



## Eastcote House Gardens - The Walled Garden

### QUEEN ELIZABETH HERB BEDS

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

#### What are Herbs?

Herbs are useful plants. We use some to add flavour to food, while others can be used as medicines, as cosmetics or around the house. The Walled Garden has four herb beds, and the herbs are organised into four main uses:

- **Culinary** – some roots, seeds and leaves are used to add flavour to food
- **Household** – some flowers and leaves are used to keep the home clean and fresh
- **Medicinal** – infusions of leaves or flowers are used to treat certain illnesses
- **Cosmetic** – some herbs are used to make perfume, shampoo, bath oils and hair dyes

#### Herbs and their Uses

This leaflet explains how we use some of the herbs in the Walled Garden – see if you can find them in one (or more) of the herb beds..



**Bay** (Latin name - *Laurus nobilis*)

Culinary – Bay leaves are used to flavour fish, vegetables, stews and sauces.

**Chives** (Latin name - *Alium schoenoprasum*)

Culinary – Mainly used as a salad vegetable: chives give a mild onion flavour to cream cheese, mashed potato and omelettes.



**Cotton Lavender** (Latin name - *Santolina chamaecyparissus*)

Household – Flowers and leaves are dried for display and the petals are used in potpourri. If you leave sprigs around the house they will keep insects away.

**Echinacea** (Latin name - *Echinacea angustifolia*)

Medicinal – You can make an infusion from the leaves to treat colds, flu and skin diseases. Echinacea ointment is good for skin problems such as acne, boils, bites and stings.



**Foxglove** (Latin name - *Digitalis purpurea*)

**WARNING: parts of this plant are poisonous**

Medicinal – The leaves are used to make a heart stimulant.

**Hop** (Latin name - *Humulus lupulus*)

**WARNING: parts of this plant can irritate your skin**

Household – The leaves and flowers are used to make a brown dye.

Culinary – Hops are used in brewing to give flavour to beer.



**Lavender** (Latin name - *Lavandula angustifolia*)

Household – Sachets of flowers are used to scent drawers and cupboards. Lavender also protects clothes from moths.

Medicinal – The scent of lavender is calming and helps you sleep. It is also used to treat headaches, dizziness and indigestion. The oil is an insect repellent and is used to kill head lice.

Cosmetic – Widely used in toiletries, perfumes and aromatherapy. Also used as a skin cleanser and a rinse for oily hair.



**Lemon Balm** (Latin name - *Melissa officinalis*)

Cosmetic – A lemon balm infusion is used as a mouthwash to freshen the breath. You can also add it to bath water for a sweet smelling refreshing bath.





**Marjoram** - 2 types (Latin names - *Origanum onites* / *Origanum aureum*)

Cosmetic – Leaves and flowers are used in perfume, shampoo and soap.



**Mint** - 3 types (Latin names - *Mentha spicata* / *Mentha piperita* / *Mentha villosa alopecuroides*)

Culinary – Leaves are used for flavouring and as a garnish in both savoury and sweet dishes. Mint sauce is a classic accompaniment for lamb. The leaves are used to make mint tea.

**Parsley** (Latin name - *Petroselinum crispum*)

Culinary – Leaves are used for flavouring and as a garnish in savoury dishes. Parsley sauce is often served with fish.



**Rose** - 3 types (Latin names - *Rosa Charles de Mills* / *Rosa mundi* / *Rosa celsiana*)

Medicinal *Rosa celsiana* – A medicine made from the petals stops vomiting. The oil is good for treating stress and tension. An infusion can be used as an eyewash.

Household *Rosa mundi* – Dried petals and buds are used in potpourri.

Culinary *Rosa Charles de Mills* – The petals are used in salads, jams and jellies. 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.

**Rosemary** (Latin name - *Rosemarinus officinalis*)

Medicinal – An infusion is used to treat headaches and is also an antiseptic mouthwash. Rosemary 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 – The leaves are used to flavour meat and potato dishes; rosemary is an excellent accompaniment to lamb.



**Sage** - 2 types (Latin names - *Salvia officinalis* / *Salvia officinalis tricolour*)

Medicinal - An infusion clears mucus, eases diarrhoea and indigestion and soothes coughs and colds. It is also used as a mouthwash for gum problems and as a gargle to soothe sore throats.

Culinary – Sage leaves are widely used for flavouring – sage is traditionally used with pork.

**Thyme** - 2 types (Latin names - *Thymus serpyllum* / *Thymus vulgaris*)

Culinary – Rubbed into meat, the leaves will preserve it and enhance the flavour. Thyme adds flavour to meat, soup, stuffing, vegetables and other savoury dishes. The leaves are at their 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.



**Wild Strawberry** (Latin name - *Fragaria vesca*)

Cosmetic – A paste made from the fruit makes teeth whiter and removes dental plaque.