



ACONITE, WINTER (*Eranthis hyemalis*)

P bulb 2" or 5cm Ranunculaceae - Yellow flowers from Jan-March. Habitat: parks, woods, gardens. Grows beneath trees.

AGASTACHE MEXICANA - (*Agastache mexicana*) **MEXICAN GIANT HYSSOP**

P Ht up to 3' or 1m - Very showy form of Anise Hyssop with mauve flower spikes, loved by bees. Fragrant leaves. More vigorous than A. Hyssop. Scented leaves for tea and flavouring.

AGRIMONY (*Agrimonia eupatoria*) **or CHURCH STEEPLES or STICKLEWORT**

P Ht 9" or 23cm Native - Yellow flowers in Summer. Was used for treating wounds in the 15th century. Habitat: roadsides and wasteland. The dried flowering plant used as mild astringent, diuretic, for acute sore throats, chronic catarrh, children's diarrhoea, cystitis and externally as a lotion for wounds.

ALECOST / COSTMARY / BIBLE LEAF (*Chrysanthemum balsamita*)

P Ht 3ft or 1m Ancient herb for flavouring and preparing ale in the Middle Ages. Hardy aromatic balsam-like scented perennial. Use leaves in spring salad, soups, cakes and poultry. Also medicinal use to relieve colds, catarrh and upset stomach.

ALEXANDERS, (*Smyrniolus atrum*), **BLACK LOVAGE / HORSE PARSLEY / WILD CELERY**

Bi Ht 4' or 122cm - An established alien. Use young shoots and leaf stalks to flavour soups. The black seeds are ground into 'pepper'. Ancient vegetable.

ALKANET (*Anchusa officinalis*) **or BUGLOSS**

Bi Ht 18" or 46cm - A soft hairy plant with narrow leaves and attractive violet flowers similar to borage and comfrey. Large fleshy root yields red dye. Not now used medicinally. Add flowers and young leaves to salads. Good bee plant.

AMARANTH (*Amaranthus*)

Ht 4ft or 120cms - Some of this family of plants were native to tropical countries and used as pot herbs. Dried flowers astringent. Used as a wash for ulcers, gargle for ulcerated mouth and to reduce tissue swelling. Young leaves used as a vegetable.

a) **PRINCES FEATHER** (*A. hypochondriacus*) H.A.

b) **LOVE LIES BLEEDING** (*Amacanthus Caudatus*) P.

ANGELICA (*Angelica archangelica*) **GARDEN ANGELICA, HOLY GHOST**

Bi Ht tall 6-10ft or 180cm-3m - A most stately plant with large flower heads which are very decorative dried. Young stems are candied, leaves can be dried for tea and young stems may be cooked with rhubarb to remove acidity. Stimulates appetite, of benefit in bronchitis, anorexia nervosa, bronchial catarrh. Important constituent of liqueurs such as Benedictine.

ANISE (*Pimpinella anisum*) or ANISEED

A Ht 12" or 30cm - One of the most ancient of spices grown by Egyptians. Delicate plant with pretty white flowers. Aniseed is widely used to flavour bread and cakes and is most beneficial with rich food. The leaves may be used with salads. Chewing the seeds cures hiccups and also induces sleep. Especially effective in flatulence. Aids digestion and improves appetite. Important flavouring for food and liqueurs.

ANISE HYSSOP (*Agastache foeniculum*)

- a) P Ht 2' or 60cm - Bee plant from North America. Lovely mauve/purple flower spikes for long season. Anise scented leaves, for tea and flavouring.
- b) White (*A.F. Alba*)

ARNICA (*Arnica montana*) LEOPARDS BANE, MOUNTAIN TOBACCO

P Ht 6" or 15cms - The wonder bruise herb but poisonous if taken internally. Valuable in homeopathic treatment of sprains, wounds and bruises, protected mountain plant of Switzerland with golden daisy flowers. Good bee plant.

ARNICA North American (*Arnica chamissonis*)

P Ht 12" or 30cm - Has the same properties to *A. montana* and has similar orange flowers. Will grow in alkaline soil. Toxic if taken internally.

ARTEMISIAS FRIGIDA

HP 1-4ft 30cm-1.2m - A compact form from the U.S.A.

- a.) **SOUTHERNWOOD** or **OLD MAN** or **LAD'S LOVE** (*A. Abrotanum*) 30" or 75cms
strong smelling herb with ability to repel insects. Used in nosegays, aromatic baths and poultices for skin conditions. Stems yield yellow dye.
- b.) **WORMWOOD** (*A. Absinthium*) "**Green Ginger**" 32" or 80cms
Several species - removes intestinal worm. Very bitter herb used in aperitifs and herb wines ie absinth and Vermouth. Aids digestion and is used as an eyewash
- c.) **'LAMBROOK SILVER** (*A. absinthium*) Finely cut aromatic silver foliage
- d.) **SILVER QUEEN** (*A. Ludoviciana*)
- e.) **CAMPBOR** (*A. Alba*)
- f.) **'POWIS CASTLE'** P 50cm Soft aromatic silver foliage
- g.) (*A. Canascens*) P 40cm Very finely cut silver foliage
- h.) **SEA WORMWOOD** (*A. maritima*) 30cm. blue flowers, dark green leaves.

AUTUMN CROCUS / MEADOW SAFFRON (*Colchicum Autumnale*)

P. 9" or 20cm. Corm 15cm - below ground, wild plant. Dried corms and seeds anti-rheumatic. Relieves pain and inflammation of acute gout and rheumatism.

BALLOON FLOWER (*Platycodon grandiflorus*)

P 18-24" or 45-60cms - The profuse blue flowers resemble balloons before opening which makes this a most decorative plant. Important eastern herb. Young leaves used in salads and a cough remedy is prepared from the roots.

BALM OF GILEAD, FALSE (*Cedronella triphylla*) CANARY BALM

P Ht 3' or 1m - Quite wrongly called Balm of Gilead which is a medicinal tree from the Middle East. This plant has attractive pink flowers and foliage with a lovely balsamic scent. Native of North America. Buds thought to be a stimulant and tonic, antiseptic and expectorant.

BALM

a. LEMON (*Melissa officinalis*) SWEET BALM, HONEY PLANT, CURE ALL

P Ht 2'6" or 76cm - Balm has been cultivated in the Mediterranean region for 2000 years but for half of this time it is as a medicinal herb in anxiety or depression. Bushy herb with a strong lemon fragrance. Use lavishly to impart lemon flavour to fish, poultry, vegetables, stuffing's, drinks etc. Use: Carminative; diaphoretic; anti-spasmodic; sedative. Can be used as a tea for treatment of minor gastric disorders, vertigo and buzzing in the ears, palpitations and nervous colic, insomnia, headaches. Young leaves are soothing when rubbed on insect bites. Important ingredient in several liqueurs. Used in pot pourris etc. Melissa (or honey bee in Greek) is an essential bee plant. Full sun.

b. Golden (*M.o. aurea*)

c. Lemon Variegated (*M.o. variegata*)

BASIL

Basil was introduced to Europe from the East in 16th Century as a culinary herb. Fresh picked leaves are far superior to the dried ones. The flavour of the various basil's varies with the volatile oil content. There are over 100 varieties.

Much branched, aromatic. Flowers small, white, or purplish, in whorls of 6 flowers on open terminal racemes. Appearing mid-summer to mid-autumn. Native to Southern Asia, Iran and Middle East.

Naturalised in parts of Africa and some Pacific Islands, and parts of South America.

Use: (fresh leaf) Antispasmodic; galactagogue; stomachic; carminative; mild sedative. May be employed in a wide range of simple gastro-intestinal complaints; particularly for stomach cramps and vomiting. May be used in treatment of nervous headaches and anxiety. Mainly used for culinary purposes in soups, salads, fish and meat dishes. Very good with tomatoes. Basil oil used in perfumery. Pliny recommended it as a cure for epilepsy, but it serves as a natural and non-toxic kind of tranquilliser. The leaves are mosquito repellent, expel worms, and treat ringworm, snakebite, insect-bites, and acne. Inhaling the essential oil refreshes the mind and stimulates the sense of smell. In massage oils it is a nerve tonic and eases overworked muscles. Avoid on sensitive skin, and during pregnancy.

a) ANISE (*Ocimum basilicum*)

TA Ht 18" or 45cms - Very decorative mulberry tinted plant with pale pink flowers and anise fragrance. Gives a delightful flavour to salads and sauces. Very pretty pink seed stalks useful for decoration.

b) BUSH (*Ocimum basilicum*)

TA Ht 18" or 45cms - Small leaves and bushy habit. Excellent flavour.

c) CINNAMON

TA Ht up to 18" or 45cms - A distinctive basil from Mexico with a marvellous aroma of cinnamon.

d) DARK OPAL (*Ocimum basilicum purpureum*)

TA Ht 18" or 45cms - Strong basil scent but also very decorative with purple leaves setting off pale pink flowers.

e) GREEK fine leafed miniature

TA Ht 9" or 22cms - Grown in Greek homes and restaurants in pots. Very compact with tiny leaves and good basil scent.

f) GREEN BOUQUET (*Ocimum basilicum*)

A. 18" or 45cms more compact than "Green Ruffles". Very frilled leaves and very full flavour.

g) GREEN GLOBE (*Ocimum basilicum*)

A 16" or 40cm Forms dense, globular bushes about 2' across (60cm). Good spicy flavour.

h) GREEN RUFFLES

TA Ht 12" or 30cms - A new novelty basil which will make a most decorative addition to the herb or flower border. Leaves heavily ruffled and fringed. Good flavour.

i) HOLY OR SACRED Kha Prao.Tulsi (*Ocimum sanctum*)

TA Ht 12" or 30cms - We believe this to be the true sacred basil from Thailand used for growing around the Buddhist temples. A pretty small plant with mauve/pink flowers and deep purple stems. Delicious scent. Used in Thai cooking with stir fry hot peppers, chicken, pork or beef.

j) HORAPHA Ray Que (*Ocimum basilicum*)

TA Ht 15" or 38cms - A special culinary basil from Thailand with an anise scent, used as a vegetable and in curries. Attractive red stems and bracts with pinky white flowers.

k) LEMON Indonesian Kemangie (*Ocimum citriodorum*), TA Ht 12" or 30cms - A very special basil with delightful lemon fragrance. Use for tea and to flavour meat or fish.

l) MRS BURNS LEMON

TA 12" or 30cms Much larger plant than lemon and with pink flowers. Excellent flavour.

m) LIQUORICE

HHA 2'-3' or 60cms-90cms. Widely used in South East Asian cooking is this vigorous plant with spikes of light purple flowers backed by deep purple bracts. It has a very strong liquorice or anise-like aroma and flavour that makes a pleasant contribution to both fruit salads and poultry dishes.

n) MEXICAN

HHA 2'-3' or 60cms-90cms. This is a tall, vigorous, bushy variety with thick, glossy, dark green leaves with a strong, spicy, cinnamon-like scent and flavour. Dried, the fragrance keeps for months and makes a good tea. Ideal for Mexican cuisine. Take a few plants indoors for the winter when they will keep on growing.

o) NEOPOLITANA LARGE LETTUCE LEAF

TA Ht 18" or 45cms - Very large crinkled leaves. Distinctive flavour. Especially good for pasta sauce. The basil is grown in the Naples region.

p) PERUVIAN (*Ocimum micranthemum*)

HHA 12"-18" or 30cms-45cms. This is a quite distinct species with flat, bright green leaves and sparse spikes of small flowers. It is traditionally used in cooking although it would seem that it might be said to have an acquired taste. However, if you are unfortunate enough to be troubled with nasal parasites, this could be your answer as in its homeland it is used as snuff to dispel the nasty little things.

q) RUBIN (*Ocimum basilicum*)

A. 16" or 40cms Purple bronze leaves. Fine flavour and aroma.

r) PURPLE RUFFLES

TA Ht 12" or 30cms - Dark purple leaves which are fringed and quilted and very decorative. Pretty pinkish purple flowers. Strong basil scent.

s) SPICE

TA Ht 12" or 30cms - This is quite distinctive with dark green slightly hairy leaves which are very aromatic. Long stems of pink flowers which are most decorative dried.

t) SPICY GLOBE

HHA 8'-10' or 20cms-25cms. This is an attractive, bushy, very small-leafed variety that forms a tight, compact mound, a foot or more across, that keeps its shape all season without pinching. Boasting a strong aroma, it is good for all culinary duties. Use it for edging round your herb garden and grow a few in pots where its clouds of tiny white flowers in late summer will add to its charms.

u) SWEET FINE

TA Ht 15" or 38cms - The fine leaves and upright growth make this basil most decorative. Superb basil flavour.

v) SWEET GENOVESE (*Ocimum basilicum*)

TA Ht 18" or 45cms - The most popular variety with a strong scent. Use in pasta sauces and salads especially with tomato. Combines well with garlic.

w) THAI (*Ocimum species*)

HHA 3' or 90cms. Commonly found freshly-cut in Thai bazaars are the aromatic leaves of this plant with a spicy flavour and aroma that are a cross between those of cinnamon and liquorice basils.

x) **WILD** *Clinopodium Vulgare*
P.Labiatae Ht 4 - 16" or 10cms - 40cms

BAY - Sweet Bay

Shrub 10' - 18' or 3m - 5m. Not hardy in exposed sites or cold areas. Leaf in victors crown of laurels in classical times. Leaves being antiseptic, stimulant, stomachic. Flavours some liqueurs. Mainly used culinary. Evergreen.

- a) **GREEN** (*Laurus nobilis*)
- b) **GOLD** (L.N "Aurea")
- c) **WILLOW LEAF** (*L.N. angustifolia*) Narrow aromatic leaves.

BEARBERRY (*Arctostaphylos uva-ursi*)

P shrub Ht 4" or 10cms - A trailing native evergreen shrub with dark green leathery leaves and small white or pink flowers from early spring, followed by red fruit. Dried leaves used medicinally as a diuretic and antiseptic and for smoking mixtures. Produces ash grey dye. Habitat: dry acid moors.

BEDSTRAW,

a) **LADY'S** (*Galium verum*)

P Ht sprawling native - Masses of tiny golden flowers in summer. Valuable dye plant yielding a light red, purple red or yellow. Once used to curdle milk and colour cheese. Medicinal. Habitat: dry grassland. Used in pot pourri and herb pillows.

b) **HEDGE**

BERGAMOT (*Monarda didyma*) '**BEE BALM** or **OSWEGO TEA**'

P Ht 2' or 60cms - Most plants are derived from the wild red Bergamot and produce the wonderful fruity scent of red Bergamot with the advantage of mixed colours. Leaves used in teas to relieve nausea, flatulence, menstrual pains. Also in scented articles ie, perfumes and hair preparations.

- a) **LEMON** (*Monarda citriodora*) TA Ht 12" - Rare annual from the USA. Lovely and unusual flowers of pink purple which dry well for decoration.
- b) **BLUE STOCKING** - purple
- c) **CROFTWAY PINK** - dark pink
- d) **CAMBRIDGE SCARLET** - scarlet
- e) **WHITE** (*M. didyma*)
- f) **BEAUTY OF COBHAM** - pink
- g) **WILD** (*Monarda fistulosa*) P Ht 3' or 1m - North American wild flower with strong scent. Very attractive, with lavender flowers. Leaves used to flavour meat and for tea.

