



Dill

Anethum graveolens





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- Family: Umbelliferae (Apiaceae)
- Some close relatives are celery, carrot, cilantro and parsley

Geography & Origin

- Dill is native to the eastern Mediterranean region and western Asia
- The earliest mention of dill was in 3000BC in Egyptian medical texts.
- Largest commercial producer is India and Pakistan

Morphology

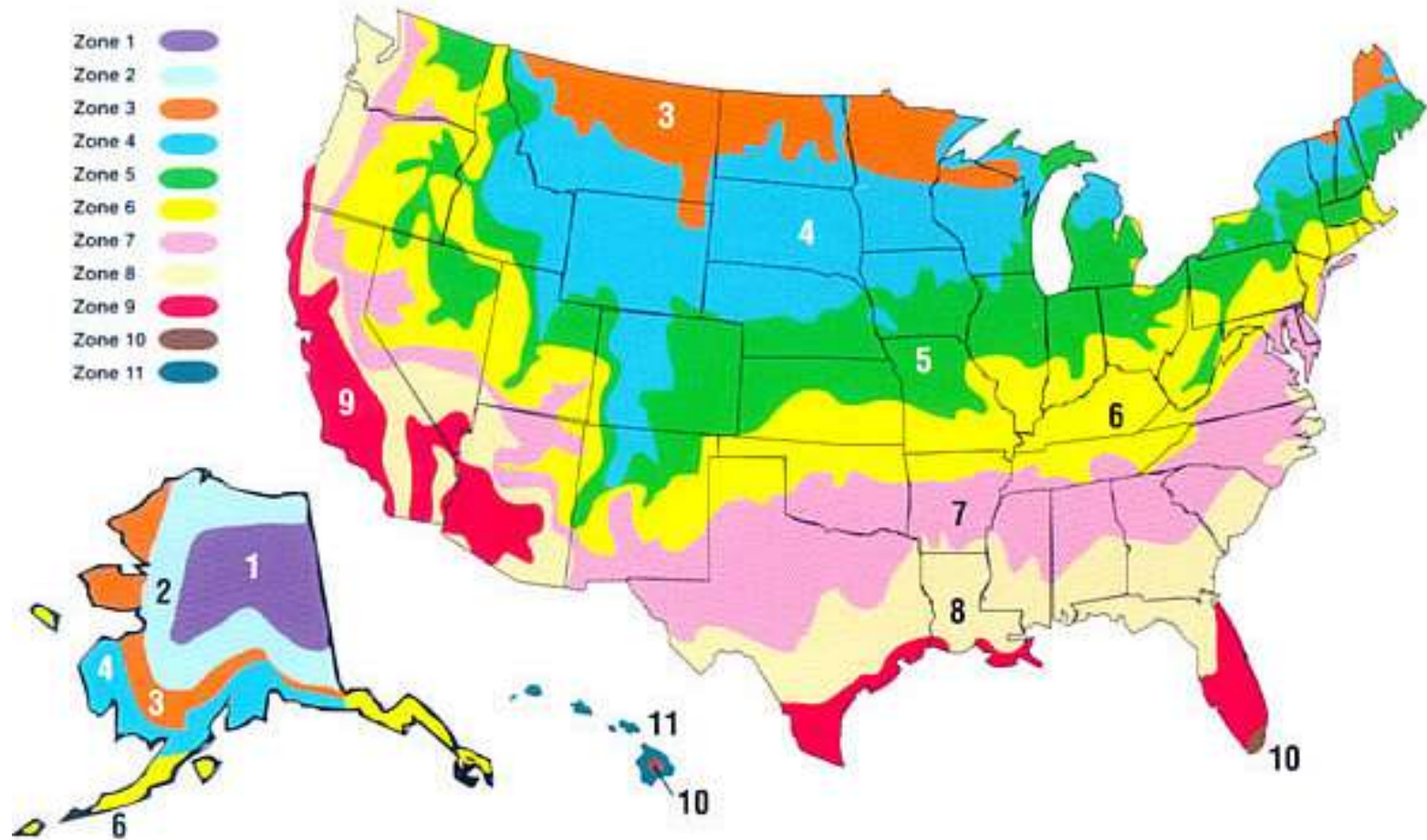
- Erect, freely branched herb with dissected, blue-green foliage
- Leaves about 1 ft. long
- Entire plant is about 3-5 ft. tall.
- Flowers are yellow, round, umbrella-like clusters
- Fruit is a flattened pod about $\frac{1}{8}$ th of an inch long



Cultivation

- Annual
- Does best in full sun
- Does best in well drained soil with typical garden watering
- Can be grown all summer in USDA zones 3-7, in spring and fall in zone 8, and winter in zones 9-11

USDA zones



Plant uses

Dill weed and dill seed are used as flavorings in cuisines all over the world

- Most common, Dill pickles

Dill essential oils used in the fragrance industry

- Soaps, detergents, lotions



Plant uses cont.

- Many medicinal uses
 - Provides relief from insomnia, diarrhea, menstrual disorders, respiratory disorders, and cancer.
 - Anti-inflammatory-protects against arthritis
 - Reduces excess gas
 - Boosts immune system
 - The list goes on..

History

- Originates in Mediterranean region and western Asia
- Gladiators were fed meals covered with dill in hopes that it would give them valor and courage
- Used as protection against witchcraft
- Added to love potions and used as an aphrodisiac

North America

- Dill was brought to the new world by early settlers
- John Winthrop, a puritan leader, was known to have dill in his garden

Fun facts

- The word *dill* comes from the Norse word *dylla*, meaning to soothe or lull.
- Dill seeds were called “meetinghouse seeds”- They were chewed during church services to keep members awake or kids quiet.
- In Germany and Belgium, brides would attach sprigs of dill to their dress or bouquet in hopes that happiness would bless their marriages

References

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