

# Tisane



**ti·sane** ti-'zan, -'zän, n.  
Etymology: Middle English, from Middle French, from Latin *ptisana*, from Greek *ptisanē*, literally, crushed barley, from *ptissein* to crush – Date: 14th century : an infusion (as of dried herbs) used as a beverage or for medicinal effects

To get on our mailing list, e-mail to [newbrg@aol.com](mailto:newbrg@aol.com) or drop an old-fashioned note to the return address on the mailer. Once our mailing list is set up, sample issues will be available for a stamp or S.A.S.E. (Yes, that is subject to change, too!)

If you are on line, join us on the sca-herbalist mailing list (go to [www.yahoo.com/groups/sca-herbalist](http://www.yahoo.com/groups/sca-herbalist) to sign up).

Do you have a favorite herb, gardening tip, historical tidbit, or recipe? Maybe a book you think the world should share? That's perfect for this newsletter — send it to the Chronicler!



The quarterly newsletter of the Herbalists and Apothecaries' Guild of the East Kingdom

Volume 2, Issue 2

June, 2001

## Mission Statement:

The goal of the Eastern Kingdom Herbalists and Apothecaries' Guild is to encourage study, teaching and practice of medieval herb uses, as well as study of medieval apothecary and pharmacy practice, in the East Kingdom. The Guild should serve as a conduit for herbalists and apothecaries in the kingdom to communicate with and learn from each other, and to disseminate knowledge about medieval herbalism and pharmacy to others.

## From the Agitator:

To all our amazing guildmembers:  
Vivat!

After having attended the Herb Faire in Coill Tuar, attended all the wonderful classes and seen the displays, I'm pleased to think that we are now well and truly flourishing. Two herb-related events, herb tracks in some schola events, a bunch of official and unofficial meetings, and a lot of enthusiasm. In the future, we've got some guild meetings scheduled in the Northern Region in July, a guild meeting at Pennsic, and an Herbal track at Montevale's Schola for the Lost in October. (see their website at <http://www.angelfire.com/pa/Montevale/events.html> or Pikestaff for full info about the event.)

**Rankings:** Somewhere in this issue, there should be a report on the rankings committee suggestions. We'll be discussing them at Pennsic and taking comments via e-mail, phone and post. One thing we want to make clear: the ranking system is an optional adjunct; it should never precede the study, research and enjoyment that is the purpose of the guild.

**Old Stuff:** If you missed the last *Tisane*, you may not know that our charter was approved by King Andreas and Queen Isabella at Twelfth Night. The charter, back issues of the newsletters, the mission, and anything else we concoct will be published on the website, which is currently at <http://tulgey.browser.net/~EKherb/> We're working on moving it to the East Kingdom website but we'll post a redirect from the old site when we do.

**Field Trip to The Cloisters Gardens:** Many people have suggested that we get together a group to go see the gardens of the Cloisters in New York City. For various reasons, I'm suggesting we coordinate it with the Medieval Festival/Demo there in the third week of September. If you are interested in going, contact me for more details.

**Sekanjabin For the War Effort!** As a summer project, it would be really cool if members of the guild could manufacture and present to Their Majesties a LOT of sekanjabin drink syrup for use at the various gatherings in East Kingdom Royal during Pennsic. The idea is to present most of it at the War Camp in Eisental on the last weekend in July (preferably after De Londres' presentation of potables for the war effort...) What we do: make up mint sekanjabin from the recipe published in this issue. Be sure to reduce the syrup by half as the recipe suggests, so that it will keep. Package it in plastic jugs/containers that can be firmly sealed. (If you varied from the standard recipe, please label the containers with the recipe you used.) Make arrangements to get it either to War Camp or Pennsic (contact me for help finding someone to deliver it if necessary).

**More Agitator Thoughts:** - Annys Wolf is compiling a membership list. We'd like to have people's names and interests on the web version, with contact info if people are ok with it.

- Who else wants to run an herb event? So far, both Herb-related events have been very successful. It would be fun to do another one sometime next year.

- Start making herbal projects now for our annual gift to the queen. If you have stuff you want presented this reign, bring or send it to War Camp in Eisental or the Herbalist's meeting at Pennsic and I will get it presented.

- Strewing herbs are a great way to share herbs: sweet scented and antiseptic herbs, either fresh or dried, spread around your tent area (check your campmates' allergies first).

