PLANT FACT SHEET

Humulus lupulus L.

GENUS *Humulus* **FAMILY** Cannabaceae

COMMON NAMES Common hop, Hop

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers, Herb, Spice, Vegetable, Rhizome, Root

The overlapping bracts which cover the female flower are used in brewing. They flavour beer and act as a preservative. Hops can also be used to make bread rise.
They are dried and the oil has a smell. The flowers are used in bread.
The young shoots are cooked and eaten. They are stewed, used in soups and also used in omelettes.
Caution: Hops can cause mild depression.

DESCRIPTION

A climbing twiner which keeps growing from year to year. It can be 4.5-7.5 m long. The stems are rough. The leaves are deeply lobed and light green. They are 10-15 cm long. There are teeth around the edge. The stems are square, thin and bristly. The flowers are green and cone-like. There are several named varieties.

HABITAT

It is a temperate plant. They prefer moist but well-drained soil. Plants are frost hardy. It cannot tolerate salty seaside conditions. They do best with a pH of 5.5-7. In the Himalayas it grows between 3,000-3,700 m above sea level. It suits hardiness zones 5-10. Hobart Botanical Gardens.

PRODUCTION

Cultivation

Plants are grown from semi-ripe cuttings. Plants are placed 2.5 m apart and need a structure to climb. Sometimes plants are grown from seeds if the cultivars set seed.

Harvesting and Seed Production

It is fast growing. Plants start producing cones when about 3 years old. The cones are harvested just before fully ripe and carefully dried at less than 65°C.

NOTES

There are 2 Humulus species.

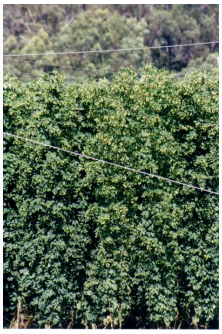
PICTURES



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