

Tisane

The quarterly
newsletter of the
Herbalists and Apothecaries'
Guild
of the East Kingdom
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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

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 S.A.S.E. (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.brower.net/~EK_H2g.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!

Report from the Agitator ...

Greetings to the Guild!

I'd like to report that this year's Herbal and Apothecary Symposium was a great success. We had over 50 attendees at the event on October 12, 2002 in Settmour Swamp-- much thanks to Merlinia for autocrattng and to Settmour Swamp for sponsoring the event. The event was fun for everyone, and the generous donations to the raffle netted us \$52 for the *Tisane* mailing expenses.

There were a wide variety of classes offered; many thanks to the teachers: Annys Wolf (Herbal First Aid), Briana MacBain (Creating your own Medieval Garden), Brighid ni Chiaran (Cooking from Period Sources), Berelinda and Rhiannon (Period Dyestuffs), Carowyn Silveroak (Use of Gems

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DILL

(Anethum graveolens or Peucedanum graveolens)

by Lady Adrianna of Westmarch (MKA Andrea B. Fisher)

*NO PART OF THIS ARTICLE IS INTENDED AS MEDICAL ADVICE.
CONSULT YOUR HEALTH CARE PROVIDER BEFORE USING ANY HERB FOR MEDICINAL
PURPOSES.*



Whenever I think about dill, the first thing that comes to mind are dill pickles and my husband's homemade chicken soup. But there are more uses for dill than just modern day culinary uses.

According to Prior's *Popular Names of English Plants*, the name *dill* is derived from the Old Norse word, *dilla*, meaning to lull. Dill had been used to lull babies to sleep and ease colic. An infusion of seeds was used for flatulence and colic. Dill seeds are sedative, so as a result, were used for insomnia and headaches. Other medicinal uses included to encourage milk production in nursing mothers, and to suppress appetites.

In Culpeper's *Complete Herbal and English Physician*, dill "stayeth the hiccough being boiled in wine...serve to expel wind and pains proceeding therefrom ... and drieth up all moist ulcers." According to Hildegard Von Bingen's *Physica*, dill, in whatever way it is eaten, makes a person sad. Also, dill will stop a nosebleed when mixed with yarrow, and placed around a forehead, temples and chest.

Dill is extremely easy to grow, propagated by sowing seeds in the spring and again midsummer, in rich well drained soil and full sun. Dill is an annual herb and grows to a height up to three feet. The leaves, seeds, and flowers are edible, and can be used for medicinal and culinary uses. Keep in mind not to grow dill too close to fennel, as they may cross-pollinate. Dill is also supposed to enhance the growth of lettuce, onions and cabbage.

If you choose to grow this herb, be careful to harvest all the seeds, or else you will enjoy dill for years to come.

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An American Herbalist Abroad

by Marguerite Dunne

England, Scotland, the Motherland, a place where herbalists are licensed, gardens are glorified, and everyone really knows the dates of the Renaissance. Oh boy, was I happy to be going this past summer!! I have been a medicinal herbalist for 29 years, fighting the good fight here in the States for the long overdue recognition of Western herbs in health care. I could not wait to schmooze with my compadres overseas. My husband and I did some homework before we left, armed ourselves with \$100 worth of maps and guide-books, prepaid rail tickets, put blank labels on a dozen small plastic zip-lock bags for collecting seeds, and were off.

We arrived on a balmy July day at Heathrow in London. I was flabbergasted to find a century-old palm tree outside of the tube (subway) station and actually quite jealous when I saw a sixty-year rosemary bush growing in the platform grounds at the outdoor station. What was going on here? Look at a map and anyway you slice it folks, Great Britain is north of where I live in the Hudson Valley of New York State. I would quickly find out that England is on the path of the Gulf Stream which makes their winters 15-20 degrees less harsh than ours accompanied by very little snow. It is no wonder then why so many of the first British pilgrims to come to America died; their bodies were hardly acclimated to our weather.

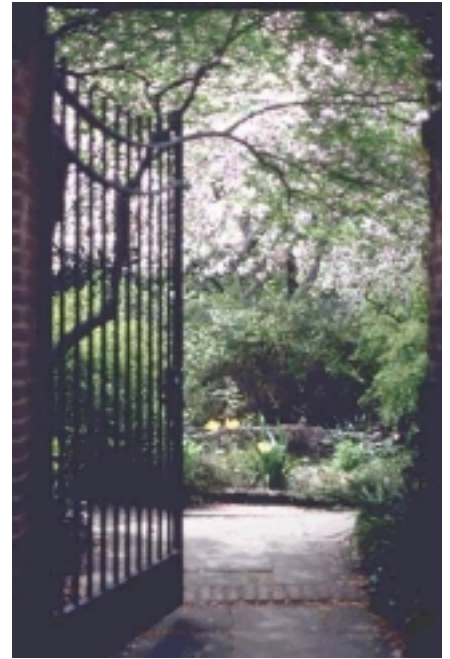
And the English do love their gardens. Every three or four blocks is a "pocket" garden. Usually a small square or triangular city block, with roses, purple bottle brush bushes, daisies, palm trees, red palms, saw palmettos, princely dandelions, wisterias, climbing trumpet white bell vines, bashful little lobelias, and ladylike lavender perfuming the air always surrounded by ten-foot black wrought-iron fences with locked gates. Only the neighbors get a key; maybe that is why the gardens are consistently so well-kept