BETONY (*Stachys officinalis*)

P Ht 2' or 60cms Native - Very valuable medicinal plant with flower spikes of red/purple in July-August. Used especially to treat headaches and for coughs and colds. Also a wound herb. Fresh plant produces a yellow dye. Habitat: light and chalk grassland.

BIRD'S-FOOT-TREFOIL (*Lotus corniculatus*) EGGS AND BACON

P. Ht 4" or 10cm but up to 16" or 40cm (Leguminosae) - Flowers bright yellow June-Aug. Habitat: light and chalk grassland. The summer flowers darken to red flecked with orange. Found in light soils in pastureland, roadsides, in full sun, in Europe, Asia and Africa. Use: Important for butterflies. The flowers have sedative properties. Reduces spasms and has been made into a cardiac tonic, and supplies a yellow dye. Externally the plant can be made into a compress to reduce skin inflammation. The plant enriches the soil as a nitrogen-fixing, green manure.

BIRCH - Silver Birch (*Betula alba*)

P Tree Ht 70' or 20m - Birch timber is of little use but the tree itself has been of great use for a long time. Birch bark rolls have been found in Mesolithic excavations and North American Indians still use the bark for domestic purposes.

Deciduous tree with white bark, smooth and peeling in horizontal strips. Leaves bright green, irregular serrate, heart-shaped to triangular. Flowers consist of male and female catkins. Found throughout central and northern Europe and Asia Minor, in Canada and Northern U.S.A. Tolerates all soil types and situations. Use: (Dried young leaves) Diuretic, with mild antiseptic action, thus used in urinary tract infections. Formerly used for gout and rheumatism. A beer can be made from the bark, and the sap is made into birch wine and vinegar. The bark was used as candles and the oil extracted from it was used to cure leather and also in medicated soaps for skin conditions. In Sweden and Lapland its sap has replaced sugar. A tea made from dried leaves is prescribed for dropsy, obesity due to fluid retention, stone in the kidneys and bladder, cardiac and renal oedema. As a disinfectant lotion or compress, it is applied directly to the skin in the treatment of herpes, eczema, spots etc. and facial blemishes.

BISTORT (*Polygonum bistorta*) SNAKEWEED, ADDERWORT, DRAGONWORT, ENGLISH SERPENTARY, PASSIONS.

P Ht 18" or 45cms creeping native - Very attractive pink flower spikes. Seeds are loved by birds and poultry. A strong astringent. Leaves are used in the North of England for the traditional Easter Herb Pudding. Likes a moist situation. Most of its names come from its red-brown root, sometimes 's' shaped. Grows in shady woods in northern England. Widespread in mountainous regions of Europe. Stem is gnarled and erect (50cms). Upper leaves have no stalk. Flowers bright to pale pink and very small. The root is the only part used: Rich in tannin (20%). Powerful astringent. Used to be used to treat smallpox and severe fevers. Now used internally, (infusion), as a remedy for dysentery, diarrhoea, colic, spontaneous haemorrhages (ie nose-bleeds), venous conditions (ie-varicose veins, haemorrhoids). Externally it is used for inflammation of the mouth and it strengthens gums. The young leaves may be boiled and eaten as spring greens. The root may be roasted after soaking in water.

BLACK HELLEBORE (*Helleborus Niger*) or CHRISTMAS ROSE

P. 12" or 30cm. Used medicinally from middle ages, but now only used in homeopathy as a tincture for certain psychoses. Poisonous.

BLUEBELL (*Hyacinthoides non-scriptus*)

P Liliaceae Ht 12" or 30cms - Flowers blue violet April-June. Habitat: woodland on light soil. Bulbs make a simple gum.

BOG MYRTLE or SWEET GALE (*Myrica gale*)

P shrub Ht to 4' or 120cms - A deciduous native shrub with reddish branches and long narrow grey green aromatic leaves. Flowers yellow/green catkins from late spring. Once used medicinally. A powerful insecticide. Leaves once used to flavour Gale beer and dried leaves used to flavour soups and stews. Roots and stem produce yellow dye. Germination difficult. Habitat: damp acidic soils in shade.

BOG SAGE (*Salvia uliginosa*)

P. Ht 5' or 150cms and 1 1/4ft across. Moderately hardy species of sage, with sky-blue flowers in Autumn. Thrives in moist soil and needs support, cut down in late Autumn.

BONESET (*Eupatorium perfoliatum*) **THOROUGHWORT, FEVERWORT**

P. 5' or 1.5m - Taken internally for influenza, colds, acute bronchitis, catarrh and skin diseases, and stimulates the immune system.

BORAGE (*Borago officinalis*) **BURRAGE, COOL-TANKARD**

a) A Ht 3' or 90cms - Wonderful bee plant. Brilliant blue flowers may be sprinkled on salads or candied. Leaves used in Pimms. Leaves and flowers have cucumber flavour. Full sun. Tisane for rheumatism and respiratory infections. Mild diuretic and poultice on inflammations.

b) **WHITE FLOWERED** (*B O Bianca*)

Very similar to normal borage but with white flowers

BOX (*Buxus sempervirens*) "Common Box"

P Ht 6' - 20' or 2-7m Once used medicinally box is most sought after for its wood, which is twice as hard as oak. Slow growing. Useful for hedging. It was considered a 'wonder drug' in the 18th Century for the treatment of fevers. It is recommended for patients who do not respond to cinchona (quinine). A decoction made of grated root, or wood, is recommended for all types of influenza, for sluggishness of the liver, and disorders in the urinary tract, for rheumatism, gout, oedema and skin disorders. It was considered useful for dyeing hair red and encouraging hair growth. Box woods used to be widespread in Europe but because it is twice as hard as oak much of it was felled for the manufacture of boxes and chess pieces. Slow growing, evergreen tree or shrub. Minute yellow-green flowers appear in Spring. Native to Europe, North Africa, Western Asia. Prefers chalk or limestone. A volatile oil made from the wood was once used in the treatment of epilepsy, piles and toothache. Perfume was once made from the bark. The wood is used in instrument manufacture. The leaves were once used as a substitute for hops. (Animals have died from eating the leaves, can be a skin irritant).

BROOM (*Sarothamus scoparius*)

P Shrub Ht 6' or 2m - Long slender branches ablaze with masses of two lipped golden yellow flowers, scented of peach from May-June. Used medicinally as a diuretic and herb tonic. The flower buds are a great delicacy pickled like capers and may also be used to brighten any salad. Seeds ground as coffee substitute. Yields a yellow and green dye. The bark was used for making rope and yarn, and for brooms. Habitat: poor sandy soil and seashore.

BUGLE (*Ajuga reptans*) or **BUGLE WEED** or **CARPENTERS HERB**

P Liabiatae Ht 9" or 25cms creeping - Flowers April-July. It stops bleeding. Dried the herb is astringent, bitter and aromatic. May possess heart tonic qualities - good for coughs and ulcers. Habitat: damp woods and pastures.

- a) **BURGUNDY** (*A.r. Burgundy glow*)
- b) **BRONZE** (*A.r. Atropurpurea*)
- c) **VARIEGATED** (*A.r. Argentea variegata*)
- d) **BRAUNHERZ** (*A.r. Braunherz*)
- e) **RAINBOW** (*A.r. Multicolor*)
- f) **PINK - ELF**

BURDOCK, GREATER (*Arctium lappa*)

Bi Ht 6' or 2m Tall Native - A bushy plant with large leaves and purple thistle like flowers. Blooms July-Sept. An important blood purifier. Has anti-bacterial properties and is used for many skin problems. Useful also for rheumatism and arthritis. The root may be boiled as a vegetable and the stalk, prior to flowering, may also be cooked. Habitat: waste ground.

BURNET, SALAD (*Sanguisorba minor ssp muricata*)

P Ht 12" or 30cms Native - Very attractive plant with decorative leaf formation. Cucumber flavoured leaves, used in salads and sauces, contain vitamin C and aid digestion. Green throughout the winter. Flowers greenish-red pom-poms May-Aug. Infusion relieves haemorrhoids and diarrhoea.

BUTCHER'S BROOM (*Ruscus aculeatus*) **YEW'S MYRTLE**

P.3' or 1m - Red fruits follow inconspicuous green flowers. They were, traditionally, tied in bundles to clean butcher's shop floors. Young shoots are eaten like asparagus, medicinally used to treat jaundice, gout, kidney and bladder stones, and externally for haemorrhoids.

CALAMINT

a). **COMMON** (*Calamintha sylvatica ssp, ascendens*) / **MOUNTAIN MINT** / **MOUNTAIN BALM.**

P Ht 12" or 30cms Native - A bushy plant with downy leaves and small drooping purple flowers from July-Aug. The whole plant is very aromatic and has a scent resembling pennyroyal and spearmint. Ancient medicinal herb. Leaves make a soothing tea, good for stomach complaints and also a poultice for bruises. Habitat: dry banks and roadsides.

- b) **NIEBITA** (*Calamintha sp niebita*)
- c) **VARIEGATED** 30cm cream/green variegated aromatic foliage, pink flowers
- d) **CRETAN** (*c.cretina*) P 15cm Soft woolly grey foliage, pale pink flowers.

CALIFORNIA POPPY (*Eschscholtzia californica*)

A 9" or 25cms Easily grown annual with blue grey foliage and vivid yellow, orange, white glossy flowers. Used to make highly prized hair oil, said to promote hair growth.

CAMPBOR - see ARTEMISIAS

CAMPIONS

a). CAMPION, (*Silene vulgaris*) **CATCHFLY BLADDER**

P Ht 8" or 20cms low Native - Greyish green foliage and white flowers in July-August. In spite of its name, which refers to the balloon like calyx, this is most decorative. The leaves can be eaten in salads and the young shoots in early Summer are delicious lightly cooked with butter. Habitat: grassland on light soil.

b). CAMPION, RED (*Silene dioica*)

P Caryophyllaceae Ht 2' or 60cms Native - Lovely pinkish red campion flowers April-June which look pretty growing through and between more bushy plants. A soap substitute, containing saponins which form a lather in water. Habitat: open woodland and light shade.

c). CAMPION, WHITE (*Silene alba*)

P Caryophyllaceae Ht 2' or 60cms - Flowers white May-Sept. Habitat: copses and open ground light-soil.

d). CAMPION, (*Lychins coronaria*)

Ht 2' or 60cms 1) - Alba

2) - Abbotswood Rose

e). DRUETTS VARIEGATED 5 - 10cm - delicate mat-forming plant with variegated leaves and white flowers

f). SEA (*Silene Maritima*) 8" or 20cms

CANCER BUSH (*Southerlandia frutescens*)

P Ht 4' or 120cms - A most unusual native of South Africa with spectacular scarlet pea-like flowers followed by unusual white balloon seed pods. Of herbal use in Africa. Half hardy.

CARAWAY (*Carum carvi*)

P Ht 2' or 60cms - The ripe seeds are used on bread and cakes and with rich meats, also added to soups and stews. Essential oil used in mouthwashes and colognes. The roots are eaten boiled as a vegetable and the leaves are used in salads and soups. Medicinal - chew seed to aid digestion, promote appetite, sweeten the breath and relieve flatulence.

CAROB (*Ceratonia siliqua*) or **ST.JOHN'S BREAD**

P Ht 6' or 2m - The source of commercial chocolate substitute, very useful in health foods. Very attractive dark green leaves, grows well in sheltered position or conservatory. Germination can be slow and sporadic. Sow anytime. Half hardy. Evergreen tree.

CARROT, WILD (*Daucus carota*)

Bi Umbelliferae Ht 3' or 90cms. Flowers white June-August. Habitat: calcareous grassland and sea cliffs. Used in treatment of urinary stones. Decocotion of seed used for flatulence and stomach acidity, as is the juice.

CATMINT OR CATNEP (*Nepeta*)

P Ht 3' Native - Cats cannot resist the intoxicating scent and will demolish young plants unless protected. Said to keep rats away. A tea induces sleep and contains vitamin C. Relieves colds and fevers, headaches and upset stomachs. Habitat: roadside banks. Good bee plant.

- a). **CAMPHORATA** (*n. camphorata*) 1.5m. White flowers
- b). **CATARIA** (*n. cataria*)
- c) **LEMON SCENTED** (*n. citriodora*) 1m. Tiny white flowers
- d). **GOVANIA** 75cm. Yellow aromatic flowers
- e). **MUSSINNI**
- f). **NERVOSA** (*n. nervosa*)
- g) **SIX HILLS GIANT** (*n. sib. six hills giant*)
- h) **"SNOWFLAKE"** - (*N. racemosa*) 45cm White flowers
- i) **SOUVENIR D'ANDRE CHAUDON** 18" or 45cms
- j) **VARIEGATED** (*glechoma hederacea variegata*) 6" or 15cms. Spreads and trails.

CAT'S EARS (*Antennaria dioica rosea*)

P Ht 2" or 5cms. Deep pink flowers. Relative of cats foot. Semi-evergreen.

CAT'S FOOT (*Antennaria Dioica*) **LIVE EVERLASTING / CUDWEED / COTTONWEED**

P spread 18" or 46cms. Ht 2" or 5cms dense creeping mat. Life everlasting or cudweed or cottonweed. Good for treating mouth ulcers and coughs, astringent, choleric, weak diuretic.

CELANDINE

a) GREATER (*Chelidonium majus*)

P Ht 18" or 46cms. Naturalised - An attractive plant with small yellow flowers from May. A valuable medicinal for malignant growths on the skin and the removal of warts. Colonist of waste ground. IRRITANT

b) LESSER (*Ranunculus ficaria*) **PILEWORT**

P Ht 2" or 5cms low Tuberos - One of our earliest and most colourful native Spring flowers with glossy dark green foliage and brilliant yellow star like flowers. Valuable medicinally as a specific treatment for piles. Flowers from March-April. Habitat: moist ground and under trees. POISONOUS

c) DOUBLE FLOWERED (*c. majus*) **"FLORE PLENO"**

P. 50cm IRRITANT

CELERY LEAF (*Apium Graveolens*) **WILD CELERY OR SMALLAGE**

Bi. Ht 1' - 3' or 30cms - 1m. Very easy to grow with lots of leaf. Ideal for soups, salads, seasoning. Winter hardy. String celery flavour. Used as a tonic, appetiser, calminative. Strong diuretic if fresh juice used.

CENTAURY (*Centaurium erythraea*)

A Gentianaceae or Bi Ht 12" or 30cms. Native - A slender gentian with soft pink flowers and few leaves. Blooms June-August. Use an infusion of the leaves and flowers to stimulate the appetite. Known as feverwort in the middle ages. The Anglo- Saxons prescribed it for snake bites. Used to be considered a lucky plant. Habitat: dry grassland and banks.

