A-Z OF HERBS

*A-Z of Herbs* is a quick reference book telling you the basic culinary, medicinal and cosmetic uses of the most common herbs.

# African Marigold

Tagetes erecta

Family: Compositae

The marigold plants are characterised by their bright orange and yellow flowers and their ability to deter certain garden insects and worms.

Aloe

Aloe vera, Aloe ferox

Family Liliaceae

There are over 350 species of aloes. Aloes are a familiar sight in South Africa where they grow in many inhospitable and bleak places, lending a splash of colour to the landscape.

Angelica

Angelica archangelica

Family: Umbelliferae

Angelica is familiar to most people as a green crystallised cake decoration, made from the stems of the plant. It features prominently in old legends and particularly in the folklore of Lapland, Iceland and Russia.

Anise

Pimpinella anisum

Family: Umbelliferae

Anise or aniseed has probably been cultivated for thousands of years. It was indigenous to the regions east of the Mediterranean, and the ancient Egyptians grew it in abundance for culinary and medicinal use.

**FROM**: *MARGARET ROBERTS’ A-Z OF HERBS*