

Anise_1994.txt

ANISE =====

CULTIVATION: ===== Anise is an erect annual herb that reaches 2 feet in height. Its smooth stem supports feathery leaves divided into many leaflets, and umbrella-like clusters of tiny white or yellow flowers.

Anise needs a sunny and sheltered location with well drained and alkaline soil. Sow seeds in late spring. Seeds lose their viability after the second year. Anise requires about 4 month of warm, frost free weather to produce seeds. Germination time is about 1-2 weeks. Thin to 8 inches apart. Do not transplant, so keep well weeded. Anise can also be grown indoors.

Pick lower leaves as required. Collect flowers as they open. For seeds, cut plant at ground level when fruit begins to turn gray- green at the tips.

CULINARY USES: ===== Anise seeds can be used whole or crushed in breads, cakes, apple pies, apple sauces, cookies and confectionery. You can also add anise seeds to cream cheese, pickles, curries and water of boiling shellfish.

The flowers can be mixed into a fruit salad.

Add the anise leaves to fruit salads with figs, dates and chestnuts. Or you can use anise leaves as a garnish. The roots and stem can be mixed into soups and stews.

MEDICAL USES: ===== Anise can be used as a treatment for coughs, bronchitis and asthma. The herb contains creosol and alpha-pinene that loosens bronchial secretions and make them easier to cough up. Another chemical called Anethole in anise acts as a digestive aid.

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For an infusion, gently crush 1 teaspoon of anise seeds per cup of boiling water. Steep for 10-20 minutes and strain. Drink up to 3 cups a day.

Diluted anise infusion may be given cautiously to infants to treat colic. For older children and people over 65, begin with low strength preparations and increase strength if necessary.

Woman whose doctor advises her not to take the pill should consult their doctor about anise estrogenic activity before using medicinal quantities of the herb.

Oil of anise is widely used in commercial baked goods, as a flavoring in cough syrups, cough drops and tooth past and powders.

WARNING: ===== High doses of anise oil, on the order of several teaspoon, may cause nausea and vomiting. Anise and star anise should not be confused with Japanese anise which is poisonous.

OTHER USES: ===== Anise rich taste of licorice is used to make candy. Most "licorice" candies contain no licorice, they are flavored with anise.

Crushed seeds can be used in potpourris.

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COSMETIC USES: ===== Chew anise seeds slowly, this is a great and natural breath sweetener.