PLANT FACT SHEET

Artemisia absinthium Linnaeus

GENUS *Artemisia* **FAMILY** Asteraceae

COMMON NAMES Wormwood, Absinth

EDIBLE PARTS AND USES

Edible parts: Herb, Spice, Leaves, Flowers, Tea, Stems

CAUTION: The plant is poisonous. Absinthe oil and alcohol can cause death.
The leaves have been used to flavour sauces. The leaves are cooked.
The flowers are also used for herbal teas. The seeds are used for tea or to flavour soup.
The above ground parts are used for spirits.
The flowering tops are used to make geese and duck dishes less greasy.

DESCRIPTION

A perennial herb. It grows 60-90 cm high and 50-60 cm wide. It has a woody base. The leaves are finely divided and silvery. It spread by rhizomes or underground stems. The stems above ground can also form roots. The flowers are in flower heads which occur in sprays. They are dull yellow.

HABITAT

It is a temperate plant. It grows on hillsides, steppe, scrub, forest margins between 1100-1500 m altitude in China. It is frost hardy. In Argentina it grows from sea level to 1,000 m above sea level. It suits hardiness zones 4-10.

PRODUCTION

Cultivation

It can be grown by seed or cuttings.

NOTES

It is used in medicine. There are about 300 Artemisia species. The thujone in absinthe is addictive.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

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