



ti·sane ti-'zan, -'zân, 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 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 SASE (Yes, that is subject to change, too!)

If you are on line, join us on the *sca-herbalist* mailing list (go to www.yahogroups.com/subscribe/sca-herbalist to sign up).

While you're on line, take a look at our website at

www.tulgey.browser.net/~EKHag.html

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 3, Issue 3

September, 2002

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.

Teachers Wanted!

The EKHAG teachers list has officially begun. This list will help us get the word out about our wonderful teachers. Autocrats who are running schola and universities often look for teachers to teach new and interesting classes, but they can be hard to find. Now there will be a central place for the information about all of EKHAG's teachers.

The East Kingdom is also compiling a list of teachers for all subjects and areas of study. Once we have a goodly number, we will give the EK A&S List a copy of our list. What a wonderful way to let the East Kingdom know that we are here and willing to teach others what we know.

If you wish to be listed here please email your name, address, phone number and class subjects to Annys Wolf at annys@ot.com.

If you don't have email, you can mail it to me at

HopeAllyson Dwiggin
1223 Suzann Dr
Warrington, PA 18976.

Snips and Cuttings from the Web and Elsewhere

Lemon balm

Every year I make a wonderful facial toner w/ lemon balm. Steep lemon balm and chamomile flowers in hot water. Strain and add a little honey (as a humectant). Keep refrigerated and use as a toner with a cotton ball after cleansing your face. Makes it oh so smooth and soft! re: cooking makes a lovely tea or line a prepared cake pan with the fresh leaves, add your prepared cake mix (white or yellow usually) and bake. Imparts a lovely subtle fragrance and taste.

— Myfanwy

Bruise Balm

This is the most popular balm I make. Fighters in our martial arts program have all commented on how well it works to speed the healing of their bruises. Their doctors have commented on how well it work also. The first two herbal ingredients are standard ones I always have on hand because they strongly encourage healing of bruised muscles. The third herbal ingredient varies depending on my mood and the availability of the herbs at the time, but is always chosen for its helpfulness on bruises and sprains.

1 cup dried Juniper berries, crushed or roughly ground
(*Juniperus communis*)
1 cup dried Arnica flowers (*Arnica montana*)
1 cup dried Bay Leaves (*Anthimus nobilis*)
Oil to cover
Wax to thicken
— recipe from Jasmin de Cordoba

Greetings and Salutations!

Yesterday (June 27, 2002), our lovely Agitator was inducted into the **Order of the Maunche!** Yes, this is less than a month after being given her Silver Crescent. A wonderful surprise was had by all. Vivat !!!

— Bouncingly,
Corwyn Ravenwing, Shameless Instigator (#6)

At the **Lady Day event** in the Shire of Silver Rylle, the EKHAG didn't really have an official-type meeting. Instead, we had a field trip! Maggie's Herb Shop was right up the street, so we piled into the cars, and merrily raided the shop!



Looking for period **documentation** on: Perfumes (made of herbs and flowers) Pomanders (could the ingredients inside resemble Potpourri?) try John Baptist Porta's *Natural Magick*, the eleventh book, which is online:

<http://members.tscnet.com/pages/omard1/jportac11.html>

There are also pomander and perfume recipes in the Manual de Mujeres:

http://www.geocities.com/karen_larsdatter/manual.htm

From sca-east:

There's are online **facsimiles** of the 1655 and the 1671 editions of *The Queens closet opened at:*

<http://www.bib.ub.es/grewe/grewe2.htm>

Be aware that this is hosted on the University of Barcelona website, and the buttons are labelled in Catalan.

inici = beginning of the document

enrera = backwards 1 page

endavant= forwards 1 page

anara = jump to specified page [type page number in seach window and click button. Hitting 'enter' will not work.]

Also be aware that the website's page-numbering starts with the title page. So if there are several unnumbered pages in the front of the facsimile, this will throw off the count. In the 1655 "Queen's Closet", frinstance, the recipe for Sir Walter's cordial is on pages 274 of the facsimile. To get there, you have to type 292 in the little

window.

The Proposed Ranking Systems

*Anyone who asks may become a member of the Guild.
No one will be considered for advancement without their
express permission.*

Proposal 1 - Three Level System:

Sprout - shall be anyone who indicates an interest in Herbalism/Herb lore and wishes to learn more of the science, attend meetings and is willing to accept instruction.

