



DE MONTFORT
UNIVERSITY
HERITAGE CENTRE



TRINITY HOUSE **HERB GARDEN**

Create your very own herb box

Fig. 17. TRINITY HOSPITAL, 1776.



TRINITY HOUSE

A BRIEF HISTORY

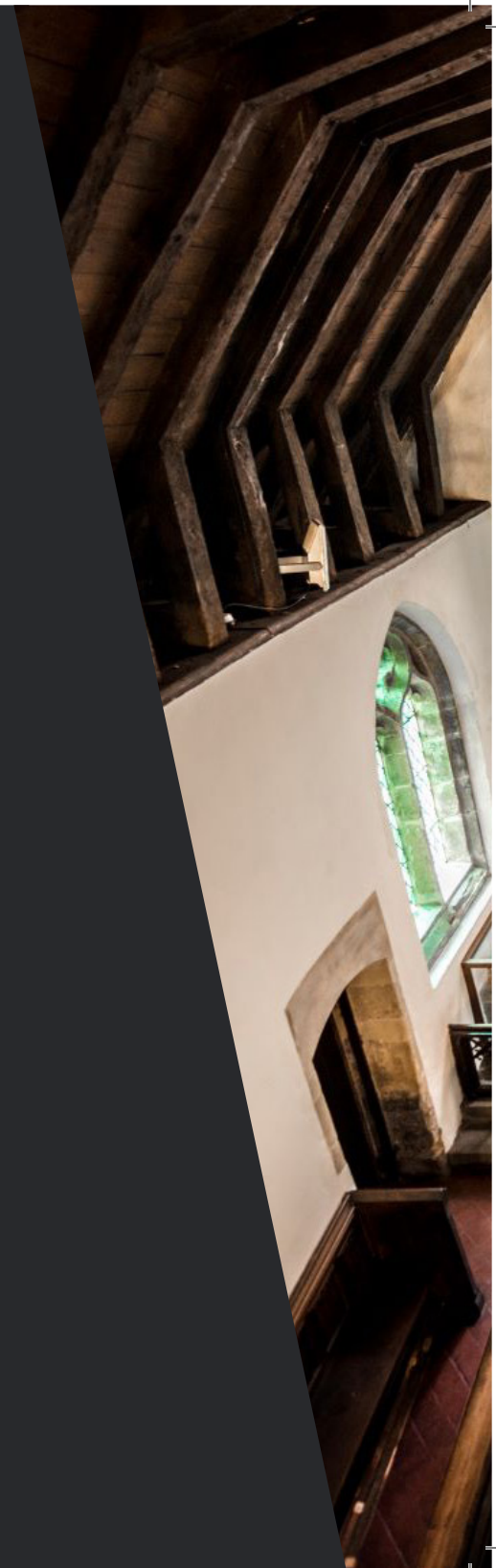
Trinity Hospital was founded in 1330 by Henry Plantagenet, the 3rd Earl of Lancaster and Leicester.

The hospital was built to support the poor and infirm of Leicester and could house up to fifty patients, as well as a warden, chaplains and nurses.

In the medieval period, medicinal and cooking herbs were grown on site to help treat a variety of ailments.

Trinity's herb garden was recently regenerated in an Elizabethian style by the DMU Green Futures project to improve biodiversity, attract wildlife and provide cooking herbs for campus catering.

Read more about how herbs were used to treat patients and learn how to grown your own on the next page.





PLANT YOUR OWN MEDIEVAL HERBS

Fill 6 small pots (or more) with compost and place each seed in the centre, covering with another fine layer of compost.

Place your pots on a warm windowsill – all the herbs featured love the sunshine.

Water the soil but not too much to avoid the root-rot. This can happen when they are too wet. Water the seeds in the evening each day avoiding the full heat of the sun.

After one to two weeks seedlings should begin to sprout. After four to five weeks your seedlings may need a larger pot.

On the next page you will learn some of the medieval uses to some of the more common herbs we are familiar with.