In love and in Service, Jadwiga Zajackowa



## GUILD MEETING June 9, 2001

Twelve interested persons attended the meeting in New Windsor (another thirty or so had been around for the classes and dayboard — a dozen names were added to the mailing list).

The first item on the agenda was a recap of *Jadwiga's Quick Guide to Holding Guild Meetings* (see the box!). Meetings don't have to be held within the Agitator's commuting distance; any member can hold a guild meeting following these simple rules, and Liadhan di Laoghaire is arranging one to be held at Great Northeastern War.

The requirements for membership were reiterated ("if you say you're a member, you're a member") and the floor turned over to CHORL, the Committee to Hash Out Rating Levels.

The members of CHORL (appointed at A Walk in the Garden last September in Silver Rylle), have been collecting, sorting, and organizing the various ideas that were presented about instituting a system of ranking levels. They have settled upon a system of four ranks to be pursued in any or all of ten fields of interest. A possible list: *Cooking/Food: Brewing/Vinting, Dyeing with herbs Gardening/Growing herbs Period Medical Herbalism or Apothecary Practice Comparative Herbology; Scents/Perfumes; Herbal Cosmetics; Wildcrafting; Allied Arts (Illustration, Tool-*

### Jadwiga's Guide to Holding Guild Meetings

1. Stand up and say "This is a meeting of the EK Herbalists and Apothecary's Guild."
2. Pass around a sign-in sheet for those who want to be considered members. Make it clear that you do not need to be a member to participate in the meeting.
3. Wave around copies of Tisane and announce any other Guild activities you know about.
4. Say "What do you want to talk about?"
5. Talk.
6. Have someone take notes.
7. Forward the notes to the listserv and to the Chronicler.

*making).*

*[This list is only an approximation, from the Chronicler's memory. More accurate information in the next issue.]*

(A person could be a "novice" in one field and a "sage" in another, while working on "journeyman" ranking in several more, if that's the way he or she likes it). The actual names of the four ranks are now under consideration, with "Sage" generally

accepted for the supreme level. Suggestions are being solicited. The CHORL is also now considering means of qualification, especially in the early stages, before we have anyone qualified to judge anyone else!

Once again it was stressed that this program is to be completely voluntary, strictly for those for whom this sort of thing is fun. Everyone is a member. To participate in the ranking system, you have only to announce your interest in doing so.

In other business, there will be an herb class track at Schola for the Lost in Montevale in October, and herbal entries for next year's Northern Lights are encouraged. The Guild's charter calls for two herb-focused events a year, so please consider talking your shire into holding one.

# Alayne's Secrets to Flavored Syrups

People at events should be encouraged to have a high non-alcoholic liquid intake, and while water does suit this purpose, it would be a lovely amenity to include some flavorful fare! Therefore, I put forth this simple guide for the preparation of flavored syrups, which can be toted around and then mixed with fresh water at a ratio of 1:12 to provide a interesting alternative potable.

*Disclaimer: What follows is not intended to be a scholarly research work, but rather is redacted from sejanabin, various Roman beverages, and several Native American recipes which it seems would be easy to imagine pre-literate Celtic Cultures developing as well.*

Making flavored syrups is no mystery. All it takes is a little time and a mentality that accepts that things may get a little sticky in and around your work area.

Like all recipes, this works best if you use good fresh ingredients. Otherwise the results can be pretty awful.

Once you make these syrups once or twice you should be confident in refining them to suit your particular tastes. More about this at the end of the article.

Even though the recipe calls for boiling, please remember to start with cold tap water. You might ask why? Water can taste fresh or go flat. It can really make or break a storage recipe. Tap water in your cold water line is constantly moving until it gets into your pipes. But when you run the water a little until it gets cold, you are in essence getting rid of the water that has sat. The cold fresh water has far more oxygen in it than the hot water, which has been sitting in your hot water tank. The hot water, sitting in the tank heating, can also pick up a little of the tank flavor.

Hopping off the soap box.

## Basic Syrup

1 gallon water    1 cup white vinegar    5 lbs. sugar

*The vinegar can be reduced if quicker consumption is anticipated or if your individual tastes dictate.*

Take a five pound bag of sugar, and a good large pot (I recommend stainless steel.) Pour it in the pot and add the gallon of water. Bring this to a boil, stirring to be certain not to scorch the sugar. Keep boiling until the volume is reduced by half! Allow this to cool on the stove. Add the 1 cup vinegar, mixing it in. Now, you have your basic syrup for flavoring.

