

Hierba Santa - Answer Key

Where is this herb found?

It is found in Central America all the way down to Colombia

What compound makes hierba santa spicy? What other herb has this compound?

Saffron and saffron, the herb that used to be used to flavor root beer

How is hierba santa traditionally used for cooking in Central America?

To give stews a spicy flavor; to wrap tamales to infuse them with a spicy flavor

How is it used in Panama?

They will feed it to fish for a few weeks and then it will have a nice peppery flavor when cooked

How is hierba santa used medicinally? How is it administered?

To aid upset stomachs, avoid stomach discomfort and cramps; as a tea

Further Research:

What other ailments (other than the ones mentioned earlier) does hierba santa relieve? How are they administered?

Ease menstrual cramps, stimulate labor, applied as a poultice to wounds, applied directly to the head to ease headaches, can be applied to snake bites.

What traditional Oaxacan sauce is made using the hierba santa plant?

Mole verde

How tall does the hierba santa plant get?

In Nashville, it grows as a small shrub, but in its native range and other tropical areas it can grow up to 6 meters (nearly 20 feet) tall