The Herb Garden at Strawbery Banke is located beside the Dr. John Jackson House. This modern teaching garden was financed and planted in 1967 by the late Mrs. Foster Stearns of Exeter, New Hampshire, one of New England’s outstanding amateur herbalists. She was an early editor of the Herb Society’s publication “The Herbalist,” and was well versed in vegetable dyes. Mrs. Stearns designed and sketched the plans for the garden and the Greene Herb Garden of Rhode Island accomplished planting.

Due to the garden’s proximity to the Dr. John Jackson House, this was originally designed to be a Medicinal Garden. Plants were the only source for medicine, and doctors traditionally had herb gardens attached with their practice. If there was no physician in a town, there was still a medicinal herb garden cared for by an herbalist or an apothecary who treated illness. These gardens were known also as “Physic Gardens,” and the herbs referred to as “simples.” Herbalists had a knowledge of botany and medicine, and the success of any treatment was dependent not only upon the knowledge of what “simple” was correct for the illness, but also familiarity of the growing conditions of the plant and exact identification.

The properties of plants used medicinally can vary tremendously with season, and may be dependent on time of year, parts used at specific times, and soil type. Uninformed experimentation has always been seen as dangerous, since many plants are poisonous when used incorrectly.

Plants present in the modern Herb garden are not all medicinal. Over the years, the collection has grown to include culinary, fragrance, and dye plants as well. We now interpret this garden as more of an ethnobotanical representation of different parts of the world.

Since 1968, the Herb Garden at Strawberry Banke has been cared for by members of the New England Seacoast Unit of the Herb Society of America. Today, NESU Herb Society members and other volunteers, in conjunction with the Strawberry Banke Historic Landscapes Department, maintain the garden as an ethnobotanical showcase.

For information on membership in the New England Seacoast Unit of the Herb Society of America, call 603-964-8921 or 603-778-1265 herbs@herbsociety.org or Nationally at 440-256-0514 www.herbsociety.org
The Four Humors

From antiquity to the invention of the microscope, the theory of the Four Humors was dominant within medical philosophy and practice. The Humors originated with the belief in the Four Elements: Fire, Air, Earth, and Water, which were believed to be the building-blocks of all creation. The human body was a combination of these four elements and manifested collectively as the Humors. Each Humor had associated characteristics: Blood (hot and wet), Phlegm (cold and wet), Black Bile (cold and dry), and Yellow Bile (hot and dry). A disease, condition, or mood was interpreted to be an imbalance of these four fluids.

Moderating the balance of the Humors was the realm of the physician. By examining the diet and behavior of the person, the doctor prescribed foods, medicines, and procedures that would combat the prevalence of certain Humors. Blood-letting is one of the most infamous practices, and was still used in 1799, when doctors drained half of George Washington’s blood, contributing to his death. There were many less-invasive procedures and prescriptions, and foods, herbs, and medicines were all believed to ease or escalate the effects of the Humoral imbalances.

Temperaments

The Humors were defined by a combination of four qualities: Hot or Cold, Dry or Wet. The plants of Culpeper’s era were interpreted as possessing these qualities, demonstrated by their effects upon the body. A plant that acted as a diuretic was interpreted as dry, because it encouraged water loss. Depending upon the intensity of a plant’s effects, there were four degrees assigned to each quality. Garlic was hot and dry in the fourth degree, evidenced by its overwhelming flavor and perceived warming effect upon the body; it could be used to combat a disease which presented as an overabundance of phlegm (cold and wet).

Astrology and Planetary Rule

Nicholas Culpeper believed and taught that the organs of the body, as well as their ailments, were linked to the positions of the planets in relation to the stars. There was a perceived cosmic sympathy by which the physical world was controlled by celestial movements. By observing the heavens, a physician hoped to discern any external causes of the disease, the proper treatment, and the appropriate time to administer it.

The Doctrine of Signatures

One of the more peculiar notions of early medicine was the concept that a plant’s shape, coloration, and location were related to the symptom or body part they were intended to treat. Culpeper said, “because out of thy thoughts God shall not pass, his image stamped is on every grass.”

Disclaimer: Consult with a physician or qualified herbalist before using herbal medicine. This guide is not meant to prescribe any herb. You should be sure to understand the risks and appropriate dosage before using herbal medicine. Many herbs, consumed in large quantities, can cause adverse reactions. In addition, children and women who are pregnant or nursing should be especially cautious.
**AMERICAN GINSENG, Panax quinquefolium.** Perennial.
*Origin:* North America.
*Historical Use:* Stimulant, tonic, aphrodisiac, digestive aid.
*Current Use:* Adaptogen, lung complaints.
*Methods of Preparation:* tea, tincture, capsules.

American Ginseng is a perennial plant found in rich, cool woodlands of eastern and great lakes North America. Popular demand for the root, especially in China, has wiped out most of the wild stands. Ginseng is primarily cultivated today in the U.S. and China. This U.S. native ginseng is chemically similar to *Panax ginseng*, which is used in traditional Chinese medicine as a stimulant and aphrodisiac. Clinical and chemical research on American ginseng has yet to prove its medicinal qualities.

**ANGELICA, A. archangelica.** Biennial.
*Origin:* Northern and Eastern Europe to central Asia, Greenland.
*Astrological Influence:* Sun, in Leo.
*Qualities:* Hot and Dry in the Third Degree.
*Historical Use:* Plague remedy, lung complaints.
*Current Use:* loss of appetite and dyspepsia.
*Methods of Preparation:* tea, essential oil, tincture, decoction
*Active Compounds:* coumarin, furanocoumarin
*Precautions:* root must be fully dried before use; photodermatitis risk; laxative properties.

Historically, this is a most important herb, as it was used during the bubonic plague outbreak of 1665 and its curative value was thought to be a great miracle. It was regarded with great awe and reverence as it was reputed to have powers against witchcraft. Named for St. Michael the Archangel since it blooms on his day, also said to have been named after an angel who revealed the herb to a European monk as a curative. It is sweet to the taste; the stalks are cut and candied in early spring. The stalk can also be eaten like celery. The root produces a good yellow dye, and a decoction of the fresh root was used historically as a treatment for chronic bronchitis, asthma and pneumonia. It is a good bee herb. Occasionally the North American species, *A. atrorupurea,* is used in the same way as *A. archangelica* (Gale). *A. sinensis* is known in traditional Chinese medicine and dong quai and is used to treat women's complaints. It easeth all pains and torments coming of cold and wind, so that the body be not bound; and taken with some of the root in powder at the beginning, helpeth the pleurisy, as also all other diseases of the lungs and breast, as coughs, phthisic, and shortness of breath; and a syrup of the stalks do the like. Culpeper (1653)

**APOTHECARY ROSE, Rosa gallica ‘Officinalis’** Woody shrub.
*Origin:* Middle East, brought to Europe c. 1200
*Astrological Influence:* White roses under the Moon, red roses under Jupiter, pink rose under Venus.
*Qualities:* Cold, Dry.
*Historical Uses:* Perfume, stewing.
*Current Uses:* Cold remedies, upper respiratory inflammation, skin ailments.
*Source of vitamin C.*
*Methods of Preparation:* Tea, mouth rinse.
*Active Compounds:* tannins, aromatics

Used as ancient confetti, rose petals have been used for millennia in celebrations and ceremonies. The flowers are a significant source of vitamin C and the flowers are useful for treating colds, sore throats, and breaking fevers.

*What a pother have authors made with Roses! What a racket have they kept!* Culpeper (1653)

**BASIL, Ocimum basilicum.** Annual.
*Origin:* Asia, cultivated in India for 5,000 years
*Astrological Influence:* Mars, in Scorpio.
*Qualities:* Hot in the Second Degree, Wet.
*Historical Use:* culinary, ritual and religious
*Current Use:* Digestion aid, appetite stimulant, diuretic, antimicrobial.
*Active Compounds:* Eugenol, linalool, myrcene, phenols

A plant well known to the Greeks, basil appeared in European texts by 1387. The name Basil is derived from the Greek word for King, *basileus.* Basil was used as protection from the evils of witchcraft and planted as the protection for the dead. For centuries it was the symbol of love and fidelity in Italy and even until recent times it was exchanged by courting couples. Today, Basil is one of the most popular culinary herbs. It is used in butters and vinegars, soups, stews and salads.

*“Being laid to rot in horse-dung, it will breed venomous beastse. It expels both birth and after-birth; and as it helps the deficiency of Venus in one kind, so it spoils all her actions in another.”* Culpeper (1653)

**BEE BALM (Oswego Tea, Bergamot), Monarda didyma.** Perennial.
*Origin:* Eastern North America.
*Historical Use:* Tea for mouth infections, antiseptic for skin infections and minor wounds, used to treat flatulence.
*Current Use:* Digestive complaints, aromatic.

Bee Balm has many popular names, one being Oswego Tea. After the taxed tea from England was dumped into Boston Harbor, Revolutionaries turned to native teas and Bee Balm was one of the most popular. Its Botan-
ic name honors Dr. Nicolas Monardes, the first botanist to describe New World flora in 1569. Bee Balm is a decorative, medicinal, and fragrant herb beloved of bees and hummingbirds.

The root is used, making a decoction and drinking several swallows, at intervals, for pain in the stomach and intestines.\textsuperscript{6} James Mooney (1885)

**BEDSTRAW** (Ladies bedstraw), *Galium verum*. Perennial with spreading growth habit.

*Origin*: Europe to Japan

*Astrological Influence*: Venus.

*Historical Use*: Mattress stuffing, cheese rennet, dye.

*Active Compounds*: coumarin

Name comes from its usage; the soft dried plant was used to stuff mattresses, and the pleasant scent of the foliage actually kept away fleas and rats. The yellow flowers of the plant were also used to curd milk in cheese making. A red dye is obtained from the root, while the flowering shoots were used to make yellow.

The people of Tuscanie or Hetruria doe vse to turne their milke, that the Cheese which they make of Sheeps and Goats milke might be the sweeter and more pleasant in taste, and also more wholesome, especially to breake the stone, as it is reported.\textsuperscript{6} Gerard (1597)

**BETONY** (Wood Betony, Bishopwort) *Stachys officinalis*. Perennial,

*Origin*: Europe to Asia

*Astrological Influence*: Jupiter, in Aries.

*Qualities*: Hot and Dry in the Second Degree.

*Historical Use*: prevented ghosts, cure for drunkenness, diuretic, prevents bad dreams, anxiety, arthritis, gout.

*Current Use*: Tea as muscle relaxant.

The first reference to betony occurs in a work by the Roman physician Antonius Musa, who claimed it as effective against sorcery. Used as a medicine for centuries throughout the world, and for a wide variety of ailments, bishopwort has been viewed by herbalists as something of a panacea. Current herbalists prescribe betony to treat anxiety, gallstones, heartburn, high blood pressure, migraines, and to prevent sweating.

Profitable for old sores or filthy ulcers, yea, the they be fistulous and hollow... Being applied with a little hog's lard, it helps a plague sore, and other boils and poisons.\textsuperscript{6} Culpeper (1653)

**BLACK COHOSH** (Black Snakeroot), *Actaea racemosa* (formerly *Cimicifuga racemosa*). Perennial.


*Historical Use*: analgesic, sedative, anti-inflammatory

*Current Use*: Menopausal complaints, possible anti-cancer, may cause liver problems.

*Methods of Preparation*: Capsule, extract, tea, tincture

*Active Compounds*: Cimigenol, formononetin, estrogen and serotonin mimickers

Roots and rhizomes are widely used in treatment of menopausal symptoms and menstrual dysfunction. Native Americans originally used it for treatment of many conditions, including gynecological disorders. Native Americans used the rhizome of black cohosh for general malaise, kidney ailments, rheumatism, sore throat, and for conditions specific to women. Some of the early patent medicines contained high concentrations of black cohosh, and it was the main ingredient in Lydia Pinkham's famous 'Vegetable Compound,' drunk by women in the early nineteenth century to relieve menstrual stress and nervous tension. There exists considerable documentation of the potential benefit of a proprietary black cohosh for premenstrual and menopausal conditions.

**BLOODROOT**, (Puccoon Root), *Sanguinaria canadensis*. Perennial.

*Origin*: Northeastern North America.

*Historical Use*: inducing vomiting, wart removal

*Current Use*: dangerous, research into skin cancer treatment

*Methods of Preparation*: juicing root, powder, tonic

*Active Compounds*: alkaloids, toxin sanguinarine (ATP blocker, kills cells on contact)

*Special Precautions*: Toxic when used internally. This is the only species of Sanguinaria, and is considered rare. A blood red juice oozes from the reddish orange rhizome, hence the name Bloodroot. Native Americans and early settlers have prescribed Bloodroot for myriad medical conditions from skin cancers to sore throat. The root juice or powdered root is used for treating conditions of the skin, such as warts. Applying fresh juice directly onto the skin will cause a scab to form.

Because the juice is red like blood, it has pleased our Savage women and some other who follow them, to believe that it can cause abortion.\textsuperscript{6} Sarrazin-Vaillant (1708)

**GREAT BLUE LOBELIA**, * Lobelia siphilitica*. Perennial.


*Historical Use*: Treatment of syphilis, colds, skin conditions, fevers.

*Current Use*: No longer used in culinary or medicinal context.

*Methods of Preparation*: poultice applied topically, infusion, dried powder. Best if used fresh so compounds don't break down.

*Active Compounds*: alkaloid lobeline (similar effects as nicotine)
Native Americans traditionally used it to treat many different medical ailments. Commonly called the blue cardinal flower or great blue lobelia, this herb can be found growing in wet, fertile areas near wetlands. This herb received its Latin species name syphyllitica because it originally was used to treat syphilis. Its leafy, hairy stems contain a juice that has been used as a home remedy along with the leaves and stems. Parts of the plant also have been used to treat dropsy, diarrhea and dysentery.

