

# ANOTHER HERB HERBERT FAVOURITE HERBS

FACT SHEET

# Tarragon French

*Artemisia dracunculus var.sativa*



Any enquiries can be directed to:  
HERB HERBERT P/L  
PO Box 24 Monbulk  
Victoria 3793 AUSTRALIA  
E-mail: herb@herbherbert.com

**A** hardy annuals, biennials, perennials, of sub-genus of about 300 species of hardy and half-shrubs, which grow wild in northern temperate regions, western South America, and southern Africa. A number of artemisias are grown as ornamentals for their finely cut, often silver foliage and interesting aroma. They are easily cultivated, even on poor, dry soils. Several are attractive border plants, especially for white gardens.

**Medicinal**  
Internally for poor digestion, indigestion, and worms in children. Not given to pregnant women. Externally for rheumatism and toothache.

**Economic**  
Oil is used in commercial flavorings, perfumery, and detergents.

## GROWTH

Well-drained, neutral to slightly alkaline soil in sun. Propagate by semi-ripe cuttings in spring to autumn. In spring cut back shrubby species near to ground level, or remove dead stems and trim to shape.

## HARVEST

Whole plants are cut when flowering and leaves are picked before flowering. All parts are dried for decoctions, infusions, powders, tablets and oil extraction.

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*Artemisia dracunculus* (French tarragon) is an aromatic perennial with upright, branched stems and linear, smooth leaves,

with a mint-anise flavor. The tiny green flowers do not open, and they do not produce viable seed in cool summers.

## PARTS USED

Leaves, oil

## PROPERTIES

A bitter, warming, aromatic herb that stimulates the digestive system and uterus, acts as a diuretic, lowers fevers, and destroys intestinal worms.

## USES OF THE HERB

Culinary

Leaves are used in cooking, especially to flavor chicken and egg dishes, sauces, salad dressings, and mustard.

Height 45-60cm/18-24in  
Spread 30-38cm/12-15in

