

KULTUREN

The herbarium



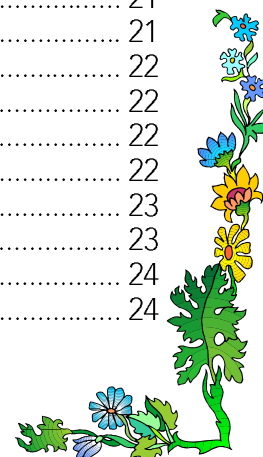
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Content

Welcome to the herbarium of Kulturen!	4
The herbarium - map	5
Square 1	6
Humle (Hop).....	6
Ramslök (known as Ramsons, buckrams, wild garlic, or bear's garlic).....	6
Krollilja (Turk's cap lily).....	7
Segerlök (Victory onion).....	7
Åbrodd (Southernwood).....	8
Square 2.....	9
Mästerrot (Masterwort)	9
Gräslök (Chives).....	9
Ålandsrot (Elecampane).....	9
Square 3.....	10
Hålröt (European birthwort).....	10
Kryddsalvia (Sage)	10
Julros (Christmas rose).....	11
Citronmeliss (Lemonbalm).....	11
Afodill (White asphodel)	12
Square 4.....	13
Lungrot (Perennial Goosefoot, Good-King-Henry).....	13
Munkrenfana (Tansy, Golden buttons)	13
Spansk körvel (Sweet cicely)	13
Square 5.....	14
Akleja (European columbine, Granny's bonnett)	14
Krusmynta (Spearmint).....	14
Malört (Wormwood, Green Ginger).....	15
Vit nysrot (White hellebore, White veratrum).....	15
Square 6.....	16
Pimpinell (Salad burnet).....	16
Munkhätta (Arum).....	16
Lavendel (Lavender)	17
Grönmynta (Spearmint).....	17
Square 7	18
Äkta Johannesört (St John's wort).....	18
Kungsmynta (Oregano).....	18
Balsamblad (Costmary, Balsam herb)	19
Bergpion/Bondpion (Peony).....	19
Gåsört (Silverweed)	19
Square 8.....	20
Violrotsiris (German Iris)	20
Läkerudbeckia (Pale purple cornflower)	20
Pipört (Red valerian)	21
Apotekarros (The Gallic rose/The French rose)	21
Groblad (Red-leaved Plantain)	21
Square 9.....	22
Vinruta (Rue).....	22
Fingerborgsblomma (Foxglove).....	22
Väggört (Pellitory of-the-wall).....	22
Hjärtstillä (Motherwort)	23
Polkagrisros (Rosa Mundi 'Versicolor').....	23
Läkevänderot (Valerian).....	24
Saffranskrokus (Saffron crocus/Autumn crocus).....	24



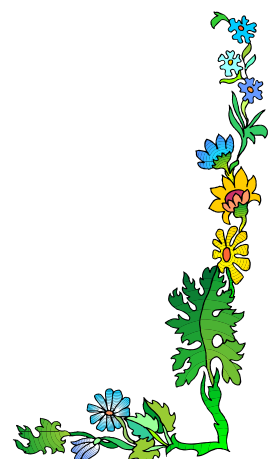
Square 10.....	25
Kryddtimjan (Common thyme).....	25
Tacklök (Common houseleek).....	25
Isop (Hyssop).....	26
Blodtopp (Great burnet).....	26
Libbsticka (Lovage).....	27
Fjällkvanne (Garden angelica, wild celery).....	27
Square 11.....	28
Piplök (Welsh onion).....	28
Kransborre (White horehound).....	28
Läkebetonika (Betony).....	29
Läkemalva (Marsh-mallow).....	29
Square 12.....	30
Luftlök (Egyptian onion).....	30
Uppländsk vallört (Russian Comfrey).....	30
Brudbröd (Dropwort).....	30