Be certain not to add the vinegar or other flavorings while the syrup is too hot. You do not want to cook them!

## For mint drink

Add two generous fistfuls of fresh mint which has been carefully washed. Stir into the syrup.

Add a handful of fresh organic rose hips, rose petals or in a bind a quarter cup of rose water.

Stir. Allow this mix to set at least over night. Strain to remove floaters.

Decant into storage containers. (I go to the local Italian place and beg them for their empty vino gallon bottles.) Store in a cool dark place. This syrup should last for a year (except it generally gets used up before then!)

## For ginger drink

Get a hand-span of fresh ginger root. Wash and peel it. Cut it into one inch chunks. Prepare the syrup as above, add the ginger root to the mix.

With ginger root, I generally allow the chunks of ginger to remain in right up until I mix it with water to serve. If you add more ginger root the flavor will be more potent.

## Berry Waters

Also with the basic syrup you can mix in strawberries or raspberries or both.

Take your basic syrup, and add three to four pints of berries. Let sit over night to one day. Before mixing and serving strain the berries out. (Off season I use frozen berries, and the flavor does not seem to suffer.)

If I am doing this at an event, I puree the berries I have drained off, and I put them in a dish on the side board as a sauce. This has proved to be popular as well as thrifty.

**Please note! Berry Syrups do not have the same staying power as do the mint and ginger.**

**If you wish to store them, I recommend freezing them.**

Now, as I said, these basic redactions are fine, but you will wish to adjust them to your own tastes. For example: If I am making strawberry or raspberry water for an event where I am fairly certain there will be no leftovers, I greatly reduce the vinegar. The vinegar provides a nice tartness that adds a thirst quenching quality to the drink.

I am also fairly liberal with my rose water and rose flavorings. Strawberry water really benefits from this flavor. You might also think about serving rose water.

In the ginger drink I will sometimes add limes. Whether for a feast or for Pennsic, wouldn't it be nice to make a more period beverage than mixing up powdered lemonade? Give these a try. I think you will be pleased with the results.

— Alayne Alexandra Nyvern Nightwatcher

# A Little Stillroom Guide

**Decoctions** A decoction is herbs that have been simmered in water. It is the best method for drawing the healing elements from tough plant parts such as bark roots, stems and heavy leaves. To make a decoction use one ounce of dried herbs to one pint of water. First bring the water to a boil and then reduce it to a simmer. Using the guide below simmer your single or blended herbs/materials:

barks, woods or nuts	1 hour
roots	10 to 30 minutes
stems and stalks, seeds	5 to 10 minutes
leaves, flower buds	2 to 5 minutes

Boiling time differences will vary because of the toughness of materials used. Decoctions should always be strained and bottled while hot, (making sure the bottle is hot sterilized prior to pouring in a hot liquid) to ensure highest sanitary practices and longevity of your brew.

**Electuary** When powders are mixed with berry syrups or honey they are called electuaries. These are rarely prepared in advance, but are done when needed. Different substances need different proportions of syrup. Light vegetable powders usually require twice their weight, gum resins two thirds of their weight, mineral substances about half their weight.

If an electuary is made up in advance and it hardens, add more syrup. If it swells up and emits gas, merely beat it in a mortar.

**Extract** Extracts are solid substances resulting from the evaporation of the solution of vegetable principles. The extract is obtained in three ways: by expressing the juice of fresh plants, by using a solvent such as alcohol, or simmering a plant tea and reducing it to a thickened state. The last is done by simmering a plant and by repeating the process until most of the water used has evaporated, making a decoction. This gives a distillation of the most active principles in the plant. Add a quarter-teaspoon of alcohol (brandy, gin or vodka will do), glycerin, or tincture of benzoine to preserve the extract.

**Fomentation** A fomentation is a strong herbal tea in which a clean cloth is dipped. The cloth can be filled with herbs. The cloth is then applied to the affected part.

**Infusion** The process of soaking herbs in water. *Hot Infusion:* To make an infusion boil water. Add the boiled water to one teaspoon dried leaf or stem. Cover and leave stand (steep) for 5-10 minutes. Strain and use with honey or straight up. Infusions are drunk as beverages, added to bath, rubbed into furniture and floors, and to message the body. Powdered or chopped bark, roots, seeds, resin and bruised nuts, bark and buds may be used in hot infusions.