CHAMOMILE or Dog Fennel

a. DYER'S (*Anthemis tinctoria*)

P Ht 2" or 5cms - Medium sized daisy flowers in shades of yellow during August. Very decorative with deeply cut leaves. Yields yellow dye.

b. LAWN or ROMAN (*Chamaemelum nobile*), P Ht 4" or 10cms - Flowers used as a soothing tea, skin wash and in shampoo for blonde hair. Grow this "physician" plant near a failing plant to revive it. Infuse or spray on seedlings to prevent damping off. Boil for strong yellow - brown dye. Infuse for a reviving bath to relieve sunburn or wind burnt skin.. General tonic and sedative - good for restless children and nightmares. A compress treats wounds and eczema. Leaves highly scented of apples and used in herb pillows and pot pourri.

c. WILD or GERMAN (*Matricaria recutits*), A Ht 2' or 5cms Native - Not to be confused with the lawn chamomile. The small white, highly aromatic, daisy flowers of both plants have the same properties. The leaves of German chamomile are scentless.

CHASTE TREE (*Vitex angus-castus*) **MONKS PEPPER or INDIAN SPICE or SAGE TREE or HEMP TREE or WILD PEPPER**

P. Ht 8' or 2.5m. Athenian women put the leaves in their beds and later monks in Europe used the ground-up seeds as pepper, both to ensure chastity! Seeds contain hormone like substances which reduce libido in men but can be good for women, and chaste tree is included in several gynaecological formulas.

CHERVIL (*Anthriscus cerefolium*)

Bi Ht 12" or 30cms - A delicate looking plant with fernlike leaves. Leaves can be used instead of parsley as a garnish and in sauces, omelettes and soups. Light shade. Very hardy and self-seeds readily.

CHICORY (*Cichorium intybus*)

P Ht 3' or 1m. Naturalised - Few people realise what lovely flowers the chicory has. A brilliany clear blue. Deep rooting and nutritious to humans and stock. Many good salad and root varieties. Use can be traced to Egyptians. Diuretic, weak tonic and laxative. Root roasted and ground as a coffee substitute or additive. Young leaves in salads.

CHIVES

a) COMMON (*Allium schoenoprasum*)

P Ht 12" or 30cms - Mild onion flavour for salads, sauces and soups. Very decorative mauve/pompom flower heads. Moist fertile soil.

b) EXTRA FINE LEAVED

P Ht 12" or 30cms - A special strain with very fine leaf which is much in demand by growers for bunching.

c) GARLIC or CHEESE (*Allium tuberosum*)

P Ht 12" or 30cms - An exceptional herb and quite new to most people. The long flat leaves are used like chives on salads, vegetables, soups and a great variety of dishes. Flavour is mild and a mixture of onion garlic. Very decorative white circular flower heads in Aug/Sept.

d) PINK P 45cm

CLARY SAGE (*Salvia sclarea*)

Bi Ht 2' or 60cms - Its other name, CLEAR EYE, suggests its medicinal role. Large aromatic leaves can be made into fritters. Very decorative with large colourful flower bracts.

CLOVE PINK (*Dianthus caryophyllus*)

P Ht 12" or 30cms - A very ancient and lovely fragrant garden flower which has had many herbal uses. The clove scented flowers are used in pot pourri. Remove bitter heel from flower and add petals to salads, fruit pies and sandwiches and to flavour sugar, jam, vinegar and wine. Infuse petals in wine as a nerve tonic.

CLOVER

a. CRIMSON (*Trifolium incarnatum*)

A Ht 9" or 22cms - A rarity on farms nowadays. Excellent green manure crop, with its large crimson flower heads, spectacular is the only word!

b. RED (*Trifolium pratense*)

P Ht 9" or 22cms - Attractive nitrogen fixer of pasture land. Valuable medicinally and claimed to treat some cancers. Excellent bee plant.

c. WILD WHITE (*Trifolium repens*)

P Ht 4" or 10cms low - An essential for permanent pasture. Marvellous ground cover and a novel lawn. A favourite of bees so watch how you step! Use also as living mulch.

COHOSH, BLACK (*Cimicifuga racemosa*) **BLACK SNAKEROOT / BUGBANE**

P. 5' or 1.5m high. Wild plant from America and Canada. Dried rootstock anti-rheumatic, sedative and mild expectorant. Used in rheumatoid arthritis, sciatica and chorea. Eases uterine cramps. Pure white flowers in mid summer.

COLUMBINE (*Aquilegia vulgaris*) GRANNY'S BONNETS

P Ht 18" or 45cms. Naturalised - Old fashioned garden flower with bluish green leaves and drooping flower heads of blue or pink. Blooms May-July. Leaves used to make a gargle for sore throats. The crushed seeds act as an insecticide. Habitat: woods and waysides. ALL POISONOUS

- a) **COMMON** (*Aquilegia vulgaris*)
- b) **DOUBLE FLOWERED** 50cm flowers various colours
- c) **ALPINE** 30cm blue flowers in summer
- d) **"MUNSTEAD WHITE"** 50cm double white flowers

COMFREY (*Symphytum*) - Beneficial substances in its leaves include calcium, potassium, phosphorous, vitamins A, C and B12 and has more protein in its leaf structure than any other known member of the vegetable world. Chop young leaves into salads and cook as spinach. Leaves easily can be turned into an "oil" for healing sores, burns, sprains and reduce swelling. Tea for stomach ulcers and coughs.

- a) **OFFICINALE**
- b) **DWARF** (*s. grandiflorum*) 30cm - cream flowers in early spring
- c) **CAUCASICUM SKY BLUE**
- d) **HIDCOTE** (*s. grandiflorum hidcote*) 30cm blue/pink flowers
- e) **IBERICUM** Goldsmith golden variegated form - 30cm blue flowers
- f) **RED** (*s. rubrum*) 1m
- g) **RUSSIAN** (*Symphytum uplandicum*) Ht to 4' or 120cms - This is the vigorous hybrid used for leaf production. Leaves are used as a high potash fertiliser for tomatoes and potatoes and for feeding to livestock as a high protein feed. Valuable medicinal plant. Flowers attractive purple/pink. Difficult and erratic germination. Leaves can be SKIN IRRITANT and/or make skin HYPERSENSITIVE to sunlight.

COREOPSIS (*Coreopsis tinctoria*) TICK-SEED

A Ht 24" or 60cms - North American wild plant with jewel like yellow and rust red flowers. Yields bright yellow/orange dye. Lovely bedding plant.

CORIANDER (*Coriandrum sativum*)

- a) **CILANTRO** for leaf production - A Ht 3' or 1m Leaves used in salads and to flavour many Indian and Chinese dishes. Seeds used for curry, chutney and cream cheese.
- b) **MOROCCAN** for seed production - A - Quick to bolt with minimal leaf. Use seed in tomato chutney, ratatouille and curries and also in apple pie, cakes, biscuits, marmalade, soups, and sauces. Also good in pot pourri. Infuse seed as a tea for digestive tonic and mild sedative. Oil used in ointments for rheumatic joints and muscles.

CORNCOCKLE (*Agrostemma githago*)

A Caryophyllaceae Ht 3' or 1m - Flowers purple pink June-Aug. Habitat: cornfields. The seeds are poisonous.

CORNFLOWER (*Centaurea cyanus*) BLUE BOTTLE / BACHELORS BUTTON

A Compositae Ht 2' or 60cms - Flowers bright blue June-Aug. Habitat: cornfields. Native of south and east Europe and North America. Dried flowers heads used in an eyewash, tonic and mild astringent. Flowers in pot pourri.

COSTMARY see **ALECOST**

COUCH GRASS (*Agropyron repens*) **TWITCH GRASS/WITCH GRASS.**

P. Ht 6" or 15cms. Grass. The dried rhizome - diuretic; Useful in cystitis. Underground parts once used as cattle food.

COWBERRY (*vaccinium vitis - idaea*)

Small pink flowers summer, pinkish berries in autumn

COWSLIP (*Primula veris*)

P Primulaceae Ht 9" or 22cms - Flowers yellow April-May, use in jam and wine. Use leaves in salads and meat stuffings. May heal wounds in salve. Habitat: grassland on chalk and clay.

CRANESBILL (*Geranium*) **WILD GERANIUM**

P. Geraniaceae. Ht up to 2' or 60cms Wild plant. Dried Rhizome used for diarrhoea, haemorrhoids, peptic ulcers etc., and for a gargle. See also Mourning Widow.

CREeping JENNY, (*Lysimachia nummularia*) - **MONEYWORT**

P. 1" - 2" or 2.5-5cms highly invasive. Creeping. Bright yellow flowers in summer.

a) **GREEN**

b) **GOLD** (L.n.'Aurea')

CRESS

a) **AMERICAN or LAND** (*Barbarea praecox/verna*)

Similar to watercress in flavour. Very hardy

b) **GREEK** (*Lapidium sativum*) A. Delicious peppery taste

c) **WATERCRESS** (*Nasturtium officinale*) Aquatic P. floating or creeping - will grow well in damp soil.

Used in salads or soups. Medicinally - contraceptive, aphrodisiac, purgative asthma and cough remedy when mixed with honey. It contains manganese, iron, phosphorus, iodine, calcium and vitamins A1, B2, C, D and E.

CUMIN (*Cuminum cyminum*)

A Ht 6"-12" or 15-30cms - Seeds are used in Indian and Mexican cooking. Flavour like a hotter version of caraway. Delicate plant requiring a long growing season. Relieves flatulence, colic, indigestion and diarrhoea.

CUMIN BLACK (*Nigella salvia*)

A - The Indian condiment and spice known as KOLONJI. Also used in Russian rye bread. Aromatic black seeds have a fennel like scent and a taste of peppery nutmeg. Grind and use like black pepper.

CURRY PLANT (*Helichrysum italicum folium*)

P 2' or 60cm From Southern Europe. Very decorative silver foliage, good for edging formal beds. Flower heads dried in pot pourri and good in dried arrangements, garlands, etc.,. Leaves added to soups, rice dishes, steamed vegetables etc., for a mild curry flavour.

DANDELION (*Taraxacum officinale*)

P Ht 9" or 22cms - One of the most nutritious green plants. A real survival food. Very high in vitamins and minerals. Also a valuable medicinal herb for all urinary problems and many other conditions.

DICTIONARY (*D. fraxinella*) Rose **DITTANY, BURNING BUSH**

P. 32" or 80cm Large racemes of pink flowers in summer. Used medicinally for skin diseases and jaundice.

DILL

a) BOUQUET A 2' or 60cm

b) DUKAT (*Anethum graveolens*) A Ht 3' or 1m - Selected for leaf production. Indispensable herb for leaf and seeds. Full sun. Use leaves with salads, vegetables, cucumber, stews and especially fish. Add at the end of cooking. Seeds used in dill vinegar and pickles also cakes and pastries. Calmative stomachic. Very good as dill water for digestive problems in children.

c) FERNLEAF 18" or 45 cm dwarf plants, Dark green leaves

d) INDIAN (*Anethum Sowa*) A 18" or 45 cm Pungent leaves, more bitter than graveolens type. Used extensively in India in curry powders. Seeds used for flatulence.

e) VIERLING A 3' or 90cm Extra strong stems. Bluish-green leaves used in normal way. Can be used as a cut flower.

f) MAMMOTH for seed production. This variety produces very little leaf and runs to seed very readily. Produces large productive heads which make unusual decoration and provide fragrant seeds for culinary and medicinal use.

DOCK (*Rumex Obtusifolius*)

Red Dock or red veined - apply to wounds, boils

DRAGONHEAD (*Dracocephalum moldavicum*)

A Ht 18" or 45cms - Forms a bushy plant with attractive blue flowers. Scented leaves. Good bee plant. A blaze of colour in the border July-Aug.

DROPWORT (*Filipendula vulgaris*)

P. Ht 3' or 1m - Flowers yellow cream May-July. Habitat: chalk grassland. Same family as Meadowsweet.

ECHINACEA, PURPLE CONEFLOWER (*E. angustifolia*)

a) P Ht 3' or 1m - A North American native wildflower with important properties. Blood purifier and said to increase resistance to infection. Spectacular red/purple daisy flowers and attractive cone shaped heads for decoration.

b) 'WHITE SWAN' - white flowers late summer

ELDER (*sambucus nigra*) **COMMON ELDER**

a) P. 15' or 5m Both the flowers and berries are used in wines, jams, jellies, etc. Medicinally it can be taken for influenza, colds, catarrh, sinusitis, constipation and mouth ulcers.

b) **VARIEGATED** 30cm Cream variegated foliage with white flowers

ELECAMPANE (*Inula helenium*)

P Ht 5' - 8' or 1.5m - 2.4m tall Naturalised - A most handsome plant with broad green leaves and many small ragged 'sunflowers'. The seed is loved by finches and linnets. An ancient medicinal herb used for all chest complaints, cough, bronchitis and is a powerful antiseptic.

EPAZOTE or WORMSEED (*Chenopodium ambrosioides*), **MEXICAN TEA**

A Ht up to 3' or 1m - Strong scented foliage used for seasoning corn, black beans, mushrooms, fish and shellfish in Mexico and Guatemala. Wormseed oil used to expel internal parasites. Decorative red stems. Same family as Goosefoot. Large doses are poisonous.

EUCALYPTUS

a) **LEMON** (*E. citriodora*) **GUM TREE**

Tender shrub/tree - Leaves have the strongest lemon scent. Treat as a house plant in Winter. Use for lemon flavouring and pot-pourri.

b) **PEPPERMINT** (*E radiata*)

Tender shrub/tree - Known as the white top peppermint, this Australian gum tree yields a strong peppermint oil. May be grown as a pot plant in the house.

EVENING-PRIMROSE (*Oenothera biennis*) **EVENING STAR**

P or Bi Ht up to 4' or 1.2m - A most decorative naturalised wild plant. Primrose yellow flowers up the stem. A valuable medicinal crop for oil extraction. Once grown as a root vegetable on the Continent. Use first year roots. The seeds provide oil for pre-menstrual tension, menopausal discomfort. Lowers cholesterol and blood pressure.

a) *Erythrosepala*

b) **Fireworks** (*o. tetragona*) P 45cm dark yellow flowers in summer

c) **Innocence**

d) *Missouriensis*

e) *Odorata*

f) *Stricta*

EVERLASTING PEA or PERENNIAL SWEET PEA (*Lathyrus Latifolius*)

2 -3m Climber Poisonous.

a) Pea flowers in shades of pink to purple

b) **WHITE PEARL** - White pea flowers

FENNEL - FLOWER (*Nigella sativa*)

A Ht 12" or 30cms - Sometimes called nutmeg flower and Roman coriander. Pretty grey/blue flowers related to Love-in-a Mist. Seeds are aromatic with a scent of nutmeg and a pungent spicy taste. Seeds used to season curries and to sprinkle on breads and cakes. Used also with linen to deter insects.

FENNEL

a) BRONZE (*Foeniculum vulgare purpureum*)

P Ht 5' or 1.5m - A most attractive version of green fennel with the same properties. Bronze/red leaves in Spring. Well-drained soil.

b) GREEN (*Foeniculum vulgare*)

P Ht 5' or 1.5m - Beautiful plant with lacy green foliage. Leaves used with fish and in soups. Chop finely over salads. Seeds used for pickling, in sauces, fish dishes, and bread. Infuse as a tea to aid digestion and constipation, chew to allay hunger and ease digestion. Well drained soil in sun.

