

URBAN FARMER

LOVE THE EARTH

From Seed to Harvest: A beginners guide to growing lovage

Lovage is an herb many gardeners may not be familiar with, but it can be substituted for parsley or celery in any recipe. Lovage has a high salt content, and its stalks and stems are best when used in carbohydrate-rich dishes like pasta and potatoes. Although it resembles celery, lovage is actually in the carrot family. It can reach 6 feet in height and it produces a lacy-green foliage. It produces yellow flowers in an umbel cluster.

To plant:

Direct sow lovage seeds five to six weeks before the last frost date. Sow the seeds on the surface of the soil and then dust a light covering of sand over the seeds. You can direct sow seeds outdoors in the late spring when soil temps have warmed to at least 60 degrees.

To grow:

Lovage prefers soil with a pH of 6.5. It grows best in sandy, loamy soil and its hardy up to USDA Hardiness Zone 4. The seedlings prefer consistent moisture until they are established, which is when they are several inches tall. When transplanting, space the lovage plants 8 inches apart and in rows set 18 inches apart. If started indoors, expect the plants to begin blooming in the early summer and continue blooming through late summer. Keep in mind, leafminers may cause damage to lovage plants with their feeding. Lovage is a good companion plant for potatoes and other root vegetables. After it flowers, take the time to cut the plant back so it will produce nicer, news foliage. However, be sure to harvest the seeds before cutting the plant back.



[Lovage seeds available at ufseeds.com](http://ufseeds.com)

To harvest:

All parts of the lovage herb are harvestable - leaves can be added to salads, the roots can be dug up after the season is over to be used as a vegetable, and the stems can replace celery. The herb also is used as flavoring for confectionaries. Seeds and stems also can be used in candy making. The leaves may be harvested at any time, and the roots should be dug up in the fall. Seeds are ready for harvesting in summer, and you should eat the stems while they are still young.

What lovage craves:

Especially if planting in a pot, be sure to fertilize your lovage regularly. Amend the soil prior to planting with organic matter like compost or aged animal manure and then fertilize regularly with liquid fertilizer and regular watering.

Where to buy lovage seeds:

You can find lovage seeds at ufseeds.com!



100%
Non-GMO Seed



One Day
Shipping



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