Venereal disease is common. The Indians are likewise infected with it. There are examples of Frenchmen and Indians who had been radically and perfectly cured by the Indians within six months. Kalm (1749)


*Origin*: Mediterranean

*Astrological Influence*: Jupiter in Leo.

*Qualities*: Hot and Wet in the First Degree.

*Historical Use*: Cooling, febrifuge, anxiety.

*Current Use*: Seed oil for lowering blood pressure, menstrual regulation, and as an anti-inflammatory. Fresh leaves help kidney function and has diuretic properties.

*Methods of Preparation*: Seed oil, infusion, poultice, fresh leaves and flowers.

*Active Compounds*: omega-6 fatty acids, gamma linolenic acid. Contains small amounts of pyrroloizidine alkaloids that can cause liver damage and caner, so not recommended for constant use.

"Borage for courage" is a proverb traded since the Crusades when flower was floated in the Crusaders' wine to give them strength and courage. A good culinary herb; cook the leaves like spinach. The candied or fresh flowers are a decoration for any dessert, and the fresh blue blossoms are a pleasant addition to a punch bowl. The subtle flavoring of cucumber makes the leaves good for salads and garnishes. Also has been used for centuries in cooling summer drinks. It was a popular herbal remedy for fevers, chest complaints, and skin blemishes. Adverse interactions have been reported between borago and three types of prescription medications: anticoagulants (blood thinners), anticonvulsants (drugs to prevent seizures), and anxiolytics (tranquilizers).

Good for those that are weak in long sickness, and to comfort the heart and spirits of those that are in a consumption, or troubled with often swoonings, or passions of the heart. Culpeper (1653)


*Origin*: Europe to North Africa

*Historical Use*: Coat improvement and curing of worms in horses. Wood used for syphilis, sedative, rheumatism, oil used for hair growth, toothaches, leprosy.

*Current Use*: landscaping hedge

*Methods of Preparation*: tea, tincture, oil

*Active compounds*: many tannins, alkaloids buxine, parabuxine, and parbuxonidine.

The powdered leaves were given to horses to improve their coats and to cure bot-worms. Generally used as a woody shrub, it is used for bordering gardens. Boxwood is considered poisonous and should not be consumed in any form.


*Origin*: Europe, Northern Africa, Southwestern Asia.

*Astrological Influence*: Saturn, in Libra.

*Historical Use*: hemorrhages, cough, diuretic, lowers pulse and decreases heart rate, may stem bleeding and leaves were used as a bandage.

*Current Use*: garden ground cover

*Methods of Preparation*: Decoction, infusion, tincture

*Special Precautions*: considered poisonous

Medicinal plant for many centuries and popular at one time as meat covering to keep in juices and flavor. Today it is mostly employed as an attractive flowering ground cover for sun or shade. Historically the leaves and flowers, fresh or dried, were put into hot bath water, will restore aching muscles and frayed nerves. It produces excellent black dye for woolen fibers. Gerard and Culpeper recommend this herb against forward bursting and for strengthening the liver. Also considered a narcotic since it can lower the heartbeat. Also may cause damage to the thyroid.


*Origin*: Europe to Asia

*Astrological Influence*: Venus.

*Qualities*: Hot, Wet.

*Historical Use*: Expectorant, cuts, coughs, ulcers, bronchitis

*Methods of Preparation*: tea, poultice

*Current Use*: dye

Handsome blue flowers come very early in the season, but the root is most important for its dye, readily extracted by oils. Employed in pharmacy to give red color to cosmetics. Historically cooked like spinach, using the leaves and shoots of the plant.
Butterfly Weed stays the flux of the belly, kills worms, helps the fits of the mother. Its decoction made in wine, and drank, strengthens the back, and eases the pains thereof. It helps bruises and falls, and is as gallant a remedy to drive out the small pox and measles as any is; an ointment made of it, is excellent for green wounds, pricks or thrusts.

_BURNET_ (Medical Burnet), *Sanguisorba officinalis*. Perennial.
*Origin*: Northern Hemisphere around the world
*Astrological Influence*: Sun
*Qualities*: Cold, Dry.
*Historical Use*: Diuretic, astringent, styptic. Will stop nose bleeds, bloody dysentery, and heal wounds.
*Methods of Preparation*: use root or leaves for tea, poultice, and tonic
*Current Use*: garden plant, Chinese medicine

**Active Compounds**: Sanguin H-6 which has antioxidant properties

Historically an important wound herb, meaning it was used to stop the flow of blood. A tea made from the leaves was useful in reducing fever. The plant has pretty leaves, and it is a popular leaf to dry and use for pressed flower pictures.

A singular wound herb for all sorts of wounds, both of the head and body, either inward or outward, for all old ulcers, running cankers, and most sores—Culpeper (1653)

*Sanguisorba minor* is called Salad burnet and is eaten fresh as a salad herb. _S. minor_ is not as potent as _S. officinalis_, but can still act as a mild diuretic when made into a tea.

_BUTTERFLY WEED_ (Pleurisy Root), *Asclepias tuberosa*. Perennial.
*Origin*: Eastern and southern North America.
*Historical Use*: Coughs and Pneumonia, food, expectorant
*Method of Preparation*: dried roots made into powder
*Current Use*: Tea for colds, coughs, chest pains, eczema, dysentery

**Active Compounds**: Asclepiadin

Used by the Native Americans and colonists. Also called pleurisy root, it was considered a remedy for children’s pneumonia. Today it is considered an endangered species in the wild but is available as a cultivated plant. It is a good bee and butterfly herb, with exquisite orange flowers.

This fine vegetable is eminently entitled to the attention of physicians as an expectorant and diaphoretic. It produces effects of this kind with great gentleness and without the heating tendency—relieving the breathing of pleuritic patients in the most advanced stages of the disease. —I. Bigelow (1817-1820)

**CABBAGE, Brassica oleracea var. capitata**. Biennial.
*Origin*: Western and Mediterranean Europe.
*Astrological Influence*: Moon.
*Historical Use*: Inflammation, ulcers, food.
*Current Use*: Culinary

**Methods of Preparation**: compress, liniments, juice, cooked and eaten
**Active compounds**: Raffinose is a trisaccaride found in cabbage, beans, and other vegetables. Most mammals do not manufacture the enzyme needed to break down this complex sugar, thus if excessive consumption takes place, flatulence can occur. The enzyme to break down cabbage can be found in the supplement Bean-O.

The cultivated cabbage is derived from a leafy plant called the wild mustard plant, native to the Mediterranean region. Cabbage was well known to the ancient Greeks and Romans; Cato the Elder praised this vegetable for its medicinal properties, declaring that “It is the cabbage that surpasses all other vegetables.” In European folk medicine, cabbage leaves have been used to treat acute inflammation, bruises, sore throat, colic, fevers, and as a laxative. Fresh cabbage juice has also been shown to promote rapid healing of peptic ulcers. Cabbage contains high amounts of Vitamin K and C, and is an excellent source of the Vitamin B6 complex and folate. Other compounds found in cabbage have not been fully identified yet, but are undergoing research since it is theorized that these compounds may stimulate the production of detoxifying enzymes.

Cabbages are extremely windy, whether you take them as meat or as medicine: yea, as windy meat as can be eaten, unless you eat bag-pipes or bellows…—Culpeper (1653)

_CASTOR BEAN, Ricini communis*. Annual.
*Origin*: Northeastern Africa Mediterranean, and the Middle East.
*Historical and Current Use*: Laxative, industrial oil, ornamental, corn and wart removal, joint pain.

**Methods of Preparation**: Oil pressed from seeds
**Special Precautions**: Seeds contain ricin, a deadly poison. Ricin can be inactivated by heat treatment, and is typically absent from the oil.

The Castor bean is not a true bean, but a member of the spurge (Euphorbiaceae) family. It is the source of castor oil, which has a variety of uses and ricin, a poison. Castor seeds have been found in Egyptian tombs dating back to 4000 B.C. and the use of castor seed oil in India has been documented since 2000 B.C. Traveling medicine men in the late 1800s peddled castor oil, often mixed with as much as 40% alcohol, as a heroic cure for everything from constipation to heartburn. It also became a favorite ornamental plant of The Victorian era as it can attain heights up to 150in
one season and has striking seedpods and foliage. Castor oil and its derivatives also are used in many industrial products, including paint and varnish, fabric coatings and protective coverings, insulation, food containers, soap, ink, plastics, brake fluids, insecticidal oils, and guns. It is a primary raw material for the production of nylon and other synthetic resins and fibers, and a basic ingredient in racing motor oil for high-performance automobile and motorcycle engines.

**CATNIP, Nepeta cataria.** Perennial.
*Origin:* Europe, southwestern and central Asia.
*Astrological Influence:* Venus.
*Qualities:* Hot, Dry.
*Historical Use:* Fertility, anxiety, sleep aid, fever reducer, sore throats.
*Current Use:* Carminative, antispasmodic, sedative, astringent, diaphoretic.

Most cats will experience a high from catnip inhalation.

*Methods of Preparation:* Infusion, tincture, used in food production.

*Active compounds:* Nepetalactone,

*Special precautions:* Nepetalactone is similar to valepotriates (derived from Valerian) and acts as a mild nervous system sedative.

Very aromatic, resembles both Mint and Pennyroyal. Leaves and shoots are used as seasoning, but also has an old reputation as a medicinal herb. Catnip tea is very useful in colds, induces sleep and produces perspiration.

Good tea for restless children of all ages. It is also used in pains of the head coming of any cold cause, catarrhs, rheums, and for swimming and giddiness thereof. ø-Culpeper (1653)

**CELANDINE, (Greater Celandine) Chelidonium majus.** Perennial.
*Origin:* Europe naturalized in the United States and Canada.
*Astrological Influence:* Sun, in Leo.
*Qualities:* Hot and Dry in the Third Degree.
*Historical Use:* Diuretic, purgative, antiseptic, cataract treatment, skin conditions, scurvy.
*Current Use:* Purgative, wart removal.

*Methods of Preparation:* tincture, cordial, fresh juice, dried herb

*Active Compounds:* isouquinoline alkaloids

*Special Precautions:* Toxic in large or incorrect doses.

The whole plant is toxic in incorrect doses since it contains a range of alkaloids, but there are numerous therapeutic uses when used at the correct dosage. Uses included eye treatments for films covering the corneas, liver cleansing when mixed with wine, cauterizer for small surface wounds, and skin treatments for warts, ringworm, and corns. Current herbalists use its purgative properties. As far back as Pliny the Elder and Dioscorides, this herb has been recognized as a useful detoxifying agent.

The juice or decoction of the herb gargled between the teeth that ache, eases the pain. ø-Culpeper (1653)

**CHAMOMILE GERMAN, Matricaria chamomilla.** Self-sowing annual.
*Origin:* Eastern Europe and Western Asia.
*Historical and Current Use:* treatment of dyspepsia, antibacterial, wound healing stimulant, anti-inflammatory, sleep aid.

*Methods of Preparation:* infusion, tincture, poultice, rinse.

*Active Compounds:* flavonoids (apigenin and luteolin), volatile oils, coumarins.

*Special Precautions:* Coumarin present in chamomile can interact with blood thinning medications. People sensitive to ragweed may find they are sensitive to chamomile due to the close relations of the plant and the pollen of chamomile is sometimes consumed.

Used as a tonic and sedative, and will help with sleeplessness. The relaxing aroma was also inhaled as snuff to relieve asthma. Also good for stomach discomfort. Flowers are also used in facial steams to soften and whiten the skin and has been found to make a calming lotion for the skin.

**CHAMOMILE, ROMAN/ENGLISH, Chamamaelemum nobile.** Perennial.
*Origin:* Western Europe.
*Astrological Influence:* Sun.
*Qualities:* Hot and Dry in the First Degree.
*Historical Use:* Mild sedative, strewing herb, headache, colds, flu, stomach disorders and gastrointestinal disorders.

Roman Chamomile was called Ground Apple by the Ancient Greeks because of its smell; Chamomile was Imaythenô to the Anglo-Saxons. Significantly shorter than German Chamomile, and can be used as a ground cover.

Supplements and teas sold today as Chamomile are a blend of several species that have the same properties and have the same effects medicinally.

**CHERVIL, Anthriscus cerefolium.** Biennial
*Origin:* Europe.
*Historical Use:* Nutritional rejuvenation.
*Methods of Preparation:* tea, essential oil, added last to soups.

*Active Compounds:* Methylchavicol, hendecane. Antioxidant activity.
Special Precautions: When adding to foods, add last since compounds degrade quickly in heat. The tender young leaves have been used in spring tonics for thousands of years, dating back to the ancient Greeks. It was thought to combat the nutritive deficiency brought on by winter, rejuvenating the body. Chervil does act to clear the liver and kidneys. Good for sluggish digestion and used as a culinary herb. It makes a fine addition to salads with its fresh anise flavor. Also used as a poultice for sore joints and a gentle eyewash.

Very good for old people that are dull and without courage: it rejoiceth and comforteth the heard, and increaseth their lust and strength.ōį Gerard (1597)

CHIVE, Allium schoenoprasum. Perennial.
Origin: Northern Hemisphere
Astrological Influence: Mars
Historical Use: Circulatory system, mild stimulant and diuretic, high vitamin A and C, as well as calcium and iron
Current Use: Culinary
Methods of Preparation: Consumed fresh
Active Compounds: Sulfuric compounds

Chives have been used since at least 300 B.C. in China, and likely very early in in Europe. Today, chives can be used in just about any culinary situation, and ornamentally. The flowers are also appropriate for use in all recipes where chive greens can be used. Very easy to grow at home, but it will spread.

