

LOVAGE

QUICK INFO

- Lovage is a perennial in USDA hardiness zones 5b and 6a.
- The leaves and flavor of lovage resemble celery.
- The flavor of lovage leaves is milder than the stems, and both are edible.

COOKING TIPS

- Lovage stems and leaves can be chopped and used to add crunch and flavor to cold salads, such as egg salad and potato salad.
- Lovage leaves add flavor when included in a lettuce salad.

OTHER USES

- Use long, hollow lovage stems as straws for Bloody Marys.
- Because the stems can grow tall, lovage can make a nice-smelling green addition to a vase of wildflowers.

STORAGE AND PRESERVATION

- Store stems and leaves in a plastic bag or container in the refrigerator.
- Young lovage stems can be chopped and frozen for future use in soups and stews.
- In midsummer, lovage plants will produce yellow flowers with many seeds. The seeds can be stored and dried and used to flavor food like celery seeds.

GROWING TIPS

- Lovage can grow to 4-6 feet in height.
- Lovage needs a good amount of water, so do not plant it as a companion to Mediterranean herbs like thyme and rosemary.

QUICK & EASY RECIPE

- **Lovage-infused vinegar (leaves):** Fill a canning jar about halfway with fresh lovage leaves. Cover the leaves to the top of the jar with white vinegar. Cover the jar with a lid and place in a dark spot for about two weeks. Strain and use the vinegar to make a simple vinaigrette with olive or other light oil for serving on lettuce salads.
- **Lovage salt (leaves):** Finely chop lovage leaves and combine in equal parts with sea or kosher salt. Place the mixture in a shallow dish and allow it to dry in the sun for a few days until it is no longer moist from the lovage. Sprinkle over roasted vegetables or meats.

