

# MEDIEVAL HERBAL TEAS

## ANGELICA

(Angelica Archangelica)

Relief from Colds, Flu, Bronchitis and Asthma, Digestive Aid, Arthritis Relief.

**Infusion:** Use 1 Teaspoon of powdered seeds or leaves per cup. Steep 10 minutes.

**Historical notes:** According to legend, Archangel Gabriel revealed the powers of this Nordic plant to the Benedictine monks hence its Latin name Angelica Archangelica. Angelica was the only medicinal plant that was brought from Scandinavia to Central and Southern Europe. During the Middle Ages it was commonly cultivated in monasteries.

## ANISE

Cough Remedy, Digestive Aid, Relieve Menopausal Discomforts.

**Infusion:** Use 1 Teaspoon of gently crushed seeds per cup. Steep 10 minutes. Drink up to 3 cups a day.

## BASIL

(basilika)

Intestinal Ailments, Immune Stimulant.

**Infusion:** Use 2-3 Teaspoon of dried leaves per cup. Steep 10 minutes. Drink up to 3 cups a day and enjoy basil's rich, warm aroma and minty, mildly peppery taste.

## CARAWAY

(kumina)

Digestive Aid, Relieve Gas and Menstrual Cramping.

**Infusion:** Use 2-3 Teaspoons of bruised or crushed seeds per cup. Steep 10 minutes. Drink up to 3 cups a day and enjoy a pleasant tasting infusion.

**Historical Note:** In Shakespeare's day, baked apples with caraway seeds were considered a stomach – soothing dessert. In *Henry IV*, a meal ends with "a pippin and a dish of caraway."

## CHAMOMILE

Digestive Aids, Prevent Stomach Ulcers and Speed Healing, Soothe Menstrual Cramps, Mild Tranquilizer, Relieves Arthritis, Immune Stimulant.

**Infusion:** Use 2-3 Teaspoons of flowers per cup. Steep 10 minutes. Drink up to 3 cups a day and enjoy a pleasant, refreshing infusion.

## WILD CHERRY

Cough, Stress, Anxiety, Insomnia

**Infusion:** Use 1 Teaspoon of powdered bark per cup. Steep 10 minutes. Drink up to 3 cups a day. Cherry has a pleasant aroma but a bitter, astringent taste; adding honey, sugar, and lemon or mixing it with an herbal beverage will improve the flavor.

## CHERVIL

Digestive Aid, Alleviate Circulation Disorders, Liver Complaints and Chronic Catarrh.

**Infusion:** ....

## CHICORY

Mild Laxative, Diuretic

**Infusion:** ...

**Magic & beliefs:** according to Pliny "those who have anointed themselves with the juice of chicory, mixed with oil, become more popular and obtain their requests more easily."

## CLOVES

Digestive Aid, Infection Fighter

**Infusion:** Use 1 Teaspoon of powdered herb per cup. Steep 10 minutes. Drink up to 3 cups a day and enjoy a warm, pleasant tasting infusion.

# CORIANDER

(cilantro)

Digestive Aid

**Infusion:** Use 1 Teaspoon of bruised seeds per cup. Steep 5 minutes. Drink up to 3 cups a day before or after meal and enjoy a warm, fragrant combination of sage and citrus.

# DILL

Digestive Aid and Gas Remedy

**Infusion:** Use 2 Teaspoons of bruised seeds per cup. Steep 10 minutes. Drink up to 3 cups a day before or after meal and enjoy a pleasant tasting infusion.

**Historical Note:** The Vikings were well aware of dill's digestive benefits. In fact, our word dill comes from the Old Norse *dilla*, meaning to lull or soothe.

# FENNEL

Digestive Aid, Menstruation Promoter,  
Relieve the Discomforts of Menopause.

**Infusion:** Use 1 to 2 Teaspoons of bruised seeds per cup. Steep 5 minutes. Drink up to 3 cups a day before or after meal and enjoy a pleasant, licorice-flavored infusion.

**Historical Note:** The Anglo-Saxons who settled England around the 5th century used fennel both as a spice and digestive aid.