FEVERFEW

a. WILD (*Tanacetum parthenium*)

P Ht 18" or 45cms - One of the best known and most sought-after herbs. Has been used successfully to treat migraine and arthritis. Infusion benefits indigestion and as a general tonic. Moth repellent. Ancient medicinal plant. Attractive light green foliage and white daisy flowers.

b. GOLDEN (*Tanacetum parthenium aureum*), P Ht 12" or 30cms - Very attractive strain with golden-green foliage.

c. DOUBLE FLOWERED as wild but with attractive double flowers.

FIGWORT variegated (*Scrophularia auriculata vova*)

P. Square stemmed 18"-48" or 40cms-120cms Tall. Found in wet woodland and fenland hedgerows. Used in poultices for wounds, burns, ulcers and haemorrhoids. Possesses cardio-active substances so must be used under supervision!

FLAX or LINSEED ANNUAL (*Linum usitatissimum*)

a) BLUE A Ht 2' or 60cms - One of the oldest and most important economic plants known to man. Grown since 5000BC. Bright blue delicate flowers on fine waving stems. The stem is used for linen and paper, the seed for linseed oil, in a cattle feed and when roasted may be eaten. Also medicinal for pulmonary infections and poultice for boils and inflammations.

b) SCARLET (*linum Robruin*)

FLAX - PERENNIAL (*Linum perenne*)

a) P Ht 18" or 45cms - Has paler blue flowers than the annual flax and looks more delicate. The annual variety probably derived from this species which has similar properties. Habitat: old chalk grassland.

b) DIAMANT

c) BLUE SAPPHYR Blue

FLEABANE, COMMON (*Pulicaria dysenterica*)

P Ht 2' or 60cms Native - A downy bush plant with large flower heads, daisy like and golden yellow from July-Sept. Much favoured by the old herbalists to treat dysentery. If burnt the plant drives away fleas and other insects. Habitat: wet pastures and river banks.

FORGET-ME-NOT, FIELD (*Myosotis arvensis*)

A Boraginaceae. Ht 4" or 10cms Low. Flowers blue April-Sept. Habitat: woods and cultivated fields. Used in a homeopathic remedy for respiratory problems.

FOXGLOVE wild (*Digitalis purpurea*) **RED FOXGLOVE**

Bi Ht 3' or 1m Native - Light rose to purple flowers (sometimes white) bell shaped and growing up one side of the stem. A plant of the faeries who haunt the woodland dells where the plant grows. The leaves used as a poultice to relieve swellings. The plant is poisonous and contains digitalin a powerful heart stimulant. Habitat: woodland.

a) **APRICOT**

b) **PARVIFLORA**

c) **WOOLLY** (*d.Lanata*)

GARLIC (*Allium Sativum*)

The most common flavouring used daily in cooking worldwide. Used medicinally by the Egyptians and Romans. Fresh bulb is antibacterial, expectorant, used in treatment of hypertension, arteriosclerosis; as a calmative and expectorant in bronchial catarrh. Provides protection against the common cold, amoeboid dysentery, typhoid and other infectious diseases.

GARLIC MUSTARD (*Alliaria petiolata*) **HEDGE GARLIC. JACK BY THE HEDGE.**

A Ht 2' or 60 cms Native - Jack-by-the Hedge has large delicate light green leaves and snow white flowers. Leaves may be used raw in salads or cooked. The leaves have antiseptic properties. This is the food plant of the orange tip butterfly. Habitat: hedgerows and woodland borders. The roots of this plant make a delicious substitute for horseradish.

GARLIC, WILD RAMSOMS (*Allium ursinum*)

P Ht 12" or 30cms Native - Broad spear shaped leaves and most attractive white flower heads composed of tiny star like flowers. Leaves and bulbs may be used as a substitute for garlic. Habitat: damp meadows and woods.

GAY FEATHER (*Liatris spicata*) / **SNAKEROOT**

a) P Ht 18" or 45cms - Produces a spectacular spike of rosy purple flowers in Aug. A North American native, medicinal. Tuberos roots make a soothing tea for kidney ailments and an effective gargle for sore throats. Habitat: moist ground.

b) **WHITE** (*L.S. Alba*)

GERMANDER

a). **WALL** (*Teucrium chamaedrys*)

P Ht 4"-12" or 10cms-30cms low - Attractive glossy dark green leaved plant with small rosy flowers. Traditional knot garden plant. Spreading. An infusion relieves an upset stomach.

b). **HEDGE** (*T.variegatum*)

GIPSYWORT (*Lycopus europaeus*) /**GIPSYWEED**

P Ht 1'-3' or 30cms-100cms Native - small white bell shaped flowers June-Sept. Useful dye plant yielding a black dye for wool and silk. It was thought gypsy's stained their skin with this herb! Has been used to treat TB and forms of haemorrhage. It is a sedative as reduces the pulse rate if thyroid gland is overactive. Habitat: river banks.

GLOBE ARTICHOKE (*Cynara scolymus*)

P. 3'-5' or 1-1.75m. Dramatic ancient herb, native of North Africa. Of proven value in jaundice, liver insufficiency and anaemia. Stimulates and aids digestion. May act against arteriosclerosis. Major consistent of digestive tonics. Fleshy top eaten as a delicacy, leaf stems cooked as a vegetable. Flower heads dry well.

GOAT'S-RUE (*Galega officinalis*) **FRENCH LILAC**

- a) P Ht 4' or 140cms - Vigorous legume with pale mauve or white flowers. Very showy. Said to increase milk yield in stock, by 50% in some animals. Tisane used for human milk production. Medicinal, but use under strict supervision.
- b) **WHITE** - (*G.o.Alba*)

GOLDEN ROD (*Solidago virgaurea*)

- a) P Compositae Ht 3' or 1m Flowers golden yellow July-Sept. Habitat: dry banks and heaths. Applied externally in poultices to assist tissue healing and internally for urino-genital infections.
- b) **SHORTY 'QUEENIE'** (*s. multiradiata Q*)

GOOD KING HENRY (*Chenopodium bonus-henricus*)

P. Ht up to 3' or 1m. A popular herb from Neolithic times until the last century. Its curious name is not taken from the English king, Henry III, with his many wives, but rather comes from Germany, where it distinguishes the plant from the poisonous mercury, which is known as "bad Henry". Both Good King Henry and Fat Hen have nutritious leaves. The seeds of fat hen which are rich in fat and albumen, were a food supplement for primitive man and fat hen was found in the stomach of preserved Iron Age Tollund Man. It is also known in China as "fragrant tiger bones". Eat the leaf raw or cooked as a source of iron, vitamins and minerals. A poultice and ointment cleanses and heals skin sores. The root is used in a veterinary cough remedy for sheep. Large amounts can be poisonous.

GREEK CRESS SEE CRESS

GREENWEED, DYER'S (*Genista tinctoria*)

P Ht 3' or 1m Native - A smaller bush than the common broom with bright yellow two lipped flowers from June-Aug. Famous as a yellow dye plant. Was used medicinally. Habitat: rough pastures and roadsides.

GROUND ELDER (*Aegopodium podagraria*) **GOUT WEED.**

- a) P. weed. Ht up to 1' or 30cms. Dried herb/fresh root and leaf - traditionally taken as a drink for gout and sciatic pains. Young fresh leaves can be cooked in spring as a vegetable or used raw in salads.
- b) **VARIEGATED**

HEARTSEASE, WILD PANSY or FIELD PANSY

- a) (*Viola tricolor*) A Ht 6" or 30cms Native - The lovely tricolor pansy flower will bloom almost right through the first year. Use flowers in salads. Sun or part shade. Medicinally used as blood purifier. Stimulates metabolism. Gargle for mouth ulcers and sores.
- b) **WHITE** (*Cornuta alba*) P 30cm. Small white flowers all summer.

HEATHER (*Calluna vulgaris*) **LING**

P Evergreen sub-shrub. - The well loved Scottish heather. Flowering pink from late Summer to late Autumn. The fresh flowering tops are used as an antiseptic and to treat kidney and urinary infections. Can be used as a weak sedative tea. Grows on light and moist acid soils. Tolerates shade.

HEBE (*hebe*)

- a) **H. CUPRESSOIDES "BOUGHTON DOME"**.
- b) **TOPIARIA** (*n. topiania*)
- c) **H. "GREEN DOME"**

HEDGE HYSSOP (*Gratiola Officinalis*)

P. Ht 1' or 30cms. Same family as Foxglove and Hebe - used as an emetic. Large doses are highly toxic. Cream flowers, green foliage.

HELIOTROPE (*Heliotropium arborescens*)

TP Ht up to 2 1/2' or 75cms - Very sweet scented violet blue flowers. Flowers turn with the sun. Homoeopathic tincture for clergymans sore throat.

HEMP-AGRIMONY (*Eupatorium cannabinum*) **WATER HEMP**

P Ht up to 4' or 120cms tall Native - Tall downy plant, forming a clump, with dense masses of pink flowers July-Sept. Useful medicinal laxative, diuretic, blood purifier. Used externally for sores and ulcers. Habitat: damp ground.

HENBANE (*Hyoscyamus niger*)

TA Ht 2' or 60cms - A rather strange and sinister looking plant employed in witches brews. A powerful sedative. **POISON PLANT AND SEED.** Only use under medical supervision.

HERB BENNET or WOOD AVENS (*Geum urbanum*) BENEDICTS HERB

- a) P Ht 18" or 45cms Native - Star shaped yellow flowers and deep green trefoiled leaves. Roots have odour of cloves and were used to repel moths, also chewed for gum problems. The herb is a fine tonic and was used as a pot herb in the 16th century, added to soups and for flavouring ale. Habitat: woodland and shade.
b) (g-Borisii)

HERB - ROBERT (white) (*Geranium robertianum album*)

A or Bi up to 18" or 45cms. Unpleasant smelling. Common in Europe from Middle Ages and used a lot in medicine. Flowering plant used for treatment of skin eruptions, bruises, etc. Leaves chewed or gargle made for inflammations of the mouth and throat.

HOLLY (*Ilex Aquifolium*)

Evergreen. P. 6'-40' or 2m-12m. Used traditionally at Christmas to represent drops of blood and a crown of thorns. Leaves were used as a tonic tea and in treatment of fevers. Berries are purgative and toxic.

HOLLYHOCK

- a) (*Althea rosea*) Bi Ht up to 10' or 3m tall - A native of China and one of the oldest cultivated plants. The flowers once used medicinally with similar properties to Marshmallow. A good colour range of single flowers.
b) **BLACK (*Althea rosea nigra*)**
Up to 6' or 2m. Beautiful deep purple-black silky flowers. The flowers are employed as a natural colouring and give a lovely colour to herb teas. Flowers also used medicinally like marshmallow, ie anti-inflammatory, mildly purgative.
c) **DOUBLE**

HONEYSUCKLE (*Lonicera caprifolium*) OR WOODBINE

Up to 30' or 9m. Many varieties can be found growing wild. Flowers provide perfume, good in pot pourri. Good for coughs, catarrh, asthma. Berries poisonous.

HOPS (*Humulus lupulus*) HOP-BINE

- a) **GREEN**
P Ht up to 20' or 6m. Climber Native - The decorative flowers from female plants are used in brewing. Flowers and leaves used in herb pillows to induce sleep. Infuse flowers for a mild sedative tea for digestive problems and as an antiseptic.
b) **GOLDEN (*h.l. Aurea*)**

HOREHOUND (*Marrubium vulgare*)

- a. **WHITE** P Ht 2' or 60cms - An unusual and decorative shrubby plant with silvery green 'frosted' foliage. Good bee plant. Once made into sweets for coughs and still used to treat bronchitis. Useful in the garden for its distinctive texture and colour.
b. **BLACK (*Ballota nigra*) / STINKING HOREHOUND**
P Ht 2' or 60cms Native - Whorls of mauve labiate flowers June-Aug. A specific for morning sickness in pregnancy (combine with meadowsweet or chamomile). Used for all nausea and vomiting. A mild sedative. Habitat: roadsides and waste places.
c. **VARIEGATED (*Ballota nigra variegata*)**

HORSERADISH (*Armoracia rusticana*)

P. Ht 5' or 1.5m high on stout tapering taproot to 60cm long and 5cm thick. Large basal leaves. Wild plant propagated by root division or seed. Fresh root is stimulant. Take as a syrup for bronchitis, catarrh, coughs and to stimulate digestive organs. Sliced root on boils or as a poultice for rheumatism. Culinarily used to compliment fish, poultry and beef in sausages and vinegars.

HOSTA or PLANTAIN LILY (*Hosta*)

P Ht. 9"-4' or 25cms-1.2m. Flowers mid summer to autumn. Large number of varieties. Not used medicinally now.

HOUND'S-TONGUE (*Cynoglossum officinale*) / **GYPSY FLOWER**

Bi Boraginaceae Ht 18" or 45cms. Flowers red and blue June - Aug. Habitat: light or chalk soils. Effective soothing sedative in coughs and diarrhoea. Given internally as a poultice for haemorrhoids. Bruised leaf rubbed on insect bites.

HOUSELEEK (*Sempervivum tectorum*)

P. Ht 2" or 5cm. In the 4th Century BC it was recorded on walls and roof tiles. One of the oldest first aid herbs. The leaf, sliced open to reveal its succulent interior, is applied straight onto skin to relieve small injuries. Apply to minor burns, stings, cuts, ulcers, etc.. Infuse as a tea for septic throats and bronchitis.

HYSSOP

P Ht 18" or 45cms - Small shrub which makes a decorative hedge. Superb bee plant. Leaves may be used sparingly to flavour salads and vegetables and aids digestion of fatty fish and meat. Flowering tops used medicinally for coughs and catarrh and poor digestion and appetite. Essential oil used in aromatherapy for bruises. Sun and light soil.

- a. **BLUE** (*Hyssopus officinalis*)
- b. **PINK**
- c. **WHITE**
- d. **ROCK** (h.o. "Aristatus")

INDIGO (*Indigofera ssp*)

A Tender - An ancient dyeplant producing a clear and fast blue dye. A long growing season required so start early in Spring under cover.

IRIS

- a) **YELLOW or YELLOW FLAG** (*Iris pseudacorus*) P Ht 3' or 1m Native - Light green spear like leaves with brilliant yellow flowers. One of our most stately and beautiful native plants. Flowers yield a yellow dye and the roots a fine black. The plant is powerfully astringent. Habitat: marshes, ditches, river banks.
- b) **GLADWIN IRIS** (*I Foetidissima*) Bright scarlet fruits throughout the winter.

IVY (*Hedera Helix*) COMMON IVY / ENGLISH IVY

Woody evergreen P. Sometimes living up to 500 years. Once a magical plant protecting against evil spirits. Young leaves have been used internally for whooping cough, neuralgia and rheumatic pain. POISONOUS so supervised use is a must.