CLARY SAGE, Salvia sclarea. Biennial.
Origin: Mediterranean and central Asia, introduced into Britain in 1592.
Astrological Influence: Moon.
Qualities: Hot and Dry in the Third Degree.
Historical Use: eye health, anxiety, female health
Current Use: Aromatherapy, vermouth and liqueur flavoring, perfume

The English name Clary comes from the fact that seeds have been used for clearing of the sight. The seeds have a mucilaginous coating which was placed in the eye if it had a foreign object in it, and the foreign object would adhere to the seed and be taken away with it. It has also been employed for digestive complaints and in kidney/back ailments.

Ye, it is said to be so powerful to consolidate and knit together, that if they be boiled with dismembered pieces of flesh in a pot, it will join them together again.ōį Culpeper (1653)

Astrological Influence: Jupiter.
Historical Use: Kidney function.
Current Use: ornamental, multiple varieties

A decorative, fragrant and medicinal herb favored in early New England and Colonial revival gardens. A good bee herb named both for the month in which they were first known to bloom (July) and the fringed edge of the flower which gave it the appearance of having been cut with pinking shears.

Wonderfully about measure doth comfort the heart, being eaten now and then.”ōį Gerard (1597)

COMFREY (Knit-bone) Symphytum officinale. Perennial.
Origin: Europe and Southwestern Asia.
Astrological Influence: Saturn in Capricorn.
Qualities: Cold, Dry/Wet.
Historical Use: Decongestant, skin treatments for burns, sprains, broken bones, skin ailments.
Current Use: Wound healing, compost activator, fertilizer.
Methods of Preparation: Ointment, salve, extract, gargle.
Active Compounds: Allantoin, pyrrolizidine alkaloids, mucilage
Special Precautions: Liver toxicity and ultimate failure when used internally and incorrectly. Not recommended today for internal use.

An important medicinal herb used for centuries as a wound herb. Historically it was used medicinally as a poultice or in healing salves to mend bones or heal wounds. Its historic name of knit-bone has been given some greater current validity as one of its active compounds, allantoin, has been found to stimulate cellular regeneration.

Ye, it is said to be so powerful to consolidate and knit together, that if they be boiled with dismembered pieces of flesh in a pot, it will join them together again.ōį Culpeper (1653)

Comfrey species hybridize freely across Europe, and are all used in the same way medicinally. Today, the comfrey available is a well-known hybrid (S. × uplandicum ‘Russian Comfrey’) that has larger leaves, less toxic alkaloids, and is sterile so it will not be as aggressive as wild plants, but will still get very sizable. It is possible to divide the sterile comfrey by root divisions to create more plants if desired.

CLOVE PINKS (Clove Gillyflower) Dianthus caryophyllus. Perennial.
Origin: Eurasian origin.
PURPLE CONEFLOWER (Echinacea), *Echinacea purpurea* (pink) and *E. angustifolia* (light pink). Perennial.

*Historical Use*: Snake bites, throat infections, wounds, burns.

*Current Use*: Immune system support, shown to stimulate L-DOPA in mice.

*Methods of Preparation*: Infusion, tincture, ointment, poultice, raw root

*Active Compounds*: Many phenols that have antioxidant activity

Native Americans used Echinacea to treat snakebites, wounds, toothaches, and throat infections. Early settlers adopted the plant as a remedy for colds, while today this plant has become recommended for immune system support. Cultivated coneflowers are usually *E. purpurea*, although the *E. angustifolia* is considered more potent by some practitioners, and was preferred by the Native Americans. In the late 1990s, Echinacea was among the top-selling herbal medicines in the United States (ABC). Both roots and leaves are used, although only the leaves have been approved for medicinal use by the German Commission E (ABC). Numerous studies have not still been able to prove that Echinacea supplements improve anything, with many supplements not containing the amounts of Echinacea that they claim. Low quality is likely due to the popularity of the supplement.

CORIANDER/CILANTRO, *Coriandrum sativum*, Annual.

*Origin*: Europe.

*Qualities*: Dry: Leaves Cold, Seeds Hot.

*Historical Use*: Digestive aid and for flatulence.

*Current Use*: Dyspeptic complaints, loss of appetite, carminative.

*Methods of Preparation*: Infusion, tincture, fluidextract

*Active Compounds*: Volatile oils, monoterpenes hydrocarbons, fatty acids, tannins, coumarins, flavonoid glycosides

*Special Precautions*: Some people find the taste of cilantro to be quite offensive. This is due to genetics and the ability to smell certain volatile compounds.

The leaves of cilantro and the seeds of coriander are used in cooking all over the world, and are included in traditional Asian cuisine, authentic curries, and pickles and sausages. Cilantro has also made its way into Mexican cooking, and has become a standard ingredient. Coriander seeds improve the flavor of other medicinal preparations. Once, Coriander seeds were thought to have aphrodisiac effects and were made into perfumes. Coriander has been used in traditional Greek, Chinese, and Ayurvedic medicine as a stomachic, digestive, and carminative (ABC).

Coriander seed prepared and covered with sugar, as comfits, taken after meat closeth vp the mouth of the stomacke, staith vomiting, and helpeth digestion...ó† Gerard (1597)

COSTMARY (Bible leaf, Ale-cost) *Tanacetum balsamita*. Perennial.

*Origin*: Asian

*Astrological Influence*: Jupiter.

*Historical Use*: Flavoring to ales and wines, sweetening rooms and linens, treating dysentery and strengthening the liver.

*Current Use*: Potpourri, hair rinses, astringent

*Methods of Preparation*: Tea, eaten fresh, essential oil

*Active Compounds*: Carvone oil, beta-thujone, other compounds

The different names for Costmary come from its many historical uses. In the middle ages, costmary was widely associated with Mother Mary, thus named after her. In England it was an ingredient to make ales and wines more flavorful. It is said to have been once used by colonists as bible markers, and chewing on leaves were said to keep patrons awake during long sermons.

ó† It is astringent to the stomach, and strengthens the liver, and all the other inward parts; and taken in whey works more effectually.ó† Culpeper (1653)

SPOTTED GERANIUM (Alum root, Old Maids Nightcap) *Geranium maculatum*. Perennial.

*Origin*: North America.

*Historical Use*: Astringent, used to control bleeding, tea was made for toothaches, and roots used to treat hemorrhoids.

*Current Use*: Garden plant

*Methods of Preparation*: Tea, tonic, fresh and dried roots

*Active compounds*: Tannic and gallic acid

Dried root was used historically for astringent properties, bleeding and diarrhea. The roots were mashed up and used to treat hemorrhoids, and a tea was made for toothache pain. Was also believed to help cholera. Also an attractive perennial geranium for the garden, and will attract beneficial insects.

ó† The herbe and roots dried, beaten into a most fine pouder, and given half a spoonfull fasting for the space of one and twenty days together, cure miraculously ruptures or burstings.ó† Gerard (1597)


*Origin*: Southwest Asia and India, naturalized in Europe

*Astrological Influence*: Mercury.

*Qualities*: Hot and Dry in the Second Degree.

*Historical Use*: Jaundice, headaches, boils, nausea, liver problems
Current Use: culinary herb, antimicrobial activity, headaches, insecticide

Methods of Preparation: seed, whole herb. Teas and perfumes.
Active Compounds: oils of carvone, limonene, dill ether, myristicin.
Special Precautions: reports claim dill can cause photosensitivity and dermatitis.

Prized during the middle Ages as a charm against witchcraft, dill has always been popular medicinal and culinary herb. The seeds are used in pickling, the leaves, flowers and immature seeds are used in salads and on fish. The fruits were known to the early American settlers as Meeting House Seeds as they were taken to Sunday worship and chewed through the long sermons.

EGYPTIAN WALKING ONION, Allium × proliferum. Perennial.
Origin: India and southern Asia
Historical use: culinary
Current use: culinary
Methods of Preparation: cooked into other dishes
Active compounds: sulfur compounds

Egyptian walking onions are a hybrid onion of the common onion (Allium cepa) and the bunching onion (A. fistulosum). Though the plant is sterile, it reproduces asexually by bearing new bulbs on top of the stems, called bulbils. Bulbils will grow into entirely new plants as bulbils mature on the top of the plant, the weight causes the stem to bend down to the ground, allowing the bulbils to start their own root systems in the soil; hence the name, walking onion. Walking onions are extremely prolific and cold tolerant, and are grown across the northern hemisphere.

ONION, Allium cepa. Annual.
Origin: Western Asia, India
Astrological Influence: Mars
Historical Use: Food
Current Use: Cooking, appetite stimulant, antibacterial
Methods of Preparation: fresh or dried bulb, infusion, tincture.
Active Compounds: sulfur compounds

Onions are flatulent, or windy; yet they do somewhat provoke appetite, increase thirst, ease the belly and bowels, provoke women’s courses, help the biting of a mad dog, and of other venomous creatures. Culpeper (1653)

ELECAMPANE (St. Helen’s herb), Inula helenium. Perennial.
Origin: Eurasia
Historical Use: respiratory, gastrointestinal and urinary diseases.
Methods of Preparation: root and rhizome, tonics, cordials, and powdered
Active Compounds: inulin
Special Precautions: potential for severe allergic reaction.

Elecampane has been used since antiquity, and remains popular for the curing of lung ailments and for skin infections. Its mythology states that it sprang from the tears of Helen of Troy after her capture by Paris. Today it can still be found in some cough medicines. A wonderful tall perennial used ornamentally for its large leaves and attractive yellow flowers in late summer. Especially favored for bronchitis, and historically the root was candied for ease of consumption (Tuberculosis). Due to risk of allergic reaction caused by scarce sesquiterpene lactones, the German Commission E does not approve internal use of elecampane (ABC).

The fresh roots of Elecampane preserved with sugar, or made into a syrup or conserve, are very effectual to help the cough, shortness of breath, and wheezing in the lungs. Culpeper (1653)

EUROPEAN GINGER, Asarum europaeum. Perennial.
Origin: Europe.
Historical Use: may have been used as flavoring

A culinary herb with a mild ginger flavor and attractive glossy green leaves that are also useful as ground cover for shady areas.

Ginger, as Dioscorides reporteth, is right good with meate in sauces, or otherwise in conditures: for it is of an heating and digesting quality candied, greene or condited Ginger is hot and moist in qualitie. Culpeper (1597)

FENNEL, Foeniculum vulgare. Reseeding annual.
Origin: Middle East.
Astrological Influence: Mercury, in Virgo.
Qualities: Hot and Dry in the Third Degree.
Historical Use: pain and discomfort of the digestive system, weight reduction, eye irritation
Current Use: treatment of dyspepsia and stomach complaints, expectorant for the upper respiratory tract, culinary herb.
Methods of Preparation: infusion, lozenge, juice, syrup, tincture, honey
Active Compounds: essential oils (anethole, estragole, fenchone), flavonoids

The continued use of the seed and oil in modern herbal medicine for stomach complaints and as an expectorant has been accepted by modern chemical analysis. In addition, the herb, stalk, seed and root are widely used for culinary purposes (ABC and Gale). Fennel is a main ingredient in
absinthe. Bulb fennel is often sold under the misnomer ëAniseïat grocery stores.

> The distilled water of the whole herb, or the condensate juice dissolved, but especially the natural juice, that in some counties issues out hereof of its own accord, dropped into the eyes, cleanses them from mists and films that hinder the sight.ôí Culpeper (1653)

**FEVERFEW, Tanacetum parthenium.** Self-sowing biennial.

*Origin:* Eastern Europe.

*Astrological Influence:* Venus.

*Qualities:* Hot in the First Degree, Dry in the Second Degree.

*Historical Use:* Digestion.

*Current Use:* Headaches, digestion, arthritis.

*Methods of Preparation:* infusion, syrup, tincture.

*Active Compounds:* sesquiterpene lactones, pyrethrins, flavonoids, tannins

*Special Precautions:* may cause dermatitis or mouth irritation

> A medicinal herb once considered effective in warding off disease and used as a bitter herb to stimulate digestion. Today the plant is most notably used for headaches and migraines. It is useful as an insect repellent and also relieves insect bites.

> The herb bruised and heated on a tile and applied warm outwardly to the places, helps the wind and cholic in the lower part of the belly.ôí Culpeper (1653)

**FLAX, Linum perenne.** Annual.

*Origin:* Eastern Europe, Caucasus Mountains

*Astrological Influence:* Mercury.

*Qualities:* Hot in the First Degree, Wet.

*Historical Use:* Laxative, inflammation.

*Current Use:* Laxative, demulcent, bowel complaints, cough and cold remedies, anti-carcinogen.

*Methods of Preparation:* poultice,

*Active Compounds:* lignans, cyanogenic glycosides, triterpenes, ë-linolenic acid and other fatty acids

*Special Precautions:* cyanogenic glycosides are potentially toxic in large quantities.

Textile and medicinal plant with long fibrous stems utilized in making linen since ancient times. This attractive blue flowering herb has long flowering period and yields the ëflax seedî of flax seed utilized in linseed oil, and as an anti-inflammatory used to relieve pain. The seeds are also used widely in baking.

**FOXGLOVE (Folksglowes), Digitalis purpurea.** Biennial.

*Origin:* Europe.

*Astrological Influence:* Venus.

*Historical and Current Use:* heart and circulatory issues, kidney

*Methods of Preparation:* dry leaves harvested from 2 year old plants only.

*Active Compounds:* glycosides Digitoxin, Digitalin, Digitalein, Digitonin

*Special Precautions:* may cause heart failure at any dose. Considered highly toxic.

> Of all the medicinal herbs for the heart, especially for heart problems associated with arteriosclerosis or hypertension, Foxglove is without a doubt the most beneficial. Cardiac glycosides found in foxglove are used in pharmaceuticals to treat arrhythmic heartbeat and heart failure (Gale). However, this is also a very dangerous herb that can be fatal if taken inappropriately, with a thin margin between therapeutic and fatal dosage. Glycosides found in Foxglove increase the activity of muscle tissue and the circulatory system. Foxglove causes the heart and arteries contract, giving a rise in blood pressure and slowing the pulse. The internal capacity of the heart is reduced, thus increasing blood flow. Foxglove sometimes works as an antidote for Aconite poisoning.

