

Sweet Cicely *Myrrhis odorata* (Shepherds Needle)

Culinary - The leaves are used as a sweetener. Unripe seeds are added to fruit salads and ice creams. Crushed ripe seeds will sweeten fruit pies and reduce the acidity of fruit. The root is used raw in salads or cooked and eaten as a vegetable. The cooked root can also be candied.

Thyme - 2 varieties. *Thymus Serpyllum* / *Thymus vulgaris*

Culinary - Bruised leaves rubbed into meat will preserve it and enhance flavour. Traditional ingredient of bouquet garni. Adds flavour to meat, soup, stuffing, vegetables and other savoury dishes. Best when dried.

Cosmetic - A strong infusion is added to a bath or used as a hair rinse. If rubbed into the scalp it discourages hair loss.

Other Uses - Medicinal and Household

Violet *Viola odorata* (Sweet Violet)

Medicinal - A warm poultice of leaves soothes cracked nipples. An infusion loosens phlegm, is good for whooping cough, nerves, headaches and insomnia and is a gentle laxative.

Wild Strawberry *Fragaria vesca*

Cosmetic - Pulped fruit whitens teeth and removes dental plaque.

Wormwood *Artemesia absinthium* (Old Woman)

Household - Protects clothes etc. from insects. Used as a strewing herb to discourage insects. Wash dogs in an infusion to kill fleas.

Other Uses - Medicinal and Culinary

This leaflet was produced by The Friends of Eastcote House Gardens

See our website at:-

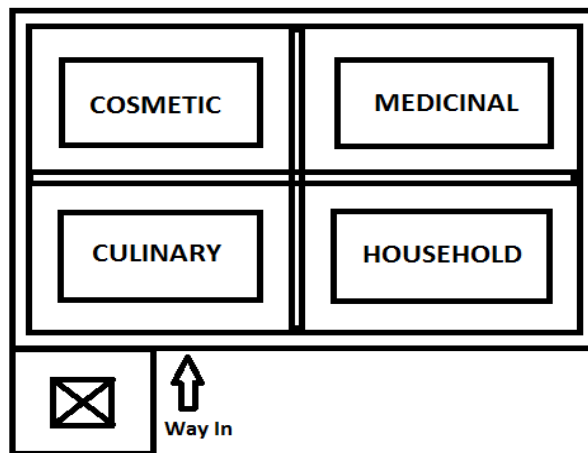
www.eastcotehousegardens.weebly.com



Eastcote House Gardens The Walled Garden QUEEN ELIZABETH HERB BEDS

The herb beds were originally planted in 1977 to celebrate Queen Elizabeth II's Silver Jubilee. The beds have been remodelled and replanted in 2016 by the Friends of Eastcote House Gardens to celebrate Her Majesty's 90th birthday.

House Gardens to celebrate Her Majesty's 90th birthday.



What are Herbs?

Herba is Latin for grass. Herb is now used to mean any plant whose root, stem, leaf, flower or seed can be used to flavour other foods. The term herb also covers medicinal plants and those used for cosmetic and household uses.

Herbs and Their Uses

The leaves, flowers and other parts of a plant are used to make essential oils and infusions. Oil is made by distillation. An infusion is made by steeping in hot water in the same way as we make strong tea.

Herb Beds - Plant List

Many of these herbs have multiple uses and could be in several of the above categories. There is not enough space in this leaflet to look at all of these uses and so the next section looks only at uses within the category in which the herb has been planted even if this is not the best known use for that herb.

Warning - Many plants including herbs can be harmful.

Touching some plants can sting or burn. Some plants are poisonous. Many medicinal herbs are only safe in very small and precise quantities.

Plants which are listed as dangerous by the Royal Horticultural Society have been marked in this leaflet as PP or SI.

PP - Parts of these plants are poisonous if eaten

SI - Skin irritant if touched - often worse in strong sunlight

Alecost *Tanacetum balsamita* (Costmary)

Household - Cut flowers last about a week. Dried leaves are used in potpourri. Leaves between the pages of a book keep it sweet smelling and prevent mildew. Bibles were traditionally preserved in this way.

