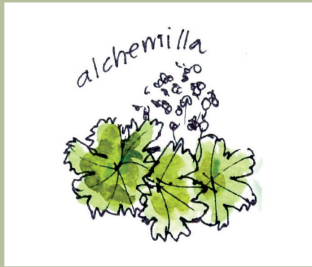


51 Fleetgate

A PHYSIC GARDEN



The tradition of physic gardens stretches back a number of centuries. Known originally as ‘*apothecaries gardens*’, many monasteries and large estate mansions had physic gardens where plants were grown for cooking, healing and dyeing wool and fabric. They were also known as ‘*kitchen gardens*’ or ‘*potagers*’.



ALCHEMILLA

Commonly known as **Lady's Mantle**.

A plant with astringent and antiseptic power. In the past was made into a tea and used for gynaecological disorders.



ARTEMESIA

Common wormwood.

It was used as a remedy for a variety of complaints, especially those of a gynaecological nature, and named after the goddess Artemis. It is an ingredient in the spirit absinthe and in the Middle Ages, wormwood was used to spice mead. It has a bitter taste, and cuttings were added to chicken nesting boxes to repel lice, mites, and fleas.

William Shakespeare referred to wormwood in *Romeo and Juliet*: Juliet's childhood nurse said, “*For I had then laid wormwood to my dug*” meaning that the nurse had weaned Juliet, then aged three, by using the bitter taste of wormwood on her nipple.



BAY

An aromatic leaf commonly used as a herb in cooking. Often used as an insect repellent in pantries.



BETONY

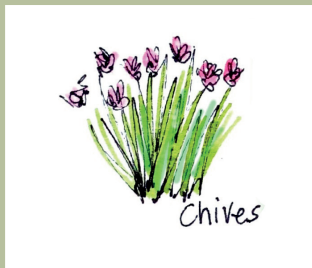
A member of the mint family. Pliny the Elder claimed betony was “*a plant more highly esteemed than any other*”. It was known as the prime remedy for all maladies of the head, and also used to treat digestive disorders, anxiety and insomnia and to alleviate pain and reduce inflammation. Allegedly, it was planted in churchyards to prevent activity by ghosts.



CATNIP

Catmint.

Named because of the intense attraction it has for cats. Grown for its sedative and relaxant properties.



CHIVES

A herb now only used in cooking, and belonging to the onion family. The Romans believed chives could relieve the pain from sunburn or a sore throat. They believed eating chives could increase blood pressure and act as a diuretic. Romani have used chives in fortune telling. Bunches of dried chives hung around a house were believed to ward off disease and evil.



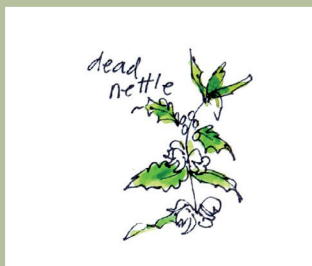
CLARY SAGE

Grown for its essential oil, which has been used as an additive to Rhenish wines and as a fixative in soap and perfume manufacture. Clary seeds have a mucilaginous coat, which is why some old herbals recommended placing a seed into the eye of someone with a foreign object in it so that it could adhere to the object and make it easy to remove. This dangerous practice is noted by Nicholas Culpeper in his *Complete Herbal* (1653), who referred to the plant as "clear eye".



COMFREY

Still commonly known as **Knitbone**. John Gerard, the herbalist writes that the '*slimie substance of the roote made in a possett of ale*' would help back pain. Poultices are still used in the hope of healing, or at least soothing, broken bones. In folklore, Comfrey roots were used in traditional medicine internally (as a herbal tea or tincture) or externally (as ointment, compresses, or alcoholic extract) for treatment of various disorders.



DEAD NETTLE

Dead nettle was most useful as a medicinal herb. Brewed into a tea, it was used to treat chills and promote perspiration. The tea was also used to treat kidney issues. Other uses for the plant was as both a diuretic and purgative, as well as an astringent. The leaves were applied to wounds to stop bleeding.



FEVERFEW

A flowering plant in the daisy family, with an unmistakable acrid smell. Traditionally used to treat migraine.



FOXGLOVE

A very poisonous plant with the old name of '*witch's gloves*'. It was used, with care, to treat abscesses, boils, headaches, paralysis, stomach ulcers, open wounds and epilepsy and famously as the source of a pharmaceutical heart medicine.



HYPERICUM

Or **St. John's Wort** has been used in herbalism for centuries, although it causes harm if eaten. One folk use included the extract known as St John's oil, a red, oily liquid that may have been a treatment for wounds by the Knights Hospitaller, the Order of St John.



HYSSOP

An aromatic herb that belongs to the mint family. Often used as an expectorant to address respiratory ailments such as coughs, colds, and bronchitis. Its antiseptic qualities also led to its use in treating wounds and as a topical remedy for skin conditions. A holy herb too: Psalm 51 v7 '*Purge me with hyssop and I shall be clean.*'



LUNGWORT

Lungwort has been used as an herbal remedy dating all the way back to the Middle Ages. It was at this time that the plant was named lungwort because of its leaf's resemblance to a diseased lung. (Known as the Doctrine of Signatures). It was used to remedy coughs and other breathing complaints, and combined with wormwood during the 14th Century to treat the bubonic plague.



ROSEMARY

An aromatic herb used in cooking and medicine and as an incense oil. Still used to improve memory, boost the immune and circulatory systems and famously to stimulate hair growth.



SAGE

A herb used in cooking and since ancient times for warding off evil, snakebites, increasing women's fertility, and a good gargle for an infected throat. John Gerard's Herball (1597) states that sage "*is singularly good for the head and brain, it quickeneth the senses and memory, strengtheneth the sinews, restoreth health to those that have the palsy, and taketh away shakey trembling of the members.*"



SKIRRET

A herbaceous perennial that was a popular root vegetable before potatoes were introduced into Britain. The twelfth-century Benedictine abbess Hildegard von Bingen discussed the medicinal properties of skirret in her work *Physica*: ... "*A person whose face has weak skin, which easily splits, should pound skirret in a mortar and add oil. When he goes to bed at night, he should rub it on his face, continuing until he is healed.*"