> Has been found by late experience to cure divers of the falling sickness, that have been troubled with it above twenty years. I am confident that an ointment of it is one of the best remedies for scabby head that is.ôí Culpeper (1653)

**GARLIC, Allium sativum.** Perennial.

*Origin:* Asia

*Astrological Influence:* Mars.

*Qualities:* Hot and Dry in the Fourth Degree.

*Historical Use:* Food, respiratory, digestion, parasites, energy levels

*Current Use:* improving cardiac health, culinary, immune system

*Methods of Preparation:* eaten raw and cooked, juice, syrup, tincture

*Active Compounds:* sulfur compounds, allicin

*Special Precautions:* odor may permeate the breath and skin, may cause allergic reaction

People have used garlic for thousands of years, both as food and medicine, and it was considered a ësure-allî. One of the most famed usages of garlic occurred during the Middle Ages, when garlic was reputed to have been highly effective against the plague. Before antibiotics were widely available, garlic was used as a treatment for battle wounds and preventative for gangrene during both World Wars by juicing the bulbs and plants (Gale). Garlic can be used in the treatment of a variety of bacterial, viral, and fungal infections. Modern studies show that garlic can improve immune function and may even help in the prevention of cancer. To be of benefit in chronic
conditions, garlic should be used daily over an extended period of time (Gale). Garlic is propagated asexually with the division of the bulb into cloves as it typically does not produce much seed.

A good preservative against, and a remedy for any plague, sore, or foul ulcers. òi Culpeper

There are 2 types of garlic, hard-neck (A. sativum var. ophioscorodon) and soft-neck garlic (A. sativum var. sativum). Hard neck survives better in colder climates, while soft neck is typically grown in warmer areas.

GARLIC CHIVES, Allium tuberosum. Perennial.
Origin: Southeastern Asia
Current Uses: Culinary, ornamental
Active compounds: sulfur compounds
Special Precautions: Poisonous to dogs

An easy ornamental and culinary plant, garlic chives bear a sweet scented edible white flower in August. It is a flavoring herb and excellent bee herb. Typically used in the same way as chives, and garlic chives are essential to many Asian dishes. Garlic chives spread as readily as regular chives do, from seed and from root rhizomes. Garlic chives are said to be poisonous to dogs, and may repel moths and other insects.

GERANIUMS, SCENTED, Pelargonium species. Temperennial.
Origin: Africa, most variety in South Africa
Historical Use: intestinal treatment, wounds, fevers, kidney problems, astrigent, tonic, antiseptic, culinary
Current Use: aromatic, culinary
Active Compounds: Various oils, including geraniol, citronellol, linalool, menthone, pinene, limonene, flavonoids, tannins, phenolic compounds

There are over 200 species of scented geranium in the world, and this genus has been highly hybridized and bred for its bright flowers and scented foliage. Scented geraniums are grown for fragrant leaves and attractive single flowers. Used historically in potpourris and sachets, sugars, jellies, desserts, and drinks. Pelargonium quickly became one of the most popular plants in cultivation. Rose scented geranium is the main source for the scent of rose in most perfumes, and many other scented Pelargoniums are used in aromatherapy today.

GERMANDER, Teucrium chamaedrys. Perennial.
Origin: Europe and Caucasus Mountains
Astrological Influence: Mercury
Historical Use: Gout, febrifuge.
Current Use: ornamental, hedge

A very popular medicinal herb that was used as the main remedy for gout. Also used for asthma, ulcers, and coughs. Today it is most often used as low ornamental hedge. Often used in knot gardens and as a border since it can be clipped and sheared.

It is also good against all diseases of the brain, as continual headache, falling-sickness, melancholy, drowsiness and dullness of the spirits, convulsions and palsies. òi Culpeper (1653)

GOLDEN MARGUERITE (Golden Chamomile), Cota tinctoria (Anthemis tinctoria) Perennial.
Origin: Europe and Asia
Historical Use: Dye
Current Use: ornamental

A decorative plant, related to Chamomile, which yields a bright yellow dye. Tinctoria is Latin for dyeing or staining, and is generally used as a species binomial identifier for plants that contain strong pigments.

HOLLYHOCK, Alcea rosea. Biennial.
Origin: China
Astrological Influence: Venus
Qualities: Hot, Wet
Historical Use: emollient, diuretic, demulcent

Common in eastern medicine, hollyhock has been used as both a pot-herb in difficult times and the roots have been used medicinally. Teas and tinctures are typically made to treat kidney stones. Currently, hollyhock is considered a standard garden plant, though they are much beloved by rodents and other pests.

The roots, leaves, and seeds serve for all those things for which the Wilde Mallowes doe, which are more common and familiarly used. òi Gerard (1597)

HOPS, Humulus lupulus.
Origin: Northern Hemisphere world wide
Astrological Influence: Mars
Qualities: Hot and Dry in the Second Degree
Historical Use: brewing beer, sedative, digestive aid, antibacterial.
Current Use: treatment of restlessness, anxiety, and sleeplessness
Methods of Preparation: infusion, decoction, tincture, extract
Active Compounds: Lupulin

Used in brewing in Europe since at least the 11th century, but never included in traditional English ale. Hops were originally used to increase the shelf life of beverages and stave off decomposition. Hops have a relaxing effect upon the central nervous system. They are used for treatment of insomnia,
and will ease tension and anxiety. Hops were used in traditional Native American, Ayurvedic, and Chinese medicine. Each tradition found numerous medicinal uses for the herb, but use as a sedative and treatment for restlessness and anxiety is common to all three (ABC). Hops are dioecious, and have separate male and female plants. Female plants and flowers only are used in brewing.

The decocion of the flowers and hops, do help to expel poison that any one hath drank.ō- Culpeper (1653)

WHITE HOREHOUND, Marrubium vulgare. Perennial,
*Origin:* Europe and Mediterranean to central Asia.
*Astrological Influence:* Mercury.
*Historical Use:* Expectorant for respiratory ailments, expels worms
*Current Use:* lozenge candy for sore throats, digestion aid, inflammation
*Methods of Preparation:* infusion, extract, lozenge, syrup, tincture
*Active Compounds:* diterpenes, marrubic acid, marrubiin.

The Romans esteemed horehound for its medicinal properties. Horehound is known for its use as an expectorant in the treatment of lung troubles and coughs. It was frequently used as a bitter herb to aid digestion. Horehound candies are an old-fashioned remedy for coughs still available. A 2011 study concluded that white horehound essential oil has antimicrobial and anticancer properties.

A decocion of the dried herb, with the seed, or the juice of the green herb taken with honey, is a remedy for those that are short-winded, have a cough, or are fallen into a consumption.ō- Culpeper (1653)

HORSERADISH, Armoracia rusticana. Perennial.
*Origin:* Eastern Europe
*Historical Use:* digestion, scurvy, dropsy, arthritis, chilblains, persistant cough, worms.
*Current Use:* muscle aches, culinary
*Methods of Preparation:* infusion, poultice, fresh root, extract, syrup, sauce with meals and meat
*Active Compounds:* Sinigrin (crystalline glycoside). Bruising (cutting) the root cells creates the volatile oil Allyl which is highly pungent and hot, but does not exist without damage to the root cells.
*Special Precautions:* may cause gastrointestinal discomfort.

Both root and leaves were used as medicine during the Middle Ages, and as a condiment in Denmark and Germany. Horseradish then continued to spread to the rest of Europe, where it became a popular condiment for the working class, especially with difficult to digest meals and for people who had chronic pain.

The Horse Radish stamped with a little vinegar put thereto, is commonly used among the Germans for saue to eate fish with and such like meates as we do mustarde.ō- Gerard (1597)

HORSETAIL (Field Horsetail), Equisetum arvense. Perennial.
*Origin:* Temperate regions of the Northern Hemisphere.
*Astrological Influence:* Saturn.
*Historical Use:* Urinary and kidney problems, gout, arthritis, skin disorders
*Current Use:* Externally for aiding in wound-healing, internally for inflammation of the urinary tract and kidney stones.
*Methods of Preparation:* decoction, infusion, tincture, compress
*Active Compounds:* silica, potassium, calcium

Horsetail is a prehistoric botanical relic, close relative of the non-vascular dreesōthat grew on earth almost 300 million years ago in the Carboniferous period, when the trees were giant ferns and horsetails. Horsetail’s brittle jointed stems are rich in healing silica; the Greeks used Horsetail for wounds. Native Americans used horsetail to glaze pottery. Horsetail is used in contemporary medicine as a weak diuretic, treatment for infections of the lower urinary tract, and aid to slow-healing wounds that heals bones and strengthens connective tissue (ABC).

It is very powerful to staunch bleeding either inward or outward, the juice or the decocion thereof being drank, or the juice, decoction, or distilled water applied outwardlyōi Culpeper.

The species Equisetum hyemale is present in the herb garden and is considered toxic.

HOUSESLEEEK (Hens and Chicks), Sempervivum tectorum. Perennial
*Origin:* Central Europe.
*Astrological Influence:* Jupiter.
*Qualities:* Cold, Wet.
*Historical Use:* Aloe substitute, astringent.
*Current Use:* Decorative plant.

Hens and Chicks was originally had many common names, all involving the roman god Jupiter (Jupiter’s Beard, Thunderbeard), and was greatly revered and planted by the Romans. The large sprays of flowers were said to resemble the beard of Jupiter. Hens and chicks were thought to protect your house from lightning and fire, and Charlemagne had every household plant hens and chicks on the roof, a custom common still today throughout Europe. Houseleek literally means houseleek in Old English. Historically the plant was used like aloe as a wound herb for burns and cuts,
strong astringent properties and as a remedy for shingles. Today it is most
commonly used in rock gardens and low perennial borders. The main plant
(the hen) grows smaller offshoots around itself (the chicks) before flower-
ing, seedling and dyeing so the chicks have room to grow.
ft cools and restrains all other hot inflammations, St. Anthony’s
fire, scaldings and burns, the shingles, fretting ulcers, cankers, terrors,
ingworms, and the like.î Silpeper (1653)

HYSSOP, Hyssopus officinalis. Perennial.
Origin: southern Europe and Asia.
Astrological Influence: Jupiter, in Cancer.
Qualities: Hot, Dry.
Historical Use: expectorant, chest complaints, insect repellent.
Current Use: expectorant, antiviral, garden ornamental
Methods of Preparation: infusion, tincture, essential oil.
Active Compounds: terpenes, marrubiin, flavonoids, hyssopin,
Special Precautions: use of essential oil may cause nausea, dizziness, or
convulsion. May cause miscarriage.
Historically it was used as a culinary herb, an expectorant to purge
phlegm and bitter herb to promote digestion. Oil from plants and flowers
was valuable in perfumery, and the oil was thought to ward off plague. A
tea made of the leaves is said to help with flatulence and stomach aches
and a poultice is said to heal wounds.
ft helps to expectorate tough phlegm, and is effectual in all cold
griefs or diseases of the chests or lungs.î Silpeper (1653)

JOE-PYE-WEED (Purple Boneset), Eupatorium purpureum.
Origin: North America.
Historical Use: treatment of urinary tract problems, diaphoretic, arthritis
Current Use: garden ornamental, butterfly host plant
Methods of Preparation: infusion, tincture
Active Compounds: Euparin, Eupurpurin
Special Precautions: Toxic in large doses.
The popular name of Joe or Joe-Pye is taken from an American
Indian who used it to cure typhus by inducing extreme sweating. Today it
is most commonly used as a tall flowering perennial and butterfly plant.
An infusion of a handful of it vomits and purges smartly. An ounce
of the rootî in smaller doses the Dutch peasants take it as an alternative
and antiscorbutic.î Cutler (1785)

JOHNNY JUMP UP (Heartsease), Viola tricolor. Self-sowing annual.
Origin: Europe.
Astrological Influence: Saturn, in Cancer.
Qualities: Cold.
Historical Use: epilepsy, asthma, heart problems
Current Use: treatment of skin diseases, garden annual
Methods of Preparation: infusion, cordial, syrup, ointment, poultice
Active Compounds: Violene
Also known as Heartsease, it was associated with love and was said to
ease and gladden the heart. As a medicinal herb, it was used in cough syr-
ups, cordials, and skin ointments and compresses.
ft a gallant remedy for the inflammation of the lungs and breasts, pleurisy,
scams, itch, etc.î Silpeper (1653)

LADY’S MANTLE, Alchemilla vulgaris. Perennial.
Origin: Europe to Western Asia
Astrological Influence: Venus.
Historical Use: healing wounds, stops bleeding, general illness
Current Use: ornamental
Methods of Preparation: Infusion, tincture, powdered root
Active Compounds: high in Tannins
Special Precautions: may cause violet purging
Herb and border plant for knot gardens, pathways and flower borders. The
name Alchemilla comes from the Arabic word for alchemy, since it was a
cure all and had so many healing properties. Dew collected from the leaves
was likened to an alchemical reaction, turning morning dew into a jewel at
the center of each leaf. That dew gathered on Mayday was said by some to
have magical properties to make the gardener young again, for others, a
spring cosmetic used for the complexion. As with other herbs which includ-
ed Lady, mother, or dame in the name, this herb was also used for women’s
health and was thought to help breast reduction.
The distilled water drank for 20 days together helps conception,
and to retain the birth; if the women do sometimes also sit in a bath made of
the decoction of the herb.î Silpeper (1653)

LAVENDER, Lavandula species. Perennial in most climates.
Origin: Eurasia.
Astrological Influence: Mercury.
Qualities: Hot and Dry in the Third Degree.
Historical Use: Antiseptic, bath additive, insect repellant.
Current Use: Anxiety, culinary, antiseptic, skin treatments and burns
Methods of Preparation: infusion, essential oil, flowers used fresh or dried
Active Compounds: lavandulol, linalool, camphor, numerous other terpenes
and keytones present
Lavender has been used as a fragrance and for its calming proper-
ties, generally through use in sachets, bath waters, potpourri, soaps and
essential oils. The culinary use of lavender makes use of essential oils to infuse food, or makes use of the fresh or dried flowers. Lavender bags placed among linens and clothing acts as both a perfume and moth and insect repellant. It also has a long history as a hedging herb in garden since it many climates it can be turned into a low woody hedge. The genus name Lavandula comes from the latin worm lavender, meaning to wash. Lavender was a common additive in the bath houses of the Greeks and Romans.

