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Agastache foeniculum

[Synonyms : *Agastache anethiodora*, *Agastache anisata*, *Lophanthus anisatus*, *Stachys foeniculum*]

ANISE HYSOP is a perennial. Native to North America it has small violet blue flowers. It is also known as Anise mint, *Anis hysope* (French), *Anis-isop* (Swedish), *Anisysop* (German), Blue giant hyssop, *Duft-Nessel* (German), Fennel giant hyssop, Fragrant giant hyssop, Fragrant giant hyssop, Giant hyssop, *Indianmynta* (Swedish), *Intianminttu* (Finnish), Lavender hyssop, Licorice mint, Mint anise, *Minttuanis* (Finnish), Wild anise, Wonder honey plant, and *Yrtti-iiso* (Finnish).

The plant is enjoyed by both bees and humming birds.

Foeniculum is derived from the genus name *Foeniculum* meaning ‘fennel-like’.

Several North American Indian tribes including the Ponca, Dakota, Cheyenne, Omaha, Winnebago, Pawnee and Cree have used a decoction of the leaves for making tea. The Pawnee, Omaha, Winnebago, Dakota and Ponca have also used the plant as a food flavouring.

On the one hand the Chippewa tribe are said to have respected the plant as having powers that could protect against mishap and on the other the Cree Indians are believed to have used the flowers in ceremonial ritual.

The Cheyenne, Chippewa and Cree North American Indian tribes used anise hyssop medicinally. It seems to have been especially popular with the Cheyenne who prescribed a leaf infusion as a remedy for some heart problems and for easing colds, and a root infusion was taken for coughs. Leaves were an ingredient in a steam bath to cause sweating, and powdered leaves were rubbed over the body to counter fever. They and some of the Cree Indians also used the root to treat coughs, and a leaf and stalk poultice was applied to burns in the Chippewa tribe.

Today it is used commercially by the perfumery industry, and by the toiletry industry (the latter particularly in soaps) and it is also grown for honey.