

Tarragon

Artemisia dracunculus



Tarragon is a perennial and herbaceous plant, with small, narrow, green, bright leaves and thin stems.

It's from the absinthe family.

Is rare to see this plant in bloom, but sometimes it has small yellow flowers.

The tarragon's flavor is bitter, spicy and reminds of anise.

More information:

https://www.amu.bio/_tarragon

Cultivation

Tarragon develops best with temperatures between 4 ° C and 20 ° C, and can be grown in temperate or subtropical regions.

It needs at least 5 hours of direct sunlight daily.

It should preferably be grown in light, moderately fertile, well-drained soils that does not retain much moisture, but it can be grown on poor or rocky soils.

Keep the soil slightly moist, but be aware that this plant is sensitive to water in excess, especially during the winter.

Only Russian tarragon can be propagated by sowing. French tarragon usually does not

produce seeds and is propagated through the division of well-developed plants or by cuttings.

History

Tarragon is one of the 300 most known species, due to its widespread use in French cuisine.

The term dracunculus (dragon, in Latin) comes from the similarity of its root with this monster. Plants whose roots had this shape were believed to heal bites of poisonous animals.

Utilization

As typical seasoning of French cuisine, is used to enhance the flavor of certain ingredients and foods. The flavor of the tarragon leaf is sweet and at the same time slightly spicy, sometimes remembering the smell and taste of the fennel.

Tarragon leaves, as well as other herbs used in cooking, can be used both green and fresh as well as dried, depending mainly on what the recipes require. Tarragon leaf is used in the preparation of pickles such as cucumbers in vinegar, in pot stews, in green salads, etc. ; and also gives the distinct flavor to béarnaise sauce.

There are many recipes for the homemade use of tarragon in the preparation of vinegars, vinaigrettes, and other gastronomic infusions.

In some popular traditions of home remedies from various regions of the world, it is recommended to infuse tarragon leaves to ease menstrual cramps, among other healing purposes.

Tarragon leaves are used as mosquito repellent and other insects (used in the crib of babies, and by adults in their homes, and at night fisheries).

It was also used in daily washing of wounds suffered by domestic animals, such as horses, as well as in the human body (in injuries such as body inflammation and in the treatment of colic in children).

The root was also used to wash, strengthen and grow hair and in urinary infections.