

Informing Guests About the Historical Uses of Medicinal Herbs in the Cloistered Herb Garden



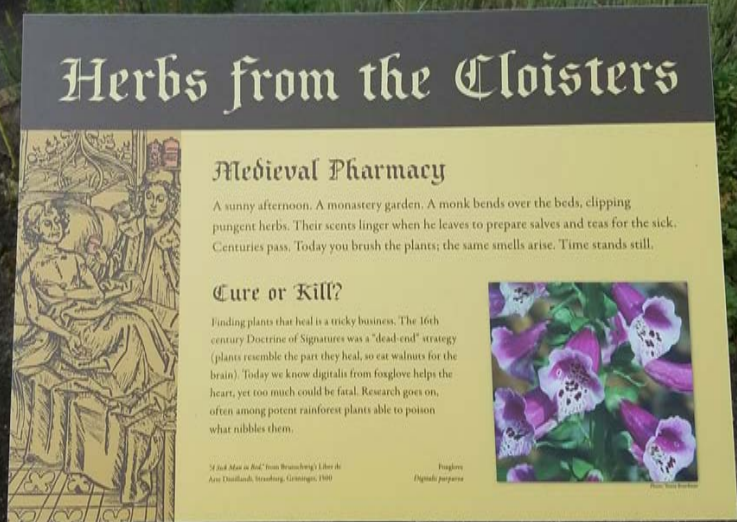
By: Natalie Hamilton

Issue at Hand . . .

The description of the Cloister Garden on the MN Landscape Arboretum website states that it is designed to be...

“...reminiscent of a medieval monastic garden containing herbs used as medicinal cures and salves.”

However, there is no display informing guests about what makes each of these plants medicinal.



Project Objective

- Research and recount the historical uses and importance of the herbs present in the Cloistered Herb Garden.
- This collection of research will be presented in a unique and straightforward manner for an understandable and informative guest experience.

Herbs from the Cloisters

Medieval Pharmacy

A sunny afternoon. A monastery garden. A monk bends over the beds, clipping pungent herbs. Their scents linger when he leaves to prepare salves and teas for the sick. Centuries pass. Today you brush the plants; the same smells arise. Time stands still.

Cure or Kill?

Finding plants that heal is a tricky business. The 16th century Doctrine of Signatures was a "dead-end" strategy (plants resemble the part they heal, so eat walnuts for the brain). Today we know digitalis from foxglove helps the heart, yet too much could be fatal. Research goes on, often among potent rainforest plants able to poison what nibbles them.

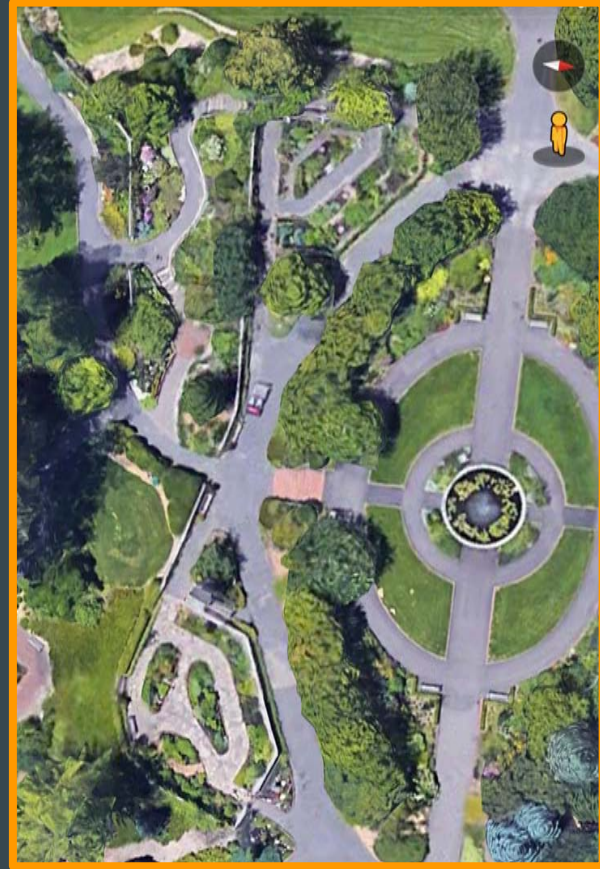


"A Monk at Work" from Braunberger's Liber de
Arta Chirurgica, Strasbourg, Germany, 1500