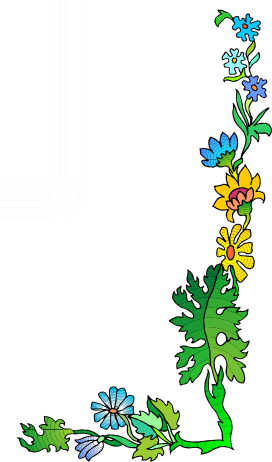
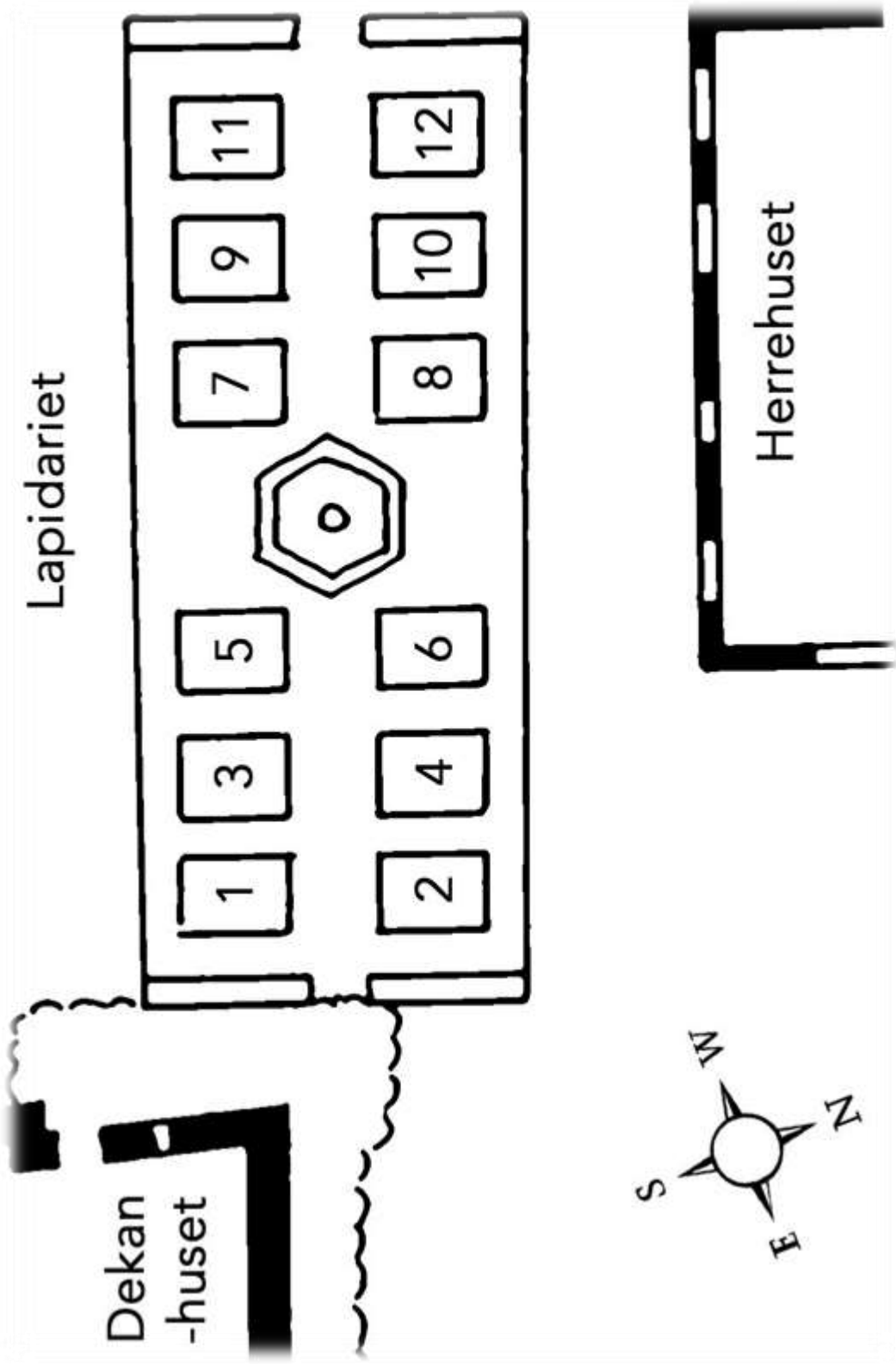
Welcome to the herbarium of Kulturen!

The enclosed Herb Garden was created in 1952 following a plan drawn up by the university gardener, Axel Törje. He was inspired by medieval monastic gardens. That is why it has a cross-shaped path dividing the garden into four quarters. Each quarter consists of three smaller herb beds edged with stone. The herbs that grow here were used for medicinal purposes, for cooking, and for religious or folk customs.

At the centre of the cross is a column from the Middle Ages which is also a fountain. The water that fills the hexagonal basin symbolizes life.



The herbarium - map



Square 1

Humle (Hop) *Humulus lupulus*



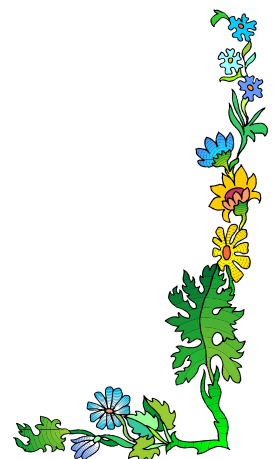
Hops became a common kitchen plant only in the 8th century in Europe. Before that it was only growing wild. The properties of hop cones are many, ranging from preserving and flavouring beer to putting the flowers or cones in warm water as a sleep-inducing drink. During Gustav Vasa's time, every farmer had to keep at least 40 hop logs to contribute to beer brewing in the country.

Then as now, you can pick the first early shoots of spring and boil them quickly to then eat them like asparagus.

Ramslök (known as Ramsons, buckrams, wild garlic, or bear's garlic) *Allium ursinum*



It is a perennial bulb, relative of chives, which can be found in the southern parts of Sweden. When in bloom with its white flowers and broad, flat leaves you can notice the strong scent of garlic. The taste is like a mixture of garlic and chives. After the blooming period it wilts and disappears. It is believed that it was Saint Birgitta that brought the plant to Sweden. Ramsons can be used to disinfect and is said to lower the blood pressure. Nowadays you can find several recipes that include ramsons, for example pesto and soup.



Square 1 – continued

Krollilja (Turk's cap lily) *Lilium martagon*

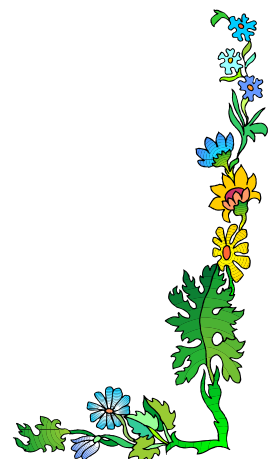


This wonderful lily grows wild from Europe to Mongolia. There are several varieties of Turk's cap lily, and we have two different kinds at Kulturen. Both are pink, but one is single blooming and the other double. It has been in cultivation in Sweden since 1658. It is placed in the herbarium because of its beauty.

