

Ancient Roman Herb Garden at Arbeia, South Shields Roman Fort

Imagine walking down a wide garden path. Tidy patches of herbs line each side and the breeze brings their scent to your nose. There are rosemary and thyme spilling out of large urns, lavender, rose, mint, sage, and fennel exploding with flowers and fronds. These and many more plants were grown at Roman forts for medicinal and culinary purposes.

In most cultures throughout history, the medicinal and culinary herb garden played an important role in daily life. In times when there were no medical clinics or pharmacies, people had to rely upon plants for their medicinal needs.

Many of the plants were not only helpful for treating ailments but were also used to help flavour food or hide bad smells due to lack of bathing.

With this resource you will be able to:

- Learn what herbs were grown by the Romans and how they were used.
- Have a go at making and playing Roman herb card games.
- Get creative and make an illustrated Roman herb book.
- Plant your own portable herb garden.