*Cold infusion:* Steep in cold water or cold milk for several hours. Wet, mashed herbs can be used internally as a beverage or used as poultices on body.

**Oil** To make an oil, pick your own fresh herbs or purchase dried herbs from a reputable source. Pack a large jar with the chosen herb and pour in any favorite mono unsaturated or polyunsaturated oil. Use enough to cover the herb. Close tightly. Label the jar and place in a sunny place for several weeks.

Strain out the herb by pouring through cheesecloth into a fresh jar. Hold the cheesecloth over the opening of the jar containing the herbs and secure with a rubber band. Invert the jar and pour the infused oil through the cheesecloth. Before discarding the herbs, squeeze all the oil out of them. Repeat the entire procedure. Repack a clean jar with more of the same herb. Add the infused oil, plus enough additional oil to cover the herbs. Store again in sunlight. Strain again through cheesecloth. Pour the oil into a labeled jar and store until needed.

**Syrup** Medicinal syrups are formed when vegetable or fruit sugar is incorporated with vegetable infusions, decoctions, expressed juices, fermented liquors, or simple water solutions. Sometimes tinctures are added to a simple syrup of berry juices, crushed fruits of apple, pear, or persimmons, which when pressed give a cleared sugary juice. The tincture is sometimes combined with honey and gently heated. Always make syrups in small quantities.

To make an herbal syrup, add two ounces of dried herb to one quart water in a large pot. Boil down and reduce to 1 pint, then add one or two tablespoons of honey. If you want to use fresh fruit, leaves, or roots in syrups, you should double the amount of herbs. Store in cold cellar or refrigerator for up to a month. Honey-based syrups are simple and effective way to preserve healing qualities of herbs. Syrups can soothe sore throats and provide some relief from coughs.

**Tincture** Tinctures are solutions of medicinal substances in alcohol or diluted alcohol. To make a tincture, grind plant parts with mortar and pestle (or a blender). Add just enough high-quality vodka, whiskey or grain alcohol to cover herbs. Let sit for 21 days then about 10% volume of spring water.

Strain and store in airtight dark colored glass. If kept cool and dry it will last for up to five years. Dose is usually 20 drops in a cup of hot or warm water, four times a day. Dose will vary depending on strength of herb(s) used.

For a stronger tincture place herbs in a cone-shaped piece of parchment paper. Pass alcohol repeat-

edly through the powdered or cut herb. Catch the slow drippings in a jar. When it has passed once, you may use it, but the more you repeat the process, the stronger the tincture will be. It is acceptable to dilute any alcohol tincture with water. Add four ounces of water.

**Non-Alcoholic Tincture** Alcohol is a near perfect preservative of plant attributes. If for some reason you wish to evaporate the alcohol, add the tincture dose to a cup of water then add 1/8 to 1/4 teaspoon of boiling water. Some herbs can be steeped in milk to make a milk tincture. Strain out the herbs, and store in a labeled jar in the cold cellar or refrigerator.

**Ointment** An ointment is a soothing, healing, slightly oily or fatty substance into which the essence of a healing plant has been dissolved. The plant is then strained out, and beeswax is added to harden the ointment. Preservatives such as drops of tincture of benzoin, poplar bud tincture, or glycerin are optional additions. If you make ointments in small batches and keep them tightly closed with paraffin wax, they don't decompose.

The traditional folk, and pharmaceutical base for ointments is pork lard. Purify it by simmering and straining. It has healing abilities even without the addition of herbs, but so do a lot of fats and oils. It is said to have great drawing power. Purified, liquefied anhydrous lanolin is also used as a base for ointments. Lanolin is the substance washed from the wool of sheep. It comes in many levels of purity, so the results vary depending on the product. This oil is the closest to skin oil. Almond oil, cocoa butter, wheat germ, and vitamin E are neutral bases for ointments. All ointments must contain one substance that will thicken the final product. Lanolin is a thickener, as is cocoa butter. Both are not sticky and mix well with most other oils. Other useful but sticky thickeners are glycerin, honey, or liquid lecithin. Also, various powdered resins and gum swell up and thicken when first soaked in cold water, then simmered in gently boiling water, and added to preparations. Agar-agar and Irish moss are seaweed thickeners. Green apples provide an excellent acid-fruit pectin that is a good addition to creams and ointments.