JACOB'S LADDER (*Polemonium caeruleum*) / CHARITY / GREEK VALERIAN

a. P. Ht 3' or 1m - Showy cottage garden flower with blue or white flowers in early Summer. Decorative ladder-like leaf formation. Medicinal use has mainly stopped.

b. **CREEPING**

c. **WHITE**

JASIONE - PERENNIS (*j. laevis*) SHEEPS BITS

'BLUE LIGHT' P. Ht 2' or 60cm

JERUSALEM SAGE (*Phlomis fruticosa*)

P. shrub. Up to 3' or 1m. Evergreen with sage-like leaves and whorls of deep golden yellow flowers in summer.

JOE-PYE WEED (*Eupatorium purpureum*) GRAVELROOT

P. Ht up to 6' or 2m - Stately North American native with vanilla scented leaves and large pink rosy flower heads. Moist soil. Boiled, crushed ripe and unripe seed heads yield pink red dye. Dried leaves were said by Culpepper to drive away wasps and flies if burned in a room. Medicinal use was being debated as can be too toxic.

JUNIPER (*Juniperus Communis*)

P. Small Tree - very spiky aromatic foliage and black berries which are used in gin production.

a) **MALE**

b) **FEMALE**

KNAPWEED, GREATER (*Centaurea scabiosa*)

P. Ht 2'6" or 75cms Native - Rich mauve thistle like flowers up to 2" across from July-Aug. Very decorative silvery heads once the seeds have gone. Try a tea for digestive disorders and tonic effect. An exceptionally beautiful wild flower worthy of any garden. Habitat: chalky pastures and sandy soils.

KOREAN MINT (*Agastache rugosa*)

P. Ht 3' or 1m - Similar to Anise Hyssop, but from the East. Scent is distinctly minty. Use for seasoning meats and to make refreshing tea. Medicinal.

LADY'S-MANTLE (*Alchemilla vulgaris*)

a) P Ht low - Large flat kidney shaped leaves of a pale green with tiny yellow/green flowers in loose clusters. Blooms from June-Aug. Used to be an important wound herb and an infusion is taken for excessive menstruation. Most attractive ground cover. Habitat: moist hilly pastures in the North.

b) **ALPINE** (*Alchemilla alpina*)

P Ht low Native - Very decorative small plant with lovely silver edged leaves. Similar properties to A. vulgaris. Habitat: Northern hills.

LARKSPUR (*Consolida ambigua*)

A Ht 12" - Finely divided leaves and familiar blue and sometimes pink or mauve flowers. Seeds are poisonous and are used as a parasiticide and insecticide. The juice of the flowers with alum make a good ink. Once seen in cornfields on light soil.

LAVENDER

Most lavenders are good for hedging. Flowers flavour jams, vinegars, ices, sorbets, etc.,. Dry well for "lavender bags" and pot pourri - protects linen from moths. Rub on skin to discourage flies. Good tonic water and antiseptic. Oil used in massage for muscular aches, fluid retention and cellulite. Infuse flower as a tea to sooth headaches, ease flatulence and calm nerves. Oil good in baths for calming.

1. ENGLISH TYPE (*L. angustifolia* or *L. Spica*)

P Shrub Ht 3' or 1m - Superb for a larger hedge. Vigorous and very silver foliage. Pale mauve flowers. Can be clipped hard.

2. FRINGED (*L. Dentata*) / **FRENCH LAVENDER**

P Shrub Ht 18" or 45cms - Half hardy. Quite unusual and unlike other lavenders. Attractive fern-like leaves with an aroma of blended rosemary and lavender. Grows wild in South Europe. Very strong scent and unusual purple flowers. Needs sharp drainage and a sheltered situation.

3. FRINGED (*L. dentata B*)

P Ht & Sp 30" or 75cms Half-hardy. Pale blue flowers with green toothed foliage.

4. FRINGED (*L. dentata A*)

P Ht & Sp 30" or 75cms Half-hardy. Pale blue flowers with thin, toothed, green foliage.

5. HIDCOTE (*Lavandula angustifolia*)

P Shrub Ht 18" or 45cms - Perfect for a hedge. Slow growing with silvery foliage and deep mauve/blue flowers.

6. MUNSTEAD DWARF

P Shrub Ht 18" or 45cms - Mauve flowers and a greener softer leaf. Very popular for hedging. Early variety.

7. SPANISH (*Lavendula stoechas subsp. pendunculata*), TP Shrub Ht 15" or 38cms - Very showy deep mauve flowers with long bracts. Otherwise similiar to French lavender, but it is much less hardy.

8. BEECHWOOD BLUE (*L. angustifolia*)

P Ht & Sp 2' or 60cm Hardy. Rich mid blue flowers in June, with grey-green foliage.

9. GREY HEDGE (*L. x intermedia*)

P Ht & Sp 3' or 90cm. Hardy. Pale blue flowers in July, grey foliage

10. RICHARD GRAY (*L. lanata x angustifolia*)

P Ht & Sp 4' or 120cm Half Hardy. Lavender blue flowers July & July, silver and grey foliage.

- 11. AFRICAN PRIDE** (*L. allardii*)
P Ht & Sp 4' or 120cms Half-hardy. Lavender blue flowers July - August. Toothed grey and green foliage.
- 12. CEDAR BLUE** (*L. angustifolia*)
P Ht & Sp 2' or 60cms Hardy. Light blue flowers June-July, grey foliage, compact foliage.
- 13. AUSTRALIAN** (*L. allardii*)
P Ht & Sp 4' or 120cms Half-hardy. Lavender blue flowers July - August. Its foliage is grey-green and toothed.
- 14. CANDICANS** (*L. dentata*)
P Ht & Sp 30" or 45cms Half-hardy. Pale lavender blue flowers almost continuously from June, soft silver, toothed foliage. Lavender - Rosemary scent.
- 15. ALBA** (*L x intermedia Alba*. Dutch Form)
P Ht & Sp 30" or 75 cms Hardy white flowers. Upright habit: grey-green foliage.
- 16. ROSEA** (*L. angustifolia*)
P Ht 7 Sp 90" or 45cm. Hardy. Lilac-pink flowers June-July: green foliage, compact habit.
- 17. FRAGRANT MEMORIES** (*L x intermedia*)
P Ht & Sp 30" 75cm Hardy. Pale blue flowers in July, grey green foliage.
- 18.** (*L. lanata x angustifolia*)
- 19. SNOWMAN** (*L. stoechas*)
P Ht & Sp 2' or 60cm Hardy. Purple flowers with white bracts in April, grey-green foliage.
- 20. HIDECOTE PINK** (*L. angustifolia*)
P Ht & Sp 20" or 45cm Hardy. Pale lilac-pink flowers June - July, foliage green-grey, compact habit.
- 21. LODDON BLUE** (*L. angustifolia*)
P Ht & Sp 2' 60cm Hardy Dark Blue flowers June - July.
- 22. LODDON PINK** (*Angustifolia*) Hardy 2' 60cm pale pink June-July.
- 23. GROSSO** 70cm Long purple flowers
- 24. BOWLES** 60cm Purple flowers
- 25. TWICKEL PURPLE** 50cm
- 26. WOOLLY** (*Lavandula lanata*)
P Shrub Ht 12" or 30cms - Soft silver/white leaves and rich purple flowers on long stems. Compact bush which needs good drainage and shelter. Rarity.
- 27. LULLINGTON CASTLE**
- 28. WHITE DWARF** 30cm
- 29. LARGE WHITE** 70cm
- 30. FRENCH WHITE**
- 31. JEAN DAVIS** (*Angustifolia lilac*) pink June 24" 60cm
- 32. VERA - DUTCH LAVENDER - purple flowers with slender leaves**
- 33. GRAPENHALL** 70cm - Purple flowers and large leaves
- 34. IMPERIAL GEM**
- 35. SEAL** 70cm - Strongly scented purple flowers
- 36. ROYAL PURPLE** 60cm
- 37. PRINCESS BLUE**
- 38. VIRIDIS** *HH P* 50cm - Cream flowers, very aromatic green foliage
- 39. LADY** A new annual variety, free flowering. Blue

LEMNON VERBENA (*Aloysia triphylla*)

H.H.P. Ht. 50" or 1.5m. South American plant once used to scent finger bowls at banquets. Fresh or dried leaf antispasmodic, stomachic and aromatic. As a tea it helps treat nausea, flatulence, etc.. The leaf is used sparingly in cakes, fruit dishes or drinks. Dried leaf good in pot pourri. Oil used extensively in perfumery.

LEEK wild

LEMNON GRASS (*Cymbopogon citratus*)

TP 18" or 45cms Lemon scented tea herb. Very popular in cooking. Oil also used in perfumes.

LICORICE (*Glycyrrhiza glabra*)

P. Ht. up to 4 1/2' or 1.5m - The most common variety from Southern Europe, source of most commercial licorice.

LILY OF THE VALLEY (*Convallaria Majalis*) **MAY LILY**

P. Ht. 4"-9" or 10cms-20cms. Hardy perennial. Flower traditionally used in brides bouquet. Infusion of whole plant can act as diuretic as well as slow pace of the heart.

LOBELIA (*Lobelia*)

a) **QUEEN VICTORIA** - (*L. Fulgen*) - from Mexico HHP 1'-3' or 30cms-100cms. Has a rosette of purple, ovate and toothed leaves. Flower spikes up to 12" or 30cms Aug-Oct. Not now used medicinally.

b) **GREAT** - (*L. Siphilitica*) - from the USA. 2'-3' or 60cms-100cms high. Not now used medicinally.

LOVAGE (*Levisticum officinale*) / **SEA PARSLEY/LOVE PARSLEY**

P Ht up to 7' or 2.2m tall - A flavour suggestive of yeast and celery makes this a valuable seasoning for soups and stews. The seeds and roots may also be used. Rich in vitamin C. Stems can be cooked or used fresh like celery. Rich and moist soil. Dies down in winter.

LUNGWORT (*Pulmonaria officinalis*) **JERUSALEM COWSLIP**

Ht 12" or 30cms. Clusters of funnel shaped flowers in mid to late spring. Ornamental white - spotted leaves. Also known as Jerusalem cowslip. Infusion of dried leaves may benefit chesty coughs, wheezing and shortness of breath. Sometimes prescribed for diarrhoea.

a). **ANGUSTIFLORA** (*P.angustiflora*)

b). **REDSTART** (*P.O.Redstart*)

c). **SISSINGHURST WHITE**

LUPIN (*Lupinus*)

P. 2 1/2-4' or 70cms-1.2m. Bruise seeds as a facial steam or skin lotion for oily skin. May absorb radiation and has been planted around the nuclear disaster area of Chernobyl in Russia.

MACE - English (*Achillea Decolorens*)

P 2' or 60cms Leaves used in soups and stews.

MADDER (*Rubia tinctorium*) **DYER'S MADDER**

P Ht. 2'-3' or 60cms-100cms sprawling - A rare plant yielding the best red dye from its extensive root system. Best grow with some support. Well cultivated soil. Leaves can be used as a metal scourer! The root can be used as an antiseptic, diuretic and laxative.

MAIDEN PINK (*Dianthus deltoides*)

Similar use to clove pink.

MALLOW

a. COMMON (*Malva sylvestris*)

P Ht up to 3' or 1m variable Native - Shiny rose petals veined purple. Leaves heart shaped. Said to be aphrodisiac! A tea is beneficial for coughs and bronchitis. The leaves are eaten in Arab countries. Juice from the leaves of mallow is beneficial against the ill-effects of bee stings. Habitat: waste ground and roadside.

b. CRISP

c. MUSK (*Malva moschata*)

P Ht 2' or 60cms Native - Delicate large rose pink flowers (sometimes white) and decorative finely cut foliage. Makes a colourful garden subject. The root has similiar properties to common mallow. Habitat: old pastures and waysides.

MARIGOLD

a) FRENCH (*Tagetes patula*)

HHA Ht 9" or 20cms - Lovely garden flowers, but with strong root secretions and leaf odour. Root secretions act against nematodes and leaves and roots keep down whitefly. Grow amongst tomato and many other crops. Good in pot-pourri.

b) POT (*Calendula officinalis*)

A Ht 18" or 45cms Single fl - Known to everyone but should be used more. Petals have very delicate taste and will impart orange colour to rice and other dishes. Use flowers in salads. Tincture or ointment of flowers for healing wounds. Soothing and antiseptic. Good for bed sores and ulcers, varicose veins and bruises. Infusion aids digestion. Mouth wash for gums. Calendula oil is healing and rejuvenating - used for skin preparations and in aromatherapy. Good for cracked nipples and chilblains. Seeds itself readily.

c) TANGERINE GEM (*Tagetes tenuifolia*)

A Ht 12" or 30cms - A newly discovered herb! Long enjoyed for its lacy foliage and small bright tangerine flowers. This plant has a wonderful citrus scent which can be used for flavouring and pot pourri.

d) MARSH-MARIGOLD (*Caltha palustris*)

P Ranunculaceae Ht 18" or 45cms. Flower bright yellow March-May. Habitat wet soils.

MARJORAM see also OREGANO

a) MARJORAM, POT (*Origanum vulgare*)

P Ht 18" or 45cms - A milder flavour than the Greek Oregano, but still a good seasoning. Very handsome purple/pink flowers attract bees. Valuable medicinal used for coughs, upset stomach and headache. Blend with chilli and garlic and add to pizza, tomato, egg and cheese dishes.

b) MARJORAM, SWEET (*Origanum majorana*) **KNOTTED MARJORAM.**

HHP Ht 12" or 30cms - Needs protection from frost. Neat bushy habit with grey/green leaves and white flowers. Has a strongly aromatic flavour and is used for rubbing into roasting joints of meat, game or poultry, and in sausages. Sun. Good soil.

c) VARIEGATED

g) GOLD (*O. Aureum*)

d) WINTER (*O. Heracleoticum*)

h) COMPACT VARIEGATED

e) GOLDEN CURLY

i) GOLD - TIPPED

f) NORTON'S GOLD

j) WEBB WHITE

k) GOLD DWARF

MARSH-MALLOW (*Althea officinalis*) **SWEET WEED.**

P Ht 3' or 1m tall Native - Handsome plant with grey/green velvety leaves and delicate pink flowers. Once used to flavour sweets. Very soothing properties for all inflamed membranes and useful to treat coughs and bronchitis. Moist situation. Grows wild in salt marshes.

MEADOW CRANES BILL (*Geranium pratense*)

Dr Johnson's blue. (Hybrid) 1-2 1/2' or 30cms-75cms. Northern Europe. Not now used much medicinally.

MEADOWSWEET (*Filipendula ulmaria*) **QUEEN OF THE MEADOW.**

a) P Ht 3' or 1m. Native - One of our most attractive wild flowers with fragrant creamy white plumes. Used to flavour many drinks and gives slight almond flavour to jams and stewed fruit. Use to scent linen. Good in pot pourri. Useful dye plant yielding a black from roots and greenish yellow from tops. Flower buds were the first discovered source of salicylic acid in 1838 from which aspirin was later synthesized. Flowers - drinks as a tea to help rid body of excess fluid, alleviate heartburn, for feverish colds and mild diarrhoea. Mild sedative and pain killer. Use leaves for stewing. Habitat: moist grassland and stream

b) **GOLD** (*F.U. aurea*)

c) **VARIEGATED** (*F.U. variegata*)

MELILOT, or YELLOW SWEET CLOVER (*Melitus Officinalis*)

Bi Ht up to 3' or 1m leguminosae Tall. Flowers bright yellow June-Sept. Good bee plant. Leaves deter moths and are good in pot pourri. Apply fresh leaves as a poultice for aching joints and cuts. Used to flavour Gruyere cheese and others. Flowers good in the bath as soothing.