The chymical oil drawn from Lavender, usually called Oil of Spike, is of so fierce and piercing a quality, that it is cautiously to be used, some few drops being sufficient, to be given with other things, either for inward or outward griefs.\textsuperscript{1} Culpeper (1653)

LEMON BALM, Melissa officinalis. Perennial.
\textit{Origin:} Southern Europe
\textit{Astrological Influence:} Jupiter, in Cancer
\textit{Qualities:} Hot and Dry in the Second Degree
\textit{Historical Use:} Dressing for wounds, gout, fevers, induces perspiration
\textit{Current Use:} sedative for sleeping disorders, gastrointestinal complaints
\textit{Methods of Preparation:} infusion, medicinal beverages, essential oil
\textit{Active Compounds:} citronellal, geraniol, linalyl acetate, caryophyllene

Lemon balm has been used as a strewing herb on tables and floors to keep them sweet smelling and to keep insects at bay. Lemon Balm is also a cheaper source for lemon oil in furniture polish. Dried leaves retain their lemon scent and are used in teas, soups, and on fish. Fresh, it is used in salads and drinks. Lemon balm is the main ingredient in the drink called Carmelite Water, which is an alcoholic drink created by the Carmelite Nuns from St. Just Abbey in the 14\textsuperscript{th} century. This drink is still for sale as an herbal tonic in Germany.

\textit{Dioscorides} says, that the leaves steeped in wine, and the wine drank, and the leaves externally applied, is a remedy against the stings of a scorpion, and the bitings of mad dogs.\textit{\textsuperscript{2}}- Culpeper (1653)

LEMON VERBENA, Aloysia citriodora. Tender perennial.
\textit{Origin:} South America
\textit{Historical and Current Use:} Perfumes, ornamental, culinary, colds, fevers, diarrhea, dyspepsia

Lemon verbena was brought back from South America by the Spanish in the 17\textsuperscript{th} century and it made its way to England by 1784. While lemon verbena has never become a stand-by medicinal plant, the scent has become common in perfumes, soaps, candles, and room fresheners.

LOVAGE, Levisticum officinale. Perennial.
\textit{Origin:} Mediterranean.
\textit{Astrological Influence:} Sun, in Taurus.
\textit{Qualities:} Hot.
\textit{Historical Use:} Antispasmodic, diuretic, kidney health, stimulant, good for fevers and stomach aches
\textit{Current Use:} culinary, fresh and dried
\textit{Methods of Preparation:} infusion, cordial, fresh eaten
\textit{Active Compounds:} quercetin

Closely related to celery, Lovage tastes stronger, is perennial, and a much larger plant. Every part of Lovage can be consumed by humans. The roots and the seeds were used medicinally to stimulate digestion, for jaundice and urinary problems, and to counteract flatulence. It is used today in salads, soups, stews, and dips. Originally, lovage was the number one medicinal herb, but was replaced by angelica, another close relative with similar properties.

\textit{\textsuperscript{3}}Eases all inward gripings and pains, dissolves wind, and resists poison and infection.\textit{\textsuperscript{4}}- Culpeper (1653)

MADDER, Rubia tinctorum. Perennial.
\textit{Origin:} Eurasia.
\textit{Astrological Influence:} Mars.
\textit{Historical Use:} Red dye, treatment of jaundice and palsy
\textit{Active Compounds:} alizarin, rubiadin, purpurine
\textit{Special Precautions:} not approved for internal use, may cause miscarriage and is a proven rat carcinogen.

Madder has been used as the main source of red dye for many cultures, and is especially famous in Turkey, where it is called Turkish red.\textit{\textsuperscript{5}}The roots are the main source of the dye, and changes in strength with the season, being strongest at the end of the season when root storage is filling to capacity for winter.

\textit{\textsuperscript{6}}Available for the palsy and sciatica, and effectual for bruises inward and outward, and is therefore much used in vulnerary drinks.\textit{\textsuperscript{7}} Culpeper (1653)

POT MARIGOLD, Calendula officinalis. Self-sowing annual.
\textit{Origin:} Eurasia and Africa
\textit{Astrological Influence:} Sun, in Leo
\textit{Qualities:} Hot in the Second Degree, Dry.
\textit{Historical Use:} Antiseptic, skin disorders, cooking, decoration.
\textit{Current Use:} internally/ topically as an anti-inflammatory, improve wound healing
\textit{Methods of Preparation:} infusion, tincture, ointment, petals fresh in salads
Active Compounds: triterpenes, numerous polyphenols, carotenoids, polysaccharides

Flower petals were used fresh and dried in great quantity for winter use in soups and stews due to the light peppery taste and flavor. Calendula is still used today in cosmetic aids and hair tonics. Today the petals are used in cooking, for wine, confections and tea. Although calendula comes in a variety of red and yellow shades, orange flowers hold the most medicinal qualities. Calendula was used for a wide variety of ailments, including chronic ulcers, varicose veins, jaundice, and as a light yellow dye. Calendula gets its name from the Latin *calend*, meaning the first day of every month on the Roman calendar. Calendula was always in flower on the first day of every new month, thus taking that characteristic as its epithet. Recent research has proven that calendula has antibacterial and antiviral properties, and has great potential as a nutrient supplement.

The flowers and leaves of marigolds being distilled, and the water dropped into red and watery eyes, ceaseth the inflammation, and taketh away the pain.ÔÔ Gerard (1597)

MARJORAM, SWEET, *Origanum majorana*. Annual.  
*Origin*: Mediterranean and Middle East  
*Astrological Influence*: Mercury, in Ares.  
*Qualities*: Hot and Dry in the First Degree.  
*Historical Use*: culinary spice, anxiety, headaches, chilblains  
*Current Use*: culinary, tea  
*Active Ingredients*: rosmarinic acid, linalool, terpenes, caffeic acid, oil

The sweet and spicy taste of this plant has been used to flavor food for centuries. It is thought that sweet marjoram helps with anxiety, circulation, and painful menstruation.

*Origin*: Mediterranean and Middle East  
*Historical Use*: remedy for narcotic poison, convulsions, toothaches, arthritis, swelling, headaches, fevers, and to bring out the eruption of measles.  
*Current Use*: Seasoning, perfume, essential oil  
*Active Compounds*: thymol, linalool, rosmarinic acid, other constituents

Medicinal and culinary herb with many uses and was widely revered in Greek culture. Oregano meant happiness and joy, as it carpeted the foothills of Mount Olympus and it was custom to crown the heads of young couples with crowns of wild oregano. Because of its strong aroma, it was used as a stewing herb, for teas, and sweet washing waters. Purple dye for woolens and reddish dye for linens were made from it by persons unable to afford Madder, but the dye is not fast. As a culinary herb, the leaves and flowers are useful as flavoring for soups, stews, salads and pizza.

ÔÔMay be used and minsted unto such as cannot brooke their meat, and to such as have a sowre squamish and watery stomacke, as also against the swouning of the heart.ÔÔ Gerard (1597)

It is debated whether or not Wild Marjoram is the same species as Oregano, as is labelled in this manual.

*Origin*: Northern Africa, naturalized in Eurasia  
*Astrological Influence*: Venus.  
*Qualities*: Hot and Dry in the First Degree.  
*Historical Use*: Inflammation, sore throats, stomach complaints.  
*Current Use*: alleviates irritation of the mucous membranes of the mouth, throat, and digestive tract. Good for coughs.  
*Methods of Preparation*: leaf, flowers, or root as infusion, tincture, poultice  
*Active Compounds*: mucilage, tannins, pectin, aspiragine

Plant parts are collected in summer as the plant begins to flower and has demulcent, expectorant, diuretic, and emollient properties due to the high amount of mucilage contained in the plant cells. Marshmallow's high mucilage content is the source of its effect as a soothing demulcent in the throat and digestive tract (ABC). It has proven as soothing for those afflicted with Crohn's disease and calming for bad coughs.

ÔÔThe leaves are likewise used to loosen the belly gently, and in decoctions or oysters to ease all pains of the body, opening the strait passages, and making them slippery, whereby the stone may descend the more easily and without pain, out of the reins, kidneys, and bladder, and to ease the torturing pains thereof.ÔÔ Culpeper (1653)

*Origin*: Europe, western and central Asia.  
*Historical Use*: Stomach complaints, strewing.  
*Current Use*: Supportive therapy for colds and fevers.  
*Methods of Preparation*: infusion  
*Active Compounds*: tannins, flavonoids, phenolic glycosides, salicylate

Special precautions: can be toxic in large doses due to the unrefined nature of the acetyl salicylic acid.

A sacred herb of the druids and a popular Elizabethan strewing herb ÔÔMeadowsweet was also used to ease fever and pains. Anti-inflammatory chemicals, called acetylsalicylates, were first extracted from this plant in 1830 and were similar in compound to salicylic acid extracted from willow trees, the source of our aspirin today. Unfortunately, the com-
*Historical Use:* Indigestion and colic.  
*Current Use:* antispasmodic for complaints of the gastrointestinal tract, oil additionally used to treat catarrhs of the upper respiratory tract and inflammation of the oral mucosa.  
*Methods of Preparation:* infusion, essential oil, tincture  
*Active Compounds:* tannins, menthol, choline, triterpenes, menthone, flavonoids

Peppermint is a hybrid of *Mentha spicata* (spearmint) and *Mentha aquatica* (water mint) that occurs naturally where the two plants meet. Pliny tells us that the Greeks and Romans crowned themselves with Peppermint at their feasts and adorned their tables with its sprays. Medicinally it is valuable as a cure for flatulence and colic. Useful as a tea for the common cold, Peppermint is commonly added as flavoring to medicines and toothpaste. Today, peppermint oil is the most important product of the plant’s harvest. Both oil and herb are used to treat upset stomach, but the oil is additionally recommended for the treatment of upper respiratory complaints (ABC). Clinical research suggests that peppermint is an effective treatment for headaches (Gale).

MONKSHOOD (*Wolf’s bane*), *Aconitum napellus*. Perennial.  
*Origin:* Eurasia  
*Historical Use:* poison, analgesic, sedative  
*Current Use:* ornamental shade plant  
*Methods of Preparation:* leaves, seeds, flowers fresh, root dried  
*Active Compounds:* aconite  
*Special Precautions:* aconite is a potent and deadly poison. Do not grow near any edible plants.

All parts of this plant are highly poisonous. Historically, this plant was said to be used in baits to kill wolves, and was prescribe din low doses as a cardiac and respiratory sedative. Homeopathic preparations require much dilution and should only be used with the guidance of an expert herbalist (Gale). The German Commission E does not approve of the use of monkshood due to the potential for poisoning within the therapeutic range of dose (ABC).

*Origin:* Southeastern Europe and Middle East.  
*Astrological Influence:* Saturn.  
*Historical Use:* Fruit.  

edlar has been cultivated since ancient times for edible fruit. Its high pectin content made it a common addition to preserves, jelly and early medicines.

They are powerful to stay any fluxes of blood or humours in men or women; the leaves also have this quality.Ô- Culpeper (1653)

MINT, SPEAR-, *Mentha spicata*. Perennial.  
*Origin:* Europe and Asia  
*Astrological Influence:* Venus.  
*Qualities:* Hot and Dry.  
*Historical Use:* rodent repellent  
*Current Use:* digestive complaints, suppressed or painful urination.  
*Methods of Preparation:* infusion, essential oil, tincture.  
*Active Compounds:* carvone, limonene oils

A favorite culinary, medicinal, and cosmetic herb. Today used for digestive teas, garnish for desserts and drinks. Good bee herb. Though spearmint is less medicinally potent than peppermint, it is used by contemporary herbalists as a carminative, antispasmodic, and diuretic (Gale).

ÔThe powder of it being dried and taken after meat, helps digestion, and those that are splenetic.Ô- Culpeper (1653)

MINT, APPLE-, *Mentha × villosa*. Perennial.  
*Origin:* Eastern and southern Europe.  

One of the many mint hybrids, used for fragrance and flavoring. Used historically as an infusion/tea for digestion. Applemint is a hybrid between spearmint and *Mentha suaveolens*.

*Origin:* Eastern North America.  

A native late blooming mint that has white flowers and silvery foliage. The mint smell is very strong due to the chemical pulegone, which was used by Native Americans infused for digestive aid and insect repellent.

*Origin:* Eurasia.  
*Astrological Influence:* Venus.
Qualities: Hot and Dry in the Second Degree.
Historical Use: flavor and drink preservation, arthritis, and nerve problems
Current Use: ornamental, dried crafts, incense
Methods of Preparation: infusion, tincture of all parts of the plant
Active Compounds: thujone, linalool, coumarins, triterpenes, flavonoids, tannin, inulin.

An aromatic plant with leaves that are smooth and green on top and white and hairy underneath, historically it was a remedy for arthritis, palsy, and epilepsy. A popular plant around the world, mugwort has been used medicinally in most cultures. It is closely linked with John the Baptist and it was said he wore the herb to ward off fatigue, sunstroke, beasts, and evil spirits. This herb is not currently recommended for medicinal use by the German Commission E (ABC).