Other Uses - Medicinal and Culinary

Autumn Crocus *Colchicum sativus* (Saffron Crocus)

Medicinal - Flower pistils used to treat depression and menstrual disorders. Can also help relieve stomach ache.

Culinary - Used for flavour and colour. Popular in Mediterranean and Middle Eastern cooking. Used to flavour and colour liqueurs.

Rosemary *Rosemarinus officinalis* (Dew of the Sea)

Medicinal - An infusion treats headaches, nervous conditions and urine retention and is an antiseptic gargle. A strong infusion expels intestinal worms. The oil treats rheumatism, arthritis and muscular injuries.

Household - Discourages moths and mosquitoes

Cosmetic - An infusion makes a good face wash and hair rinse. A strong infusion will get rid of dandruff.

Culinary - Widely used with meat and vegetables in roasts, grills, barbeques, stews, soups, sauces and marinades. Flowers and young shoots cooked with fruit. Added to bread, scones and pastry.

Rue *Ruta graveolens* (Herb of Repentance) SI

Household - Traditionally used to protect buildings from malign influences. Often used with Hyssop.

Other Uses - Medicinal

Sage - 2 varieties. *Salvia officinalis* / *Salvia officinalis tricolour*

Medicinal - An infusion clears mucous, eases diarrhoea and indigestion and soothes coughs and colds. Also used as a mouthwash for mouth and gum problems and a gargle for sore throats.

Culinary - Widely used for flavouring. Good with fatty foods such as goose and sausages. Traditionally used with pork. Made into a tea.

Snowdrop *Galanthus nivalis* (Fair maid of February)

Medicinal - A bulb extract may decrease mild alzheimer symptoms.

Soapwort *Saponaria officinalis* (Bouncing Bet)

Cosmetic - Boiling the plant with rain water creates a soapy liquid suitable for washing hair and delicate fabrics such as wool.

Peony *Paeonia officinalis*

Medicinal - Peony leaf is used to treat jaundice, kidney and gallbladder problems. Also used for convulsions, epilepsy and whooping cough.

Parsley *Petroselinum crispum*

Culinary - Leaves widely used for flavouring and as a garnish mostly in savoury dishes. Parsley sauce and parsley butter are used with fish.

Other Uses - Medicinal and Cosmetic

Pulmonaria *Pulmonaria officinalis* SI

Medicinal - A poultice is used for respiratory ailments and to treat wounds. An infusion is used to treat coughs, bronchitis and catarrh.

Other Uses - Culinary

Roman Chamomile *Anthemis nobilis*

Cosmetic - A strong infusion is used to improve the colour and condition of blond hair. Add flowers to bath water for a relaxing bath.

Other Uses - Medicinal and Culinary

Rose - 3 varieties. *Rosa Charles de Mills* / *Rosa mundi* / *Rosa celsiana*

Medicinal - *R. celsiana* (Damask Rose) - A tincture of the petals stops vomiting. A conserve or syrup made from the flowers is a mild laxative. The oil treats depression, nervous stress and tension. An infusion is used as an eyewash.

Household - *R. mundi* - Dried petals and buds are used in potpourri.

Culinary - *R. Charles de Mills* - The petals are used in salads, jams and jellies and are also candied. Rose water is used to flavour Turkish delight and is used in many Mediterranean and Middle Eastern dishes. Tea and wine are made from the petals and hips.

Other Uses - Cosmetic

Bay *Laurus nobilis*

Culinary - Traditional ingredient of a bouquet garni. Used to flavour fish, vegetables, stews, sauces, soups and desserts. Often dried.

Other Uses - Medicinal and Household

Chives *Alium schoenoprasum*

Culinary - Mainly used as a salad vegetable. Imparts a mild onion flavour to foods such as cream cheese, mashed potato and omelettes.