Cultivator — has devoted time and effort to the learning and basics of Herbalism as it pertains specifically to the areas of recreation of the SCA.

Sage - shall be anyone who has devoted time and effort to additional studies of Herbalism. A Sage must also show a willingness to teach and share with others their knowledge.

Proposal 2 - Four Level System:

Sprout — shall show an interest in learning the arts of herbalism and apothecary and be willing to continue to strive for Sagehood.

Yeoman - shall be anyone who indicates an interest in Herbalism/Herb lore and wishes to learn more of the science, attend meetings and is willing to accept instruction.

Cultivator — has devoted time and effort to the learning and basics of Herbalism as it pertains specifically to the areas of recreation of the SCA.

Sage - shall be anyone who has devoted time and effort to additional studies of Herbalism. A Sage must also show a willingness to teach and share with others their knowledge.

Proposal 3 - Five Level System:

Sprout — shall show an interest in learning the arts of herbalism and apothecary, attend meetings and is willing to accept instruction.

Yeoman - shall be anyone who indicates an interest in Herbalism/Herb lore and wishes to learn more of the science, produce from their learning, attend meetings and is willing to accept instruction.

Cultivator — has devoted time and effort to the learning and basics of Herbalism as it pertains specifically to the areas of recreation of the SCA.

Sage - shall be anyone who has devoted time and effort to additional studies of Herbalism. A Sage must also show a willingness to teach and share with others their knowledge.

Flowering Sage (or Elder) — shall be very experienced herbalists who become a resource for the guild. They are most important in helping and educating those of lower level.

Categories that one might to choose to study are:
Cooking/Food: herbs used in cooking
Brewing/Vinting, etc. of herb wines, beers, and cordials
Dyeing with herbs
Gardening/Growing herbs
Period Medical Herbalism or Apothecary Practice
Comparative Herbology (European, Arabic, Indian, Japanese, Native American, etc.)
Scents/Perfume
Ointments, Poultices, Remedies, etc.
Herbal Cosmetics



AMERICAN ELDER
Sambucus canadensis L.
HONEYSUCKLE FAMILY

Advancement — These requirements are for Proposal 3 - Five Level System. They can be modified for use of any system:

Sprout: This is the novice who typically has little or no knowledge but a lot of enthusiasm for the subjects of the guild. The novice may also not have any notion of what they wish to study. To become a Sprout one might be required to learn the basis of the guild structure and to choose categories of study that might interest them. Making this choice would entail becoming familiar with all the categories of study. Whereas one could pick only one category, one should also be mindful that the more categories chosen, the stronger the foundation of knowledge. The candidate's knowledge could be tested with a question/answer period between the member and a panel of guild members of various ranks. And although an in person test would be more preferable, it can be assumed that not all those wishing to be Sprouts can travel conveniently, so a means of testing remotely would have to be accomplished.

Yeoman: — This is the apprentice level. A prospective Yeoman has chosen his/her paths of learning. They have begun to embark in a direction with their chosen categories producing from them that which one might produce from said categories. To advance to Yeoman one should prove a level of competency of their chosen categories by showing products of their labors in a form cohesive with the categories. This showpiece can be in the form of a journal, products based on herbs related to the categories, or with a question and answer period. The means of this test would be determined by how best to represent each category.

Cultivator — This is the journeyman level. This person has developed a confidence with their categories and has produced much by them. They show an ability to learn and improve as they go along. To advance to this level, one must be able to show how their knowledge of these categories has improved through similar means as the Yeoman category.

Sage — This is the mastery level. To reach this level the person has proven their expertise within their chosen categories. They have an in-depth understanding and may even have made new innovations to the product of that category. They are willing to take on students either directly or to teach not only in EKHAG sponsored events but to the populace at large. To attain this level they must produce something extraordinary related to their categories. This might be in the form of new recipes, a paper worthy of publication, a new technique, etc.

Flowering Sage (or Elder) — This is a level that is beyond mastery, it might be akin to a doctorate in the outside world. This is not a level that is easy or quick to attain. To reach this level, the candidate should prove a mastery beyond question. They should not only produce new innovations to their categories but produce papers, teach and otherwise influence many people both within and more importantly outside the Guild. Attainment of this level should be known and celebrated not only with in the Guild and the kingdom but within the Known World for one

Res fieri instar aliarum debent
“Things must be made like other [things].”