# GINGER

Motion Sickness, Morning Sickness,  
Digestive Aid, Relieve from Menstrual  
Cramps, Colds, Flu and Arthritis, Reduces  
Cholesterol, Helps with High Blood  
Pressure

**Infusion:** Use 2 Teaspoons of powdered or grated root per cup. Steep 10 minutes.

# HOPS

Sedative and Digestive Aid

**Infusion:** Use 1 to 2 Teaspoons of herb per cup. Steep 5 minutes. Hops tastes warm and pleasantly bitter.

**Historical notes:** Hop was well known in England. The vine grew wild and in folk medicine it was a popular appetite-stimulating digestive bitter.

# HOREHOUND

Expectorant

**Infusion:** Use ½ to 1 Teaspoon of dried leaves per cup. Steep 10 minutes. Drink up to 3 cups a day. To offset its bitter taste, add sugar or honey.

# JOHN'S WORT

(St. John's Wort)

Treat Depression, Stimulate Immune  
System

**Infusion:** Use 1 - 2 Teaspoons for dried herb per cup. Steep 10 - 15 minutes. Drink up to 3 cups a day. St John's Wort tastes initially sweet, then bitter and astringent.

# JUNIPER

Reduces High Blood Pressure,  
Premenstrual Symptoms, Relieves Arthritis

**Infusion:** Use 1 Teaspoon of bruised berries per cup. Steep 10 - 20 minutes. Drink up to 2 cups a day for no more than 6 weeks. Juniper has a strong, pleasantly aromatic taste.

# LADY'S MANTLE

Menopausal Discomfort

**Infusion:** After the age of 40, drink 10 days each month to relieve menopausal discomfort. Also a mouth rinse after tooth extraction.

# LAUREL

**Medicinal use:** fever, flu, gout, respiratory diseases, skin diseases, stomach ailments

**Magic & beliefs:** Laurel protected people from lightning, plague, hallucinations and demons. People believed that if a pregnant woman ate 7 berries beforehand, the labor would be painless

# LEMON BALM

Chronic Bronchial Catarrh, Feverish Colds, Headaches, Tension

**Infusion:** ...

# LIQUORICE

Cough Remedy, Healing Liver Disease, Ulcers, OR Arthritis

**Infection fighting decoction:** Use ½ Teaspoon of powered herb per cup. Steep 10 minutes. Drink up to 2 cups a day.

# LOVAGE

Reduce Water Retention, Rheumatism

**Infusion:** ...

**Magic & beliefs:** Lovage was commonly used in love potions. In addition the plant also acted as a sentry of the home; if planted in front of the house lovage was supposed to keep off all evil forces, such as plague, snakes, insects etc.

**Historical notes:** Given the plants medical and magical powers, it is no wonder that lovage was an extremely important herb during the Middle Ages. Therefore a garden without this plant would be very rare.

# MALLOW

Relieve Upset Stomach, and Respiratory Rauness, Infection Fighting

**Decoction:** Gently boil ½ to 1 teaspoon of chopped or crushed root per cup of water for 10-15 minutes. Drink up to 3 cups a day and enjoy a sweet decoction.

# MINT

(Peppermint)

Digestive Aid, Decongestant

**Infusion:** Use 1 to 2 Teaspoon of dried herb per cup. Steep 10 minutes. Drink up to 3 cups a day. Peppermint has a sharper taste than spearmint, and it cools the mouth.

# MUGWORT

Relieve Pain, Stop Bleeding, Fever

**Infusion:** Use 1 ounce of leaves and flower tops in 1 pint of boiling water. It is said to have a tangy taste. Drink up to 2 cups a day and enjoy a tangy tasting infusion.

**Historical Notes:** In the Middle Ages, it was called St. John's Plant because John the Baptist was believed to have worn a belt of it in the wilderness. Mugwort was also a favorite beverage in England before the introduction of Chinese tea.

# NETTLE

Gout, High Blood Pressure, Hay Fever, Premenstrual Syndrome, Scurvy.

**Infusion:** Use 1 to 2 Teaspoon of dried herb per cup. Steep 10 minutes. Drink up to 2 cups a day and enjoy a pleasantly warming infusion.

# OREGANO

Cough, Expectorant, Digestive Aid

**Infusion:** Use 1 to 2 Teaspoons of dried herb per cup. Steep 10 minutes. Drink up to 3 cups a day and enjoy a warm, aromatic, spicy infusion.