Segerlök (Victory onion) *Allium victorialis*



The Victory onion is a rather unknown medicinal plant nowadays. It bears green or yellow-white flowers in a spherical inflorescence attached to a long stalk and has oval dark-green leaves in thick tufts which do not wilt after flowering. Its origins can be traced back to the mountain meadows of the Alps and parts of Asia and the plant was worn as a protective amulet during war as it develops armour-like layers around the bulb. Medicinally it was deemed as being particularly effective in treating wounds and research from Tromsö has shown that the onion was imported and cultivated in Scandinavia as early as the Viking age.

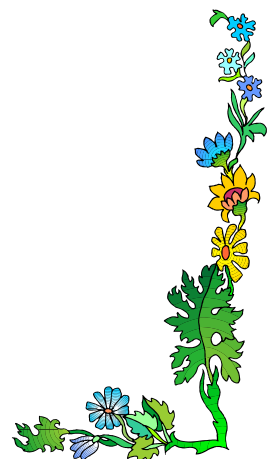


Square 1 – continued

Åbrodd (Southernwood) *Artemisia abrotanum*



This is a shrub-like plant with a strong aroma that is partly evergreen and a native of Southern Europe. It has been used in herbal medicine, and as flavour to snaps/aquavit. Sometimes it is used as a low, aromatic hedge. Southernwood was part of the bunch of aromatic flowers that women carried in church to prevent the feeling of drowsiness. During the Middle Ages it could also be used against baldness and snake bites. Keep it among your clothes to keep moths away or rub it on your skin to avoid ticks.



Square 2

Mästerrot (Masterwort) *Peucedanum ostruthium*



This herb grows wild in central Europe. The roots bear useful powers and it has been named after the qualities it possesses - Masterwort. In the olden days you could buy it dried in the drugstore as it cured colic, hysteria, insanity caused by alcohol. It also stimulates the appetite as it increases the digestion fluids. The leaves can easily be confused with ground Elder.

Gräslök (Chives) *Allium schoenoprasum*

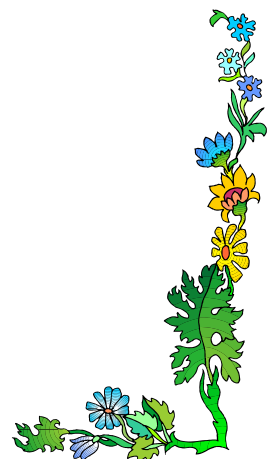


Chives was popular in China as early as 3000 years before Christ. It was considered tasteful, but it was also a cure for poisoning and to stop bleedings. The leaves have mild antiseptic properties.

Ålandsrot (Elecampane) *Inula helenium*



This herb is native to Asia but is naturalized in Europe and Northern America. It can grow quite tall and spreads easily. In the Norse mythology the yellow flowers symbolized the face of Odin and were therefore placed in the center of a bunch of herbs. It was mainly the roots that were used to ease the digestion.



Square 3

Hålrot (European birthwort) *Aristolochia clematitis*

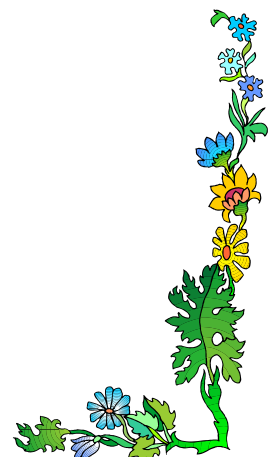


European birthwort is a natural member of our Cultural heritage plants. It was more common in the olden days and now it is almost endangered in places. It is a perennial plant with a heavy root once it has found the perfect place. The yellow flowers, blooming in July / August, are popular amongst pollinators and become pear-shaped, hanging seed capsules. This plant was naturalised in southeast Europe but in southern Sweden it is cultivated and used as a medicinal plant to heal wounds and to stanch infections.

Kryddsalvia (Sage) *Salvia officinalis*



Sage is a member of a large family commonly spread around the world. Many of the varieties have a well-established medicinal value. *Salvia officinalis* is an evergreen, subshrub with woody stems. The leaves are greyish, and the flowers are blue. The plant was said to have healing properties as well as improve the memory. This herb was also used in the bunch of herbs that women carried during church service.



Julros (Christmas rose) *Helleborus niger*

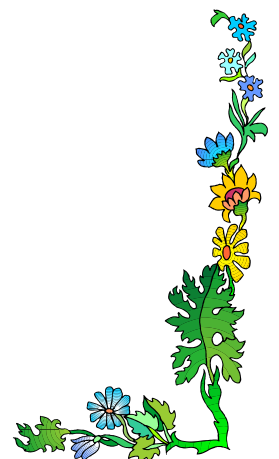


The beautiful Christmas rose is origin of the mountainous areas of South and Central Europe. It is poisonous and has been used to cause abortion and sneezing. It was believed that sneezing would ease the pressure in the body when being ill and therefore it would ease the pain. A planted Christmas rose outside the door would protect against evil influences.

Citronmeliss (Lemonbalm) *Melissa officinalis*



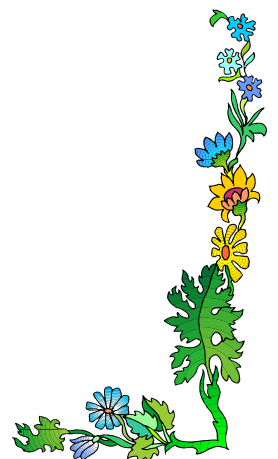
The herb is native of the Mediterranean area and Southwest Asia. It is a well-known medicinal plant with many good qualities. Lemon balm has been used to reduce depression, cure nausea, ease toothache, and heal bites from crazy dogs. It was also common to rub beehives with leaves to attract bees as well as putting them in a lucky charm. If you were secretly in love, you should give that person tea made of lemon balm to make that person love you. This was also included in the bunch of herbs carried by women to church service.