This is an herb of Venus, therefore maintains the parts of the body she rules. Boiled for women to apply the hot decoction to draw down their courses, to help the delivery of the birth, and expel the after-birth.ó- Culpeper (1653)

COMMON MULLEIN, Verbascum thapsus. Biennial
Origin: Eurasia.
Astrological Influence: Saturn.
Qualities: Dry.
Historical Use: Skin and lung disease, expectorant.
Current Use: Banker plant for IPM, still available for homeopathic medicine
Methods of Preparation: smoked, oil, poultice, powdered root, infusion
Active Compounds: saponins, flavonoids, verbascocide, carotenoids, terpenes, saponins, antioxidant activity.

These tall flowers were once dipped in wax and burned during funeral processions. Dioscorides used this herb for insect stings, eye complaints, toothache, tonsillitis and cough. Mullein is valued in many traditions as a demulcent, astringent, diuretic and expectorant. As a treatment for pulmonary disease, every part of the plant can be used in a variety of ways. Fresh leaves were also used as an insulation inside shoes, was used as a hair dye to turn hair golden, and helped with skin conditions. Mullein was also used as a piscicide, and would be added to the water to kill fish for a larger catch. The German Commission E reports expectorant activity and recommends mullein for respiratory complaints (ABC).

“The decoction of the root in red wine or in water, (if there be an ague) wherein red hot steel hath been often quenched, doth stay the bloody-flux.ó- Culpeper (1653)

NASTURTIUM, Tropaeolum majus. Annual.
Origin: South America.
Current Use: edible garnish, urinary tract infections
Methods of Preparation: fresh flowers, homeopathic medicines.
Active Compounds: benzyl mustard oil
Special Precautions: mustard oil may disturb the skin or digestive tract.

Plant is cultivated in gardens all over the world, the flowers and leaves make an attractive, peppery addition to salads. The seeds can be pickled and substituted for capers.

OREGANO, Origanum vulgare. Perennial
Origin: Mediterranean, Middle East, Asia
Qualities: Hot and Dry in the Third Degree.
Historical Use: Febrifuge, antiseptic, headaches, digestion.
Current Use: Seasoning, aromatic.
Methods of Preparation: essential oil, culinary
Active Compounds: carvacrol, thymol

An important culinary herb used cooking, especially as flavoring for soups, sauces, stews, meats, and fish across multiple cultures. The German Commission E does not recommend the use of oregano for medicinal purposes due to a lack of clinical research into its efficacy (ABC). The active compounds in oregano have been shown to have strong antiseptic, antibiotic, and antifungal properties, and may help sore joints and backs.

ORRIS ROOT, Iris germanica, I. pallida, I. florentina. Perennial, &n
Origin: Mediterranean, North Africa, North India
Historical Use: Perfume, diuretic, expectorant.
Current Use: Ornamental plant
Active Compounds: starch, myristic acid, iriden, flavinoids

Iris is cultivated for its beautiful flowers as well as its root, which has been used for ages as an anti-inflammatory and a perfume scent fixative. When mature, roots are dried and powdered for its violet-like scent. The fleshy rhizomes of this plant can take up to 5 years to fully dry. Is often an ingredient in gin, and has been a symbol of power and majesty to the Romans, Egyptians, and Europeans.

PARSLEY, Petroselinum crispum. Biennial.
Origin: Southern Europe
Astrological Influence: Mercury.
Qualities: Hot, Dry.
Historical Use: Appetite stimulant, rheumatism.
Current Use: Seasoning, garnish, kidney and bladder complaints.
Methods of Preparation: used fresh or dried
Active Compounds: Flavonoids, antioxidants, apigenin, carotenoids, apio, and is high in Vitamin A, C and B complex as well as potassium, iron, copper, and manganese.

Parsley has been used by many cultures, its leaves being the primary part used fresh or dried. In some varieties, parsley is used as a root vegetable. Historically, parsley was added to nearly every dish and put on plates as garnish and as a breath freshener, diuretic and digestive aid. Parsley is also one of the host plants for the black swallowtail butterfly

Galen commended it against the falling sickness, and to provoke urine mightily; especially if the roots be boiled, and eaten like Parsnips. Óí Culpéper (1653)

PENNYROYAL, Mentha pulegium. Perennial.
Origin: Europe, North Africa, Middle East
Astrological Influence: Venus.
Qualities: Dry and Hot in the Third Degree.
Historical Use: culinary, medicinal, abortifacient
Current Use: Insect repellant, ornamental
Methods of Preparation: fresh or dried, tea, cooking
Active Compounds: pulegone, menthofuran
Special Precautions: Should not be used by pregnant woman or any one with liver problems as it is highly toxic and will cause abortions. Pennyroyal has been linked to numerous deaths. The essential oil is particularly toxic, and should only be used externally.

This close relative of spearmint is mostly known from its reputed power of driving away fleas, since it is toxic to all animals. Gerard tells us: "Penny-royal taken with honey cleanses the lungs and cleareth the breast from all gross and thick humours. Pennyroyal is an ingredient in bug sprays. Pennyroyal was used for a variety of ailments, including menstruation and abortions, upset stomach, flatulence, colds, flu, smallpox, tuberculosis, leprosy, and as a general expectorant.

OPIUM POPPY, Papaver somniferum. Annual.
Origin: Southwest Asia, spread early in antiquity
Astrological Influence: Moon.
Historical Use: Sedative, pain reliever, culinary
Current Use: ornamental, sedative, pain reliever, culinary
Methods of Preparation: dried sap
Active Compounds: morphine, codeine, thebaine, noscapine, other opiates

Opium poppy has been used medicinally constantly, and is the most effective painkiller in the world. Images of the opium poppy have been found across ancient cultures the earliest being drawing on Sumerian artifacts from 4000 B.C. Most opium for medicinal purposes comes from Tasmania, Turkey, and India. In other areas, it is used for recreational purposes. In most countries, the opium poppy, often referred to as the common garden poppy, is legal to grow but illegal to harvest the latex sap. Other countries make it illegal to be even in possession of poppy seed, which is common in breads and other baked goods.

The empty shells, or poppy heads, are usually boiled in water, and given to procure rest and sleep: so doth the leaves in the same manner. Óí Culpéper (1653)

PURSLANE, Portulaca oleracea. Perennial and annual.
Origin: Eurasia
Astrological Influence: Moon.
Qualities: Cold in the Third Degree, Wet in the Second Degree.
Historical Use: Food, coughs, sores, bites, digestion, parasites
Current Use: salad and pot herb, exotic and invasive weed
Active Compounds: Omega-3 fatty acids, numerous minerals and vitamins, high secondary metabolite content, many antioxidants
Special Precautions: contains oxalates which can lead to kidney stones, and cardiac glycosides which may affect the heart.

Pleasant salad herb with a sour and salty taste and has been used fresh in salads and soups all over the world since antiquity. Medicinally it has been used in both Eastern and Western practices as a cure for many things, most of all poor nutrition. Purslane was first brought to the Americas by Columbus, and it has since naturalized in most regions and is considered an exotic weed by many. Purslane is highly adapted to environmental changes, especially drought, as it can engage a different pathway of photosynthesis, Crassulacean Acid metabolism (CAM) which helps reserve water.

Purslane is an ingredient in bug sprays. Purslane was first brought to the Americas by Columbus, and it has since naturalized in most regions and is considered an exotic weed by many. Purslane is highly adapted to environmental changes, especially drought, as it can engage a different pathway of photosynthesis, Crassulacean Acid metabolism (CAM) which helps reserve water.

The leaves of Purslane either rawe, or boiled, and eaten as salads, are good for those that haue great heate in their stomachs...” Í Gerard (1597)

RHUBARB, Rheum rhabarbarum. Perennial,
Origin: Central Asia, cultivated in China
Historical Use: Laxative
Current Use: Culinary
Methods of Preparation: stalks can be eaten fresh or stewed with sugar
Active Compounds: anthraquinones (rhein, emodin), anthocyanins
Special Precautions: leaves are highly poisonous as they contain oxalic acid (stems do not) and should not be consumed. Oxalic acid is corrosive, and will destroy kidneys.

The stalks of rhubarb were used as a laxative and were brought from China by way of the Silk Road, starting and becoming desirable under...
Muslim empires. It was considered as valuable as cinnamon and opium. The stalks have a strong tart taste, and today are cooked and stewed with sugar for baked goods and pies. It wasn’t until plants arrived for cultivation that most of Europe realized the leaves were poisonous. In the early 19th century, rhubarb was dipped in sugar and given to children as a sweet treat. Rhubarb only saw its culinary popularity increase with the availability of sugar since increasing its sweetness made it more palatable.

Rhubarb is a harmless medicine and good at all times and for all ages, and likewise for children and women with child. ÓGerard (1597)

ROSE GINGER

ROSEMARY, Rosemarinus officinalis. Woody Shrub.

Origin: Mediterranean, Western Asia

Astrological Influence: Sun, in Aries.

Qualities: Hot and Dry in the Second Degree.

Historical Use: headaches, colic, gout, colds, nerves, depression, hair growth, relaxes muscles, increases blood flow. May aid memory.

Current Use: aromatherapy, culinary, ornamental, cosmetics

Methods of Preparation: Infusion, tincture, fresh and dried leaves

Active Compounds: rosmarinic acid, camphor, caffeic acid, ursolic acid, betulinic acid, carnosol

Special Precautions: rosemary essential oil has been shown to cause seizures when taken internally and should be avoided by pregnant women. Pure oil may also cause severe skin irritation.

Rosemary has been cultivated and incorporated into medicinal and culinary practices for centuries. Often associated with memory by the Greeks, students wore rosemary when they took exams. It has been found that rosmarinic acid in fact does inhibit enzymes related to neurological disorders and can aid in preventing memory loss. In the middle ages, the herb was always included in wedding bouquets and used in church decorations for festivals. It was an important medicinal herb and an ingredient in hair lotions and perfumes, and is still used today in aromatherapy applications. Rosemary is especially used in culinary applications with meats and stuffing, used fresh or dried, and as a tea.

The leaves are very much used in bathings; and made into ointments or oil, are singularly good to help cold benumbed joints, sinews, or members. ÓCulpeper (1653)

RUE (Herb-of-Grace), Ruta graveolens. Perennial.

Origin: Balkan Peninsula/ East Europe

Astrological Influence: Sun, in Leo.

Qualities: Hot and Dry in the Third Degree.

Historical Use: eyesight, flatulence, abortifacient, culinary

Current Uses: ornamental, symbolism

Methods of Preparation: Infusion, tincture, cooked

Active Compounds: furanocoumarins, arborine, limonoids, numerous other alkaloids and coumarins

Special Precautions: Abortifacient, avoid during pregnancy. Touching the leaves with bare hands will cause blisters to the skin due to the phytodermatitis effect of the oils in the skin and exposure to sunlight. Rue has a bitter taste and is often said to suggest regret. ÓRue has long been associated with many different symbolic elements in different cultures, from the bible to Shakespeare, and is featured extensively in East European folklore and songs, often associated with virtue and virginity. In the kitchen, it was often used as a bitter herb and used in many dishes.

The seed thereof taken in wine, is an antidote against all dangerous medicines or deadly poisons. The antidote used by Mithridates, every morning fasting, to secure himself from any poison or infection. ÓCulpeper (1653)

SAFFRON, Crocus sativus. Perennial.

Origin: Disputed, likely first cultivated in Greece

Astrological Influence: Sun, in Leo.

Historical and Current Use: Seasoning, medicinal, dye

Methods of Preparation: dried

Active Compounds: numerous flavonoids, carotenoids, glucosides, over 150 volatile and aromatic compounds.

The origins of Saffron, which is harvested from a fall flowering crocus, is believed to be from the area of Greece, but is difficult to know for certain since it has been cultivated since ancient times and is unknown in the wild. Saffron crocus has been determined to be a tripod crocus which appeared out of wild population of another crocus species. Since the plant is sterile, it can only reproduce asexually. Saffron is currently grown in Spain, Italy, Iran, and India, which are similar areas to where it was grown historically. The parts harvested are the style and stigma, and it takes 75,000 flowers to produce 1 pound of saffron. It has long been held as a status symbol, and as an expensive dye for the wealthy. Medicinally saffron was believed to strengthen the heart, help with measles, plague, smallpox, and fever, and was added to wine, rose water, or milk. It was also believed that consuming too much may cause a headache.

It is excellent in epidemic diseases, as pestilence, small-pox, and measles. It is a notable expulsive medicine, and a notable remedy for the yellow jaundice. ÓCulpeper (1653)

SAGE, Salvia officinalis. Perennial.

Origin: Mediterranean and North Africa

Astrological Influence: Jupiter.
Qualities: Warm and Dry in the second degree.

**Historical Use:** Fertility, colds, wound-healing, local anesthetic, plague

**Current Use:** Dyspepsia, irritations of the mouth and throat, culinary

**Methods of Preparation:** Infusion, mouthwash, tincture.

**Active Compounds:** Oil; thujone, cineole, borneol, estrogenic substances.

Fresh; oleic acid, ursolic acid, fumaric acid, carnosol, other flavinoids

**Special Precautions:** Avoid during pregnancy.

Sage has always been an important culinary herb, and is typically used in cooking poultry, and has been found to have strong antibacterial properties that aid in sanitation. It was often administered as a cure for fevers, colds, sinus ailments and plague, as well as a fertility supplement. Today, Sage is still an essential condiment used in sausage, poultry stuffing, butters, and also in tea. The flower buds were often churned into butter as flavoring, and the flowers are a delicious addition to prepared foods and salads. Culpeper states that it stays the bleeding of wounds, and cleanses foul ulcers. As Sage was often planted in Monastery gardens, and was rumored to ward off evil. Research has also shown that Sage essential oil improves brain function and cognitive performance in Alzheimer’s patients. There are numerous cultivars and varieties of Sage in existence, such as variegated and purple.

