

# Exploring Kett's Heights – culinary and medicinal herbs



The herb garden, established by the Friends of Kett's Heights inside the remains of St Michael's Chapel, contains 21 culinary plants. Here's a guide to what is there.

## Angelica

The history behind the name of the herb is interesting. It is said that in ancient times, the root of the plant was brought to earth by a monk for the treatment of plague.



## Borage

Borage plants are considered to be a great companion plant for vegetable gardens and orchards because of the attraction of bees to the blue flowers.



## Camomile

Its smell was thought to relieve depression and to encourage relaxation. Medieval monks planted raised garden beds of camomile, and lay on them as therapy.



## Chives

Mainly grown for their leaves, which add a mild oniony flavour to a wide range of savoury dishes.



## Garlic chives

This species produces white flowers atop flat leaves that have a slight taste of garlic.



## Curry plant

This is a part of the daisy family. It is sometimes called the curry plant because of the strong smell of its leaves.



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### Evening primrose

The plant is nocturnal, meaning its flowers open in the evening and close throughout the day, attracting a different set of night-time pollinators, such as moths and some bees.



### Fennel

Hindu and Chinese people used to use it as a cure for snake bites, while during the Middle Ages, Fennel was hung above doorways to ward off evil spirits.



### Feverfew

Traditionally used as a remedy for inflammation, menstrual cramps, and fever, but is nowadays intended for migraine purposes only.



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### Foxglove (digitalis)

Digitalis has long been used as a treatment for heart failure in addition to a range of other traditional uses. It is toxic in large doses.



### Giant Hyssop

Used in traditional herbal medicine as an antiseptic, cough reliever, and expectorant.



### Lavender

The Romans were the first to use lavender to repel insects and calm the nerves. Today, new research suggests that this plant is able to reduce anxiety.



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### Lemon balm

A member of the mint family with a mild lemon scent. During summer, small white flowers full of nectar attract lots of bees.



### Marigold (calendula)

The calendula, or marigold, was given by friends and family to celebrate those with a birthday in the month of October.



### Marjoram

Marjoram was called the “joy of the mountains” by ancient Greeks and they considered it one of the best herbs for promoting happiness.



### Golden marjoram

Marjoram leaves and flowering sprigs are popular in Greek and Italian meat dishes, soups, stuffings, tomato sauces and pasta.



### Mint

This is a popular culinary herb used to make mint sauce and to add to boiled new potatoes.



### Rosemary

Rosemary was used to prevent balding and as a hair conditioner. The leaves were also supposed to quicken the mind and prevent forgetfulness.



### Sage (Salvia)

Salvias are part of the mint family which have a strong, pleasant scent, making them attractive to bees and butterflies.



### Tansy

Traditionally, Tansy was used to treat intestinal worms, rheumatism, digestive problems, fevers, sores, and to bring out measles.



### Thyme

Thyme helps to increase brain function and is considered to be a valuable anti-aging herb.



**Friends of Kett's Heights**  
[www.kettsheights.co.uk](http://www.kettsheights.co.uk)  
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