

The Medieval Herb Garden: A Guide to Plants for Apothecaries, Cooks, and Healers

Apothecaries' Treasures: Healing Plants and Remedies

- Rosemary: The herb of remembrance, used to aid digestion and reduce inflammation.
- Lavender: Known for its calming effects, employed in sleep pillows and medicinal baths.
- Wormwood: A bitter herb believed to expel intestinal parasites.
- Fennel: A digestive aid, used to soothe colic and improve eyesight.
- Chamomile: Renowned for its anti-inflammatory and calming properties, used in tea and poultices.

Cooks' Delights: Aromatic Herbs for Savory and Sweet

- Bay: The leaf of the bay tree, used to flavor soups, stews, and roasts.
- Thyme: A versatile herb with a strong, earthy flavor, used in marinades, herb mixes, and teas.
- Coriander: The seeds of the coriander plant, imparting a citrusy flavor to pastries, breads, and meat dishes.
- Pennyroyal: A minty herb often used in medieval sauces and pottages.
- Marjoram: A sweet herb with a hint of pepper, employed in soups, stews, and herb mixtures.

Healers' Sanctuary: Plants for Well-being and Spirituality

- Rue: Associated with protection against evil spirits, rue was often planted around homes and churches.
- Vervain: The sacred herb of ancient Celtic druids, used to purify and heal.
- St. John's Wort: Believed to protect against nightmares and banish evil spirits.
- Mullein: A protective herb associated with fairies and other supernatural beings.
- Foxglove: A powerful but poisonous plant used for medicinal purposes with caution.

Ornamental Beauty: Flowers for Fragrance and Delight

- Violets: Sweet-scented flowers used in perfumes, cosmetics, and syrups.
- Roses: The iconic flower of romance, cultivated in a wide range of colors and fragrances.
- Lilies: Statuesque flowers with a heavenly scent, symbolizing purity and nobility.
- Peonies: Showy flowers with bloom times from late spring to early summer.
- Musk Mallow: A delicate flower with a sweet, musky fragrance.

Cultivation and Care: A Medieval Gardener's Guide

- Soil preparation and bed design

- Propagation methods for herbs
- Fertilizing and watering techniques
- Harvesting, drying, and storing herbs
- Pest and disease control in the medieval manner

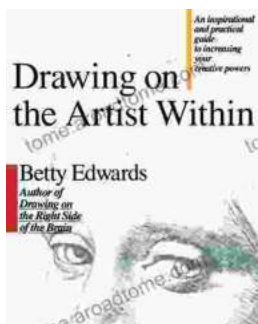


Plants For A Medieval Herb Garden in the British Isles

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