

## HYSSOP, MEXICAN GIANT



***Agastache mexicana***

[ah-gas-TAH-kee meks-sih-KAY-nuh]

Syn *Cedronella mexicana*

**Family:** Labiatae

**Names:** Toronjil roja, toronjil morado, Mexican lemon hyssop

**Description:** Deliciously lemon scented pink to crimson salvia-like flowers are borne on 12" spikes. It makes a nice bushy plant 2'-3' tall and only 1' wide. Perennial zones 9-10

**Cultivation:** Prefers a warm sunny sheltered position and a well-drained soil. Succeeds in most soils. Sow seed in spring in a greenhouse and only just cover the seed. The seed usually germinates in 1 - 3 months at 55°F. Prick out the seedlings into individual pots when they are large enough to handle and grow them on in the greenhouse for their first year. Plant out in late spring or early summer. Division in spring. Fairly simple, if large divisions are used it is possible to plant them straight out into their permanent positions. Basal cuttings of young shoots in spring. Harvest the young shoots when they are about 10 - 15cm tall and pot them up in a lightly shaded position in a greenhouse. They should root within 3 weeks and can be planted out in the summer or following spring.

**Medicinal Uses:** Intensely lemon-scented leaves; used in tea and as medicine in Mexico where it is considered an important aid to digestion. It relieves flatulence, indigestion and dyspepsia, and improves appetite, and is often recommended for children. It is popular for weight control, anorexia, and central nervous system disorders. Taken with cognac, it is an excellent sudorific, and helps to lower a fever.

**Dosage:** Simple tea, ½ cup up to 4 times a day

**Culinary Uses:** The highly aromatic young leaves are used as a flavoring in salads and cooked foods. The young leaves are used to make a herbal tea. Sprinkle the pink flowers over cantaloupe.

**References:**

Los Remedios, Michael Moore, Red Crane Books, 1990; ISBN: 1-878610-06-6

## Plants for a Future Database

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