



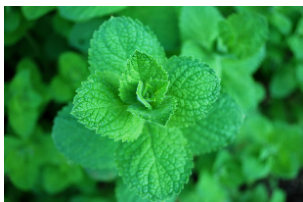








Activity 1

Arbeia Herb Garden Grid information

Use this information sheet to find out how the Romans used herbs and what their Latin names were. Use this information sheet to also check your answers from the Match Maker game in activity 2

Herb	Uses and info	Latin name
Parsley 	<ul style="list-style-type: none"> Gladiators ate this herb before a fight to promote strength, cunning and agility. Roman soldiers did the same. Used to flavour food. 	Petroselinum Crispum
Thyme 	<ul style="list-style-type: none"> There was a belief in the Roman world that sleeping on this could cure melancholy. – soldiers away from home often became depressed. Treats coughs Aids digestion 	Thymus vulgaris
Black lace elder 	<ul style="list-style-type: none"> Berries for hair dye Flavours drinks Flowers believed to have a cooling effect for the unwell. Wood from the stalks is supple and was hollowed out to make whistles. 	Sambuca nigra
Rose 	<ul style="list-style-type: none"> Decoration Crowns at weddings Believed the pleasant smell could prevent drunkenness and cure hangovers. Fragrance 	Rosa
Apple mint 	<ul style="list-style-type: none"> Cooking for flavour Digestion Antiseptic 	Mentha suaveolens

Herb	Uses and info	Latin name
<p>Mint</p> 	<ul style="list-style-type: none"> ▪ To flavour food and drinks ▪ To help digestion ▪ To help with coughs and colds 	<p>Mentha Spicata</p>
<p>Chives</p> 	<ul style="list-style-type: none"> ▪ Pain relief ▪ Helped sore throat ▪ Helped stop bleeding ▪ Sun burn ▪ Blood pressure ▪ Used as a diuretic ▪ Bunches of these dried herbs hung around a house were believed to ward off disease and evil. 	<p>Allium schoenoprasum</p>
<p>Rosemary</p> 	<ul style="list-style-type: none"> ▪ Antiseptic ▪ To help memory ▪ Used in funerals ▪ Tooth ache ▪ Sprains ▪ For a stiff neck 	<p>Rosmarinus officinalis</p>
<p>Lavender</p> 	<ul style="list-style-type: none"> ▪ Soothes headaches ▪ Helps burns ▪ To stop feeling dizzy ▪ Deters insects ▪ Antiseptic ▪ Scenting the air ▪ Used in oils for Roman baths ▪ Roman soldiers took lavender on campaigns with them to dress war wounds. ▪ Upset stomachs ▪ Kidney disorders 	<p>Lavandula</p>

Herb	Uses and info	Latin name
Borage 	<ul style="list-style-type: none"> ▪ To help bruises ▪ To help weak hearts ▪ To increase happiness ▪ In tea 	Borago officinalis
Fennel 	<ul style="list-style-type: none"> ▪ Helped a blocked nose ▪ Stopped eye problems ▪ Eased an upset stomach ▪ Appetite suppressant 	Foeniculum Vulgare
Sage 	<ul style="list-style-type: none"> ▪ Meat preservative ▪ Helped digest fatty foods ▪ It was regarded as sacred and was gathered with pomp and ceremony after an offering of bread and wine 	Salvia officinalis The Roman name for the plant was Salvia coming from the word "salvare" or "salus" meaning health
Lemon balm 	<ul style="list-style-type: none"> ▪ Healed stings and bites ▪ Attracted bees and encourage to return to their hive. ▪ Drunk in a tea or wine for medicinal healing properties. ▪ Perfume 	Melissa officinali
Good king henry 	<ul style="list-style-type: none"> ▪ Leaves cooked for food ▪ A laxative (seeds eaten) ▪ To help heal sores 	Blitum bonus-henricus