MIGNONETTE (*Reseda lutea*)

- a) Bi Ht 12" or 30cms - Pale green floppy plant with creamy fragrant flowers in fuzzy spikes from June-Sept. A mild narcotic used for relief of pain and frayed nerves. Usually used in combination with other herbs. Light soil.
- b) A. Ht 18" or 45cms (*Rodorata*) Very strong scent.

MINTS (*Mentha*)

Most mints can be used to treat gastro-intestinal disorders where their anti-flatulent, antispasmodic and appetite promoting actions are needed. Good for nervous headaches and agitation. The herb and oil can be used in baths to treat cuts and rashes. Wide dental, cosmetic and confectionary use of their oils. Well known culinary uses.

- 1) Crisp (m x p 'Crispa') 50cm
- 2) "Zambian" - These unknown varieties of mint were given to me by a guest whose missionary grandparents took them to Zambia at the turn of the century and their daughter brought them back to England!
- 3) **LEMON** (*M. Aquatica 'Citrata'*)
- 4) **LAVENDER**
- 5) **ORANGE**
- 6) **HORSEMINT** (Monarda)
- 7) **LEMON-CREEPING**
- 8) **PINEAPPLE**
- 9) **CITRONELLA**
- 10) **ITALIAN**
- 11) **WHITE PEPPERMINT** (*Forma Tallescens*)
- 12) **BLACK PEPPERMINT** (*Forma Rubescens*)
- 13) **BOWLES** (m x *Villosa 'Alopecuroides'*) 1m
- 14) **CORSICAN** (*m. Requierii*) 2cm
- 15) **RED RARIPILA** (*m. Raripila Rubra*)
- 16) **SPEARMINT** (*Mentha Spicata*)
P Ht 2' or 60cms. Creeping - For mint sauce and tea. Medicinal.
- 17) Emperors mint (*Micromeria*)
TP Ht 2' or 60cms - A new flavour to try, bold and minty. Found growing near to Emperor Hadrian's villa near Rome.
- 18) **CURLY** (*m. Spicata 'Crispii'*)
- 19) **GINGER** (*m x. Gentilis 'Variegata'*)
- 20) **MOROCCAN** (*m. Spicata*)
- 21) **APPLE** (*m. suaveolens*)
- 22) **APPLE VARIEGATED** (*m.s. Variegata*)
- 23) **NILE VALLEY**
- 24) **SPANISH FURRY**
- 25) **CORN MINT**
- 26) **EAU DE COLOGNE** (*m. Piperita "Citrata"*)
- 27) **WATER** (*Mentha aquatica*)
P Ht 18" or 45cms. Creeping Native - Strongly scented wild mint with whorls of attractive pink-mauve flowers. Make a tea to treat colds and fevers as the drink encourages perspiration. Habitat: damp and marshy places.

MINT BUSH (*Prostanthera melissifolia*)

P 10' or 3m Half hardy. Aromatic, decongestant herb that has anti-bacterial and anti-fungal effects. The aromatic leaves are used in pot-pourri and externally for colds and headaches.

MOLE PLANT (*Euphorbia lathyris*)

P Ht 18" 45cms. Reputed to drive away moles.

MONKSHOOD (*Aconitum Napellus*) **WOLF'S BANE**

P Ht 18" or 45cms. All parts of this plant are POISONOUS. Long lasting bluish purple flowers produced in July. Used externally for neuralgia and sciatica.

MOTHERWORT (*Leonurus cardiaca*)

P Ht 3' or 1m - Used for strengthening the heart and for female disorders. Also used for calming the nervous system and lowering blood pressure.

MOUNTAIN-MINT (*Pycnanthemum pilosum*)

P Ht 3' or 1m - Not a true mint so does not spread. Leaves strongly scented of peppermint. Pale pink flower heads are most attractive to bees and butterflies. Used instead of peppermint for flavouring.

MOURNING WIDOW - see CRANESBILL

- a. Geranium phaeum - P 50cm Dark purplish flowers early summer
- b. Geranium phaeum album - P 50cm White flowers late spring

MUGWORT (*Artemisia vulgaris*) **FELON HERB / ST JOHN'S HERB**

P Ht 3' or 1m. Native -A bushy aromatic plant. Leaves silvery underneath. Used as insect repellent and valuable medicinally for digestion, as a tea for coughs and fever. Used in Japan to treat rheumatism. Used to stuff geese, duck and fatty fish or meat. Habitat: waysides and waste ground.

MULLEIN, GREAT (*Verbascum thapsus*) **AARON'S ROD/DONKEY'S EARS**

Bi Ht up to 7' or 2m Tall Native - A tall architectural plant with yellow flowers and large downy grey leaves. Used to treat all respiration problems and in products for migraine and earache. The stems dipped in tallow were used as torches by the Greeks and Romans. Habitat: light soil.

MYRTLE (*Myrtus communis*)

HHP - Evergreen shrub from the Mediterranean. Not hardy, but may be grown indoors. Fragrant white flowers and leaves for pot pourri and flavouring. Leaves in marinades. Remove the green ends of buds and toss in salads. Flowers for garnishes or salad. Berries ground when dry and used as seasoning in savoury dishes.

- a) **COMMON** (*m. communis*)
- b) **GREEK** - broader leaf than common
- c) **VARIEGATED** (*m.c. Variegata*)
- d) **GLANLEAM GOLD** (*m. Apiculata*) golden variegated
- e) **TARENTINA**
- f) **TARENTINA VARIEGATED**

NASTURTIUM, or INDIAN CRESS (*Tropaeolum minus*)

- a) A Ht 9"-12" or 20cms-30cms - Not only a colourful garden flower, but a valuable herb. Very high in vitamin C. Peppery leaves are delicious in salad and the flowers add colour and are edible. Green seeds used as capers. Plant liberally amongst vegetables as a companion plant. Attracts blackfly from vegetables.
- b) **ALASKA**. Variegated version of above.

NEW JERSEY TEA or RED ROOT (*Ceanothus americanus*)

P Ht 2'6" or 60cms - Was used as a tea substitute during the American Revolution. Used as a gargle for sores of mouth and throat. Indians used it to bathe skin infections. Pretty small shrub with white flowers.

NIGELLA (*Nigella damascena*)

A - Finely divided leaves surround lovely blue flowers. Seeds can be used in curries and bread. An insect repellent when stored with clothing.

OAK (*Quercus robur*) **COMMON OAK, ENGLISH OAK**

P. TREE 80' or 25m. Oak bark has been used for diarrhoea, dysentery, haemorrhage, haemorrhoids, sore throat and varicose veins. The tanning industry also utilizes the bark and galls; both of which produce a dye.

ONION

a. WELSH (*Allium fistulosum*)

P Ht 12" or 30cms - Great substitute for spring onions as this plant is perennial. Comes from Siberia, not Wales! Dies down in the Winter. Similar to bunching onion. Well drained soil.

b. WELSH RED (*Allium fistulosum*)

P HT 12" or 30cms - Again a native of Siberia, not Wales. This is red form nearer to the true wild Welsh onion than the white bulbed form above. Flavour is stronger and plants are hardier, often retaining their leaves through Winter. Use leaves and small bulbs.

ORACH

a) RED (*Atriplex hortensis rubra*)

A Ht up to 5' or 1.75m tall - Makes a very fine ornamental plant growing to 5'. The dark red broad arrow-shaped leaves are most decorative. Grows on any soil but goes to seed readily in dry conditions. Leaves are cooked like spinach and used in soups.

b) GOLD (*Atriplex hortensis*)

A Ht up to 5' or 1.75m tall - Similar to red variety but with golden leaves. Very ornamental.

OREGANO

a) GREEK (*Origanum ssp*)

P Ht 2' or 60cms - Very special. From the mountains of Greece - the true fiery aroma of Greek cooking. Quite unlike normal oregano. Rare. This is the best variety for culinary use. Aids digestion.

b) "HOPLEYS"

f) PRISMATICUM

c) HERRENHAUSEN

g) MINUTIFOLIUM

d) TYTTANTHUM

h) SHOWY

e) DWARF (*o. vul. nana*) P 20cm

ORRIS ROOT (*Iris florentina*)

a) H.P. reaches 2'-3' or 70cms-100cms. Roots provide bitter flavouring for liqueurs. Powdered root gives refreshing scent to linen. Used in tooth powders, face packs and perfumery. Fixative for pot pourri. Root is powerful purgative, but not used often today.

b) VARIEGATED - Creamy yellow variegated leaves, blue flowers.

c) WHITE - ('*Florentina*') P 50cm Dirty white flowers, grey foliage.

OXEYE DAISY (*Leucanthemum vulgare*)

P Ht 18" or 45cms Native - Large white daisy flowers and silvery foliage. Young leaves eaten as a salad in Italy. Habitat: hay meadows and roadsides.

PAEONY (*Paeonia lactiflora*) **PEONY**

P 24" or 60cm The uses of *P.lactiflora* date back to A.D. 500, and the Chinese, especially, used it as a tonic for the liver and circulation. Medicinally for menstrual and skin complaints, liver disorders and hypertension.

a) MISS ECKHARDT

b) INSPECTOR LAVERGNE

c) BUNKER HILL

d) DUCHESSE de NEMOURS

PARSLEY (*Petroselinum Crispum*)

Best known of all garnishing herbs. Chew to destroy garlic odour on the breath. Diuretic, calmative, anti-flatulent and stimulates appetite.

a) CURLED (*BRAVOUR, CURLINA; FAVORIT: ENVY: CHAMPION MOSS CURLED*) Bi Ht 12" or 30cms

b) FRENCH or PLAIN Plain leaved Bi Ht 18" or 45cms

c) ITALIAN GIANT Plain leaved Bi Ht 2'6" or 70cms - Strong flavour and vigorous.

d) JAPANESE

e) HAMBURG or TURNIP ROOTED

PASQUE FLOWER, PULSATILLA (*Pulsatilla vulgaris*), P Ht 6" or 15cms Native - Silky purple flowers Apr-May and greyish ragged foliage. A tincture is used to treat coughs, bronchitis and asthma. Used as a nervine also. A valuable homeopathic remedy. A very rare native and one of our loveliest wild flowers. Habitat: old chalky heaths.

- a) **WHITE** (*p.v. alba*)
- b) **RED** (*p.v. rubra*)

PELARGONIUMS, SCENTED LEAVED AND SPECIES Natives of South Africa. Make very attractive house plants and to grow in the greenhouse/conservatory. Put outside in the ground, or in containers, during Summer. Use scented leaves for pot pourri and flavouring.

- a) **LEMON ROSE**
- b) **OLD SPICE**
- c) **NUTMEG**
- d) **FRENHAM**
- e) **ROYAL OAK** (*P. Quercifolium*)
- f) **LADY PLYMOUTH**
- g) **SOUTHERNWOOD**
- h) **PINE** (*Variegated*)
- i) **GLUTINOISSUM**
- j) **MENTHA** (*Tomentosum*)
- k) **CONCOLOUR LACE**
- l) **CEDAR VILLAGE HALL OAK**
- m) **RADVLA**
- n) **ROSE GERANIUM** (*p. capitatum*) TP - A most decorative flowering plant with rose scented leaves and cyclamen flowers with purple stripes. This is one of the species cultivated for oil of geranium. Natural habitat: sand dunes and disturbed ground near S. African coast.

PENNYROYAL / PUDDING GRASS

- a) **UPRIGHT** (*Mentha pulegium*)
P Ht 12" or 30cms - Strong peppermint scent. Makes a scented carpet on shady ground. Great ant repellent. (Do not take this peppermint tea if pregnant, but it settles minor gastric disturbance, nausea, headaches, etc). Attractive mauve flowers. Tolerates shade and prefers moist soil.
- b) **CREEPING**

PERIWINKLE

a) MADAGASCAR (*Catharanthus roseus*)

TA Ht 9" or 20cms - Attractive pot and bedding plant with pink or white flowers. Source of several anti-cancer alkaloids.

b) 'FLORE PLENO' (*Vinca Minor*) Double blue flowers, green foliage.

PLANTAIN (*Plantago Major*) / **WAYBREAD**

a) P. 3"-9" 5cms-20cms. Not encouraged in this country, but highly respected in folk medicine from Vietnam to Africa. I have an unusual red variety. Used mainly as a poultice or ointment for external wounds, ulcers and bites. Good gargle and eyewash. Can destroy a wide range of micro organisms. Used homeopathically.

b) VARIEGATED

POKE-ROOT (*Phytolacca polyandra*) **POKE-WEED / PIGEONBERRY**

a) PINK P Ht to 6' or 2m - A bright coloured and unusual looking plant. Boil young unfolded leaves for 15 minutes, drain then simmer in fresh water for 20 minutes, add butter and salt. OLDER LEAVES AND BERRIES ARE POISONOUS.

b) WHITE (*Phytolacca americana*) 1.5m white flowers, large fleshy leaves

POPPY (*Papaver*)

a). **CORN or FIELD POPPY** (*P. rhoeas*)

b). **OPIUM** (*P. semni ferum*)

2"-60cms Lilac flowers appear in summer followed by seed pods which are excellent dried for flower arrangements. The seeds are used whole or ground in breads, biscuits, pastries. The oil can be used in salad dressing. Medically, it is taken internally for painful conditions, coughs and diarrhoea. ALL PARTS EXCEPT THE SEEDS AND FLOWERS ARE POISONOUS

c). **HUNGARIAN BLUE BREADSEED**

A Ht 2' or 60cms Native - The beautiful cornfield poppy flowering June-Sept. Valuable herbal painkiller and ancient cough remedy. Sprinkle seed over bread rolls, cakes and biscuits. Habitat: cornfields and road banks.

PRATIA (*Pratia pedunculata*)

"County Park" P. H 1" or 2cms - Creeping rich violet-blue flowers in Summer.

PRIMROSE, WILD (*Primula vulgaris*)

P Primulaceae Ht 9" or 20cms. Flowers purple spikes June-Aug. Habitat: wetlands. Boil leaf as a vegetable or use for medicinal tea. Infuse root for tea for nervous headaches.

PURPLE CONEFLOWER see ECHINACEA

PURPLE-LOOSESTRIFE (*Lythrum salicaria*)

P Ht 3' or 1m Native - Tapering spikes of purple-red flowers from June-Aug and dark green willow like leaves. Makes an excellent gargle and wound cleanser. Rapidly stops bleeding. Once used in tanning leather. Makes a very stately and colourful garden subject. Habitat: wet areas.

PURSLANE (*Portulaca oleracea*)

a) **ANNUAL** Excellent salad plant, mild flavoured succulent leaves, high in Vit.C.

1) **Green** (p.o. sativa) - well flavoured and vigorous.

2) **Golden** - attractive yellow leaves. Rare

b) **WINTER** (*Claytonia perfoliata*) or **CLAYTONIA**

Cut and come again crop with stalks, leaves and flowers all good in salads. Leaves cook like spinach.

PYRETHRUM (*Tanacetum cinerariifolium*)

P Ht 18" or 45cms - Attractive garden plant with strong insecticidal properties, which can easily be made at home from dried flower heads. Dried powdered flowers deter all common insect pests ie, bed bugs, cockroaches, flies, mosquitoes, aphids, spider mites and ants.

