

Medieval lore from the herb garden at Donington le Heath Manor House

We really enjoyed our visit to the **medieval manor at Donington le Heath** to arrange our **new plant hunters' fair** and we were much taken with the herb garden and the plant labels explaining the historic use of the herb. We have reproduced some throughout this newsletter. **As the saying goes: "don't try this at home...."**

Valerian

(*Valeriana officinalis*)

"An excellent medicine for loosening the bowel and for hysteric complaints" - Culpepper

Lady's Mantel

(*Alchemilla vulgaris*)

"A wound healer. A sprig placed under the bed bringeth sleep"

Sneezewort

(*Achillea ptarmica*)

"to treat fatigue, flatulence and toothache" - Culpepper

Jacob's Ladder

(*Polemonium caeruleum*)

"for trembling palpitations of the heart and the vapours" - Culpepper

Soapwort

(*Saponaria officinalis*)

"Rubbing the plant with water produces a gentle soapy later. Also gives beer a foaming

head"

Woodruff

(*Galium oderatum*)

"Dry leaves deter insects. Treateth circulatory disorders"

Verbain (Verbena officinalis)

"for jaundice, dropsy, gout, worms, coughs, wheezing and shortness of breath. Use with honey for ulcers and fistulas"

Lungwort (*Pulmonaria officinalis*)

"Sootheth the throat and chest. Checketh bleeding and diarrhoea"

Labender (*Lavendula angustifolia*)

"for headaches, faintings, nausea, cramps and convulsions"

Bugle (*Ajuga reptans*)

"Drinking results in strange fancies, strange sights in the night or voices"

Hops (*Humulus lupulus*)

"to treat "tettors", ringworm and spreading sores" - Culpepper

Salad Burnet

(*Sanguisorba minor*)

"A friend to the heart and liver" - Culpepper