

# Did You Know?

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## Dill, *Anethum graveolens*

- The earliest known record of dill as a medicinal herb was found in Egypt 5,000 years ago when the plant was referred to as a “soothing medicine”.
- Gladiators were fed meals covered with dill because it was hoped that the herb would grant them valor and courage.
- Dill seeds are often called “meetinghouse seeds” because they were chewed during long church services to keep members awake, kids quiet, freshen breath and quiet noisy stomachs.
- Likely due its strong smell, dill was believed to provide protection from witchcraft.
- Dill was often added to love potions and aphrodisiacs.
- In Germany and Belgium, brides would attach a sprig of dill to their wedding gowns or put it in their bouquets in hopes that happiness would bless their marriages.
- Dill is a host plant for butterflies, providing larval food and protection.
- Dill has been associated with being an effective remedy for flatulence, a digestive aid and a cure for hiccups.
- The Greeks used dill as a sleep aid, covering their eyes with the plant while they slept.
- Dill grows best in full sun and in cooler weather. Hot weather promotes flowering which also causes the plant to stop producing leaves.
- Sow seeds directly in the ground or container outdoors. Harvest seeds when they turn tan by cutting the flowerhead and hanging to dry upside down. Attach a paper bag to collect the seed as it dries.
- Oil from dill foliage is used in the food industry for flavoring while oil obtained from the seeds is used to produce soaps and perfumes.
- Dill contains anti-inflammatory properties as well as detoxifying compounds.
- For more information on dill, see HSA’s Essential Guides and Quick Fact Sheets: [HSA Publications](#)

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