Anise hyssop - Mexican

(Bee balm, Mexican giant hyssop)

Agastache mexicana 'Lime'



Height: 60 – 90 cm flowering.

Suitable for: Light well drained soil and a sunny, sheltered position.

Summary: This is a versatile perennial herb. The bright foliage is topped with spires of purple flowers in summer, which are a magnet to bees and other pollinators. A great culinary herb popular in drinks with additional medicinal uses.

More information:

This is a popular and attractive perennial plant with the scented foliage, a refreshing mix of anise and lemon.

Mexican hyssop is a native of the central parts of the American continent.

It is a low maintenance plant which prefers light well drained soil and a sunny, sheltered position, although it will tolerate a little shade. It is an impressive plant when in flower from mid-summer onwards with abundant dark pink flowers verging onto purple.

This is a great plant for pollinators especially bees.

The anise / lemon scents and flavours make this a versatile herb to use in the kitchen.

- The young leaves, finely chopped go beautifully with soft fruits and fruit salads.
- The leaves can be used raw much like mint – herb butters, potatoes, fish and chicken.
- The bright flowers make a lovely soothing tisane, and can be used effectively in Pimms and cocktails.

Preserve the fresh flavours to use in drinks in the winter months.

- Heat equal quantities of sugar and water to make a simple syrup.
- Infuse with fresh sliced leaves and flowers for up to an hour.
- Strain and keep in the fridge with a bit of added vodka as preservative.

Since Aztec times Mexican hyssop has been used in ointments for sores, and to this day is still a major active ingredient in such remedies in Mexico.