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Use the *Grow Me Instead* guide to create a beautiful garden that supports the diversity of native plants and animals in your neighbourhood.



Anise Hyssop
Agastache foeniculum

Native Plant Seeds

Anise Hyssop

Agastache foeniculum

(Perennial) Aka 'Giant Blue Hyssop'.

Native to the prairies and growing to 3', with spires of tiny, blue flowers, this is a honey plant - loved by bees, it produces light, fragrant honey. It's an important source of nectar for butterflies and birds love the seeds. Its leaves have been used for tea and as a culinary seasoning.

Growing Instructions

Prefers full sun. Zones 4—9.

1. Press seed into moist seed-starting mix and lightly cover with mix.
2. Keep moist, under light at 20° C until germination.
3. When ready, harden off gradually and transplant to the garden in well-drained soil.