# PARSLEY

Management of High Blood Pressure, Heart Failure, Allergies, OR Fever.

**Infusion:** Use 2 Teaspoons of dried leaves or root or 1 teaspoon of bruised seeds per cup. Steep 10 minutes. Drink up to 3 cups a day.

# ROSEMARY

Digestive Aid, Decongestive

**Infusion:** Use 1 Teaspoon of crushed herb per cup. Steep 10 - 15 minutes. Drink up to 3 cups a day and enjoy a pleasantly aromatic infusion.

**Historical Note:** European legend has it that when the Virgin Mary hung her cloak over a bush of white blossoms, they turned blue in remembrance, hence the herb's folk name of "Mary's Mantle." In the Middle Ages, rosemary was one of the herbs which was used in recipes to fight off the bubonic plague.

## ROSES

Colds and Flu

**Infusion:** Use 2 to 3 Teaspoons of dried, chopped hips per cup. Steep 10 minutes. Drink as needed and enjoy a pleasantly-tasting, mildly astringent infusion.

## SAFFRON

Heart Disease Prevention, Menstruation Promotion

**Infusion:** Use 15-20 stigmas (threads) per cup. Steep 10 minutes. Take up to 1 cup a day. Saffron tastes pleasant and richly aromatic, but it becomes bitter in large amounts.

## SAGE

(salvia)

Digestive Aid, Help Manage Diabetes

**Infusion:** Use 1 to 2 Teaspoons of dried leaves per cup. Steep 10 minutes. Drink up to 3 cups a day and enjoy a warm, pleasantly aromatic, and somewhat pungent infusion.

**Historical Note:** The bush was definitely among the most important medicinal herbs of Medieval Europe. It was believed to have the power to cure all imaginable diseases and therefore a garden without it would be extremely rare.

## SAVORY

(Summer Savory)

Childhood Coughs, Colds and Upset Stomachs

**Infusion:** Use 1-2 Teaspoons of dried herb per cup. Steep 10 minutes. Drink up to 3 cups a day. Savory tastes pleasant, like thyme, only more peppery.

**Historical Note:** The Germanic Saxons who settled in Britain thought savory made every food taste, well, *savory*, which is how it got its English names.

## Thyme

Digestive Aid, Cough Remedy, Relieve Menstrual Symptoms

**Infusion:** Use 2 Teaspoons of dried herb per cup. Steep

10 minutes. Drink up to 3 cups a day. Thyme tastes pleasantly aromatic with a faint clovelike after taste.

**Historical Note:** During the Middle Ages, thyme became linked to courage. It was fashionable for noblewomen to embroider springs of thyme on scarves and give them to favorite knights departing for the Crusades.

## VALERIAN

Sedative, Help Reduce High Blood Pressure

**Infusion:** Use 2 Teaspoons of powered root per cup. Steep 10-15 minutes. Drink 1 cup before bed. Valerian tastes unpleasant. Add sugar, honey or mix with other herbal beverage blend to improve flavor.

## VERVAIN

Headache, Mild Arthritis and Minor Pain

**Infusion:** Use 2 Teaspoons of dried herb per cup. Steep 10-15 minutes. Drink up to 3 cups a day. Mask vervain's bitterness with sugar, honey and lemon or mix it with an herbal beverage tea.

## white willow

Pain, Fever, and Inflammation Relieving

**Infusion:** Use 1 Teaspoon of powered bark per cup of cold water for 8 hours. Strain. Drink up to 3 cups a day. White willow tastes bitter and astringent. Add honey and lemon or mix it with an herbal beverage tea.

## YARROW

Tranquilizing, Digestive Aid, Menstrual Cramps, Cleanse the System, Cure a Cold

**Infusion:** Use 1-2 Teaspoons of dried herb per cup. Steep 10-15 minutes. Drink up to 3 cups a day. Yarrow tastes tangy and bitter with some astringency. To improve flavor, add sugar, honey and lemon or mix it with an herbal beverage tea.

**Historical Note:** Yarrow was without doubt a major healing herb during the middle ages. It served not only doctors but also common folk - like carpenters - who carried it in their pouches as a first aid kit. It was mainly used to heal wounds and to prevent infections.