I'm glad I brought my sneakers since we walked about 8-10 miles daily in London. Hyde Park, Westminster Abbey, the Gardener's Museum (guess who is buried there? Captain Bligh! Yes, that one. And on his monument is a delicate, beautifully fashioned breadfruit). However, the place which I counted off the minutes to get to was the

Chelsea Physic Garden, begun in 1673 by the Worshipful Society of Apothecaries of London (they still exist too!). The garden was specifically established for three reasons: it could conduct "herborizing" expeditions to instruct botanical apprentices, it provided a site for the growing of medicinal plants, and it would be a place where physicians could be properly trained on the medicinal properties of each herb.

Given that it is only opened on Wednesdays and Sundays from noon to five, we were outside of its gate by 11:45 a.m. that first Wednesday morning we were in London. Wow! Hundreds of herbs, flowering herbs, deep rooted and well cut, hugging the grounds and laughing in the sun. These were happy plants, plants protected and loved by generations of grateful humans who had

honored and blessed them for the healing light they returned to them.



The garden fairies made sure that the first person I befriended was a delightful green-thumbed caretaker, Mary, who was just shy of 90 and spry as a squirrel under an autumn oak gathering her acorns. And she loved to talk!! As we moseyed around the grounds, through the European garden and the North American garden and the Australian garden and the Zulu garden, I got the complete lowdown. Closed for a few decades to the public from the 1930s to the early 1970s, the garden has always been a teaching site for the medical profession.

Scientists have come to the garden, and regularly still come, for advice, data, and insight into the cultivation of Mother Nature's greatest allies for our well being. While we were there, at least three tours of people were going through with guides who provided leaf by petal by root details of which plant did what. I took four rolls of film, petted the resident garden kitty (who had lost one eye but looked well fed and cuddled so I knew she was okay), and spent a small fortune in their shop. The garden is located on Royal Hospital Road on the Thames and you enter on the side street. A must for your next holiday.

One ix-nay for the savvy traveller: **Findhorn** in Northern Scotland. 1969 over-done rich hippies paying a few grand per quarter to clean the toilets and feel "connected" in their p.c. straw-bale hovels and over-composted day lilies. Perhaps they have never seen another "alternative" community, but there was no magic waiting to unfold in this over-sold derivative of California's original Esalen Institute.

Two other places for members of the Apothecaries Guild to go and see:

The Old Operating Theatre, Museum and Herb Garret, 9a St. Thomas's Street, London. A hospital dating back to the 1850's (with eerily accurate black and white etchings of the standard amputations done at the time), the attic herb garret is filled with wonderful medical memorabilia and herbal lore.



And one other absolutely delightful place is **Napiers Herbalists** in Edinburgh, Scotland, at 18 Bristo Place. An herbal apothecary since 1860, they sell bulk herbs and make up tincture formulas for you based on your consultation with their medicinal herbalist. It is the only place I have ever been where I could really "talk shop in the shop."

How wonderful it was to be affirmed in my life's work. Please go and let me know how you liked it.

Elisabetta's Sage & Garlic Bread (As served at Herbal Symposium)

Ingredients:

- 1¼ cup whole wheat bread flour
- 1 cup unbleached bread flour
- 2¼ tsp instant yeast (or 1 envelope rapid-rise yeast)
- 3 tbsp chopped sage (I used dried sage, but you can use fresh)
- 2 tsp sea salt
- 3 cloves garlic, finely chopped
- 1½ tsp honey
- 2/3 cup tepid water (warm enough to

melt the honey)

Directions:

