

Medicinal Plant List for the St. Clare Garden

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<http://www.scu.edu/stclaregarden/>

This is a list of the plants in the St. Clare garden commonly used in the middle ages for medicine that St. Clare would have been familiar with in her girlhood. From the age of eight or so she would have been working at her mother Ortolana's side, learning all she could about medicine and household management in preparation for becoming the wife of nobleman and the mistress of a large household.

Many of these plants, such as roses and daphne and iris, are popular ornamentals that would not be considered medicinal herbs. But medieval people did not usually distinguish between ornamental and medicinal plants. In the pre-modern period, most ornamental plants were used medicinally, and many medicinal plants (such as lavender and box) were ornamental.

TREES, SHRUBS, AND VINES

Buxus sempervirens	Boxwood, Candlemas Greens, Purification Plant
Cistus x corbariensis	Rockrose
Citrus aurantium 'Chinotto'	Bitter Orange
Daphne mezereum	Daphne, Lady Laurel
Laurus nobilis	Laurel, Grecian Sweet Bay
Lavandula 'Goodwin Creek Gray'	'Goodwin Creek' Lavender, Mary's Drying Plant
Lav.angustifolia 'Martha Roderick'	English' Lavender, Mary's Drying Plant
Lavandula stoechas 'Hazel'	Spanish Lavender, Mary's Drying Plant
Lavandula x intermedia 'Grosso'	Lavandin, Fat Spike Lavender, Mary's Drying Plant
Myrtus communis 'Compacta'	Myrtle
Punica granata 'nana'	Dwarf Pomegranate
Rosa gallica var. officinalis	Apothecary's Rose, Mystic Rose

GROUNDCOVERS, HERBS, AND PERENNIALS

Achillea millefolium	Yarrow
Ajuga reptans	Carpet Bugle, St. Lawrence's Plant
Alchemilla mollis	Lady's Mantle, Mary's Mantle
Anchusa azurea 'Alkanet'	Alkanet, Anchusa, Bugloss
Aquilegia hybrid	Columbine, Our Lady's Shoes
Artemisia 'Powis Castle'	Wormwood, Our Lady's Needle

Chamaemelum nobile
Digitalis hybrid
Foeniculum vulgare
Fragaria hybrid

Chamomile, Mary's Plant
Foxglove, Our Lady's Thimble
Fennel, Our Lady's Fennel
Strawberry, Fruitful Virgin

Hyssopus officinalis
Iris x germanica var. Florentina
Iris pallida 'variegata'
Mentha suaveolens 'Variegata'
Nepeta x faassenii 'Blue Wonder'
Rosmarinus officinalis
Ruta graveolens 'Jackman's Blue'
Salvia officinalis 'Icterina'
Santolina chamaecyparissus
Satureja Montana
Sempervivum tectorum
Stachys 'Silver Carpet'
Symphytum officinale
Tanacetum vulgare 'crispum'
Thymus vulgaris 'argenteus'
Verbascum thapsus
Vinca minor 'Bowles Blue'
Viola corsica

Hyssop
Iris, Orris, Madonna Iris, Mary's Sword
Pallid Iris, Mary's Sword of Sorrow
Pineapple Mint
Catmint, Mary's Nettle
Rosemary, Mary's Tree
Rue, Herb of Grace
Sage, Mary's Shawl
Lavender Cotton
Winter Savory
Houseleeks, Hens and Chicks
Lambs' Ears, Betony, Our Lady's Fingers
Comfrey
Tansy, Our Lady's Plant
Thyme, The Virgin's Humility
Mullein, Lady's Flannel, Our Lady's Candle
Periwinkle, The Virgin's Flower
Corsican Violet, Lady's Delight

ANNUALS

Allium porrum
Allium schoenoprasum
Beta vulgaris
Brassica oleracea
Calendula officinalis
Lobularia maritime
Ocimum basilicum
Petroselinum crispum
Satureja hortensis

Leek
Chive, Our Lady's Garleek
Beets (or Swiss Chard)
Kale
Marigold, Mary's Gold
Sweet Alyssum, Blessed by Mary
Basil
Parsley, Our Lady's Lace
Summer Savory