RAGGED ROBIN (*Lychnis flos-cuculi*)

P. 2' or 60cms. Flowers deep rose red May-Aug. Habitat: moist meadows.

RAMPION (*Campanula rapunculus*)

P 1'-2' or 30cms-60cms - First year roots and tender basal leaves are edible with quite outstanding flavour. Delightful blue, bell flowers in June and July.

RHUBARB (*Rheum officinale*)

P. Up to 10' or 3m - use the stem in sweets etc and the dried rhizome is a mild purgative; astringent, bitter. The stem can be used in small doses in the treatment of chronic constipation and gastro-intestinal catarrh. Add to tonic wines as a bitter. Not to be used by individuals with renal or urinary calculi.

ROCK ROSE (*Helianthemum nummularium*)

P Ht 4"-6" or 10cms-15cms low spreading Native - Woody plant with a profusion of yellow flowers only opening in sunny weather. Blooms May-Sept. A flower of the sun. One of the Bach flower remedies. Legendary as a plant with powers over mind and spirit. Habitat: light grassland.

ROCKET, SALAD (*Eruca vesicaria sativa*)

A. Ht 1' or 30cms. Rocket or Rucola - A superb salad herb with leaves of a delicious spicy flavour. Quite unique taste in salads, sauces or as a vegetable. Fresh young leaf and stalk used as a tonic and stomachic.

ROSE, SWEET BRIAR (*Rosa eglanteria*)

P Shrub Native - The Eglantine of Shakespeare. Deep pink single flowers and leaves with a delicious fragrance of apples. Scarlet egg-shaped hips in Autumn. A must for the wild garden. Habitat: hedgerows.

ROSE, DOG (*Rosa canina*) DOG BRIAR

P Ht up to 10' or 3m Shrub Native - The dog rose is a familiar and welcome sight in full flower in June. The pale to rich pink single flowers are fragrant. Flowers are followed by a profusion of scarlet flask shaped hips which are very high in vitamin C and are used to make syrup and wine. The leaves make a fragrant tea. Habitat: hedgerows.

ROSELLE or HIBISCUS (*Hibiscus sabdariffa*) / SUDANESE TEA / RED TEA (Lemonade Bush - USA, Jelly Okra, Jamaica Sorrel, Florida Cranberry)

TA Ht up to 6' or 2m - The beautiful Roselle plant grows all over the East. A bushy annual covered in wine red flowers. The flowers used especially for tea, also in sauces, jellies, drinks, wines, chutneys. Used also as a cough remedy in Africa and Asia.

ROSEMARY Common (*Rosmarinus officinalis*)

P Shrub Ht up to 10' or 3m - Evergreen bushy shrub which flowers in Spring and often Autumn. Use leaves sparingly to flavour lamb, pork and grilled fish. Makes a most relaxing tea. Full sun and well drained soil. Medically, it is taken internally for depression, apathy, nervous exhaustion, headaches, migraines (BUT PREGNANT WOMEN SHOULD NOT TAKE THIS HERB). Externally, it is used for rheumatism, arthritis, neuralgia, muscular injuries, wounds, dandruff and scurf.

- | | |
|---------------------------------------|--|
| a) COMMON (<i>R. Officinalis</i>) | l) PROSTRATE-(<i>r.x. lavandulaceus</i>) |
| b) GOLD (<i>Officinalis aureus</i>) | m) TUSCAN BLUE-Broad green |
| c) MAJORCA PINK-Short spiky growth | leaves |
| d) OLD FRENCH | n) SUDBURY BLUE |
| e) MISS JESSUPS UPRIGHT | o) SISSINGHURST-Bright blue |
| f) SUFFOLK BLUE | flowers |
| g) WHITE (<i>Albus</i>) | p) FOTA BLUE |
| h) CORSICAN | q) FRIMLEY BLUE-Upright growth |
| i) ALDERLEY-Bright blue flowers | r) ROSEUS |
| j) SEVERN SEA-Dark blue flowers | s) McCONNELLS BLUE |
| k) BENENDEN BLUE-Dark blue flowers | |

t) 'CONGHAM HALL'- This strong flavoured variety was here when we bought the Hall - we have taken cuttings which have gone all over the world.

ROYAL FERN (*Osmunda regalis*)

P. 10' or 3m in wild. Sun or partial shade. Medicinal use now limited.

RUE; (*Ruta graveolens*) HERB OF GRACE, HERBY GRASS

- a) P Shrub Ht 2' or 60cms - Blue grey rather lacy foliage. A most decorative plant for the herb garden. Has long been used medicinally. Drunk as a tonic for extra iron and mineral salts. Strong scent. Sun. Light and poor soil. Leaves can be SKIN IRRITANT and/or make skin HYPERSENSITIVE to sunlight.
- b) **VARIEGATED** (*R.g. variegata*) 50cm - Green/cream foliage, yellow flowers.
- c) **PROSTRATE** (*R. chalepensis 'Dimension Two'*) P 12cm - Blue foliage.
- d) **JACKMAN'S BLUE** - Steel blue foliage.

RUPTUREWORT (*Herniaria glabra*)

P. 2"-6" or 5cms-15cms. Green flowers in summer. Was used as a remedy for ruptures.

RUSH LILY (*Sisyrinchium*) / SCARLET SEEDED IRIS / GLADDON

P. 2'-3' or 60cms-90cms tall. Once used as a purgative.

SAFFLOWER, (*Carthamus tinctoria*) FALSE SAFFRON

Ht 18" or 45cms - Yellow thistle-like heads yielding a yellow or red dye. Used to colour rice and the seed oil is a polyunsaturated cooking oil. Lowers cholestrol and helps prevent heart disease. Flowers in pot pourri.

SAGE

P Shrub Ht 2' - Familiar grey leaved shrub with attractive blue/mauve flowers. Use leaves for stuffings and to flavour potatoes and rich meats. Medicinal, plant with antiseptic properties.

- a) **COMMON** (*Salvia officinalis*)
- b) **PURPLE** (*s.o. purpurascens*)
- c) **PROSTRATE** (*s.o. prostrata*)
- d) **GOLDEN** (*s.o. icterina*)
- e) **WHITE FLOWERED** (*s.o. alba*)
- f) **RUSSIAN** (*Perovsicia Atriplicifolca*)
- g) **LAVENDER** (*s. Lavandulifolia*)
- h) **MULTICAULIS**
- i) **TRI-COLOURED** (*s.o. 'Tricolor'*)
- j) **BLACKCURRANT**
- k) **PINEAPPLE** (*s. Rutilans*)
- l) **CLARY** see Clary sage
- m) **JERUSALEM** see Jerusalem sage
- n) **'KEW GOLD'**
- o) **NARROW LEAVED** (*s.lavandulifolia*) Spanish sage or lavender
- p) **TAVOSA**
- q) **WILLOW LEAVES**
- r) **PAINTED** (*Salvia horminum*) A Ht 18" or 45cms - A most decorative plant with purple, pink and white bracts. Adding leaves and seeds to liquors during fermentation increases their inebriating quality. An infusion is beneficial for sore gums.

SAINFOIN (*Onobrychis viciifolia*)

P Leguminosae. Ht up to 1' or 30cms Low. Flowers pink June-Sept. Possibly one of the nine sacred herbs of Anglo Saxon times. Habitat: clay grasslands. Good honey plant. Used as a fodder crop.

SANTOLINAS or

a) COTTON LAVENDER (*Santolina chamaecyparissus*), P Ht 18" or 45cms - A decorative silver/grey foliage shrub. Very fragrant and ideal for a low formal hedge.

Member of the daisy family. Whole plant aromatic and used for hedges, edging and knot gardens. Deters moths and other insects. Add to pot pourri. Used medicinally with caution for poisonous bites, intestinal worms and skin irritations.

b) OLD LADY

c) OLD WARRIOR

d) NEOPOLITANA (*s.pinnata ssp. neapolitana*)

e) LEMON QUEEN (*s.c.Lemon Queen*).

f) ROSEMARY (*S. rosmarinifolia rosmarinifolia*) **VERDIS/VIRENS**

TP Ht 18" or 45cms - Rare species with green highly scented foliage, leaves similar to rosemary. Enjoys being clipped and shaped.

g) LADY'S MAID

h) TOMENTOSA (Annual)

i) 'LAMBROOK SILVER' (*s. chamaecyparissus*) P 40cm - Course silver foliage, yellow flowers.

j) 'PRIMROSE GEM' (*s. rosmarinifolia*) P 40cm - Fine green foliage, yellow flowers

SAVORY

a) CREEPING (*Satureja repandra*)

P Ht low - Similar to winter savory but a creeping plant with finer leaves and white flowers. Sharp drainage in full sun.

b) LEMON (*Satureja biflora*)

TP Ht low - An exciting new strain and intense lemon scent and flavour. Use in teas and with baked fish. Needs well drained soil.

c) SHOWY (*Calamintha grandiflora*)

P - Very decorative and showy pink flowers. Mint scented and flavoured leaves.

d) SUMMER (*Satureja hortensis*)

A Ht 18" or 45cms - Companion plant for beans, known as the bean herb on the Continent. Very attractive pinky white flowers and purple stems. Use to flavour all beans especially broad beans. It has been used for flavouring for 2000 years.

e) THYME LEAVED (*Satureja thymbra*)

P Ht 9" or 20cms - Looks like thyme with decorative pink flowers but is in fact a savoury. Found on the Cycladic island of Paros.

f) WINTER (*Satureja montana*)

P Ht 4"-12" or 10cms-30cms low - Similar flavour to the annual Summer Savory, but stronger. Good low growing rock plant with pinky white flowers. Cook leaf with beans. Commercially used in salami. Crush and apply to wasp and insect bites for pain relief. Flowering top used as antiseptic gargle. Tea eases digestion and stimulates appetite. Sharp drainage, full sun.

SCABIOUS

a) SMALL (*Scabiosa columbaria*)

P Ht 18" or 45cms Native - Fuzzy pin cushion heads of lilac flowers and finely cut leaves. Blooms June onwards. A very pretty flower for the garden. Habitat: chalk grassland.

b) FIELD (*Knautia arvensis*)

P Ht 2' or 60cms Native - Flowers bluish lilac waving pin-cushion heads June-Sept. Culpeper recommends scabious wine for pleurisy. Used externally for sores and internally for lung complaints. Habitat: meadows and roadsides.

c) DEVIL'S-BIT (*Succisa pratensis*)

P Ht 3' or 1m Native - Waving stems of small mauve/blue pincushions. This is the butterfly and bee plant above all others. The profusion of butterflies this attracts has to be seen to be believed. Wet and dry grassland.

SCARLET PIMPERNEL (*Anagallis Arvensis*) **POOR MANS WEATHER GLASS**

A. Prostrate creeping square stems up to 30cm long. Herb held in high esteem by the earliest Greeks. Diuretic and once used in epilepsy, hydrophobia, depression, dropsy and rheumatic conditions. Not used much today. Can be poisonous.

SCURVYGRASS (*Cochlearia officinalis*)

B - Pungent member of mustard family, in past times used in sea voyages. Fresh leaves make a healthful addition to salads. Sow Spring to late Summer.

SEA HOLLY (*Eryngium*)

P - Grown for its fleshy roots which are dug up in Autumn. Boiled or roasted they have a taste like chestnuts. Drink root decoction as a tonic and diuretic.

a) *Eryngium maritimum*

b) *Eryngium planum*

SELFHEAL (*Prunella vulgaris*) / **HEAL-ALL/ WOUNDWORT**

P Ht up to 2' or 60cms Native - Very attractive spreading plant with dark purple flower spikes from June to September. Useful wound herb, stems blood flow, so the names of Carpenters Herb, Touch and Heal, Sickwort and Hercules Woundwort. Especially good for sore mouth and throat gargles. Habitat: grassland.

SESAME (*Sesamum indicum*)

TA Ht 12" or 30cms - Needs long growing season. Sow early in peat pots. Baked seeds add nutty flavour to breads and crumbles and are good with salads. Decorative pink and white flowers.

SKIRRET (*Sium sisarum*)

P 1m Chinese pot herb grown for its aromatic edible root. Lightly steam or stir fry young shoots to ease digestion and cleanse the body. Scrub the root, steam or boil and serve with butter or white sauce. Good in stews and stir fried dishes. "Opens and cleanses, promotes urine, helps jaundice and liver disorders" - Culpeper.

SKULLCAP (*Scutellaria lateriflora*) **VIRGINIAN SKULLCAP**

P Ht 12" or 30cms - An important herbal sedative and remedy for headache and neuralgia, antispasmodic tonic and remedy for hysteria, not given in pregnancy. Attractive blue flowers in August.

SNEELEWEED (*Helenium autumnale*)

P. Ht 2' or 60cms. Sprays of daisy-like flower heads. Requires full sun.

SNEEZEWORD (*Achillea ptarmica*)

P. Ht 2 1/2' or 75cms. Large heads of pompon-like flowers.

SNOWDROP (*Galanthus Nivalis*)

P. 4"-9" or 10cms-20cms. The first flower of the year. Prefers rich soil in woodland setting. Rarely used medicinally until recent research shows bulb preparation benefits conditions of nerve tissue degeneration, ie, polio.

SOAPWORT(*Saponaria officinalis*) / **BOUNCING BET**

a) P Ht 18" or 45cms Naturalised - Steep the whole plant, especially the roots, in water to produce soapy lather for skin rinses, shampoo and a gentle cleanser for delicate fabrics. A sprawling plant with lovely pink flowers. Toss flowers on green and fruit salads.

b) **VARIEGATED** 3' or 1m - Gold splashed leaves, pink flowers late summer.

SOLOMON'S SEAL (*Polygonatum x hybridum*)

a) P Ht 3" 1m. White flowers in spring. Taken internally for coughs, and gastric irritation, and externally for haemorrhoids, rupture and dislocation

b) **VARIEGATED** (*P. variegatum*)

SORREL

a) **BUCKLER LEAVED** (*Rumex scutatus*)

P Ht 9" or 20cms - A rare herb and so useful. Ground cover spreading plant; the small arrow shaped leaves are used whole in salads and they make a good soup mixed with potato and onion. Sun or part shade. Rich soil.

b) **BUCKLER LEAVED SILVER** (*Rumex scutatus*), P Ht 9" or 20cms - Similar in all respects to regular buckler sorrel but with most decorative silvery green foliage.

c) **FRENCH large leaved**, (*Rumex rugosus*)

P Ht 12" or 30cms - Use leaves in lamb and beef stews, in salads and to make soup. Leaves used to curdle milk and make junket. Cooks like spinach.

SPEEDWELL (*Veronica officinalis*)

In middle ages used as a healing herb. Now used mostly as a tea substitute.

a) Common Speedwell, Health Speedwell HP 6" or 15cm

b) Veronica Prostrata HP 3" or 8cm

c) Veronica cinerea HP 6" or 15cm

STRAWBERRY, WILD (*Fragaria vesca*) WOOD STRAWBERRY

P Ht low spreading Native - Dark green glossy small fan shaped leaves, silver beneath. Flowers small white rose form from April onwards. Tiny fragrant red fruits are a great delicacy, and are also rich in iron and other minerals. Very long fruit season. Habitat: woodland.