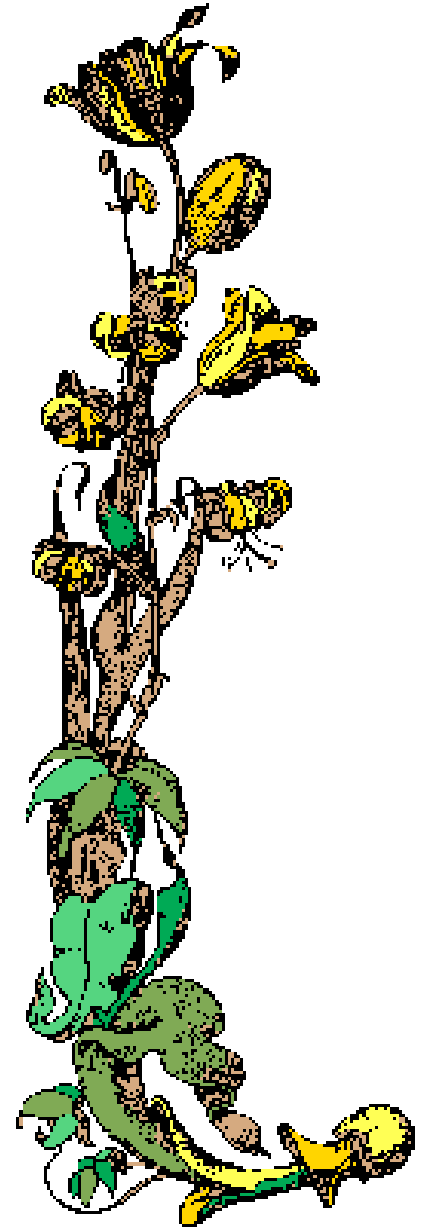
Mix flour and yeast. Wait 30 seconds. Add in sage, 3/4 of garlic, salt, and mix. Mix the honey into the tepid water until honey is dissolved. Add into bowl and mix until it formed a dough. Knead dough for five minutes. Place in a greased bowl, cover and let rise (about 45 minutes) until doubled in size. Knead dough for a minute or two and form into circle. Place on greased cookie sheet, cover and let rise for an additional 30 minutes. Preheat oven to 400 degrees F. Sprinkle on the remaining garlic and some sea salt. Place in pre-heated oven for 30 minutes.

Period Names Of Herbs We Can Get Today

This is not a complete list with all the names they were known by, but it helps.

Contributed by Aricia Jehane

1. Agrimony: (Church Steeples, Sticklewort.)
2. Basil/Wild: (Hedge Calamint)
3. Lady Bedstraw: (Maids Hair, Petty Mugget)
4. Bilberry: (Whinberry, Tackleberry)
5. Bistort: (Snakeweed, Oderwort)
6. Broom: (Irish Tops, Bisom)
7. Butchers Broom: (Kneeholy, Jews Myrtle)
8. Greater Bindweed: (Ladys Nightcap)
9. Burdock: (Sticky Buttons, Beggars Buttons)
10. Common Century: (Feverwort)
11. Chickweed: (Starweed)
12. Sweet Chestnut: (Jupiters Nut)
13. Cinquefoil: (5 Fingers, Stinkfield)
14. Red Clover: (Trefoil)
15. Coltsfoot: (Coughwort, Foalswort, Halefoot)
16. Columbine: (Culverwort)
17. Comfrey: (Knitback, Bruisewort, Sacarens Root)
18. Cornflower: (Blue Bottle, Hurt Sickle)
19. Cowslip: (Palsywort, Herb Peter)
20. Carrot: (Birdsneat)
21. Chamomile: (Maythen)
- 22.. Daisy: (Maudinwort, Great Ox eye)
23. Dock: (Monks Rhubarb)
24. Eglantine: (Sweet Briar)
25. Elecampane: (Scabwort, Elf Dock, Horseheal)
26. Fennel/Hogs: (Brimstonewort, Hoar Strange Sulphurwort)
27. Figwort: (Thoartwort, Kennelwort)
28. Foxglove: (Dead mens bells, Witches Gloves, Bloody Fingers)
29. Gentian: (Bitterwort)
30. Hemlock: (Poison Parsley, Herb Bennet)
31. Hounds Tongue: (Rats and Mice, Gypsy flower)
32. House Leek: (Jupiters eye, Live for Ever)
33. Ground Ivy: (Alehoof)
34. Ladys Mantle: (Bearsfoot, Dew Cup)
35. Mandrake: (Devils Apple)
36. Meadowsweet: (Bridewort)
37. Mugwort: (Felon Herb)
38. Monkshood: (wolfsbane)
39. Mullein/greater: (Aarons Rod, Hags Taper)
40. Nettle/stinging: (Devils Plaything)
41. Pennyroyal: (Pudding Grass)
42. Rosemary: (Compass Weed, Polar Plant)
43. Rue: (Herb of Grace)
44. Plantain: (Waybread, Ripple Grass)
45. Selfheal: (Sicklewort, Hook heal)
46. Soapwort: (Sweet Betty, Crow Soap)
47. Toadflax: (Calves Snout, Bridesweed)
48. Tansy: (Golden Buttons)
- 49.. Valerian: (Capon's tail, Setwell)
50. Yarrow: (Knights Milfoil, Nosebleed, Staunchweed).