Afodill (White asphodel) *Asphodelus albus*



This magnificent plant is native to the Mediterranean and Asia Minor. It can also be found on the Canary Islands. According to the Greek mythology great fields of White Asphodel grew in Hades underworld. The flower was seen as dull and boring and should therefore remind the humans of the emptiness in the underworld. The root was used to treat wounds as well as cysts. In ancient times during poverty, the roots were eaten roasted mixed with figs.



Square 4

Lungrot (Perennial Goosefoot, Good-King-Henry) *Chenopodium bonus-henricus*



This Goosefoot is native to Europe and western Asia. It has been used since the Stone Age and its Latin name *Blitum bonus-henricus* refers to the French king Henry IV who lived between 1553-1610. The plant can spread easily and has been used in stews and as poor man's asparagus. The leaves can be used as spinach. Goosefoot has cured cough and the seed has been used as laxative. Archaeological findings in Lund show that Goosefoot was used here from as early as the year 1050.

Munkrenfana (Tansy, Golden buttons) *Tanacetum vulgare`Crispum`*



This Tansy is native to Asia and Europe and is known to have been in cultivation since the Middle Ages. It differs from ordinary Tansy as 'Crispum' has crispy leaves. It could be used for colouring fabrics but could also be dried to treat intestinal worms. Tansy could also be wrapped in funeral winding sheets or be put around the dead to prevent flies from molesting the body. It was believed to have strong powers due to its scent which would scare all evilness away. It was put in the bunch of herbs used in church.

Spansk körvel (Sweet cicely) *Myrrhis odorata*



This aniseed smelling plant is originated from the mountains of southern Europe. In Sweden it has been cultivated since the 17th century, but the Romans used it frequently for medicinal and culinary uses. The flowers are white in large umbels and attract bees and butterflies. In the old days you made tea with the first leaves of the spring to alleviate depression. Nowadays it is mainly used to flavour desserts



Square 5

Akleja (European columbine, Granny's bonnett) *Aquilegia vulgaris*

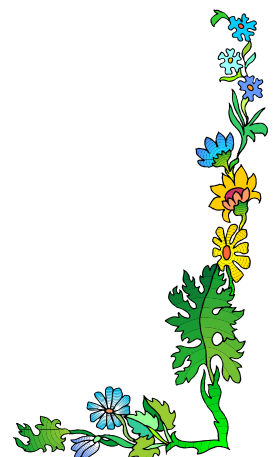


In Sweden Columbine has been naturalized for a long time. In medical books from the Middle Ages, it is written about its usefulness against mange, jaundice, and wounds. But as the plant also is used in connection with Virgin Mary and often is seen pictured on medieval arts where it symbolizes the Holy Spirit, it could also be useful at times of sorrow or hardship. At that time the plant was believed to be poisonous, which it is even though it has been used as a medicinal plant by those who know how to measure the toxins. Here, at Kulturen you can find both single and double-flowered *Aquilegia*, which have been in cultivation since the 17th century.

Krusmynta (Spearmint) *Mentha spicata* 'Crispa'



The mint family is very large and originates from Europe but can nowadays be found in most places of the world. It has been used as a medicinal plant since the Middle Ages. This sort 'Crispa' with its curly leaves is believed to be a variety of *Mentha spicata*. In the Greek mythology Hades wife Persephone was jealous of the nymph Minthe and turned her into a plant; mint. The herb has been said to increase the sexual desire, whilst some claimed it had the opposite effect. It could also ease problems with breast-feeding. Spearmint is nice in apple pies or in mint sauce.



Malört (Wormwood, Green Ginger) *Artemisia absinthium*

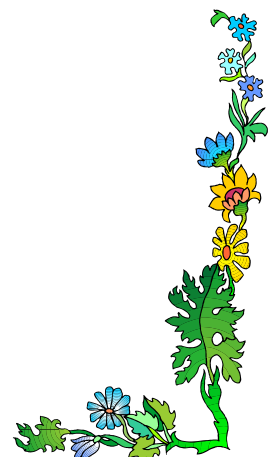


This is a well-known herb with over 400 different species with most of them cultivated in the northern hemisphere. Wormwood enjoys hot and dry locations and has been used as repellent against lice, rats, and vermin. As an herbal remedy it was given to relieve indigestion and intestinal worms. Wormwood is a perennial plant with silvery-green leaves. For many it is known as the bitter ingredient in some alcoholic drinks, which in large doses can cause fits or even be fatal.

Vit nysrot (White hellebore, White veratrum) *Veratrum album*



This magnificent plant is native to Northern Asia, Northern Africa, and central Europe. Once upon a time it was the most significant medicinal plant of antiquity. A sneezing powder was produced of the roots, which was believed to be good for your health. To sneeze was also a sign of telling the truth. The plant is poisonous and if touched can give you a skin rash. Through times complicated drugs have been extracted for different uses. It can lower heart pressure but great knowledge about medicinal plants is needed to produce such medicine instead of poison yourself.



