LICORICE HISTORY FACT SHEET

Still a favorite today, the enjoyment and consumption of licorice dates back to ancient times. One of the most popular sweet treats for people of all ages, it can be found in cultures throughout history:

- Licorice appears in the Chinese book *Shen nung Pen Tsao Ching* (Classic Book of Herbs) that was written more than 5,000 years ago. Chinese physicians have used licorice with herbal medicines as a sweetener to mask the bitter taste of medicine.

- In King Tut’s 3,000-year-old tomb, vast quantities of licorice root were found among magnificent treasures of art and jewelry.

- The warriors of Alexander the Great believed that licorice possessed beneficial properties. The armies would use licorice to satisfy their thirst while on long marches.

- In the 1500s, crusaders returning from the Middle East introduced licorice to England.

- Seventeenth-century sailors from Holland spread the popularity of licorice throughout Europe as they brought it on their voyages.

- During World War II, the U.S. Army Air Corps included licorice drops in the in-flight rations for bombers.

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