

## Meadow vetchling

This is a scrambling plant which has yellow flowers. It is a member of the pea and clover family and is a typical meadow plant. It provides a rich food source for bees and butterflies.

## Meadow cranesbill

It has striking violet flowers that can be seen in hay meadows, verges and grasslands in summer. It is also known as the 'thunder flower' because if you pick it bad weather is sure to happen. The flower is said medicinal qualities to help treat dysentery, cholera, diarrhoea, haemorrhoids and nosebleeds.

## Wild carrot

Wild carrots grow up to 150 cm tall and have a hairless or bristly stem. The leaves are feathery in appearance and give off a carrot odour. The plant is also known as 'bird's nest' and 'bishop's lace'. The roots can be ground into a powder and used in coffee making.

## Yellow rattle

It has vibrant yellow flowers that provide summer colour and papery seedpods that rattle when the seed is ripe. It provides a good nectar source for insects. In folk medicine, Yellow Rattle was believed to have the power to cure dimness of sight.



HEALING HERBS AND PLANTS IN SCOT'S GARDEN

Compiled by Scot's Garden Project Group

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## Yarrow

It has clusters of white topped flower heads. Known to help stimulate blood circulation as well as aid digestion and soothe eczema.



## Nettles

Usually known for their sting but they are one of nature's healers too. Nettles can be made into tea; treat eczema and be used to treat pain and sore muscles.



## Common sorrel

Reddish pink flower spikes, arrow shaped leaves turn crimson. Also known as 'vinegar plant' as it has a sharp taste. This plant can be added to salads



## Common valerian

This plant has small white flowers in clusters. Used since Greek and Roman times as a medicinal herb. It has mild sedative properties and helps to promote sleep.

## Hemp agrimony

It has fluffy pink flowers and is found in damp locations; look out for it by the river. It is commonly known as 'raspberries and cream' as well as 'Holy Rope'. The leaves were used to make rope and it is believed that the rope that bound Christ before his crucifixion was made from these leaves.



## Water mint

This plant prefers damp habitats and grows in water. Its leaves can be used in the same way as other mints, flavouring cooking and drinks.



## Young angelica

This is a majestic plant which is a member of the carrot family. It can be found in damp and wet places, so by the river bank is a perfect location to see it. Its stems and roots are edible. In Nordic folklore it was used to reduce anxiety and settle the stomach.



## Marsh woundwort

This is a shallow water native plant with dense spikes of purple/ pink flowers. It can be used directly on wounds as a poultice to heal them. In medieval times it was used as an ointment to treat gout and joint pain.



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Further information about the project is available on our website:  
<https://www.bakewelltowncouncil.gov.uk/scots-garden-riverbank-project>