Arts, Sciences, & Herbs

The following herbs are either prohibited or restricted for use in the Middle Kingdom Arts and Sciences Faire. **EKHAG offers this list here as a safety guideline; the East has no such prohibitions in place.**

If an herb is prohibited, it may not be used in any beverage, foodstuff or herbal entry. Use of the prohibited herbs will automatically disqualify an entry. If an herb appears on the restricted list, it must be used with caution and its presence must be noted prominently in the documentation or the entry will be disqualified. This is not an exhaustive list of herbs that could potentially cause difficulties, so all herbs must be specifically listed in the

documentation by their botanical names.

Prohibited Herbs - Do Not Use.

Aconitum napellus (Monkshood)
Aethusa cynapium (Dog Poison)
Anagallis arvensis (Red Pimpernel)
Apocynum androsaemifolium (Dogbane)
Arisaema triphyllum (Jack-In-The-Pulpit)
Artemisia absinthium (Wormwood)
Atropa belladonna (Belladonna)
Bryonia alba (White Bryony)
Bryonia dioica (Red Bryony)
Cannabis sativa (Marijuana)
Caulophyllum thalictroides (Blue Cohosh)
Chelidonium majus (Celandine)
Chenopodium ambrosioides var.
 Anthelminticum (Wormseed)
Cinchona spp. (Jesuits' Bark)
Claviceps purpurea (Ergot)
Conium maculatum (Poison Hemlock)
Convallaria majalis (Lily Of The Valley)
Corydalis cava (Corydalis)
Cyclamen europaeum (Cyclamen)
Cytisus scoparius (Scotch Broom)
Daphne mezereum (Mezereon)
Datura stramonium (Jimson Weed)
Digitalis purpurea (Foxglove)
Dryopteris filixmas (Male Fern)
Gelsemium sempervirens (Yellow
 Jessamine)
Helleborus foetidus (Stinking Hellebore)
Helleborus niger (Hellebore)
Helleborus viridis (Green Hellebore)
Hyoscyamus niger (Henbane)
Linaria vulgaris (Yellow Toadflax)
Lobelia inflata (Lobelia)
Mandragora officinarum (European
 Mandrake)
Mercurialis perennis (Dog's Mercury)
Paeonia officinalis (Peony)
Podophyllum peltatum (American
 Mandrake)

Phoradendron flavescens (Mistletoe)
Phytolacca americana (Pokeweed)
Sanguinaria canadensis (Bloodroot)
Solanum dulcamara (Bittersweet
 Nightshade)
Solanum nigrum (Deadly Nightshade)
Spigelia marilandica (Pinkroot)
Taxus baccata (Yew)
Thuja occidentalis (Arborvitae)
Urtica dioica (Stinging Nettle)
Varonicastrum virginicum (Black Root)
Veratrum viride (American Hellebore)

Restricted Herbs - Use With Caution.

Arctostaphylos uva-ursi (Bearberry)
Buxus sempervirens (Boxwood)
Cimicifuga racemosa (Black Cohosh)
Euonymus atropurpureus (Wahoo)
Galega officinalis (Goat's Rue)
Hedeoma pulegioides (American
 Pennyroyal)
Heracleum lanatum (Masterwort)
Ilex aquifolium (English Holly)
Ilex opaca (White Holly)
Ilex vomitoria (Emetic Holly)
Ledum palustre (Marsh Tea)
Leonurus cardiaca (Motherwort)
Lycopodium clavatum (Club Moss)
Melilotus officinalis (Yellow Sweet Clover)
Mentha pulegium (European Pennyroyal)
Oxalis acetosella (Wood Sorrel)
Rhamnus frangula (Buckthorn)
Ricinus communis (Castor Bean)
Ruta graveolens (Rue)
Sambucus canadensis (American Elder)
Sambucus racemosa (Red Elder)
Sisymbrium alliaria (Hedge Garlic)
Vaccinium Myrtillus (Bilberry)

Contrary to popular belief, there ARE many period herbal recipes that are safe to use and quite a number that use ingredients that aren't hard to get, so don't get too discouraged by the idea of using period recipes first off.

I think the best approach is definitely to start by looking at period recipes. You may not end up exactly duplicating any of the recipes you're examining, but it gives you someplace to start in finding out how and why people used things they way they did. You don't have to have a book of period recipes to work from: look in period herbals for recipes.