Square 6

Pimpinell (Salad burnet) *Sanguisorba minor*

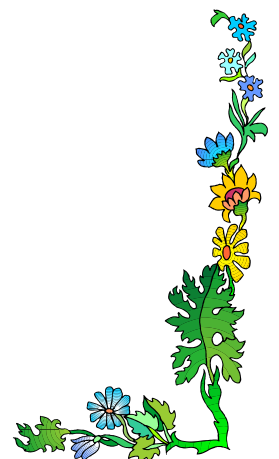


This herb can be found in the wild in the southern part of Sweden. It is typically found in dry and limestone soils. Salad burnet could bring happiness if you flavoured the wine with it at least if you believe Bellman (Swedish poet and songwriter of the 1750s). It could also relieve diarrhoea, stomach gases or to heal wounds. Sometimes it was planted close to a walking path so the dresses of the women walking past would touch the herb and spread its fragrance.

Munkhätta (Arum) *Arum cylindraceum*



This plant is part of the Araceae family where you also can find Arum/aroid, is nowadays naturalized mainly here in the southernmost part of Sweden, where it enjoys woodland locations. It was used in traditional medicine to relieve from asthma and rheumatic pain. It was also grown to be used as an herb as one of its common names was Danish ginger. In the spring one can see the spotted leaves enclosing and hiding the small flowers. Later in the season, the shining, orange berries can be seen on the spathe. Very prominent, but be aware – it is a poisonous plant, and if eaten it causes irritations of the tongue and mouth.



Lavendel (Lavender) *Lavandula angustifolia*

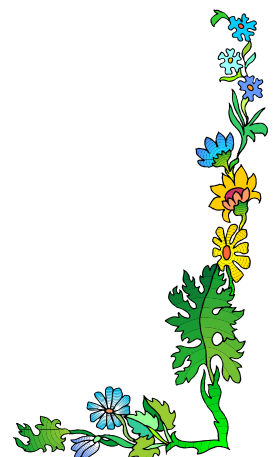


This is a well-known and aromatic herb from the Mediterranean area. A long time ago it was used for laundry and washing as the smell is delicious. In Europe it was Monks that helped spread the herb to new places. Lavender can cure stiff joints, soothe headaches, and is often used for flavouring desserts or as decoration. Bunches of lavender is also used to repel insects and was also used in the bunch of herbs carried by women to church ceremonies.

Grönmynta (Spearmint) *Mentha spicata*



Just like Spearmint 'Crispa' (Krusmynta) this is native to Europe. Although the flavour of the two species is very similar, it is the lack of the curly leaves that differs the two herbs. The British prefer to use this specie to the mint sauce. Spearmint is also used in tea to ease a cold, or in oils for massaging sore muscles.



Square 7

Äkta Johannesört (St John's wort) *Hypericum perforatum*

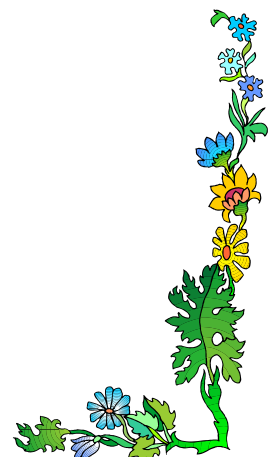


This is yet another well-known herb that is naturalized in Sweden. It has been used for a long time for medicinal as for culinary uses. St John's wort is known to heal wounds, relieve cramps and as treatment for depression. It was also used to dye fabrics and the flowerbuds gave flavour and a fantastic red colour when *infusing* liquor. It's said that the name comes from when Saint John the Baptist was beheaded, and the head was carried to Queen Herodias. She put a hairpin in his tongue and on the spot where a few drops of blood landed on the ground St John's wort was later found.

Kungsmynta (Oregano) *Origanum vulgare*



Oregano can be found in the wild nature of Sweden but is native to southern Europe and Northern Africa. In folk medicine the herb was used to treat disorders of the gastrointestinal tract, colds, and bronchitis. It was also believed (in Sweden) to protect against witches and other evils as well as being an antidote for snake bites. Oregano was used frequently by the Romans and the Greeks in perfumes and oils. In Greece the plant is placed by the grave for the dead to be well "on the other side". At Greek weddings the bride and groom have bunches of oregano that they carry on their heads to bring luck to the newlyweds. Nowadays oregano is mainly famous for being a spice used in pizzas.



Balsamblad (Costmary, Balsam herb) *Tanacetum balsamita*



Originated in western part of Asia and came to Europe during the Middle Ages. It was a common plant found in most people's gardens. It was used at medieval times to conserve and flavour beer but foremost it was included in the bunch of flowers women carried to church ceremonies as it has a nice fragrance. Costmary has also been used to cure melancholia, colds and strengthened your stomach. If stung by a bee, rub the area with a leaf from costmary to ease the pain.

Bergpion/Bondpion (Peony) *Paeonia officinalis`Alba Plena`*

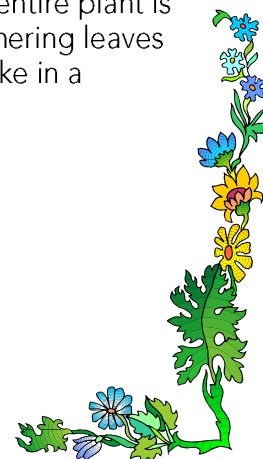


This specie of Paeonia is the one that has been cultivated the longest for its valuable medicinal uses. To get the best effect you should dig up the roots three days before a new moon. It could soothe the people who were moonstruck. After some time, its medicinal value was lost but it remains in the herbarium due to its beauty.

