

# Gilbertie's

Est. 1922

## ORGANICS



HERBS

Local • Soil Grown

## LOVAGE



### USES

- Often used as a substitute for salt
- Largely used in vegetarian dishes, especially in soups
- Used most often in sauces, soups, and stews, as well as with meats and fish



### GROWING & PLANTING

- Largest kitchen herb—can grow up to 6 feet
- Can be grown in partial shade, but not in pots because of its size
- Best started indoors then transplanted



### FOLKLORE & SYMBOLS

- Known in the Middle Ages as "love parsley"
- Was used to help with sore throats and indigestion
- Also used in baths and as a way to lighten freckles

[CLICK HERE FOR RECIPES](#)