BASIL

Basil was known as the 'herb of kings', its greek name deriving from the word baselios - royalty. Basil was burnt to ward off evil spirits and bad odours thought to cause sickness. Basil was be used in remedies for snake bites and insect stings.

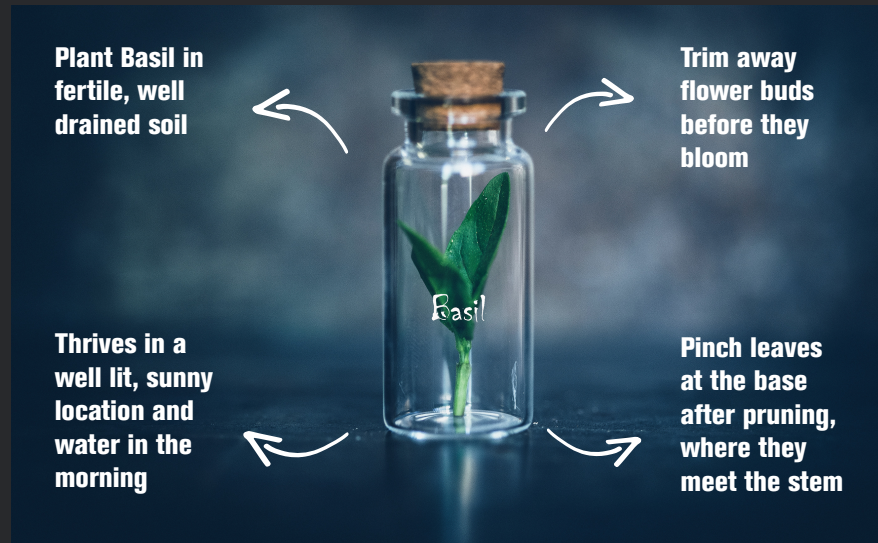


Photo by Wendy van Zyl from Pexels

DILL

Dill was known to aid digestion and alleviate flatulence. By boiling Dill was used to stay a bout of hiccoughs by boiling in wine and breathing in the aroma. Dill was supposed to ward off witches - perhaps it was used in the defence against local Leicester witch Black Annis

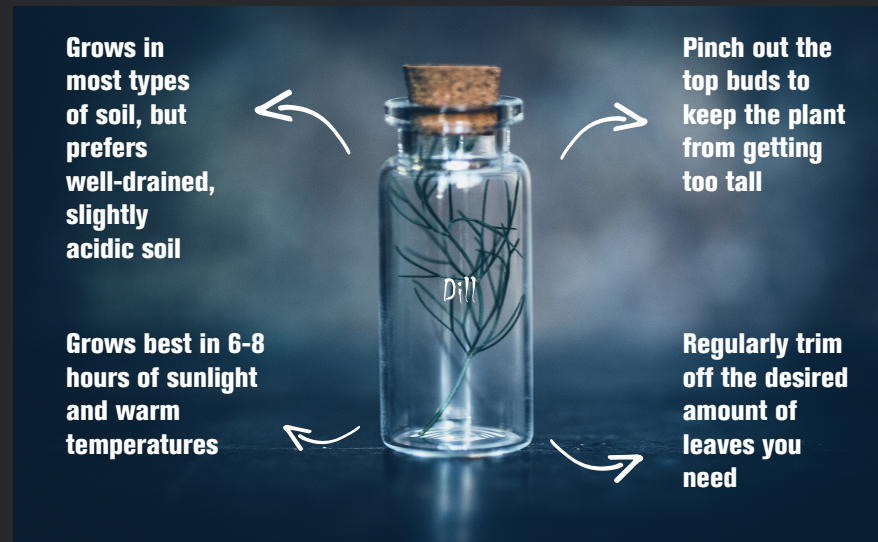


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PARSLEY

Parsley was used as a diuretic for water retention as well as for arthritis when made into a compress. A concoction made from boiling the herb in wine was used to treat heart and chest problems.