Gåsört (Silverweed) *Argentina anserina (Potentilla anserina)*



Silverweed can be found throughout Sweden and is a creeping plant that makes long slits. It blooms during the height of summer with small yellow flowers. Throughout history, it has been used to quell diarrhoea and ease menstrual cramps. Even today it is recommended for colic and other stomach problems. The entire plant is edible and with its silver shimmering leaves it can decorate any salad or cake in a glamorous way.



Square 8

Violrotsiris (German Iris) *Iris germanica* 'Florentina'

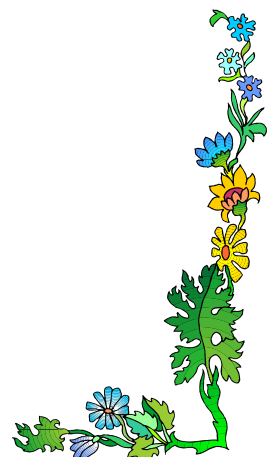


This Iris 'Florentina' is said to have received its name from the Italian city Florence, where it is commonly grown in and around the city. It is believed to be the model for the heraldic French lily. The dried root was used in the making of perfume, and when washing clothes. However, a fresh root is without scent and poisonous and can give skin rash.

Läkerudbeckia (Pale purple cornflower) *Echinacea pallida*



This cornflower is native to the prairies of North America and was introduced in Europe in the 17th century. The disk of the flower is spiky, and the Latin name *Echinacea* refers to the Greek word *echinos* meaning hedgehog. *Echinacea* contain substances that will ward off infections and boost the immune system. It is mainly the root that is used for medicinal purposes.



Pipört (Red valerian) *Centranthus ruber* 'Coccineus'



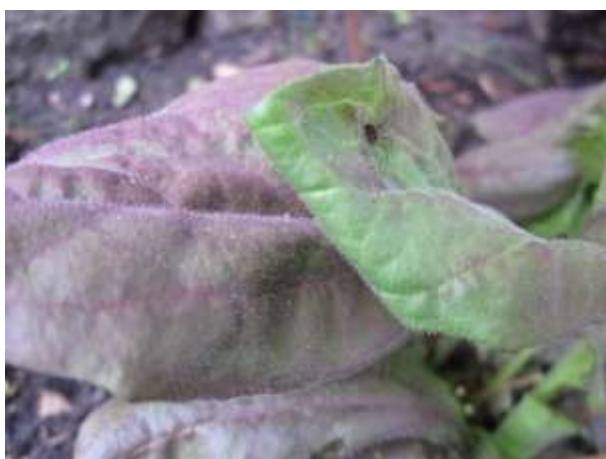
This rather unusual plant is native to central and middle Europe. Red valerian is known to have been in use since 1597. From the root you can extract a substance that can calm and soothe cramps. It is a very strong drug and should not be used for more than a couple of days. Here, in our herbarium it is mainly used to attract bees and butterflies.

Apotekarros (The Gallic rose/The French rose) *Rosa gallica* 'Officinalis'

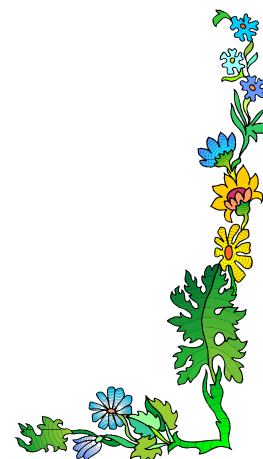


This rose is part of the Gallica Group roses, which has been in cultivation for several thousand years. It is most likely native to China and perhaps it was the crusaders that brought this rose to Europe. The pleasant scent has made the French rose popular, but it has also been used in cooking and as medicine. Oil mixed with petals can strengthen the blood vessels and stimulate the circulation. The rose is also a symbol of Virgin Mary.

Groblad (Red-leaved Plantain) *Plantago major* 'Rubrifolia'



This is a well-known species that can be found in most countries around the world. It has a good reputation for its medicinal usage and was mentioned in medieval books of medicine. If you suffer from cold, hay fever, earache or sinus infection, tea made from plantain leaves can ease the problems. If you have an itchy rash, apply the sap. The small seeds, psyllium seeds, can help ease constipation and irritable bowel.



Square 9

Vinruta (Rue) *Ruta graveolens*



In hot and dry soils of Southern Europe, especially around the Mediterranean, you can find rue. Its beautiful leaves are said to be the model for the suit of club in playing cards. Rue has been allocated magical powers as it could scare off the devil. It could also help when you had eaten poisonous mushrooms or been bitten by a venomous snake. Carried in a pouch around the neck it was believed to protect against evil. Rue is another plant that has been found in the cultural layer in the city of Lund that has been dated sometime between the years 1050-1300.

Fingerborgsblomma (Foxglove) *Digitalis purpurea*

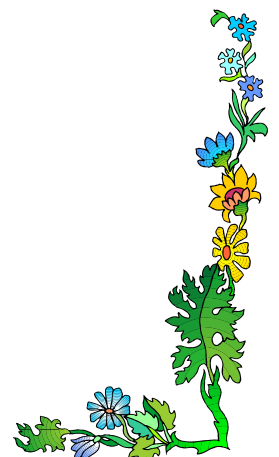


This plant is native to Europe. It has been used as treatment for heart conditions for several centuries although it is poisonous if used incorrectly. In some countries foxglove is associated with fairies and other magical Scandinavian creatures and therefore it is also called Fairy's glove, in English also Lady's glove.

Väggört (Pellitory of-the-wall) *Parietaria officinalis*



Another herb that is quite rare in Sweden but seems to like it here at Kulturen. It was introduced as a medicinal plant, during medieval times, from southern Europe. It has been used as a laxative and a diuretic.