While any of the above sticky and non sticky thickeners will help swell a product and keep it emulsified, you will still need some wax to harden a cold cream or ointment. Beeswax is perfect and may be combined with paraffin wax.

**Poultice** A poultice is a raw or mashed herb applied directly to the body, or applied wet directly to the body, or encased in a clean cloth and then applied. Poultices are used to heal bruises, putrid sores, soothe abrasions, or withdraw toxins from an area. They may be applied hot or cold, depending on the health need. Cold poultices (and compresses) are used to withdraw the heat from an inflamed or congested area. Use a hot poultice or compress to relax spasms and for some pains.

To make a poultice, use fresh or dried herbs that have been soaked in boiling water until soft. Mix with enough slippery elm powder to make poultice stick together. Place on affected part then wrap body part and poultice with clean cloth.

**Vinegar** Herbs that are soluble in alcohol are usually soluble in vinegar, and are useful for salad vinegars, cosmetic vinegars, some liniments and preventive sickroom "washes".

**Water** Steeped herbs, water, and alcohol and steeped herbs plus honey and other fruits are often called waters. Sometimes extracts or spirits of various herbs, such as lavender, are also called waters.

— Terrance Gellner

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## PENNSIC CLASS SCHEDULE

*Jadwiga has combed the Pennsic Class List for classes that might be of interest to the Herb Guild members.*

*Here's her listing. The ones noted with an asterisk are ones being taught by known members of the guild...*

Alchemy / Development of Medicinals Sat, Aug 11 10:00 am	Making and Using Herbal Preparations Wed, Aug 8 12 pm Sun, Aug 12 9 am
Beg. Cordial Making Wed, Aug 8 3:00 pm; Wed, Aug 15 3:00 pm	Medievaloid Scented Oils and Waters* Fri, Aug 17 2:00 pm
A Brief History of Alchemy Fri, Aug 17 3:00 pm	Medicine Before the Middle Ages Sun, Aug 12 2:00 pm
Chinese Injury Medicine for Camping / Combat Tue, Aug 14 10 am; Fri Aug 10 10 am	Medicine From Ancient India Sun, Aug 12 7:00 pm
Early Chinese & Japanese Medicine Thu, Aug 16 11:00 am	Medieval Chinese Medicine Sun, Aug 12 9:00 am
EKHAG Meeting* Wed, Aug 15 3:00 pm	Medieval Garden Design Wed, Aug 15 11:00 am
Easy Cordial Making Sat, Aug 11 6:00 pm; Thu, Aug 16 7:00 pm	Medieval Gardens* Wed, Aug 15 9:00 am
Fundamentals of Period Brewing Sat, Aug 11 12:00 pm	Medieval Gardens I: Components Sun, Aug 12 11:00 am
Henna History Mon, Aug 13 2:00 pm	Medieval Gardens II: Modern Settings Sun, Aug 12 12:00 pm
Henna Party Fri, Aug 10 1:00 pm	Mordants and Metal Dyes* Tue, Aug 14 1:00 pm
Henna Questions and Answers Sun, Aug 12 2:00 pm	Muhekian: Okeiko Tea Practice Mon, Aug 13 10:00 am
Henna Workshop Wed, Aug 15 6:00 pm	Muhekian: The Taste of Tea Mon, Aug 13 7 pm; Tue, Aug 14 7 pm
Henna, Healing, and History Sun, Aug 12 5:00 pm	Oxymels and Sekanjabins Wed, Aug 8 11 am; Wed, Aug 15 12 pm
Henna: History and Usage Sat, Aug 11 4:00 pm	Period Medicine Fri, Aug 10 11:00 am; Wed, Aug 15 2:00 pm
Henna: Tools and Application Mon, Aug 13 5:00 pm	Period Roses Fri, Aug 10 2:00 pm
Herbal Comfort Items in Period Thu, Aug 9 11 am; Thu Aug 16 9 am	Period Soapmaking* Tue, Aug 14 6:00 pm; Fri, Aug 17 5:00 pm
Herbs of Eastern Europe* Thu, Aug 16 1:00 pm	Poisoning Throughout History Thu, Aug 16 1 pm and Sun, Aug 12 5 pm
Hildegard Von Bingen Sat, Aug 11 11:00 am	Scents of the Middle Ages* Sun, Aug 12 4:00 pm
Hippocras & Caudles Fri, Aug 17 12:00 pm	Soapmaking Mon, Aug 13 at 2:00 pm
Historical Barber Surgeon Sun, Aug 12 4 pm, Fri, Aug 17 10 am	Understanding Common Herbs Fri, Aug 10 10 am; Tue, Aug 14 9 am
History of Fabric Dyes to 1600* Wed, Aug 15 11:00 am	Traditions of Henna Thu, Aug 16 2:00 pm
Hop Varieties and Their Effects on Beers Mon, Aug 13 4:00 pm	The Turkish Bath: Women's Beauty Treatments in the Hamam Tue, Aug 14 3 pm
India's Spices, Curry, and Breads Fri, Aug 10 2:00 pm	The Uses of Rosemary in Period Thu, Aug 16 2:00 pm
An Introduction to Cheesemaking: The Soft Cheese Thu, Aug 16 11:00 am and Mon, Aug 13 4:00 pm	Weed Walk Fri, Aug 10 9:00 am and Tue, Aug 14 9:00 am

