers, and cover for 1 hour.
3. Strain off Anise Hyssop pulp until the liquid is mostly squeezed out and transfer syrup to a covered glass container.



When you think about planting a hummingbird garden, don't forget Coral Honeysuckle. Its coral-red and tube-shaped flowers are hummingbird magnets! Name 3 other other plants that hummingbirds like:



You can reuse the leaves and flowers from the simple syrup process. To make Anise Hyssop sprinkles: spread strained Anise Hyssop pulp on a sheet of parchment paper, sprinkle with granulated sugar, and air dry for several days or put in a dehydrator until crispy. Grind into desired sprinkle size and use as a topping on ice cream, cakes, truffles and cookies to create a unique sweet topping!

