

# LICORICE

## *History of Licorice*

Licorice has been used for hundreds of years by everyone from pharaohs who ate it for pleasure to soldiers who drank licorice tea on marches to quench their thirst. It was brought to England during the Middle Ages by crusaders from the Middle East,



and licorice recipes were taken to the United States by early settlers. Many of the people who have enjoyed licorice over the years have recognized its perceived benefits, including the prevention of dehydration and its ability to soothe the throat and aid in digestion.

## *Licorice — The Plant*

- Grows in southern central Europe and Asia
- Its official botanical name is “*Glycyrrhiza*”
- The underground stems and roots of the licorice plant have been used to add sweetness and flavor to candies, teas, throat and cough lozenges, and pharmaceutical products

- Contains glycyrrhizic acid, which gives the plant its sweetness



## *Licorice — The Candy*

- Originally called licorice because licorice root extract provided the characteristic flavor
- Today, “licorice” describes a type of candy
- Not all licorice candy contains licorice extract
- Some licorice flavored candies are flavored with anise oil in place of or in addition to licorice root extract

- To tell which candies are made with licorice extract, look for “licorice extract” or “licorice root extract” listed on the package ingredients



## licorice lore no. 6:



During the Middle Ages, crusaders returning from the Middle East introduced licorice to England. In the 16th Century, a monastery in Pontefract, England became the center of the licorice world, and supplied the early settlers who colonized America.

## *Licorice Candy Varieties*

**TWIZZLERS®** Candy  
**YOUNG & SMYLIE®** Licorice

