

**The quarterly newsletter of the
Herbalists and Apothecaries' Guild
of the East Kingdom
Volume 10, Issue 2
Spring, 2009**

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

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Archangel**

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:

To all herbalists, apothecaries, gardeners, dyers, and other curious folk, in the East Kingdom or elsewhere: Note that

HERBAC SYMPOSIUM II

Is now on the "Events" roster on the East Kingdom website. It will be held on September 12 in Settmour Swamp.

Contact the Agitatrix, Jadwiga (jenne.heise@gmail.com) if you are interested in teaching.

Contact the Autocrat, Merlinia (merlinia@verizon.net) with any other issues.

Herbal Symposium I, held in 2002 At the same site, was a day enjoyed by all. Herbal Symposium II, with your help, could be even better!

VIS
Johanna

To get on our mailing list, e-mail to joanne@jafach.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/sca-herbalist to sign up) or the East-specific EK-Herb (sign up from our website at www.eastkingdom.org/quilds/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!

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Articles are indicated by volume/issue number/page. Previous years of *Tisane* were indexed in Volume III, Issue 4 (Winter 2002) and Volume VII, Issue 1 (Spring, 2006). Please note that several issues were misnumbered.

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ARCHANGEL

Lamium album

Archangel. White Dead Nettle. Blind Nettle. Dumb Nettle. Deaf Nettle. Bee Nettle.
Also the related Red Dead Nettle, Yellow Dead Nettle, and Purple Dead Nettle



Here is Culpeper's Description:

This hath divers square stalks somewhat hairy, at the joynts whereof grow two sad green Leaves dented about the edges, opposit to one another, the lowermost upon long footstalks, but without any toward the tops which are somewhat round, yet pointed, and a little crumpled and hairy: Round about the upper Joynts where the Leaves grow thick, are sundry gaping Flowers of a pale reddish colour, after which com the Seeds three or four in a Husk. The Root is small and thriddy, perishing every year: the whol Plant hath a strong scent, but not stinking.

White-Archangel hath diverse square stalks not standing streight upright but bending downward, wheron stand two Leavs at a Joynt, larger and more pointed than the other, dented about the edges and greener also more like unto Nettle-Leavs, but not stinking, yet hairy: At the Joynts with three Leavs stand larger and more open gaping white Flowers, in Husks round about the Stalks (but not with such a bush of Leavs, as Flowers set in the top, as in on the other) wherin stand smal roundish black Seeds: The Root is white, with many strings

at it, not growing downward but lying under the upper crust of the Earth, and abideth many years encreasing: This hath not so strong a scent as the former.

Yellow-Archangel is like the White in the Stalks and Leavs, but that the Stalks are more streight and upright, and the Joynts with Leavs are further asunder, having longer Leavs than the former; and the Flowers a little larger and more gaping, of a fair yellow colour in most, in som paler. The Roots are like the White, only they creep not so much under the ground.

Place.

They grow almost everywhere, (unless it be in the middle of the street) the Yellow most usually in the wet grounds of Woods, and somtimes in the dryer, in divers countries of this Nation.

Time.

They flower from the begining of the spring all the summer long.

There's really not much more you can say, is there?

Dead Nettle is largely used as an ornamental, when it isn't a weed, in our time, but we might want to reflect that, in period, it was used for female complaints ("being an herb of Venus") and bleeding or dysentery.

Linnaeus reported that the species has been boiled and eaten as a pot-herb by the peasantry in Sweden.

According to some sources, a distilled water from the flowers and leaves makes an "excellent and effective eye lotion to relieve ophthalmic conditions."

Another modern source says "Cotton-wool, dipped in a tincture of the fresh herb, is efficacious in staunching bleeding and a homoeopathic tincture prepared from the flowers is used for internal bleeding, the dose being 5 to 10 drops in cold water."

Gerard tells us:

The flowers are baked with sugar; as also the distilled water of them, which is said to make the heart merry, to make a good colour in the face, and to make the vital spirits more fresh and lively.'

And finally, the Herbal PDR states: "No health hazards or side effects are known in conjunction with the proper administration of designated therapeutic dosage." (Dosage is given as 3 grams internally, 5 externally — for the purists amongst us.)

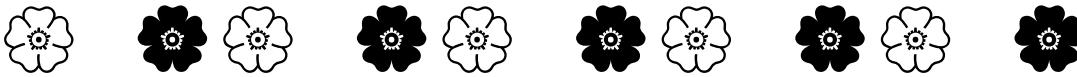
SOURCES

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

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

PDR for Herbal Medicine

www.pfaf.org (Plants For a Future)



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