# Period roses

*Rose water, rose oil, rose petals — they're ubiquitous in medieval and renaissance herbal practice. They're in every old cookbook, too. Anyone who considers replicating one of these concoctions has to wonder "What roses were they using?"*

*What exactly is an "old rose?"*

*If it was developed before 1901, it's an "Antique Rose."*

*If it was developed before 1867, it's an "Old Garden Rose."*

*If it's really old — our period or before — it might be a "Species Rose."*

*But there is no distinctive name for "medieval and renaissance rose."*

Besides being documentably period, the old varieties have several things in common: they are cold-hardy, usually they only bloom once a season (this depends on local conditions, though, and varies somewhat with variety), and they bloom on old wood, which means pruning has to be done at the end of the flowering season, to allow next year's growth to start. They are all heavily scented, have round buds, and the blooms are flat and full.

There is also eglantine, or sweet briar, *Rosa rubiginosa*, usually found listed with them in catalogs and reference books. In the sweet briar, it is the foliage, not the flower, that is scented. There is often some confusion between *R. rubiginosa* and the Dog Rose.

Species Roses available today are *Rosa canina* (the dog rose), *Rosa agrestis*, and *Rosa arvensis*. *R. canina* is supposed to be very like the wild rose of today, with its flat five-petaled bloom and rambling habit. *R. arvensis* is a climbing rose, and figures in the family trees of most modern roses of that type. *R. agrestis*, *R. brunonii*, *R. carolina*, *R. cymosa*, *R. gigantea*, *R. macrophylla*, *R. moyesii*, *R. omiensis* "Ptericantha," *R. psio-carpa*, *R. stellata* "Mirifica" and *R. xanthina* have all been listed as "species."

The five "European" rose classes developed from the original species roses are Alba, Centifolia, Damask, Gallica, and Moss. There are many varieties of these five types available today.

## AlbA roses *Rosa alba*

An example is Alba Semiplena, "the white rose of York." Experts speculate the Albas are a cross between *R. canina* and *R. damascena*. They are white or pale pink, and have a sweet scent. The shrub can grow up to seven feet high. They are known to have been cultivated before 100 AD, and will grow in adverse conditions, such as in shade.

## Centifol iA roses *Rosa centifolia*

These are the cabbage roses of Dutch art, a cross between Autumn Damask and *R. alba* that was mentioned by Gerard late in the 16th Century. The flowers are pink or white, double, and heavily scented. Pliny mentioned a very similar rose, now extinct.

## dAmAsk roses

### *Rosa damascena*, *Rosa damascena bifera*

Possibly first imported from Syria and grown in France in the late 13th century, this type has two subtypes, the Summer Damask and the Autumn Damask. Summer Damasks are light pink or white, large double blooms in clusters, heavily scented. They are thought to be the result of a natural cross between *R. gallica* and a near-eastern variety, *R. phoenicia*. The Autumn variety has single white flowers, a sweet musky scent, and often produces a second crop of blossom in the fall. It probably stems from a cross between *R. gallica* and *R.*



Eglantine ROSA RUBIGINOSA

moschata. These roses are referenced in the works of Virgil, and are thought to have been introduced in Europe as a result of the Crusades. The “York and Lancaster” rose, which is both red and white, is a Damask.



