

The Herbarary

Chedzoy Nature Walk



Not all plants are edible and some are unsuitable for children, during pregnancy or when suffering from certain medical conditions. Please research their suitability based on your personal needs and enjoy!

[1] **Sweet bay** *Laurus nobilis*

Bay symbolises courage and strength. The leaves can be dried and used to flavour milk, stews and soups.

[2] **Myrtle** *Myrtus communis*

Myrtle is one of the four sacred species used in the Jewish celebration of Sukkot which commemorates the autumn harvest. It is also universally recognised as the symbol of harmony and enduring love.

[3] **Hidcote Lavender** *Lavandula angustifolia*

Adored by all bee species, the buds and leaves can be used for flavouring in stews, baking or aromatic sugars, and dried to preserve their perfume.

[4] **Rosemary** *Rosmarinus officinalis*

Rub leaves between your palms and breathe! Both the flowers and leaves are edible, great in roasted vegetable or lamb dishes, tomato sauces and baking.

[5] **Globe Artichoke** *Cynara cardunculus*

Sometimes called Cardoon, look out for bumble bees bathing in the flower heads, the heads can be simmered and the heart lightly sautéed.

[6] **Sage** *Salvia officinalis*

Traditionally the leaves were dried and tied tightly to make a ceremonial smudge stick. Use the leaves to flavour rice, meat or vegetable dishes.

[7] **Creeping Thyme** *Thymus serpyllum*

Highly aromatic leaves that can be added to stews and casseroles.

[8] **Pelargonium** Grey Lady Plymouth *Pelargonium*

The Victorians used pelargonium to flavour cakes, the flowers look great in cocktails or cake decorations and the leaves are best in meat dishes and salads.

[9] **Curly Parsley** *Petroselinum crispum*

Can be cooked or eaten raw and is high in Vitamins A,C and K, perfect for adding to a smoothie.

[10] **Golden Marjoram** *Origanum vulgare*

If you're craving a Mediterranean holiday just breathe in the rich aroma of Origanum and you'll be there in spirit.

[11] **Greek Oregano** *Origanum vulgare*

Use the pungent, peppery leaves for flavouring vegetable and meat dishes.

[12] **Wormwood** *Artemisia absinthium*

Used in drinks like absinthe and vermouth the leaf is the best part and can be used with cheese.

[13] **Dyers chamomile** *Anthemis tinctoria*

Attracts soldier beetles and the dried flowers can be used to dye yarns and material. Both the stinking and common chamomile species grow wild in the village, look out for it growing along the hard tracks.

[14] **Comfrey** *Symphytum officinale*

Comfrey has a huge tap root that fixes nutrients in the soil, planting and repeated mulching of the leaves can dramatically improve soil fertility and to top it off, being a member of the borage family it will always be smothered in bees.

[15] **Spearmint** *Mentha spicata*

[16] **Black Mint** *Mentha x piperita vulgaris*

[17] **Silver Mint** *Mentha x longifolia*

You can eat both the leaves and flowers of these mints; pop them in cocktails, make sauces or teas, add to potatoes and jellies, or dry and infuse in oil.



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Bibliography

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