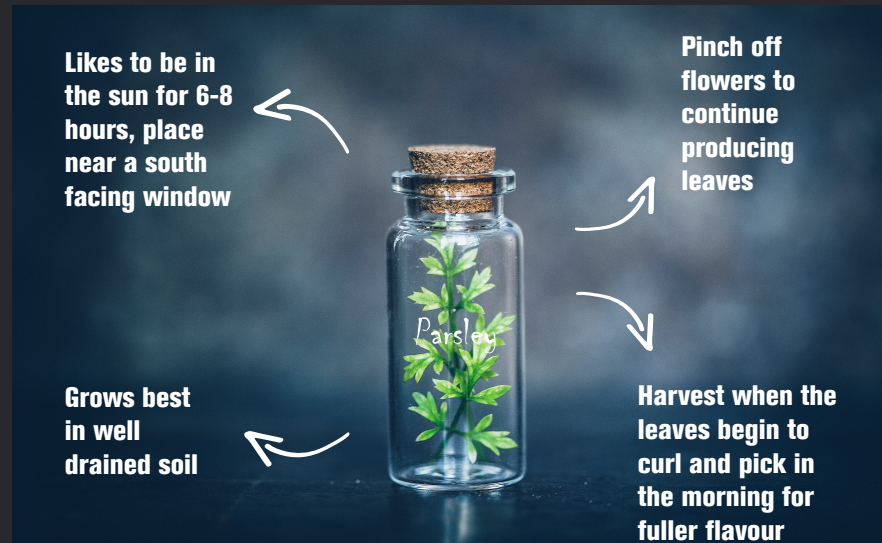


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ROSEMARY

Burning rosemary and inhaling the fumes through your nose was thought to clear passages of mucus. Eating rosemary flowers with honey and rye bread could help prevent blisters forming. Likewise, chewing rosemary could help treat toothache.



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SAGE

Sage was a Middle Age cure-all, thought to cleanse the body of disease. Ancient herbalists recommended using sage leaves as bandages for wounds. Soaking a cloth in sage, wine and water could be used to alleviate a headache. It could also be chewed to clean teeth.

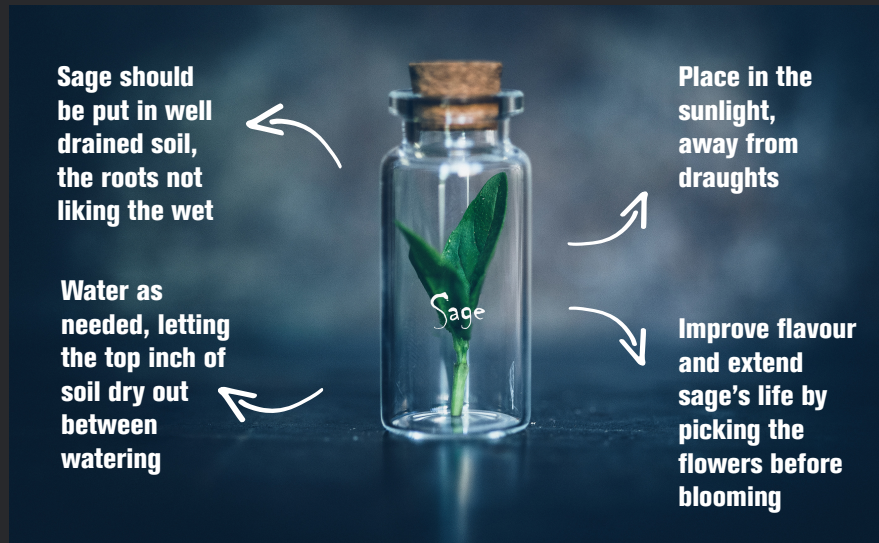


Photo by Wendy van Zyl from Pexels

THYME

Thyme was used as a cough remedy, digestive aid and treatment for intestinal worms. Thyme was also recommended for those suffering from depression by placing sprigs under their pillows before sleep, this practice was thought to ward off bad spirits and nightmares.



Photo by Wendy van Zyl from Pexels





De Montfort University
Hawthorn Building, 00.34
Mill Lane
Leicester
LE1 9BH

T: +44 (0)116 207 87729
E: heritage@dmu.ac.uk
W: dmu.ac.uk/heritagecentre