LAVENDER

(*Lavandula Augustifolia*, *Lavandula Officinalis*)

by Lady Adrianna of Westmarch (MKA Andrea B. Fisher)



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Herbs have been used for thousands of years as it is today for medicinal uses, cooking, brewing, and baking. There are several good sources that document herbal medicine in or close to our “period”. Two of the most famous are John Gerard’s *The Complete Herbal or General History of Plants*, Published in 1597 and revised by Johnson in 1633, and Nicholas Culpeper’s *Complete Herbal and English Physician*, published in 1651.

One of the most fragrant and commonly known herbs is Lavender. To quote Culpeper, “Being an inhabitant almost in every garden, it is so well know that it needeth no description”.

Lavender grows well in plant hardiness zones 5-8 (Concordia is zone 5). It does well in full sun (about 6 – 8 hours per day), in light, well drained soil, with a ph between 6.5-8.2. Since it is somewhat difficult to germinate from seed, 2-3 inch cuttings are taken from side shoots during the summer. Lavender plants can survive 10-12 years before going woody and dying from the center out.

Lavender was introduced into England by the Romans. Its botanical name, *Lavandula* is derived from Latin for “to wash,” a reference to its use by the Romans as a scented additive to their baths. Lavender was grown in medieval monastic gardens for its fragrance, beauty, medicinal properties and as a strewing herb.

According to Culpeper, “lavender is of a special good use for all the griefs and pains of the head and brain that proceed of a cold course, as the apoplexy, falling sickness, the dropsy, or sluggish malady, cramps, convulsions, palsies, and often faintings. Also “ it strengthens the stomach and freeth the liver and spleen from obstructions, provoketh women’s courses and expelleth the dead child and after-birth”.

Lavender was used as a strong antiseptic with antibacterial properties. It’s oil was used to treat cuts, bites, stings, burns, coughs and colds, joint pains, and chest infections. Lavender was used as a soothing tonic for nervous and digestive disorders, to relieve tension, insomnia, and depression.

Although few studies have been done, lavender also has modern medicinal uses. The oil may have spasmolytic, antiseptic, and carminative powers. Its leaves can repel insects. Warm lavender tea can be applied as a compress for the relief of chest congestion.

As with all herbs, one must be very careful about using them medicinally. They are not benign and may have several side effects not conducive to a good healthy life.

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in Period Medicines and Amulets), Johanna Le Mercer (Strewing Herbs and Scented Handwaters, Resources on Period Herbalism), Mistress Merlinia (Propagating Woody Herbs & Irises , Roman Gardens), Mistress Paigan (Plants as Pigments for Period Illumination), Mistress Rhianwen (Basic Herb Gardening), Master Richard the Poor (Drinking with Herbs and Spices), and Selene and Sorcha (Herbal Salves).

If you missed the Symposium, Annys Wolf is working on a Proceedings volume with the handouts, though that may be delayed until after she's finished her current work-in-progress. Also, look out for herb-related classes at upcoming East Kingdom Universities (<http://hometown.aol.com/ekuniversity>) as the guild will have an herbal track at the EKV in Iron Bog on January 18 (Introduction to Herbs, Spices and Savory Seeds, Kitchen Cosmetics, Re-creating Your Own Medieval Garden) and classes at the EKV February 15 in Concordia. As of this writing there are still slots left for teachers at the February EKV, and everyone is encouraged to volunteer to share their particular herbal knowledge-- that's what this guild is all about.

Our web page is changing over to <http://www.eastkingdom.org/guilds/herb/>

And we hope to see more information there in the near future, as Johanna Le Mercer is working on compiling a handout on the basics of period herbalism from various SCA herbalists around the country. We also have a slightly more low-traffic EK-HAG only mailing list set up in addition to SCA-Herbalist@yahoogroups.com. The EK-Herb mailing list is open to anyone who wishes to participate in the Guild or who is interested in the Guild's activities. To subscribe, send an e-mail to ek-herbs-subscribe@eastkingdom.org and follow the instructions in the confirmation e-mail you receive. The rankings proposal will be discussed on that list.

We are beginning to accumulate materials for the tithes at Twelfth Night -- thanks to everyone who contributed last year. I'm hoping to publish a list of who contributed what this year in the next Tisane. We will be meeting at 12th night and other locations to discuss the rankings proposal.

Going to the event and enjoying the discussion on SCA-Herbalists mailing list, as well as ek-herbs, I believe that we have now gotten the ball fairly rolling with period herbalism in the East Kingdom -- keep up the good work.

One last piece of good news: Please join me in congratulating Lady Briana MacBain, who received her Maunche at the Agincourt event in December. Vivat!

— In service, Pani Jadwiga Zajackowa, Agitatrix



Res fieri instar aliarum debent

“Things must be made like other [things].”