

# Hyssop

*Hyssopus officinalis*



Also Known as Herbe de Joseph, is a perennial plant that can grow up to 1 meter in height.

Its flowers can be: violet, pink or white and its leaves are thin and pointed.

Mais informação em: [https://www.amu.bio/\\_hyssop](https://www.amu.bio/_hyssop)

## Cultivation

Hyssop can be propagated through seeds, staking or division of rhizomes.

Prefers moist but well drained soils and warm climate.

The excess of water harms this plant.

This plant must be renewed every 4 years as it becomes very woody and less productive.

## History

It originates in Mediterranean Europe.

This plant was used by the Hebrews and Greeks in the purification of the environment and the body.

It is said that the hyssop was used by Moses to sprinkle the book of the law and the people.

**Utilization**

This plant is known for its therapeutic properties: antispasmodic, expectorant, anti-inflammatory, digestive, antiseptic, etc.

It is indicated in the treatment of cough, bronchitis, asthma, digestion problems and hypertension.

Hyssop is used in infusions and also known for its essential oils.

In cooking it is used in marinades.