

Dill

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Dill is used as a medicinal herb and it prevents bone loss

GEEK TALK

Anethum graveolens

BUT WE TALK

Kapor, koper, shepu, lao coriander, shevid

DID YOU KNOW?

Often used as a spice or herb to add flavor to dishes, dill is the only species within the genus *Anethum*. Its seed has a great flavor and is used to add to foods such as soups and fishes. It is used to flavor salad dressings and to make dill pickles that are widely popular.

The plant itself is similar to that of fennel and grows to roughly 2-2.5 feet high. The seeds are very versatile and have been used for medicinal purposes for hundreds of years.

In the middle ages, it was even used as a drug in charms to help thwart witchcraft. Today, oil from dill seeds are used in the manufacturing of soaps.

KITCHEN PHARMACY

Dill has been used as a medicinal herb shortly after its discovery and today it has shown to be very beneficial in preventing bacterial overgrowth as well as preventing bone loss.