Cotton Lavender *Santolina chamaecyparissus* (Santolina)

Household - Flowers and leaves dried for display. Used in potpourri. Sprigs left about the house deter insects. Used in herbal tobacco mixes.

Other Uses - Medicinal

Echinacea *Echinacea angustifolia* (Cone Flower)

Medicinal - An infusion treats colds, flu, fevers, skin diseases, fungal infections, septicaemia, gangrene and upper respiratory tract infections. A poultice treats skin problems such as herpes, acne, psoriasis, boils, abscesses, bites, stings and infected wounds.

Foxglove *Digitalis purpurea* (Deadmen's Helmets / Fairy Thimbles) PP

Medicinal - The leaves are used to make a heart stimulant. Also used for lung infections and as an antidote to aconite poisoning.

Honeysuckle *Lonicera periclymenum* (Woodbine)

Cosmetic - Flowers used to make perfumed soap and cologne.

Other Uses - Medicinal and Culinary

Hop *Humulus lupulus* SI

Household - Leaves and flower heads used to make brown dye.

Other Uses - Medicinal and Culinary

Hyssop *Hyssopus officinalis*

Household - Used in potpourri. Traditionally protects buildings from malign influences. Often used with Rue.

Culinary - Flowers used in salads. Leaves make fatty foods easier to digest. Used sparingly to flavour meat and pulses.

Other Uses - Medicinal

Iris *Iris germanica* (Oris Root) **PP & SI**

Household - Used to make pomanders and in potpourri.

Other Uses - Medicinal and Cosmetic

Lavender *Lavandula angustifolia* *Hidcote* / *Munstead* / *White* / *Rosea*

Medicinal - An infusion is a gentle sedative and treats headaches, fainting, dizziness, convulsions, heart palpitations, indigestion and nausea. The oil is an insect repellent and will kill head lice.

Household - Used in potpourri. Flower sachets used to scent drawers and cupboards. Will protect clothing and linens from moths.

Cosmetic - Widely used in toiletries, perfumery and aromatherapy. Also used as a cleanser for normal skin and a rinse for oily hair.

Other Uses - Culinary

Lemon Balm *Melissa officinalis* (Bee Herb / Honey Plant)

Cosmetic - Use an infusion as a mouthwash for fresh breath. Add to water for a fragrant refreshing bath. Used in cologne and skin toner.

Other Uses - Medicinal, Household and Culinary

Marigold *Calendula officinalis*

Culinary - Flowers and leaves can be used in salads, soups, stews, puddings and cakes. Petals are a substitute for saffron.

Cosmetic - An infusion of the petals is used to dye hair auburn. Also used in skin cleansers and moisturising creams.

Other Uses - Medicinal

Marjoram - 2 varieties. *Origanum onites* / *Origanum Aureum*

Cosmetic - Leaves and flowers used in perfume, shampoo and soap.

Other Uses - Medicinal, Household and Culinary

Meadowsweet *Filipendula ulmaria* (Queen of the Meadow)

Household - Used as a strewing herb.

Other Uses - Medicinal and Cosmetic

Michaelmas Daisy *Aster symphyotrichum* (Italian Starwort)

Medicinal - An infusion of the root treats lung infections. The root is also used raw with honey as an expectorant.

Mint - 3 varieties. *Mentha x piperita citrate* (Orange)

M x villosa alopecuroides (Bowles) *M spicata* (Garden)

Culinary - Leaves widely used for flavouring, fragrance and garnish in

savoury and sweet dishes. Mint sauce is a classic accompaniment for lamb. Leaves used to make tea and are also candied and sugared.

Other Uses - Household

Myrtle *Myrtus communis*

Medicinal - An infusion will treat chest complaints, sinusitis and dry coughs. A compress made from the leaves treats piles. The oil is used

to treat gum infections, acne and psoriasis.

Other Uses - Household, Culinary and Cosmetic

Nasturtium *Tropaeolum majus*

Culinary - The leaves have a peppery flavour and are eaten in salads, spreads and sandwiches. Seeds can be used as a substitute for capers.

Other Uses - Medicinal