

**The quarterly newsletter of the
Herbalists and Apothecaries' Guild
of the East Kingdom
Volume 8, Issue 2
Summer, 2007**

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

HEADLINES

Coltsfoot

(Incomplete) Pennsic Class Schedule

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 Chronicler:

Greetings!

Traditionally (in the 7½ years of *Tisane's* existence) the summer issue is either very late, or very short; or, often, both. At least this time we are only "short." Partly the cause of this is the effort to avoid "late," but a larger part is lack of material.

I used to get an SCA guild newsletter that only published when the editor managed to collect enough contributions from the members to make an issue. This meant the newsletter came out once a year, or even less often. It's not a model I want to follow. We are, after all, a prize-winning publication (Blackfox, 2006) and have an image to maintain!

So, please, consider being a contributor. A book review, a class handout, an account of how you solved a problem or an account of a problem you don't know how to solve, a recommendation of a supplier, photographs, a letter to the editor — *Tisane* isn't fussy. If you enjoy getting/reading *Tisane*, pitch in and help it be a product others can also enjoy.

(And thus also earn the unending gratitude of the chronicler.)

Johanna LeMercer

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 mailing list (go to www.yahoo.com/groups/subscribe/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!



COLTSFOOT

Tussilago farfara

Farfara, coughwort, horsehoof, english tobacco, bullsfoot, foals foot, horsefoot, butterbur, flower velure, hallfoot, fieldhove, donn-hove, son before father, ass's foot

It's not a dandelion, you can tell by the large, rounded leaves. Besides, the flowers appear before the leaves do (thus the name "son before father.")

It's "English tobacco" because smoking the leaves was considered good for the lungs according to authorities going back to Dioscorides and Pliny. A mixture known as "British Herb Tobacco" is still sold for asthma relief; it's made of coltsfoot, buckbean, eyebright, betony, rosemary, thyme, lavender, and chamomile. The British Pharmacopeia

recommends Syrup of Coltsfoot for bronchitis, at least according to Mrs. Grieve.

Culpeper advises

the dried Leaves taken as tobacco, or the Root, is very good. The distilled water herof simply, or with Elder Flowers and Nightshade, is a singular remedy against al hot Agues, to drink two ounces at a time, and apply Cloathes wet therein to the Head and Stomach; which also doth much good being applied to any hot Swellings or Inflammations, it helpeth St. Antonies Fire, and Burnings, and is singular good to take away Wheals, and smal Pushes that arise through heat; As also the burning heat of the Piles, or privy parts, cloathes wet therin being therunto applied.

Classified as an invasive weed, it prefers heavy clay soils. The flowers are gathered before full bloom and dried; the leaves are collected in late spring, chopped, and dried. It has a soothing expectorant and antispasmodic action, which is effective in the treatment of acute or chronic bronchitis, irritating coughs, whooping cough, and asthma. It is also "a mild diuretic and has been used in cystitis" but is restricted in some countries because lab tests have shown that coltsfoot contains alkaloids causing liver damage in rats. On the other hand, labs in other countries have found natural safeguards also to be present.

SOURCES

Pond, Barbara, *Sampler of Wayside Herbs*; Greenwich House, NY 1974

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

www.purplesage.org.uk

<http://info.med.yale.edu/library/historical/culpeper/culpeper.htm> (Culpeper on Line)

<http://nccam.nih.gov> (National Center for Complementary and Alternative Medicine)

www.pdrhealth.com (PDR health website)

Herbs, etc., at Pennsic XXXVI

This is a very incomplete abstract from the online Pennsic schedule. Go to www.pennsic.org for the complete list, with places and times.

Anglo-Saxon Leechcraft	Hlafdige Arastorm
Bag Cheese Quick and Easy	Ardenia ARuadh
Beer Brewing for the Total Beginner	Emil Allzuwissender
Beyond the Herb-wife: Herbalism, Feminism and History	Jadwiga Zajaczkowa
Brewing Beer from Grains	Gille MacDhnuill
Garden Folklore and Tidbits	Cairistiona de Coveran
Henna and Other Natural Hair Dyes	Ghazalah al-Badriyyah
Introduction to Natural Dyeing	Fiadnata
Mead 101	Michel von Schönsee
Mead Making for the Absolute Beginner	Thorgrm Ulfson
Medieval Beverages for a Hot Day	Euriol of Lothian
Medieval Cane Sugar	Gavan MacBane
Medieval Medicine:Herbcraft	Leanore de Vertearbors
Medieval Veterinary Medicine	Tommasa Isolona
Medieval-Style Mustard	Jadwiga Zajaczkowa
Natural Dyes - The Three Hour Tour	Magdalena de Hazebrouck
Preserving the Harvest	Jadwiga Zajaczkowa
Scented Oils	Jadwiga Zajaczkowa
Weed Walk with Josephine & Broom	Josephine of Flanders
Weedwalk	Sadira bint Wassouf
Wildly Weedy Herbs	Jadwiga Zajaczkowa

Tuesday August 7

10:00:00 AM

East Kingdom Herbalists & Apothecaries Guild meeting

From the Agitatrix —

It has been borne in on me that I can't keep this guild alive alone! I'm looking for four (4) people to be 'syndics' of the guild and help to organize activities, plan meetings, and keep the guild going! Let me know if you would be interested in serving as a syndic.

I'd love to provide more information on the position, but since I just invented it (syndics is a period term but it's not used consistently in descriptions of period guilds) I'm not entirely sure.

Among other things, these are the sort of things I currently do and would love to see other people doing:

- ❖ coordinate projects for the guild; some have been suggested but I've not had time to *do* anything with them.
- ❖ coordinate the tithe (this is a way of showing off what we can do)
- ❖ arrange meetings (I really can't get to as many events as I used to and we need more meetings)
- ❖ drum up submissions for the newsletter/website
- ❖ find groups willing to hold Herb Guild events and have guild class tracks at their events
- ❖ find people to teach at those events and class tracks
- ❖ handle contacts for the guild
- ❖ try to manage some fund-raising to cover the cost of mailing the print copies of the newsletter
- ❖ organize displays and other ways for members of the guild to show off their work.

It's a big kingdom-- I need help!

Thank you

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