PLANT FACT SHEET

Ligusticum scoticum L.

GENUS *Ligusticum* **FAMILY** Apiaceae

COMMON NAMES Scotch lovage, Beach lovage, Scotch parsley, Scottish lovage, Sea lovage

EDIBLE PARTS AND USES

Edible parts: Leaves, Root, Seeds, Spice

It is sometimes used as a vegetable. It can be eaten raw of boiled.
The young shoots and leaf stalks are blanched and used as a celery substitute in salads. It is also used as a flavouring in soups and stews. The pods can be cooked and eaten.
The roots are chewed.
The seeds are dried and ground as a condiment.

DESCRIPTION

A plant which keeps growing from year to year. It grows 1 m tall. It spreads 1 m wide. The stem is erect and grooved. It has a few branches. The leaves are arranged in threes. They are glossy dark green. The flowers are white and pink. They are in umbels at the ends of branches.

HABITAT

It is a cold temperate plant. It will grow in most soils. It needs a moist protected sunny position. It is frost resistant. It cannot tolerate drought. It grows on cold salty coastlines. It suits hardiness zone 4.

PRODUCTION

Cultivation

Plants can be grown from seed. It can also be grown by division or the root.

NOTES

Oil stored leaves retain their Vitamin C throughout winter.

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