Square 9 – continued

Hjärtstilla (Motherwort) *Leonorus cardiaca*

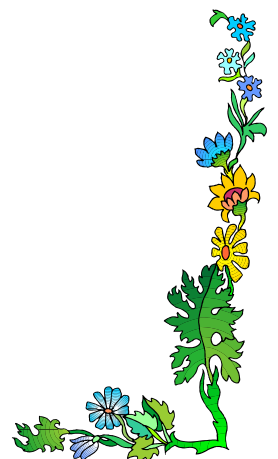


Motherwort is native to Asia and used to be a common plant in the herbarium. Today it is quite rare and should be treated with care so it can be spread again. It used to calm worried hearts and strengthen the wellbeing. It has been found in the cultural layer in the city of Lund that has been dated sometime between the years 1050-1300.

Polkagrisros (Rosa Mundi 'Versicolor') *Rosa gallica* 'Rosa Mundi'



Is there anything as beautiful as the striped Rosa mundi in bloom? This rose is a mutation of The French rose and is also native to China. It has been used in the same way for beauty care, cooking and as medicine.



Läkevänderot (Valerian) *Valeriana officinalis*

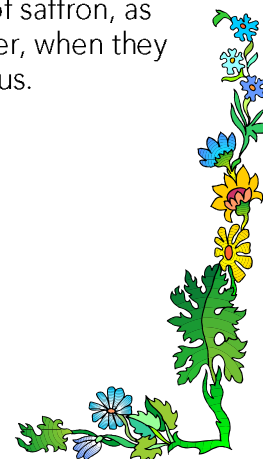


Valerian can be found all over Europe and western Asia. It has been used as witchcraft as it was believed to keep witches away if hung outside the entrance to the house. Many know Valerian for its sedative qualities and ability to relax the central nervous system. The scent of the root is attractive to cats and rats. It is believed that the Pied Piper of Hamelin had a piece of Valerian root in his pocket to attract the rats and bring them out of the city. Another good characteristic with this herb is its ability to raise the level of phosphorous in the soil and stimulate the activity of worms and therefore it would be useful to grow together with other vegetables.

Saffranskrokus (Saffron crocus/Autumn crocus) *Crocus sativus*



It is believed that Saffron crocus was first found in the area around the Mediterranean Sea, but its wild precursor is likely *Crocus cartwrightianus*. It is the most expensive spice, by weight, in the world, which is understandable as you need between 100 000-150 000 stigmas to produce 1 kilo saffron. The harvesting is still made by hand and the main production is in Iran. One should know that saffron is poisonous and large quantities can kill you. In Scandinavia saffron was introduced in the 1400 and apart from cooking it was used for dyeing textiles. With our wet winters it is difficult to have a production of saffron, as the bulbs decompose. However, when they bloom in autumn it is marvellous.



Square 10

Kryddtimjan (Common thyme) *Thymus vulgaris*

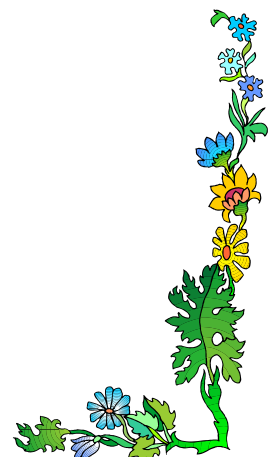


Thyme can be found worldwide but is more commonly spread around the Mediterranean. It was used by the Egyptians when embalming the dead. In Greece thyme was put in the water when bathing, whilst the Romans used it as air freshener indoors. During medieval times a beverage with thyme was mixed to see elves. In modern times we know that thyme contains antiseptic substances that can ease eczema and rheumatic pain. To drink tea with thyme can help with a sore throat and cold but is also said to ease hangover.

Taklök (Common houseleek) *Sempervivum tectorum*



This succulent is origin to the mountain regions of central and southern Europe. It is believed that the Greek god Jupiter or the roman god Zeus created the plant for the humans as protection against fire and thunderstorms. It was therefore grown on house roofs, which is why it is called House Leek. In Scandinavia one thought the plant could protect against witchcraft if used on the roof. The juice can ease burns and other skin diseases.



Square 10 – continued

Isop (Hyssop) *Hyssopus officinalis*

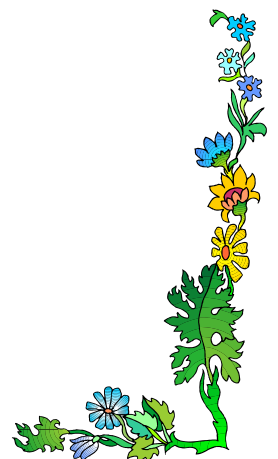


This popular herb is native to the countries around the Mediterranean but has been spread around the world as it has been utilized in many areas. You can use it when cooking, as tobacco, and as medication. As medicine it has antibiotic properties and as tea it can relieve hoarseness. It was included in the bunch of herbs carried by women to church service. Hyssop attracts all kind of insects.

Blodtopp (Great burnet) *Sanguisorba officinalis*



Great burnet is native to the cooler regions of the Northern hemisphere. It was used in China 2200 years ago. They used the root to stop bleeding and heal wounds. The entire herb was used in the Occident for the same medicinal purposes.



