

## Anise

**MEDICINAL:** Another good herb for colic, gas, and indigestion. It can also be used in herbal remedies for coughing, as it aids in loosening phlegm. It is the mildest of the herbs used for these purposes.

**GROWING:** Anise likes warm, sunny areas with well-drained, rich sandy soils. It is suitable for all areas of North America. It is an annual, and grows 1-2 feet high. It needs 120 days to produce fully ripened seed heads.