

# Dill

*Aneethun graveolens*

JW Farms 7



Dill is most known for being in DILL Pickles. What's not so well known is that there are many medicinal values to Dill.



Dill is an aromatic herb with medicinal properties that can be used to treat many health conditions, like the flu, the common cold and nasal congestion.

Dill can also be used to relieve digestive symptoms, such as nausea and gas in adults or colic in babies, as well as reduce period-related symptoms.

The scientific name of dill is *Aneethun graveolens* and the most commonly used parts of this plant are the leaves and seeds. These can be purchased in health food stores, grocery stores and some pharmacies.

Dill is known as DILL WEED but it is a part of the vegetable family of celery. It is native to Russia, West Africa and the Mediterranean. It thrives in sunlight.



Dill is also a good source of fiber, folate (important for cell division and production of DNA), calcium for healthy bones, riboflavin for cell function and development, Manganese, and Iron.

There are also some studies suggesting that dill may help you manage cholesterol. A study on dill supplementation showed significant improvement of LDL cholesterol, triglycerides, and total cholesterol levels but not HDL cholesterol.

Improves Digestion  
 Mental Health  
 Relieves Cough  
 Reduces Pain  
 Improves Immunity  
 UTI  
 Fluid Retention  
 Regulates Menstruation  
 Heart Health  
 Nutrient Rich  
 Diabetes  
 Cholesterol  
 Insomnia  
 Bone Health  
 Calm Hiccups  
 Flatulence/Gas  
 Diarrhea  
 Arthritis  
 Stimulates Menstruation  
 Respiratory  
 Oral Health  
 Relaxant  
 Increases Strength  
 Diuretic  
 Cramps  
 Eye Health  
 Cardiovascular  
 Peptic Ulcers  
 LIVER  
 Nervous system



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Dill typically reaches 30 to 60 centimeters in height. Dill's root system is fibrous and extensive, allowing it to anchor securely in well-drained soils and absorb moisture efficiently. This robust root network contributes to the plant's overall resilience, particularly in drought-prone conditions.

## The Anti's:

Antioxidant  
 Anti-Inflammatory  
 AntiSpasmodic  
 Antibacterial  
 Antifungal  
 Antimicrobial  
 Anti-Diarrheal  
 Antiviral



Dill is known for inhibiting tumor growth in certain cancers including pancreatic, stomach, colon, skin and liver.



Dill and Dill Seed come from the same plant, but dill weed is the fresh leafy fronds that provide a light fresh flavor. Dill seed provides a stronger flavor similar to caraway. Dill seed is considered to be more pungent and is what is used to can Pickles.

## Caution

Dill is generally safe, but in rare situations, it may lead to allergic reactions, vomiting, diarrhea, oral pruritus, urticaria tongue, and throat swelling. People who are allergic to carrots may experience an allergic reaction to dill. These are precautionary. There have not been any documented cases.