SOUTHERNWOOD see ARTEMESIAS

ST JOHN'S WORT (*Hypericum perforatum*)

P Ht 2' or 60cms Native - An attractive looking slender plant with bright yellow flowers. For identification hold the tiny leaves up to the light to see the perforations. A valuable medicinal herb, used in homoeopathy. The oil is very effective rubbed into aching and tired muscles, wounds, ulcers and sunburn. Tincture is a valuable antiseptic. Habitat: pasture and wood margins.

SUNFLOWER (*Helianthus annuus*)

A Ht tall - Grows to a great height with huge heads filled with seeds and was cultivated over 3000 years ago by American Indians - introduced here in the 16th Century. Seeds are very nutritious eaten raw or roasted and yield a polyunsaturated oil. Boil seed to make a tea for inflammation of the kidneys. Eat raw seeds in salads or steam.

SWEET CICELY or MYRRH (*Myrrhis odorata*) BRITISH MYRRH.

P Ht 3' or 1m. Native - A native wild plant of the North of England. Bright green lacy foliage and large white flowers in Spring. Use leaves as a natural sweetener to remove acidity from stewed fruits. Aniseed flavour. Whole plant is medicinally used as a tonic. Unripe seeds good in fruit salads and ice cream. Ripe seeds in fruit pies and flavours Chartreuse liqueur. Habitat: roadsides.

SWEET CLOVER

a) **MELILOT (*Melilotus officinalis*) YELLOW SWEET CLOVER**

Bi Ht 5' or 1.75m Tall - Important forage crop and valuable medicinal herb. High in nectar to attract bees. Yellow flowers. Nitrogen fixing.

b) **HUBAM**

P Ht 5'-6' or 1.75m-2m Tall - Leguminous plant which fixes nitrogen. Terrific bee plant and excellent GREEN MANURE. White flowers.

SWEET ROCKET OR DAME'S VIOLET (*Hesperis matronalis*)

Bi Ht 2' or 60cms - Not to be confused with Rocket or Salad Rocket. Lovely perfume in the evening. Toss flowers in salads and use for decoration. Leaves before flowering may be used in salads, but are quite bitter. Aphrodisiac properties! Butterfly plant.

a) **PURPLE**

b) **WHITE**

c) **DOUBLE FLOWERED**

TANSY (*Tanacetum vulgare*)

a) P Ht 4' or 120cms Naturalised - A very aromatic herb with decorative fern like leaves and yellow button flowers good for drying. Used in the North for tansy pudding and stew with rhubarb. Good insect repellent. Habitat: roadsides and waste ground.

b) **SILVER** (*t.v. Silver Lace*)

c) **CURLY** (*t.v. Crispum*)

TARRAGON,

a) **FRENCH** (*Artemisia Dracunculus*)

P. 3' or 1m. Found wild throughout Southern Europe. Root division only. Promotes appetite and is used widely to flavour soups, salads, steak, fish, preserves, pickles, shellfish, herb butter, vinegars and chicken. Used in some perfumes and liqueurs.

b) **RUSSIAN** (*Artemisia dracunculus dracunculoides*)

P Ht 3' or 1m - A vigorous plant with creeping rootstock which is inferior in flavour to the true French Tarragon (which does not produce seed), but much hardier and easier to grow. Use for tarragon vinegar and with chicken, fish and potatoes. Well drained soil in the sun. Promotes appetite.

c) **TARRAGON**

P. 3' or 1m Neither French nor Russian, just Tarragon. Similar flavour to Russian. A new find for us.

TEASEL, FULLERS (*Dipsacus fullonum*)

Bi Ht 5' or 1.75m - The true hooked spine teasle for cloth napping. Still used, because a synthetic substitute has never been found. Very decorative long heads when dried.

THISTLE

a) **BLESSED** (*Cnicus benedictus*), A Ht 18" or 45cms - Low growing attractive annual thistle with golden flowers. Foliage and heads decorative dried. Spectacular plant with its white veined spiny leaves and large purple flowers. Seeds are used medicinally. Important liver herb.

b) **SCOTTISH or COTTON** (*Onopordum acanthium*), Bi Ht up to 8' or 2.5m tall - Naturalised. Grey leaved giant. Superb architectural plant with purple flower heads. Said to have been used for treating cricks in the neck. Hardly surprising !

c) **GLOBE** (*Echinops*) P. Ht. 3-4'.

d) **MILK THISTLE** (*Silybum marianum*) P. a bitter diuretic, tonic herb that protects the liver. Taken internally for liver and gall bladder diseases, jaundice, cirrhosis, hepatitis and poisoning by drugs, alcohol and chemicals

THORN-APPLE (*Datura stramonium*) / **JIMSONWEED**

Ht 2' or 60cms **POISONOUS**. A sinister but rather decorative branching plant with lovely fragrant trumpet shaped white flowers and distinctive spiky seed heads. Powerfully narcotic and valuable medicinally for bronchial asthma, but poisonous.

THRIFT or SEA PINK (*Armeria maritima splendens*)

P. Ht 12" or 30cms. Bright rose flowers on hummocks of dense foilage. Wild flower often seen in dense evergreen masses. Dry, well drained soil. Dried plant is antibiotic, antiobesic, but rarely used today.

THYME

P 2' - 12' 5cm - 30cm. Aromatic, warming, astringent herb used to improve digestion, relax spasms, control coughing and is strongly antiseptic and antifungal. Also has wide culinary we flavour soups, marinades, stuffing, and vegetables. It is used in toothpaste and anti-rheumatic preparations. We now have 60 types.

ALBUS COMPACTUS
ANDERSONS GOLD
ANNIE HALL

LEMON
LEMON CREEPING
LEMON CURD ARCHERS GOLD

LEMON HERBA BARONA

AZORICUS

BASIL (*Acinos arvensis*) Annual creeping. Labiatae Ht to 6' or 15cms - Tiny violet and white flowers May-Sept. Habitat: grasslands and rocks on chalk.

BRESSINGHAM PINK

CARAWAY

'CAROL ANN'

CAT THYME

CILIATUS

CINNAMON

COCCINEUS

COCCINEUS MAJOR

COCCINEUS MINOR

COMMON (*Thymus vulgaris*)

Ht 15' or 38cms. Very decorative low shrub with pink flowers very attractive to bees. Used for flavouring meat. Full sun and well drained soil.

CREEPING ALBUS

DOERELERI

DOONE VALLEY

DRUCEI MINIMUS

E B ANDERSON

ENGLISH WILD

FRAGRANTISSIMUS undershrub Ht 15" or 38cms. Sometimes called orange thyme like scent. Very bees. Used for flavouring decorative shrubby plant with drey narrow leaves and pale pink flowers. Loved by bees

FRENCH

GOLDEN KING - Lemon

GOLDEN QUEEN

GOLDSTREAM

IDEN (*ser Phyllum*)

LEMON WILD CREEPING

LEMON VARIEGATED

LONGICAULIS

MARSCHILLANUS

MASTOCHINUS

MINIMUS

MONTANUS

NEICEFFII

NITIDUS

PETER DAVIS

PINK CHINTZ

PINK RIPPLE

PORLOCK

PRAECOX

PULEGIODES

RAINBOW FALLS

RUSSETINGS

SILVER POSIE

SILVER QUEEN

SNOWDRIFT

VARIEGATED

VEY (*Thymus serphyllum*)

WHITE (*Thymus vulgaris*)

WILD CREEPING Large leaved

(*Thymus pulegiodes*) Ht low.

Decorative evergreen carpeting with pink flowers. Attractive to because of its orange Superb for the rock garden.

WOOLY (*pseudolanuginosus*)

VEY (*thymus serphyllum*)

TOADFLAX, COMMON (*Linaria vulgaris*)

P. Ht 12" or 30cms Native. Bold spikes of primrose yellow flowers like a miniature snapdragon, fleshy bluish green leaves. A spreading floppy plant. A liver and jaundice herb, purgative diuretic. Used also to treat gallstones. Habitat: dry banks and sand.

TOBACCO, VIRGINIAN

A. 3' or 1m'. The original smoking tobacco. Once used medicinally. Makes an insecticide spray.

TOOTHACHE PLANT (*Spilanthes acmella*)

P. Ht 12" or 30cms. Sometimes called Australian cress. Used by the Aborigines for toothache because of slight anaesthetic action. Anti-fungal and anti-bacterial also. Leaves may be eaten in salads. Attractive yellow daisy flowers.

TORMENTIL (*Potentilla erecta*)

P. 8" or 20cms. Beautiful groundcover with masses of bright yellow four petalled flowers from early Summer to Autumn. Habitat - acidic fen and heathland. Most valuable medicinal use from the rootstock for cuts, burns, wounds, to treat diarrhoea and as a gargle for throat inflammation. Provides a red dye and is used in Schnapps.

TRAVELLER'S-JOY or OLD MAN'S BEARD (*Clematis vitalba*)

P climber. Native. Bright green leaves bronzing to reds and yellow in Autumn. Unusual pale yellow flowers in July-Sept followed by distinctive soft white beards in Autumn. The flowers are a tonic. The traditional wayfarers herb to relieve the aches and pains of the traveller. Fresh leaves relieve pain of blisters. Habitat: hedgerows.

TREE-LUPIN (*Lupinus Arboreus*)

P 5' or 1.5m. Semi-evergreen. Fragrant yellow flowers. Medicinal use with caution. POISONOUS.

VALERIAN (*Valeriana officinalis*)

a) Ht 3' or 1m tall Native Umbells of flesh coloured flowers from June to Aug. The root is our most useful native tranquiliser. Strongly sedative and used to relieve migraine and neuralgia. Habitat marshes and riversides.

b) **GOLD** (*V. phu Aurea*) P 1.5m. Gold foliage, white flowers in summer.

VALERIAN, RED (*Centranthus ruber*) **FOX'S BRUSH**

Ht up to 3' or 1m. Quite different from native wild Valerian. Showy bushy garden plant with fragrant red flowers. Young leaves for salads and cooked as greens. Roots used for soups. Very attractive to butterflies.

VANILLA GRASS (*Anthoxanthum Oederatum*) **SWEET VERNAL GRASS**

P 18' or 45cm. An aromatic herb which stimulates the circulation and relieves pain and spasms. Dried flowers are added to pot-pourri. Can be used internally as a nasal lotion against hay-fever, and externally on painful joints and for insomnia.

VERVAIN (*Verbena officinalis*)

P. Ht up to 2 1/2' or 75cms Native Slender flower spikes with many tiny mauve flowers up the stem. Associated with magic and sorcery. Habitat: waysides and waste ground.

VIOLET SWEET (*Viola Odorata*)

a) P Ht lo 4" or 10cms. Scented blue/purple flowers in Spring. Leaves and flowers used to treat respiratory disorders. Used in cough mixtures and gargles. Flowers candied and used widely in perfumery.

b) "GREENLAND MAUVE"

c) ALBA (*v. cornuta alba*)

VIPER'S-BUGLOSS (*Echium vulgare*)

Ht 2' or 60cms. A European wildflower, native in the UK on light and poor soils. Easy to grow and it self-seeds readily. Old medicinal herb used for headaches, fevers and nervous complaints and apparently to treat snake bites. Add flowers to salads.

VITEX NEGUNDO

Shrub/tree Ht to 8' or 230cms or more. Lovely lavender blue blossoms make this a supreme bee plant. In a sheltered well drained situation southern counties will grow to 15'. Often cut back in Winter but usually comes again from the base. A medicinal plant of Northern China.

WELD, DYER'S ROCKET (*Reseda luteola*)

Ht 4' or 1.2m Native. Long spines of yellow/green flowers. One of the best and most permanent of all vegetable dyes. With the right mordant will yield four distinct yellows. Architectural Habitat: waste ground.

WINTERGREEN (*Gaultheria procumbens*) **CHECKERBERRY, TEABERRY**

P 6" or 15cm. Glossy leaves and white flowers, red aromatic fruits stay all winter. The leaves are used as a tea and also in perfumes, used externally for rheumatism, arthritis, sciatica, sprains and catarrh. (Excess may cause liver or kidney damage).

WOAD (*Isatis tinctoria*) **DYER'S WOAD**

Ht 4' or 1.2m Naturalised Rare. The arching branches with their blue/black hanging ripe seeds are an unusual addition to dried flower arrangements. Famous dye plant used by the ancient Britons for blue dye.

WOODRUFF, SWEET (*Asperula odorata*)

a) P. 8" or Ht 20cms creeping Native. Shiny leaves growing in radiating formation up the stem with small white star shaped flowers in May and June. When dried has the scent of newly mown hay. Used dried in linen cupboards to repel insects. Fresh leaves and flowers steeped in drinks especially white wine cup. Make a tea to soothe the nerves and to ease headaches. Habitat: woodland.

b) **DYER'S WOODRUFF** (*A. Tinctoria*)

WOOD SAGE (*Teucrium scorodonia*) **GARLIC SAGE**

Ht 12" or 30cms Native. An unusual plant with whitish flowers in one sided spikes. Crinkled leaves of sage grey/green which smell of garlic when crushed. A blood cleanser and cough, cold and fever herb. Habitat: woodland.

WORMWOOD (*See Artemisia*)

Ht 3' or 1m. An attractive grey leaved foliage plant. Bitter herb with insect repellent properties. Could probably be used against aphids. Very aromatic and an ingredient of Absinth. Full sun and light soil.

WOUNDWORT, HEDGE (*Stachys sylvatica*)

P 18' or 45cm.

YARROW

a) (*Achillea millefolium*) **WOUNDWORT** Ht 2' or 60cms Native. Fine feathered leaves and flat white or pinkish flowers. A much used medicinal herb, being used for wounds, to treat colds and fever, skin cleanser and for high blood pressure. Habitat: grassland.

b) **CLOTH OF GOLD** P 1m - Yellow flowers.

c) **MOONRAKER**

d) **MOONSHINE**

e) **CERISE QUEEN** - P 50cm - Cerise flowers.

f) **WOOLLY** (*a. tomentosum*) P 6cm - Yellow flowers, soft woolly finely cut grey leaves.

We are continually adding new plants to our collection, and to date we have 680 planted in the herb garden. This list shows our latest additions:

ARTEMISIA (see page 2)

- i) FRIGIDA - P.2ft or 60cm Silver foliage

BIRTHWORT (*Aristolochia clematidis*) HEARTWORT

P.8-34 ins or 20-85cm. Yellow green flowers throughout Summer followed by pear-shaped capsules. This herb has a long history of use in childbirth, even back to ancient Egyptian times. An aromatic, tonic herb that stimulates the uterus, reduces inflammation and controls bacterial infection. Not given in pregnancy and prescribed in small doses for short term use. Externally used for skin infections, diseases, wounds and snake bites. TOXIC IF EATEN.

COLUMBINE (see page 14)

- e) GRANNY'S GOLD. Marbled gold-green finely cut foliage.

CORN MARIGOLD (*Chrysanthemum segetum*)

A. 18" or 45cms - annual wild flower.

THYME (see page 44)

- a) PETITE (*Drucei minus*) Mauve flowers.
- b) RUBY GLOW (*Coccineus major*) Ruby flowers.
- c) CILICICUS - Pink flowers.