**SAVORY, SUMMER, Satureja hortensis.** Annual.

*Origin:* Mediterranean

*Astrological Influence:* Mercury

*Qualities:* Hot, Dry.

**Historical Use:** Digestion, muscle spasm, lung congestion

**Current Use:** Seasoning.

**Special Precautions:** should not be used in medicinal doses during pregnancy.

Leaves are used in cooking, with a taste somewhat like a mix between mint, thyme, and sage. A little goes a long way as it is quite potent. Sprigs are put in bean and pea dishes, as well as seasoning for pork and sausage and aids in digestions, flatulence, and is useful as a remedy for diarrhea due to its antibacterial properties.

**SAVORY, WINTER, Satureja montana.** Perennial.

*Origin:* Mediterranean

*Astrological Influence:* Mercury

*Qualities:* Hot, Dry in third degree

**Historical Use:** body tonic and cleanser, sinuses and lungs, digestion. Antiseptic for wounds and speeds healing.

**Current Use:** culinary, ornamental

Winter Savory is truly perennial and has a taste similar to a mix of mint and sage. Used to clear the lungs and sinuses of mucus and heal cuts and abrasions quickly.

Neither is there a better remedy against the colic and iliac passion, than this herb; keep it dry by you all the year, if you love yourself and your ease. ñ Culpepper (1653)

**SELF-HEAL** (Heal-all), *Prunella vulgaris.* Perennial.

*Origin:* Europe

*Astrological Influence:* Venus.

*Qualities:* Moderately hot and dry.

**Historical Use:** fever, sore throat, diarrhea, liver problems, skin irritations.

**Current Use:** Fevers, ornamental, poultice for skin, tea

**Methods of Preparation:** Infusion, tincture, fresh in salads and cooked

**Active Compounds:** many compounds, including betulinic acid, cyaniding, delphinidin, oleandric acid, rutin, myristic acid.

Self-heal is one of the most universal herbs, and was historically used in almost every northern hemisphere medical practice. A member of the mint family, Self-heal seems to lack many of the aromatic volatile compounds, but still contains many beneficial chemicals. Self-heal was used for almost every malady and injury, similar in use and effect as Bugleweed (*Ajuga reptans*). Self-heal was often mixed with wine or water fresh, or
placed with rose water and vinegar and rubbed on the head for ease of headaches. There are two subspecies of self-heal, on native to Europe and brought with Europeans (P. vulgaris ssp. vulgaris) and the other (P. vulgaris ssp. lanceolata) was used in a similar manner by Native Americans.

Self-heal, whereby when you are hurt you may heal yourself. It is a special herb for inward and outward wounds. Take it inwardly in syrups for inward wounds: outwardly in unguents, and plaisters for outward.

_Culpeper (1653)_

**SKIRRET, *Sium sisarum***. Perennial.
*Origin:* China, spread to Europe early on.
*Astrological Influence:* Venus.
*Qualities:* hot and moist.
*Historical Use:* Root vegetable.
*Current Use:* regaining popularity as a root vegetable.
*Methods of Preparation:* cooked, fried
*Special Precautions:* core of the root is inedible.

_Skirret spread to Europe from China early on, and was one of the most popular and important root vegetables pre-potato due to its sweet taste. Skirret was said to cause flatulence, but this is due to the amount of fiber in the diet. Overall, these we considered part of a healthy diet due to the amount of nutrition delivered from the roots._

The roots of the Skirret be moderately hot and moist; they be easily concocted; they nourish meanly, and yeeld a reasonable good juice: but they are something windie, by reason whereof they also prouoke lust. ôí Gerard (1597)

**SOAP WORT (Bouncing Bet) *Saponaria officinalis***. Perennial.
*Origin:* Europe to Siberia
*Astrological Influence:* Venus.
*Historical Use:* cuts and bruises, textile cleansing, kidney stones
*Current Use:* homemade soaps and textile cleaners
*Methods of Preparation:* fresh bruised leaves or boiled
*Active Compounds:* Saponins, saponarin
*Special Precautions:* Considered toxic, especially to livestock, as it grows as a weed in hay fields and will contaminate food. Not recommended to take internally as it will cause violent vomiting and diarrhea.

Although considered poisonous when taken internally, soap wort has been used topically across Europe and Asia as a cure and disinfectant for cuts and bruises. In more recent history, it was found that when mixed with water it produces a lather, and was employed in delicate textile cleaning. It was also thought to help dissolve kidney stones, but this has yet to be proven. It can be found growing wild across North America.

**SOLOMON’S SEAL, *Polygonatum multiflorum***. Perennial.
*Origin:* Europe and temperate Asia.
*Astrological Influence:* Saturn.
*Historical Use:* pulmonary issues, tonic, female complaints, digestion
*Current Use:* ornamental plant
*Methods of Preparation:* infusion, powdered root, distilled
*Special Precautions:* Berries are toxic to consume.

_Historically prescribed for pulmonary consumption and bleeding of the lungs, Solomon’s Seal was prescribed as a tonic, infusion, or a poultice. Mixed with wine, it was said to heal broken bones, and a strong decoction drunk every 2-3 hours was said to heal some skin bacterial infections. Poultice was commonly used for black eyes, inflammation, and bruises. It was also a popular cosmetic, used as infused water, and helped clarify the skin and take away freckles._

_The root of Solomon’s Seal is found by experience to be available in wounds, hurts, and outward sores, to heal and close up the lips of those that are green._ ôí Culpeper (1653)

_The species planted in the garden is actually the native species Polygonatum biflorum, which historically was used by the Native Americans in a similar way to the European species._

**SORREL** (Common Sorrel), *Rumex acetosa*. Perennial.
*Origin:* All across northern Europe down to Mediterranean, to Central Asia
*Astrological Influence:* Venus.
*Qualities:* Cold and Dry.
*Historical Uses:* soups, sauces, salads, medicinal
*Current Use:* soups, salads, fresh and cooked.
*Methods of Preparation:* often chopped up and cooked, today pureed. Historically all parts of the plant were used and infused, juiced, made into syrups, added to vinegar and wine, powdered, and made into a cordial.
*Active Compounds:* oxalic acid, high in Vitamin C and iron.
*Special Precautions:* be careful where collecting from, since this plant can metabolize many compounds found in the soil. Do not collect from roads.

Sorrel has been appreciated as a culinary herb for centuries, used in sauces, soups and fresh salads. It was very important before the availability of citrus, since sorrel comes up early in the spring and was a popular cure for scurvy and jaundice. It has a crisp lemony-acidic taste due to the presence of oxalic acid. A useful diuretic, sorrel was said to help expel kidney stones, kill parasites, and help with circulation and heart health. Sorrel in an infused form also was useful for mouth sores and for treatment if topical ringworm.
"A posset made thereof, cooleth the sicke bodie, quencheth the thirst, and allayeth the heat of such as are troubled with a pestilent feuer, hot ague, or any great inflammation within." — Gerard (1597)

**SOUTHERNWOOD** (Old Man’s Beard) *Artemisia abrotanum*. Perennial.  
*Origin*: Europe, especially southern coast.  
*Astrological Influence*: Mercury.  
*Qualities*: Hot and Dry in the Third Degree.  
*Historical Use*: Antiseptic, stewing, dye, hair growth, insect repellent  
*Current Use*: Cleaning agent, ornamental plant  
*Active Compounds*: Absinthol  
*Special Precautions*: spreading, may be invasive

Southernwood was primarily used as a stewing herb, because of its camphor-like fragrance. The scent also made it a desirable addition to storage chests, trunks and closets for repelling moths and other insects. Carrying posies of the herb was thought to ward off infection, and a syrup made from southernwood dispelled worms from the body. Ointments made with the ashes of southernwood were used to promote beard growth. The ashes thereof dries up and heals old ulcers, that are without inflammation, although by the sharpness thereof it bites sore, and puts them to sore pains; as also the sores in the privy parts of man or woman. — Culpeper (1653)

**SPIDERWORT** *Tradescantia virginiana*. Perennial.  
*Origin*: Eastern North America  
*Historical Use*: insect bites, female problems, stomach ailments, laxative, kidney problems.  
*Current Use*: ornamental garden plant  
*Special Precautions*: can be invasive in the garden under the right circumstances. The internal plant tissues contain raphides, which are needle like hairs that can cause extreme skin irritation for some people.  

Spiderwort is an eastern native plant with dark purple flowers and bright green foliage. It is called spiderwort due to the way the flower buds hang off the top of the plant, resembling the legs of a spider. Multiple cultivars have been developed from the native species because they are easy to maintain and flower for long periods of time. Although there are some English herbs that prescribe spiderwort as a poison antidote, there is no evidence for this.

**COMMON ST. JOHN'S WORT**, *Hypericum perforatum*. Perennial.  
*Origin*: Europe, spread to almost every country in the world. Considered a noxious invasive weed in most areas, but sold as ornamental in other.  
*Astrological Influence*: Sun, in Leo.  
*Qualities*: Hot, Dry.  
*Historical Uses*: antidepressant, anti-inflammatory  
*Current Uses*: ornamental, available in some countries as an anti-depressant  
*Methods of Preparation*: Infusion, tincture, powdered  
*Active Compounds*: hypericin, hyperforin, pseudohypericin  
*Special Precautions*: may cause detrimental drug-drug reactions and reduce effectiveness of medications. Highly toxic to livestock, including cattle, sheep, goats, and horses. Psychosis has been reported after intake. Common St. John's Wort has been used in the treatment of anxiety, mild to moderate depression, and as an anti-inflammatory. There are numerous species of St. John’s Wort, which is a common name for any plant in the genus *Hypericum*, but only *H. perforatum* is suitable for medicinal use. Many studies are ongoing with *Hypericum perforatum*, and it has been established that the chemical compounds inhibit the reuptake of certain neurotransmitters in the brain.

The decoction of the herb and flowers helps all manner of vomiting and spitting of blood, is good for those that are bitten or stung by any venomous creature. — Culpeper (1653)

**STRAWBERRY, WOOD** *Fragaria vesca*. Perennial.  
*Origin*: Northern Hemisphere  
*Astrological Influence*: Venus.  
*Historical Use*: Diarrhea, stomach complaints, culinary, teeth whitening  
*Current Use*: Leaf compresses for eczema, dried fruit  
*Methods of Preparation*: eaten fresh, cooked, baked, dried  
*Active Compounds*: anthocyanin, citric acid, malic acid, ellagic acid

Wood strawberry has been used and cultivated for centuries, with seed found at archaeological sites as early as Bronze Age (3300 BC–1300BC) and was widely traded across Europe and Asia. Wood strawberry is not heat tolerant, and is often found in semi to lightly shaded woodland borders and clearings. The fruit is small, but is prized for its strong flavor and scent and its long fruit bearing period since flowers are produced about every 2 weeks. They are susceptible to disease, which is part of the reason why reproduction is almost constant and the plants are not long lived. The plants were prized for both medicine and for nutrition, and the fruits natural sweetness was cherished in desserts.

**STRAWBERRY, VIRGINIA** (Wild). *Fragaria virginiana*. Perennial.  
*Origin*: Americas  
*Astrological Influence*: Venus.  
*Historical Use*: Diarrhea, stomach complaints, gout, skin problems  
*Current Use*: Leaf compresses for eczema, tea for kidney problems, dried
Methods of Preparation: fresh and dried, cooked, baked  
Active Compounds: anthocyanin, citric acid, malic acid  

Quantities of wild strawberries were found here by the first settlers, hence the original English name of Portsmouth Strawberry Banke. The native Americans farmed and cultivated this strawberry in open fields and dried the fruit for winter storage. The juice from the strawberries was used to treat sunburn, skin blemishes, and tooth decay, and the small emergent leaves were used in cooking and salads year round. This strawberry has slightly larger fruit than the Wood Strawberry (F. vesca) and is one of the parent strawberries of the commercial strawberry (F. × anannas).

The berries are excellently good to cool the liver, the blood, and the spleen, or an hot choleric stomach; to refresh and comfort the fainting spirits, and quench thirst. Ò- Culpeper (1653)

SWEET CICELY, Myrris odorata. Perennial.  
Origin: Europe mountainous regions, Pyrenees to Caucasus Mountains  
Astrological Influence: Jupiter.  

Historical Use: Coughs, digestion, gout, gangrene  
Current Use: Salads, seasoning, digestion  
Methods of Preparation: raw, cooked, infusion, cordial  
Active Compounds: anethole  

Sweet Cicely was universally used to help with coughs, digestion, and wounds. The seeds were ground to make oil to clean and protect oak floors, walls, and furniture. The fresh root was eaten raw, or was infused with brandy or water and taken daily. Put into an ointment, it was applied to wounds associated with gout and gangrene to help healing and stave infection. Today, the leaves, root, and seeds are used in salads, as they were historically. The odor of Sweet Cicely is similar to Lovage, and the flavor is that of anise with a hint of sweetness.

Origin: Temperate Eurasia, widely introduced, invasive  
Astrological Influence: Venus.  

Qualities: Hot in the Second Degree, Dry in the Third Degree.  
Historical Use: joint pain, intestinal worms, digestion, fevers, measles, sores, insects repellent, embalming  
Current Use: ornamental, companion planting, insect repellent.  
Methods of Preparation: Infusion, tincture, oil  
Active Compounds: thujone, myrtenol, 1, 8-cineole, camphor  
Special Precautions: Highly toxic when taken improperly. Will cause abortions, brain damage, liver damage, and convulsions.

This strongly scented plant was used as a strewing and culinary herb. In Colonial food ways, tansy juice was sometimes added to spring dishes to help cleanse the body after a long winter and jumpstart the digestive system. It was also used historically as an insect repellent, and was often packed with meat to keep it from spoiling. Tansy was used in the embalming process, and later on was packed into coffins with the deceased to help preserve the body from decay. Soaking in a bath with salts and tansy was thought to relieve joint pain, but may cause dermatitis to those with sensitive skin. Sometimes used to aid in conception, but was also known for its properties as an abortifacient in large quantities it would cause abortion, but in correct dosage it could help make fertilization more probable. It has been found that Tansy helps repel the Colorado potato beetle, and is recommended in companion planting near potatoes for small gardens.