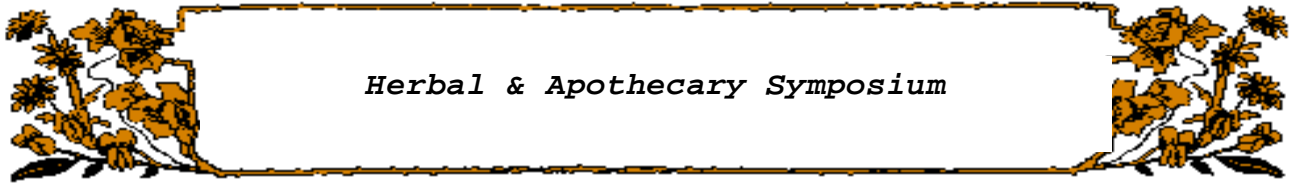
Now, if what you are trying to create is a 'standard' sort of preparation (an oil, a syrup, an electuary, etc.) you will want to search the herbals to find out what the best herbs would have been for your purpose and how they would have been prepared (again, a poultice? a syrup? an infusion? etc.)

Then look at what documentation you can find for those 'standard' preparations and consider how you are going to put yours together.

Be sure to make note of what choices you made and why — if you choose not to follow the period recipe, say why you didn't and what you did instead.

You will get better marks if you can document similar uses and similar recipes when you enter a competition, but that's not as important as the fact that you'll have a better understanding of how the stuff would have been put together and whether the ingredients you want to use would have been used together.

— Jadwiga
(as posted on sca-herbalist)



Herbal & Apothecary Symposium

Sat, Oct 12, 2002

Hosted by Barony of Settmour Swamp - Maplewood, NJ

Come share a day of herb and apothecary related activities, classes and meetings, co-organized by Settmour Swamp and the EK Herbalists & Apothecaries' Guild.

Classes on herbs, gardens, stones, medieval medicine and other herbal/apothecary topics, a display, a poster session, a guild meeting, the opportunity to explore a wonderful herb garden and a dayboard will make this a don't-miss experience.

The event will be housed in two lovely and accessible sites. At the main event site, the Woman's Club, will be located Troll, class signup sheets, "Neat" classes, changing rooms, poster area, and the Day Board. The Maplewood Garden Club and the Durrand-Heddon House Museum have graciously made available to us the extensive DH House Herb Garden for "in situ" identification, the Meadow for "messy" classes, and bathrooms in the Museum itself. This is a short walk from the Women's Club. A Shuttle can be made available for the handicapped. There is limited onsite parking, and plenty of parking on quiet streets.

Day Board will run from 12 noon to 2 pm, with light refreshments and drinks available all day. The Kitchen shall be headed by Baron Irik, and will produce dishes from all over the Knowne World and beyond, featuring various herbs and spices. (Both vegetarian and meat dishes will be available; recipes will be provided).

Reservations are \$10 adult, \$5. for 14 and under. Make checks out to Barony of Settmour Swamp, SCA, Inc. Please send along both SCA and Mundane names of each person. Also, to receive a listing of classes, please send an SASE. In order to accommodate everyone, Pre-registration is strongly advised! Deadline is Fri. Oct. 4th. The Autocrats are: **Classes & pertinent info:** Jadwiga Zajackowa (mka Jennifer Heise), 610-432-2546 or email jahb@lehigh.edu. **Site & Troll:** Mistress Baroness Merlinia, OM, OC, BT, ST. c/o J.W.Shaver, 147 Franklin Ave., Maplewood, N.J., 07040-3201 1(973) 762-2554. Email: merlinia@comcast.net

Directions:

From the West: Take I 78 East Follow from * (below)

From the Northwest: I 80 to I 287 South, I 287 South to RT. 24 East, Rt. 24 East to I 78 East. Always take Local Lanes. When merging onto I 78 East — immediately get into the far Right Lane. Follow From * (below)

From the Northeast: Garden State Parkway South to Exit 142 To I 78 West Follow from ** (below)

From the South: Garden State Parkway North Get into the Right hand lane as you go through the Union Tolls. Take the first Exit immediately after the tolls Follow signs to I 78 West (This will put you on I 78 East and you will do a U turn at the first Exit) Follow from ** (below)

From the East: I 78 West Local Lanes. Cross over GSP follow from ** (below)

* I 78 East to Exit 49B 124 East / Maplewood. This is the second option of Exit 49. Merge onto 124 East - Springfield Ave. Take the 2nd Right hand turn opportunity — Valley St. towards the Oranges, Montclair (This is a Jughandle to make left across Springfield Ave). Proceed through the Light at Springfield Ave. onto Valley St. At the 4th Light make Left onto Baker St. Follow From *** (below)

