

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

Herbal Symposium II
Smartweed

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:

Did you have a good Pennsic? Now it's time to have a good Herbal Symposium, coming up fast (September 12). It's been several years since we met in this venue, and this time there's a site tour included!

If you've tried to look up back issues of *Tisane* lately, you will know our website has a problem. Apparently we were hacked at some point this summer — Corwyn is working on the problem even as you read this.

So, since you can't read what's already been printed, you have the time to write something that hasn't! (Notice the neat editorial segue there.) We Need Material. Please. Pictures are also good.

And send some thanks-laden good thoughts to Corwyn, our Webmaster, too.

YIS
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/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!



Herbal & Apothecary Symposium II

Saturday, September 12th, 2009

Join us for an herbal adventure spanning a thousand years, from Rome to the Renaissance! A day of classes all things herbal is planned, as well as herbal and oil tastings. A light dayboard utilizing herbs and spices will be served all day. And bakers start your ovens--a baking expo is planned; there are two categories: sweets and savories. All breads, cookies, cakes and other baked delights are welcome. Please bring enough for multiple tastings, and the Baronial favorites will be announced.

Classes will be from 11 am to 3 pm. The event starts at 10:30 am; teachers and merchants please get there by 10 am. The site opens at 9 am; please contact the autocrat if you need to come early. The classrooms close at 3 pm when a tour will gather to leave for the historic Durand Heddon House Herb Gardens (the site is a 10 minute walk from the event, parking is available if needed). At this time, the event clean-up will begin.

If you would like to teach, please contact Doma Jadwiga, our teaching coordinator, at jenne.heise@gmail.com or 973-304-1921. We can accommodate "clean" and "messy" classes. Classes will be approximately an hour long.

Merchants are welcome; there is a \$5 merchant fee. Tables may not be available, so please bring your own if possible. Two tables per merchant (10x10 space). We cannot provide electricity. Please contact Elisabetta (elisabetta@klotz.org) if interested. Also when sending in reservations for the event, please note that you are a merchant and add in the \$5 fee.

Garb is required. For other questions, please contact the autocrat, Mistress Baroness Merlinia at 973-762-2554, before 9pm.

Directions:

The site is the Maplewood Women's Club at 60 Woodland Ave in Maplewood, NJ, and is easily accessible from the Maplewood train station (mid-town direct).

Event Fees:

Adult Member: \$10 Adult Non-member: \$13 Child under 18: \$9
(All children must be accompanied and watched by an adult.)

Troll will open at 11am and close at 3pm.

Please send the following information with your reservation:

mundane and SCA names for all persons included in the reservation, proof of membership for all members included in the reservation (photocopy of membership card or copy of cover of recent Pikestaff cover with the members name is acceptable), contact information, and check or money order made out to SCAI nc./ Barony of Settmour Swamp for the total amount of the reservation.

Send Reservations (postmarked by September 5) to:

Settmour Swamp Herbal Symposium
c/o Elizabeth Green
140 Coburn Ln.
Somerset, NJ 08873

*Refunds will be available for those who are unable to attend the event.
Please contact Lady Siobhna at e.rose.green@gmail.com *before* the event to
request a refund form. Refunds will be unavailable after the event.*

Autocrat: Baroness Merlinia
973-762-2554, before 9pm

Merchants: Elisabetta
(elisabetta@klotz.org)

Teachers: Doma Jadwiga
jenne.heise@gmail.com or 973-304-1921

Make Checks Payable to: SCA inc Barony of Settmour Swamp

Smartweed

Polygonum hydropiper

Water Pepper. Biting Persicaria. Bity Tongue.
Arcmart. Pepper Plant. Smartass. Ciderage.
Red Knees. Culrage. Bloodwort. Arsesmart.

Smartweed is one of those herbs that, over time and place, seem to have been prescribed for almost every ill known to man. Judging from the common names, however, that didn't make it a popular plant.

Mrs. Grieve lists its uses as "Stimulant, diuretic, diaphoretic, emmenagogue, efficacious in amenorrhoea. A cold water infusion is useful in gravel, colds and coughs. Simmered in water and vinegar, it has proved useful in gangrenous, or mortified conditions. The extract, in the form of infusion or fomentation, has been beneficially applied in chronic ulcers and haemorrhoidal tumours, also as a wash in chronic erysipetulous inflammations, and as a fomentation in flatulent colic. A hot decoction made from the whole plant has been used in America as a remedy for cholera, a sheet being soaked in it and wrapped round the patient immediately the symptoms start."

Most domestic animals will not touch it. Traditionally, putting a handful of smartweed under the saddle would lend endurance to the horse. (Given its peppery reputation, this sounds rather-like animal abuse.)

Culpepper tells us that 'if the Arsemart be strewed in a chamber, it will soon kill all the fleas.'

In Salmon's *Herbal*, it is stated: 'It is known by manifold and large experience to be a peculiar plant against gravel and stone. The Essenee causes a good digestion, it is admirable against all cold and moist diseases of the brain and nerves, etc., such as falling sickness, vertigo, lethargy, apoplexy, palsy, megrim, etc., and made into a syrup with honey it is a good pectoral. The oil dissolves and discusses all cold swellings, scrofulous and scirrhus tumours, quinsies, congealed blood, pleurisies, etc.'

In modern times, the *Herbal PDR* lists as "unproven uses" uterine bleeding, diuretic, externally for "sprains, contusions, rheumatism and gout." Homeopathically it is used to treat varicose veins. The *PDR* lists no health hazards but advises against the external uses because of the skin irritation.

PDR for Herbal Medicine

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

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



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