Libbsticka (Lovage) *Levisticum officinale*

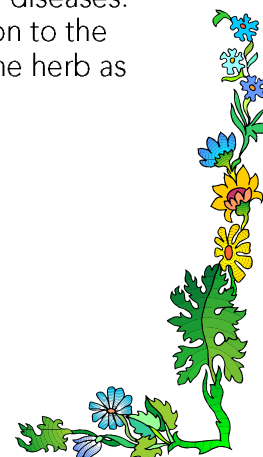


This large herb is native to Asia but has spread to large areas of the world where it is naturalised. Lovage was important in witchcraft, infused as tea. It was said to stimulate the sexual desire. The ancient Greek chewed the seeds to relieve gas and enhance the digestive systems. During long walks at medieval times, one put lovage leaves in the shoes as it prevented the feet from getting tired. If a plant was grown outside your door, it would keep rats and vermin away. It is still used in cooking where it is used as flavouring in vegetable- and fish dishes.

Fjällkvanne (Garden angelica, wild celery) *Angelica archangelica*



This is yet another magnificent plant in the celery family. It is amongst the earliest findings of herbs that we know have been cultivated in Scandinavia. In those days they had specific cultivation pens where it grew, according to a legal document from the Middle Ages. If you collected garden angelica from someone else pen you were punished hard. This indicates how respected this herb really was. In the culture of the Sami people garden angelica had played an important part. If you put a few leaves in reindeer milk it kept fresh for longer. It had a wide variety of usage. It could cure toothache, cough and as a powder spread on your clothing it protected you from all kinds of diseases. The name shows the connection to the archangel Michael who gave the herb as protection for the humans.



Square 11

Piplök (Welsh onion) *Allium fistulosum*

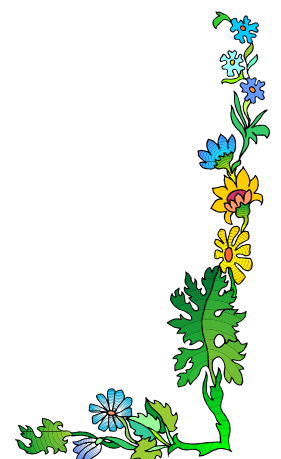


Despite the name Welsh onion, the plant is native to China where it is the most important specie of onions. Nowadays it is spread all over the world and is commonly used. It does not develop bulbs and has hollow leaves. When in bloom you can see the round, fluffy and white flowers. In the olden days you could hang a bundle of onions outside your front door to keep diseases and other evil things away. The juice could heal gunshot wounds.

Kransborre (White horehound) *Marubium vulgare*



Native to Europe but also western and central Asia. In Sweden it is now rare, so more people ought to grow it to keep it alive. It does not draw much attention, but insects find it when in bloom with its purple flowers in clusters on the stem. With its useful medical qualities, it is still used in cough syrup and to stabilize cardiac arrhythmia for example. It has also been used to lower fever and to treat malaria. By making infusion of the leaves, you can relief constipation. White horehound has been used to treat illnesses since the Middle Ages.



Läkebetonika (Betony) *Stachys officinalis/Betonica officinalis*

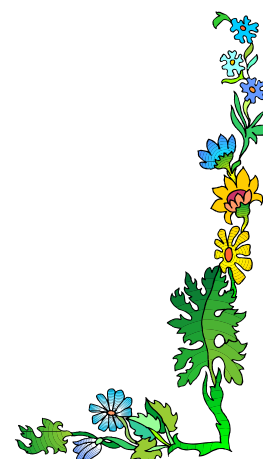


Once a common plant, now quite rare in Scandinavia. It is native to other parts of Europe. Its healing powers has been discussed through time. The Egyptians gave it magical powers, in the 1000s it was believed to protect against the devil, whilst in the 1500s it was used to treat bites from dogs and snakes. Tobacco was the main usage in the 1700s and nowadays it can relieve headaches caused by stress or if you suffer from fatigue syndrome.

Läkemalva (Marsh-mallow) *Althaea officinalis*



This large herb, which sometimes is mixed up with hollyhocks, is widespread around the world. The Latin name, *Althaea*, comes from the word *althea*, which means "to cure". It has been used to cure wounds, but also as a relief to sore throat, stomach, and tooth ache. The Romans used it as a vegetable and when making the candy marshmallow the herb was used, in the early days, as flavouring.



Square 12

Luftlök (Egyptian onion) *Allium cepa* var *proflerum*



This is most likely an onion developed in the mountainous regions of Asia and a hybrid between common onion (*A. cepa*) and Welsh onion (*A. fistulosum*). It has been cultivated in Sweden since the 1800s but now it is not so common anymore. It has a cluster of bulblets instead of a flower at the top of the stem which gets very heavy and will cause the stem to bend down and new growth will take root and create new, small plants. As many other onions it can relieve symptoms like cold and gastritis.

Uppländsk vallört (Russian Comfrey) *Symphytum x uplandicum*



This perennial herb with large, hairy broad leaves is a hybrid between common comfrey (*S. officinale*) and rough comfrey (*S. asperum*). Native to Europe and Asia but is now naturalized in many places. The usage as a medicinal plant started with Common comfrey when its powers to heal wounds was discovered. Infusion with comfrey was given when having a cold or catarrh. Today one is more restrictive with the medical usage as research is showing carcinogenic substances in the plant. But Japanese research shows high levels of proteins and vitamin B. Anyhow, it is very attractive to insects!

Brudbröd (Dropwort) *Filipendula vulgaris*



Dropwort grows wild in dry pastures of Europe and Asia. During poverty and misery, the tuberous roots were used for baking bread. The white flowers sitting on a 50 cm erect stem gives a wild impression and, in the past, it was often used at weddings and sometimes it was spread on the floor to give a pleasant scent.

