

**The quarterly newsletter of the
Herbalists and Apothecaries' Guild
of the East Kingdom
Volume 7, Issue 2
Summer/Fall, 2006**

Tisane



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.

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

HEADLINES

Calendula
Book Review
Upcoming Events

From the Chronicler

Have you heard? Did you see?

Our *Tisane* won a Blackfox Award! "Best Special-Interest Newsletter," no less. (The awards were announced at Pennsic.)

This really, really makes me feel bad about how late this issue is, but – oh, well – life happens.

If you would like to see the next issue come out with any sort of promptitude, why not contribute something? An article, a book review, a recipe, a picture (Yes, pictures. Now *there's* an idea!) or even pointers to favorite websites other "herbal types" might find useful or interesting.

It's much easier to be timely when you have material, you know?

Johanna, Chronicler

To get on our mailing list, e-mail to joanne@jafath.com or drop an old-fashioned note to the return address on the mailer.

If you are on line, join us on the [sca-herbalist](http://www.sca-herbalist.com) mailing list (go to www.yahoo.com/groups/sca-herbalist to sign up) or the East-specific EK-Herb (sign up from our website at www.eastkingdom.org/guilds/herb).

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

calendula

Not Your Common Marigold



Calendula officinalis

Pot Marigold, Calendula, *Caltha officinalis*, Golds, Rudes, Mary Gowles, Oculus Christi, Marygold. Fiore d'ornime, Solis Sponsa, Holligold, Goldbloom, Mary Bud

In North America, “marigold” means *Tagetes lucida*, derived from the Mexican marigold. In Europe, “marigold” means *Calendula officinalis*, called “pot marigold” in America. Herbalists call it “Calendula” as often as not. If you come across “marigold” in period sources, it is obviously the European flower that is meant. It’s still yellow/orange and it still has a noticeable smell. The *Herbal PDR* describes it as “strong and unpleasant,” while other sources call it “pungent to sweet.”

Macer’s twelfth century herbal says that the mere sight of marigold can “draw wicked humors out of the head.” Culpeper, who says “these being so Plentifull in every Garden are so well known that they need no description,” says it can be drunk as a tea as a “comforter of the Heart” or mixed with vinegar to anoint hot swell-

ings, or made into a “plaister” with hogs grease, turpentine and rosin and used against fevers.

More modern sources tend rather to stress the dyestuff and antifungal/ antibacterial/ antiseptic properties of marigold. It has been widely used to lend color to winter butter or other foods, for instance. A compress for burns, scalds, and stings, or a cold infusion for pinkeye, and creams and ointments for skin conditions head the medicinal list. It’s a crucial ingredient in SCA’s well-known “bruise balm.” It is closely related to arnica and shares many properties with it.

The *Herbal PDR* even cites successful uses in HIV therapy. Other lab results include many skin problems and in formation of new blood vessels and other tissue repairs. It is Commission E approved for inflammations of the mouth, and for wounds and burns. In Russia it is used to help cure strep throat. There are no known health hazards or side effects and a very low rate of contact dermatitis.

Less scientific sources maintain that garlands of marigolds will stop evil from entering a house; scattered under the bed they will give you prophetic dreams. “Carried in the pocket, marigold helps justice to smile favorably upon you while in court. If a girl touches the petals of the marigold with her bare feet, she will understand the languages of the birds.”

Unless it’s justice you are after, it is recommended you pick the petals at midday and dry them at cool temperatures to preserve the color, or macerate them in oil.

SOURCES

www.botanical.com, (*A Modern Herbal* online)

<http://info.med.yale.edu/library/historical/culpeper/culpeper.htm> (Culpeper on line, Yale University)

houseofstrauss.co.uk

PDR for Herbal Medicine

BOOK REVIEW  **BOOK REVIEW**  **BOOK REVIEW**

Women Healers by Elisabeth Brooke
Healing Arts Press; Rochester, Vermont

by Marguerite Dunne

Medicinal anthropology, hmmm . . . Before there were men with machines and pills and regulations, there were women with herbs and hearts and hands, who only wanted to heal. Gathering, caring, and healing have been a woman's rite for millennia upon millennia. Every young woman would follow behind her mother's skirts and go out to the garden in the early morning to gather herbs, bind them with reed, and begin the long, important learning process of preparing good root soups, fresh poultices, and hearty, medicinal teas. As our civilizations grew up and expanded, humankind now had the time or organize and specialize in the knowledge we were acquiring; no longer did every member of the "tribe" have to remember everything.

With time, the healing arts, as most specializations in our Western world, started to be written down and became bodies of knowledge controlled by men, the ones who were taught how to read. The more "advanced" Western civilization became, the fewer women were allowed into the highest ranks of learning, even with a skill that was feminine in origin.

Elisabeth Brooke has given us a thoughtful, detailed journey of how courageous female healers of the past argued, connived, wiggled, pushed, tiptoed, shimmied, and fought their way into the accepted high ranks of the medical professions from Egypt's time forward. (Cleopatra was a learned physician!) Here we have the story of how herbalists were shunned and disenfranchised during the Renaissance while the Christian fathers set standards, formed leagues, and codified procedures.

You will particularly enjoy the story of Hildegard of Bingen, a medieval healer and prolific writer who made her own rules and only went forward. The struggle for women to practice seems to be all too pervasive in history; read herstory now and understand why we must fight to relearn and retain the womanly art of herbal healing. An eye opener and an inspiration.

**These events will offer classes and/or A&S competitions.
It's up to us to make sure they include *herbal* classes and *herbal* entries!**

Wear Schola	Oct. 7	Nordenhalle	classes
Schola in the Hinterlands	Oct. 20-22	Montevale	classes
Novice Faire	Oct. 28	Coill Tuar	classes
EKU	Nov. 11	Carolingia	classes
Frosted Hills Gets Dirty 2	Oct. 13-15	Frosted Hills	"dirty" and all-day classes
St. Eligius	Oct. 21	Dragonship Haven	competition
Tis a Gift to be Simple	Oct. 21	Brokenbridge	food-related classes
A Harvest Feast	Nov. 4	Iron Bog	classes



Jo Anne Fatherly
249R Powell Avenue
Newburgh, New York 12550