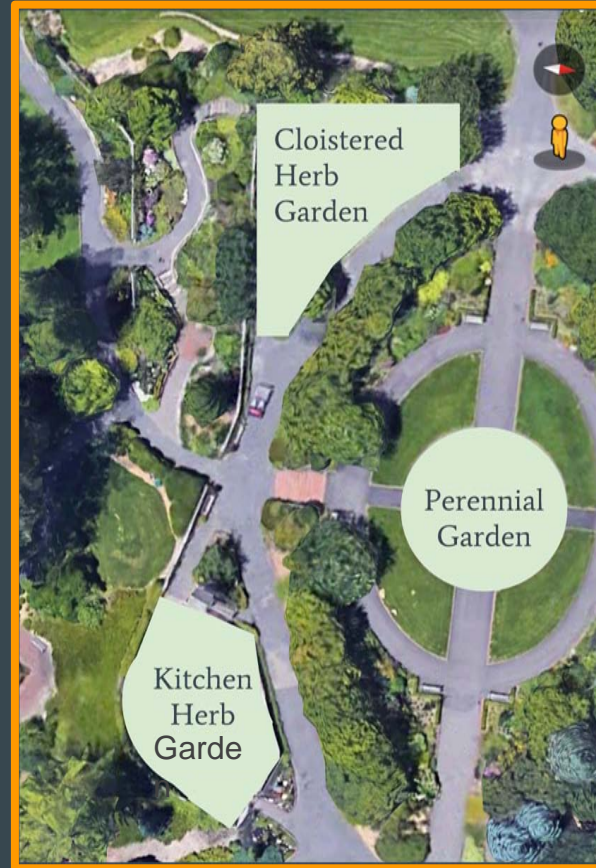
Foxglove
Digitalis purpurea



Map of Garden Site . . .



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My Recommendation...



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Interpretive Exhibit Flipbook



Interpretive Flipbooks in the Arboretum ...



- Spice card flipbook located in the Learning Center.

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- Spice card flipbook located in the Learning Center.
- Display includes a plant picture, spice name, part of the plant that is used, original location and how it is used.

VarroBook . . .

This interpretive exhibit design company has made Flipbooks for clients all over the U.S. including . . .



VarroBook

- Lincoln Children's Zoo, NE
- Sequoia Park Zoo, CA
- Bronx Zoo, NY
- Smithsonian Air and Space Museum, Washington D.C.
- Dow Gardens, MI
- A Variety of Nature Centers

Interpretive Exhibit Flipbook Advantages ...



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- Can hold a lot of information yet occupies minimal garden space.
- Accessible to all ages and physical abilities.



Data Collection . . .

Compilation of 47 plant profiles
including

Basil: *Ocimum basilicum*

Betony: *Stachys officinalis*

Black Horehound: *Ballota nigra*

Borage: *Borago officinalis*

Cardamom: *Elettaria cardamomum*

Catmint: *Nepeta Cataria*

Chamomile: *Chamaemelum nobile*

Chinese Delphinium: *Delphinium grandiflorum*

Chives: *Allium schoenoprasum*

Common Comfrey: *Symphytum officinale*

Common Flax: *Linum usitatissimum*

Common Sorrel: *Rumex acetosa*

Cowslip: *Primula veris*

Dill: *Anethum Graveolens*

Dwarf Meadow Rue: *Thalictrum kiusianum*

English Lavender: *Lavandula angustifolia*

English Rosemary: *Rosmarinus officinalis*

European Vervain: *Verbena officinalis*

Feverfew: *Tanacetum Parthenium*

Foxglove: *Digitalis purpurea*

Herb Robert: *Geranium robertianum*

Hollyhock: *Alcea rosea*

Horseradish: *Armoracia rusticana*

Hyssop: *Hyssopus officinalis*

Lady's Mantle: *Alchemilla vulgaris*

Lamb's Ear: *Stachys byzantina*

Lemon Verbena: *Aloysia citrodora*

Lobelia: *Lobelia speciosa*

Loveage: *Levisticum officinale*

Madonna Lily: *Lilium candidum*

Maiden Pink: *Dianthus deltooides*

Medlar: *Mespilus germanica*

Milk Thistle: *Silybum marianum*

Opium Poppy: *Papaver somniferum*

Oregano: *Origanum vulgare*

Peppermint: *Mentha x Piperita*

Pot Marigold: *Calendula officinalis*

Ragged Robin: *Lychnis flos-cuculi*

Sage: *Salvia officinalis*

Salad burnet: *Sanguisorba minor*

St. Johns Wort: *Hypericum Perforatum*

Summer Savory: *Satureja hortensis*

Sweet Cicely: *Myrrhis odorata*

Thyme: *Thymus vulgaris*

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- Historical medicinal use or remedy

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Flipbook Page Examples

Common Name: English Lavender
Scientific Name: *Lavandula angustifolia*



Historical Medicinal Use: Lavender has been used, for its calming effect, to treat anxiety, insomnia, upset stomach, and as an antiseptic in the past.

Common Name: Pot Marigold
Scientific Name: *Calendula officinalis*



Historical Medicinal Use: The crushed flowers of this plant are said to relieve insect bites and stings.

Common Name: Foxglove
Scientific Name: *Digitalis purpurea*



Historical Medicinal Use: Although the leaves of *Digitalis* are toxic, this plant has been used, under the supervision of a physician, in medications to treat heart disease and high blood pressure.

Special Thanks to . . .

Dee Geary and Renee Pohl

Sandy Tanck



Sources . . .

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