**Angelica Plant**



**Angelica archangelica**

Recommended by the RHS to be an excellent attractant and nectar source for bees and other beneficial insects.

* Grows to 3 - 8 feet (1 - 2.5 metres) tall.
* Hardy biennial.
* Stem can get to arms thickness at base.
* Flowers July - August.
* Prefers deep, moist soil (likes riverbanks!)
* Will grow in full sun (but benefits from a mulch) or partial shade.
* Will self seed.
* Plant 2 - 3 feet (60 - 100 cm) apart.
* **Top Tips**
* Angelica will self seed everywhere if allowed to flower and set seed so either cut the flowers off before they set or 'bag' the flower heads.
* Being biennial it is likely to die if allowed to set seed. It is, however, hardy so it is worthwhile prolonging the life of the plant from year to year by cutting off the flowers before they set seed and / or cutting the plant down to ground level in the Autumn.
* **Culinary Uses**
* Stalks can be candied for cake decorations.
* Shoots can be added to salad.
* Stems and roots can be used as vegetables.
* Seeds can be used in pastries.
* Flowers are edible.
* **Medicinal Uses**
* To treat digestion problems.
* Crushed leaves freshen the air in a car and are said to reduce travel sickness.
* Tea made from the leaves are said to be tonic for colds and reduce flatulence.
* As a 'bath oil' for aching muscles and rheumatism.
* **Other Uses**
* Leaves can be use in potpourri.
* Can be used to increase apetite.
* Oils can be used in gin, vermouth, Chartreuse and perfumes.