



DILL WEED

Botanical Name: Anethum graveolens

Common Name: Peucedanum graveolens

Medicinal part: Aerial parts

Description: The Vikings cultivated a plant they called "dilla," or "soothing," as a remedy for colic in babies. The easy-to-grow dill weed has become an essential ingredient in cuisines around the world. The term "dill weed" refers to the green leaves (and sometimes stems) of the plant. "Dill seed" actually isn't seed but the flat, oval, dark brown whole fruits of the herb. Dill weed and dill seed have different chemical compositions, different uses in cooking, and different applications in herbal healing.



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