** Take Exit 50 B towards Millburn / Maplewood. At light at end of ramp Make right onto Vauxhall Rd At 3rd Light make Right onto Valley St. At third Light make Left onto Baker St. Follow from *** (below)

*** Proceed on Baker St, cross under RR At Stop Sign make Right onto Maplewood Ave. At the Valley National Bank Sign, Clock, Thermometer (on right) Make Left onto Durand Rd. Make first Right onto Woodland Rd. Women's Club of Maplewood is one block up on the Left on the corner of Woodland Rd and Inwood Rd.

Public Transportation.- the site is up the street from the Maplewood Train Station. NJTransit connects it to NYC, Newark, and Hoboken via the Morris & Essex lines. For times, etc., call (In NJ) 1(800)772-2222; out of state 1(973)762- 5100.

Event Website: <http://www.lehigh.edu/~jahb/herbs/herbevent.html>

Snips and Cuttings from the Web and Elsewhere

Two-thirds of the members of the Herbalist Guild that live in **Smoking Rocks** held an impromptu meeting. We discussed the design of one of the herb gardens, enjoyed a cool breeze off the lake, and agreed that we should be doing more. One member was unable to make the meeting, she was babysitting for the feastocrat. We are going to get together and talk again in the next few weeks. Hope some of you can make Vinland Raids next year...plenty of room for classes!!!!
—Judi/Jehanne

Ryley, Claire: **Roman Gardens and their Plants**; 1998, Sussex Archaeological Society; 56pp., 62 color illustrations, 240mm x 170mm, ISBN 0904973166 (pb)

"Here is a new and exciting look at Roman gardens and their plants. Claire Ryley has painted the broad picture of what is known of Roman Horticulture in the Western Empire. Not only does she expound the principles that were followed by the Romans in designing their gardens for produce and pleasure, but she also describes more than 100 of the plants they are known to have cultivated. Further, the book includes a list of around 300 plants used in Roman gardens."

£4.95 (with postage about \$10. from <http://www.vindolanda.com/>) or £8.99 plus postage from <http://www.amazon.co.uk/> special ordered.

— brought to our attention by
Master Magnus Malleus, OL, GDH, Atlantia

Here's a link to a list of **plants known to the ancient Romans**: <http://lauracalluria.tripod.com/plants.html>

Recipes to try:

Lemon-Ginger Drink syrup (based on Cariadoc's sekanjabin recipe) Peel a big hunk of ginger and mince. (About 2/3 c. per batch) Mix 2.5 cups water with 4 cups sugar. Bring to a boil. Add 1 cup lemon juice and reduce heat. Add several spoonfuls of the ginger. Simmer until reduced by 1/6. Add rest of ginger. Simmer until reduced by about 1/3 from start. Cool. Strain & bottle. To use, dilute about 8 to 1 with water (or

pour over vanilla ice cream.)**Sauce for Pigeons**
Original: "Sauce for Peiouns. Take percely, oynouns, garleke, and salt, and mynce smal the percely and the oynouns, and grynde the garleke, and temper it with vynegre y- now; and mynce the rostdid peiouns and cast the sauce ther-on a-boute, and serve it forth."

Directions: Snip parsley leaves from 3 large bunches off stems (I used a mixture of curly and flat parsley). Grind about 3 cups of leaves in a food processor until seriously minced; remove from food processor. Cut up about 4 medium onions into chunks and mince in food processor. Add a handful of peeled garlic cloves. Remove and mix with minced parsley. Add red wine vinegar (about a cup) and mix so that the result is moist with vinegar and salsa-like in texture.



From the Agitator:

We had a highly successful meeting at Pennsic, and discovered a whole new chapter of the herb guild, located in the Barony of An Dubhaigeainn.

Mistress Rhianwen presented the draft rankings proposal enclosed in this issue. We also contributed strewing herbs with a Roman focus for East Kingdom Court.

Reminder: we will be collecting contributions for the Herb Guild Tithe to be given at 12th Night, wherever that is. The web site is in the middle of a facelift and a move, superintended by Shannon Gallowglass.

Don't miss the Herbal & Apothecary Symposium, October 12 in Settmour Swamp. Have fun. Do herb stuff! Write! Experiment! Research!

In love and in service,

--Jadwiga Zajaczkowa, Agitatrix.