### Gallica roses *Rosa gallica officinalis*

An example is the Apothecary’s rose, “the red rose of Lancaster.” The Gallicas were used to make rose oil in the 13th through 18th centuries. Gallicas are large, red, heavily scented flowers which grow on bushes up to four feet high. This type appears in Cretan wall paintings.

### moss roses *Rosa moschata*

White blossoms with a musky fragrance, climbing to 10 or 12 feet, these are a cross between *R. centifolia* and *R. damascena*.

### Where to find out more (electronically)

<http://www.mc.edu/campus/users/nettles/rofaq/rofaq-or.html>

This is the FAQ of the usenet group rec.gardens.roses. It has a great deal of information on Old Roses (see the definition above!) including “medieval” types. This FAQ recommends modern varieties identified as falling into those classes (it lists six, dividing the damasks into separate groups), a history of roses in general, a list of suppliers and rose-growing associations, and a bibliography.

#### *Sacred Iron Posies*

An SCA-specific article written by Daniel del Cavallo (Daniel P. Bronson) and available on Stefan’s Florilegium ([www.florilegium.org](http://www.florilegium.org)). Includes websites, bibliography, and suppliers.

<http://users.aol.com/chimenedes/roses.html>

A summary (from standard modern print sources) of medieval and ancient roses with bibliography and list of suppliers.

<http://www.country-lane.com/yr/oldgard.htm>

Descriptions of the five basic classes with links to descriptions and pictures of modern varieties (and the classic version as well) in each type.

<http://www.rdrop.com/~paul/species>

A to-the-point summary of species roses, with links to pictures of four of them. It’s worth backing up to the parent site to see what Barden says about the other classes of rose, too!

[http://home.pacbell.net/kenww/bbg\\_roses/species\\_roses/bbg\\_species\\_roses.html](http://home.pacbell.net/kenww/bbg_roses/species_roses/bbg_species_roses.html)

A photo index of species roses in the collection of the UC Berkeley Botanic Gardens. If word descriptions of flowers make your eyes cross, this is the best alternative identifier I’ve found.

### Where to find out more (in Print)

#### *Renaissance of Antique Roses*

Karen Dardick, *Organic Gardening*, March 2001, pp 39-44

Pictures, a table of varieties, and growing tips.

#### *Roses: An Illustrated Encyclopedia*

Peter Beales, Harvill, 1992

#### *Botanica’s Roses*

Laurel Glen, 2000

#### *In Search Of Lost Roses*

Christopher Thomas, Summit Books, 1989

#### *Landscaping With Antique Roses*

Liz Druitt, Taunton Press, 1992

#### *Sun Dials And Roses Of Yesterday*

Alice Morse Earle, Singing Tree Press, 1969

#### *Dictionary Of Roses In Color*

S. Millar Gault, Madison Square Press, 1971

#### *Book Of Old Roses*

Trevor Griffiths, Michael Joseph, 1984

#### *Ultimate Rose Book*

Stirling Macoboy, H.N. Abrams, 1993

#### *Random House Book Of Old Roses*

Roger Phillips, Random House, 1998

#### *Gardening With Old Roses*

John Scarman, HarperCollins, 1999

#### *Charm Of Old Roses*

Nancy Steen, Milldale Press, 1987

#### *Taylor’s Pocket Guide To Old-Fashioned Roses*

Houghton Mifflin, 1989

#### *Taylor’s Guide To Roses*

Houghton Mifflin, 1986

#### *Complete Rosarian*

Norman Young, St. Martin’s Press 1972

# 2001 Guild Calendar

<b>January 13</b>	Twelfth Night (charter granted)	Nordenhal	Kingston, New York
<b>March 3</b>	EKU (herb track classes)	Iron Bog	Palmyra, New Jersey
<b>March 10</b>	Hrim Schola (herb track classes)	Frosted Hills	Millbrook, New York
<b>May 19</b>	Spring War Camp (herbal exchange table, Guild meeting)	Owl's Reste	York, Pennsylvania
<b>June 9</b>	Herb Fair (classes, activities, Guild meeting)	Coill Tuar	New Windsor, New York
<b>July 20-22</b>	Great Northeastern War (Guild meeting)	Malagentia	Hebron, Maine
<b>August 3-19</b>	Pennsic (classes, Guild meeting)	Debatable Lands	Slippery Rock, Pennsylvania
<b>September</b>	Schola for the Lost (herb track classes)	Montevale	

## Tisane

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