

# **Hyssop**

*(Hyssopus officinalis)*

Hyssop is a holy herb mentioned in the Bible. In ancient times it was used to purify temples and cleanse lepers.

## **Culinary uses**

Hyssop has a bitter, slightly minty flavor that brightens salads, chicken soup, fruit soups, and sage stuffing. Both its leaves and flowers are edible, but they should not be used together because the flavor of the leaves overpowers that of the flowers.

## **Other uses**

Hyssop is both fragrant and pretty, so it is a welcome addition to an herb garden. The herb attracts bees, butterflies, and hummingbirds. When combined with rosemary, mint, and thyme, it creates a relaxing, pore-cleansing bath.

## **Cultivation**

Hyssop can be propagated from seed, cuttings, or plant divisions in the early spring. Plant in rows 1 foot apart in soil that is well drained to dry. Hyssop will grow best in a sunny location.