Let those women that desire children love this herb, it is their best companion, their husbands excepted. Ò- Culpeper (1653)

TARRAGON, Artemesia dranunculus. Perennial.  
Origin: Eastern Europe/Western Asia  
Qualities: hot and dry in the third degree.  
Historical Use: culinary, appetite inducer, bites and stings  
Current Use: culinary  
Methods of Preparation: fresh in salad, cooked with meat or in sauces, pickled, cordial, infused in vinegar  
Active Compounds: estragole, methyl chavical, methyl eugenol, limonene  
Special Precautions: estragole in high concentrations is proven to be carcinogenic in mice.

Tarragon has been used culinarily for ages, especially in French cooking. Tarragon has a wide distribution across the northern hemisphere, and shows a high amount of polymorphism due to its wide distribution; for this reason, there are a number of sub species and varieties that naturally occur across continents. Although of the same species, some varieties have slight differences in taste or appearance. Tarragon is primarily propagated by division since flowering is not consistent and viable seed is rare. Tarragon is the main flavor in the popular soft drink Tarhuin distributed in Eastern Europe and Western Asia. French Tarragon is a variety named A. dranunculus var. sativa and is the main herb used in Bearnaise sauce and many meat dishes. Also popular as a pickling ingredient and a cordial to induce appetite, and was long thought to be an internal antidote for venomous stings and bites.

TEASEL (Teazle), Dipsacus sylvestris. Biennial  
Origin: Europe.  
Astrological Influence: Venus.  
Historical Use: Textiles, warts, cankers, eye wounds  
Current Use: invasive weed, dried floral arrangements.
Methods of Preparation: roots used fresh
Special Precautions: rumored to curtail the effects of Lyme disease, but there is no proof to this claim. Be careful where harvested.

The spiny hard heads of the Teasel flower were used to raise a nap in woolen cloth (tease the wool), and is still used for this purpose around the world. While it is stated that teasel was used medicinally, it was not the first choice of medicinal plants available. The Common Teasel (D. sylvestris) was not used in textiles as much as the Fullers Teasel (D. sativus) but even so has spread to most other continents and is considered a noxious invasive weed. Fullers Teasel has much stouter seed heads and therefore lasts longer when used for textile processing.

There is small use of Teasel in medicines: the heads are used to dress woolen cloth with.ôï Gerard (1597)

THYME, GARDEN (Common, Winter, German, French), Thymus vulgaris. Perennial.
Origin: Southern Europe
Astrological Influence: Venus.
Qualities: Hot and Dry in the Third Degree.
Historical Use: Flavoring, coughs and shortness of breath, perfumes, meat preservation, swelling, warts, wounds
Current Use: aids digestion, ornamental
Methods of Preparation: Infusion, tincture, ointment, oil, liquors, syrup
Active Compounds: thymol, carvacrol, menthone, pinene, cymene, linalool

Common Thyme was originally used for its scent, and was thought to be a source of invigoration and courage and represented bravery. It was used medicinally for non-serious application, other than as an antiseptic for wounds. Syrup was made for coughs, and thyme was sometimes mixed with tobacco and smoked as a headache relief. Common thyme was said to produce the best honey and keeps the bees happiest. There are quite a number of varieties and cultivars of thyme, and it is very difficult to correctly identify at times what species a type of thyme is.

An ointment made of it takes away hot swellings and warts
Taken any way inwardly, comforts the stomach much, and expels wind.ôï Culpeper (1653)

THYME, CREEPING (Wild Thyme, Mother-of-Thyme), Thymus serpyllum
syn: T. praecox. Perennial.
Origin: Southern and Western Europe.
Astrological Influence: Venus, in Aries
Historical Use: Culinary, used same as Garden Thyme (above)
Current Use: Ground cover, aromatic
Methods of Preparation: syrup, mixed with honey, vinegar

Creeping thyme grows prostrate and covers the ground in attractive green to blue green foliage, usually not taller than three inches but may spread up to 2 feet around. While strongly aromatic, flavor wise creeping thyme is not as strong as other varieties of thyme. Creeping thyme is very popular today as an ornamental plant, especially for border, walkways, and dry areas in the garden; a very popular as a lawn substitute.

THYME, LEMON (Citrus), Thymus × citriodorus. Perennial.
Origin: European garden origin. Hybrid between two Thyme species, T. vulgaris and T. pulegioides. Has likely been a naturally occurring hybrid for centuries, but is not described in any historic herbs.
Historical Use: Culinary, likely used medicinally same as Thyme.
Current Use: culinary, ground cover, aromatic
Methods of Preparation: syrup, vinegar, fresh seasoning in many dishes

Leaves and flowers can be used in food and drink preparation. The history of this hybrid can be confusing, especially since many non-professionals claim it is not a hybrid, but often times they are mistaken the identification and are looking at a cultivar, not the true hybrid Lemon Thyme. Many other types of thyme have been bred to have a similar citrus-lemony scent, so it can be difficult to tell the difference sometimes.

TOBACCO (Mapacho), Nicotiana rustica. Annual.
Origin: South American rainforest regions
Historical Use: used in spiritual ceremonies.
Current Use: still used in some Asian countries, organic insecticides.
Methods of Preparation: dried and smoked, distilled oil
Active Compounds: 9% Nicotine (normal tobacco is 1-3%)
Special Precautions: may cause dizziness, nausea, vomiting.

Mapacho has the highest content of nicotine of any tobacco, and is the source for many organic pesticides that contain nicotine and its derivatives. The high nicotine content has been shown to be helpful in expelling intestinal worms, and as well as keeping off fleas and other insects. Mapacho is still used recreationally in Asia, where it is used as a digestive aid following a cup of green tea after a meal. Because Mapacho is so strong, it is usual to have dizzy spells or vomiting after smoking and is said to clear migraine.

TOBACCO, Solanum lycopersicum. Annual.
Origin: South and Central America
Historical Use: culinary, dried and stored, table decoration, ornamental
Current Use: culinary
Methods of Preparation: cooked, fresh, sauce
Active Compounds: lycopene, solanine, tomatine
Special Precautions: solanine and tomatine can be toxic; do not consume foliage of tomatoes (or potatoes).

The original tomatoes, cultivated in the Americas since at least 500 B.C. were brought to Europe by the Spanish after Spanish colonization, early 1500s. The tomato was popular for eating and cooking in Mediterranean areas, but was considered poisonous and unfit for eating in the rest of Europe, and was grown primarily as a garden oddity and table decoration. Originally, the tomato wild type first seen was similar to what we know as a cherry tomato, with small yellow-orange fruit; hence the first nick name of golden-apple. While a common site, the tomato did not fully catch on in the Americas and other English colonies until the mid-1800s when it was esteemed for its nutritional value.

Poma Amoris. Apples of Love. In Spaine and those hot Regions they use to eat the Apples prepared and boiled with pepper, salt, and oile: but they yeeld very little nourishment to the bodie. Gerard (1597)

VALERIAN (Garden Heliotrope), Valeriana officinalis. Perennial
Origin: Europe and Asia.
Astrological Influence: Mercury.
Qualities: Hot in the First Degree, Dry in the Second Degree.
Historical Use: sedative, migraines, pain reliever, antiseptic, perfume
Current Use: Insomnia, sedative, restlessness, usually in capsule form
Methods of Preparation: roots for infusion and oil, flowers for perfume
Active Compounds: actinidine, chatinine, valine, valtrate, isovaltrate, valerianin, numerous other compounds present
Special Precautions: due to its sedative qualities, and its action of depression upon the nervous system, Valerian should not be taken with other medications, before driving or operating machinery, or while pregnant.

Valerian root, often referred to as Valerian Poppy in homeopathic treatments, has been used as a general sedative and pain reliever since antiquity. Only the roots are medicinal, and can be made into a tea or oil. The flowers were extracted for perfume in the 16th century. Surprisingly, cats are attracted to valerian root because it contains a compound also found in catnip, actinidine.

Helps all stoppings and stranglings in any part of the body, whether they proceed of pains in the chest or sides, and takes them away. Culpeper (1653)

Origin: Eurasia
Astrological Influence: Venus.
Qualities: Cold in the First Degree, Wet in the Second Degree.
Historical Use: perfume, cosmetics, coughs, mouth infections
Current Use: Perfumes, candels, ornamental
Methods of Preparation: infusion, syrup, cooked, oil
Active Compounds: violine
Special Precautions: may act as a laxative.

Violets are popular for candies and confections, and the leaves and flowers can be added to salads. These sweet smelling violets are often used in cosmetics and perfumes, and were common in posies during the Victorian Age. Syrup and tea made from violets were used for respiratory problems.

The herb or flowers, while they are fresh, or the flowers when they are dry, are effectual in the pleurisy, and all diseases of the lungs. Culpeper (1653)

WOODRUFF, SWEET, Galium odoratum. Perennial.
Origin: Eurasia, naturalized in North America
Historical Use: flavoring, moth deterrent
Current Use: flavoring, ornamental groundcover
Methods of Preparation: syrup, beer, jellies and jams, tea, ice cream
Active Compounds: coumarin

A strewing herb used for its strong, clean hay-scented fragrance and added to numerous jams, jellies, teas, and cordials for its nice flavor. Today, mainly used as an ornamental groundcover for shaded areas.

WOLLY LAMBS EAR, Stachys byzantina. Perennial.
Origin: Middle East, especially Turkey and Iran.
Historical Use: ornamental
Current Use: ornamental, toilet paper

While in modern testing Lambs Ears have shown promising antimicrobial properties, this plant has always been used for its ornamental value. Other species of Stachys, such as S. officinalis (Betony) and S. palustris (Marsh woundwort) were medicinally important, with Marsh Woundwort being used as an actual bandage.
*Origin:* Eurasia and North Africa.
*Astrological Influence:* Mars.
*Qualities:* Hot and Dry in the First or Second Degree.
*Historical Use:* ingredient in alcohol, digestion and appetite stimulator
*Current Use:* absinthe ingredient, ornamental
*Methods of Preparation:* boiled into beverage, oil, infusion, dried
*Active Compounds:* thujone
*Special Precautions:* will cause kidney failure, seizures in large amounts

A bitter and aromatic herb, Wormwood was used primarily in beverages, especially alcoholic, as a preservative. It was an ingredient in beer before hops became popular, and it stimulated the appetite and helped with digestion. It is the main ingredient in absinthe.

The seed of this Wormwood is that which women usually give their children for the worms. Culpeper (1653)

*Origin:* Eurasia. Naturalized elsewhere
*Astrological Influence:* Venus.
*Qualities:* Cold and Dry in the First Degree
*Historical Use:* Wound-healing, styptic, clotting, anti-inflammatory.
*Current Use:* ornamental cultivars.
*Methods of Preparation:* infusion, oil, fresh, poultice, compress
*Active Compounds:* isovaleric acid, sterols, asparagin, coumarins.
*Special Precautions:* may cause severe skin allergy and increase photosensitivity.

Common yarrow was named for Achilles, whom it was said used the leaves of common yarrow to stop the bleeding of his soldiers wounds. It was also taken in conjunction with other medicines as it was thought that Common yarrow helped increase their effectiveness. It was a fast coagulant, and the oil extracted using steam distillation is a blue color and works as an anti-inflammatory.

An ointment of them cures wounds, and is most fit for such as have inflammations. Culpeper (1653)

Glossary of Terms

Adaptogen – a substance that helps the body adapt to any stress.
Astringent – a compound that shrinks or constricts body tissues.

Carminative – a preparation that helps expel gas from the stomach and bowel.
Confection – a kind of delicate candy made from petals, leaves and stems of an herb.
Decoction – an extract made by simmering an herb in water, then cooling and straining it.
Demulcent – an agent that forms a soothing film over a mucous membrane
Distillation – the process of heating herbs and water then condensing the resulting vapor to produce a more nearly pure substance.
Diaphoretic – a substance given to induce or promote sweating.
Diuretic – a compound that increases the body’s urine output.
Dropsy – old term for edema, or fluid retention.
Dyspepsia – stomach pain or discomfort; indigestion.
Emetic – a drug that induces vomiting.
Emollient – medicine soothing to the skin.
Febrifuge – medicine intended to break a fever.
Expectorant – medications that promote coughing up mucus from the lungs and trachea
Infusion – a medicinal preparation of an herb, made by pouring boiling water over it and letting it steep.
Knot Garden – decorative herbal gardens that came into fashion under Elizabeth I of England.
Officinale – an official drug or preparation of a plant (herb) from storeroom of a workshop in a monastery.
Officinalis – an official drug or preparation of a plant (herb) from storeroom of a workshop in an Apothecary shop.
Physic Gardens – monastery gardens or gardens for the purpose of providing or teaching about medicinal herbs.
Posset – a hot drink of milk curdled with wine or ale often spiced/sweetened.
Pot Herb – an herb used for a vegetable.
Rheumatism – historic term for a variety of joint and connective tissue pains

Simples – medicinal preparations with one ingredient.
Streying – the scattering or spreading of herbs to mask odors or to repel insects on floors.
Styptic – a hemostatic, or wound-sealing agent.
Sweet bag – an 18th century term for sachets.
Sweetmeat – part of an herb prepared with honey or sugar (i.e. fruits, stems, roots)
Tincture – a solution of extracts of medicinal plants made by steeping in alcohol or alcohol and water.
Tisane – a weak tea or infusion.
Vermifuge – a cure for intestinal worms and other parasites.
Wort – an ancient Anglo Saxon word meaning medicinal herb.

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