

## Dill

*Anethum Graveolens*  
Family: Apiaceae

### Description

Dill is an annual plant which has fleshy cream and green-striped round stems growing up to 45cm high and 45-60cm wide. Its finely branched thread-like green leaves grow up to 10-20cm long and exude a fresh flavour similar to caraway.

The leaves grow in alternate order and are sheathed along the stem. A yellow umbel flower develops in mid-summer and small, flat, round seeds can be harvested when brown.

### Growing Tips

It prefers a sunny position with well-drained soil and a good water supply. It needs at least six hours of sunshine per day and can be grown indoors or outdoors. For best results Dill should be planted about 30cm apart in spring and needs plenty of air around it.

### Parts Used

Leaves and seeds

### Uses

The leaves are an excellent addition to salads, eggs, fish, pickles and vinegar while the seeds are used in Scandinavia and Germany to flavour breads and sausages. Dill is rich in calcium, manganese, iron, phosphorus, potassium and magnesium. It shows carminative and anti-spasmodic qualities which help soothe digestive discomforts in adults as well as infants.

Dill water is a popular children's remedy for colic and flatulence and is made from the essential oil of Dill seeds. Boil a teaspoon of the dried seeds in a cup of water for two minutes, let stand for 10 minutes and drink twice a day to promote milk flow and ease colic.

### Origin & History

Dill originates in Southern Russia, Western Africa and the Mediterranean region. Evidence of its uses have also been found in Egypt and Neolithic lake sites in Switzerland (about 9000BC).

The name Dill comes from the Anglo-Saxon word *dile* which in turn originates from the Scandinavian word *dylle*, meaning to soothe thus marking its predominant quality.

