

## Angelica\_1994.txt

ANGELICA =====

CULTIVATION: ===== Angelica is a biennial with large divided leaves and up to 8 feet in height. The stem is hollow, with large umbels of numerous greenish white flowers.

Location should be in light shade. Prefers deep, moist humus soil mixed with a handful of balanced fertilizer. Allow plant to self seed or sow fresh in early autumn. Angelica seeds lose most of there viability within three months. Cut young stems the second year just before the flowers begin to open. Germination time is about 21 days, plant matures in about 70 days. Grows in zone 3-7.

Seedlings should be transplanted in spring before the taproots become established. Leave about a square yard between plants.

Harvest leaves before flowering. Collect ripe seeds in late summer, and dig up roots in autumn of the first year. Dry leaves and roots. Dry roots thoroughly before using them.

CULINARY USES: ===== The freshly picked young leaves are delicious when simmered gently in a little salted water until tender. The young stalks can be braised like celery and served with a white sauce.

A strong, clean flavor that permeates heavy syrup makes angelica an excellent candidate for crystallization. Dilute angelica syrup for summer drinks, and to give character to fruit salads and ice cream. Cook leaves with acidic fruits to reduce tartness and cut sugar requirement.

Great care in correct identification must be taken before using wild angelica. Water hemlock, a deadly poisonous plant, has leaves that look like, and may be mistaken for angelica.

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ANGELICA LIQUEUR : Cut 1 pound of fresh angelica stalks into fine pieces and add 1 pint of brandy and pour into a bottle. Seal bottle, and leave in a sunny spot for about 2 weeks. Dissolve 12 ounces of sugar in a little water and add to the bottle. Leave to stand for a further 4 weeks. Then filter and keep the liqueur in an airtight bottle.

MEDICAL USES: ===== As with other members of this family, the active principles are highly concentrated in the seeds. Although the stalk and leaves, and in the garden variety, the roots may be used.

Powdered angelica roots will quickly expel gas from the stomach and bowel, also of benefit in bronchitis, and anorexia nervosa.

Researchers have found that angelica relaxes the windpipe, suggesting that it may have some value in treating colds, flue, bronchitis and asthma. Other research showed that the herb has anti-inflammatory effects, which may help in treatment of arthritis.

Make tea from fresh or dried angelica leaves, and use as a tonic for colds, and to reduce flatulence. Use 1 teaspoon of powdered seeds or leaves per cup of boiling water. Steep for 10-20 minutes. The crushed leaves have an odd, strong, but not unpleasant odor, and sweetish taste.

May help prevent travel sickness. Pick large leaves of fresh angelica and crush them on the journey. The scent allays nausea and refreshes stale air.

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WARNING: ===== Fresh angelica roots are poisonous. Drying eliminates the hazard.

Do not use during pregnancy. Large doses can affect blood pressure, heart action, and respiration.

OTHER USES: ===== Angelica is an important ingredient in liqueurs such as Benedictine, and aperitifs. Can be used in potpourris. It is also useful for skin lice, it will relieve the itching while getting rid of the troublesome pest. Rub the liquid extract directly on the affected areas.

COSMETIC USES: ===== Chew on angelica leaves to sweeten your breath.

Angelica oil can be used as a soother of skin nerves, or as a perfume.

Firmly secured in a muslin bag, they can also be used to scent the bath water.