

ANOTHER HERB HERBERT FAVOURITE HERBS

FACT SHEET

Dill

Anethum graveolens 'Fernleaf'

There is one species in this genus, widely distributed in warm parts of Eurasia; *A. graveolens* is found in Mediterranean regions and western Asia.

Dill resembles fennel but is shorter, with a single, easily uprooted stem, slightly gray-green leaves, and matte, rather than shiny appearance. Its leaves have a strong parsley-caraway smell. Indian dill was formerly classed as a separate species.

Dill also has a long history of both culinary and medicinal use in India.

A. graveolens 'Fernleaf' is an American dwarf cultivar with dark blue-green foliage. Excellent for pot production.



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Height 45cm/18in Spread 45-60cm/18-24in

PARTS USED
Leaves, seeds, oil

PROPERTIES
A pungent, aromatic herb that calms and tones the digestive system, controls infection, and has diuretic effects.

USES OF THE HERB

Culinary

Both seeds and leaves are widely used in cooking, especially in Scandinavian cuisine, with eggs, fish, seafood and potatoes. Sprigs of dill are added to pickles and vinegar; chopped dill is a main ingredient of gravalax (preserved salmon).

Medicinal

Internally for digestive disorders including indigestion and colic.

Economic

Oil is used in commercial medicines, soaps, detergents and food flavoring.

CULTIVATION

Well drained, neutral to slightly acid soil in sun. Propagate by seed sown in spring or summer, thinned

after germination. Dill bolts if overcrowded or in poor dry soil. It should not be grown near fennel because the two may hybridize, producing plants intermediate in flavor and appearance.

HARVEST

Leaves are cut in spring and summer for use fresh or dried in cooking. Seeds are gathered in summer

and dried for infusions and dill water, ground in powders, or distilled for oil.



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