



DE MONTFORT  
UNIVERSITY  
MUSEUM



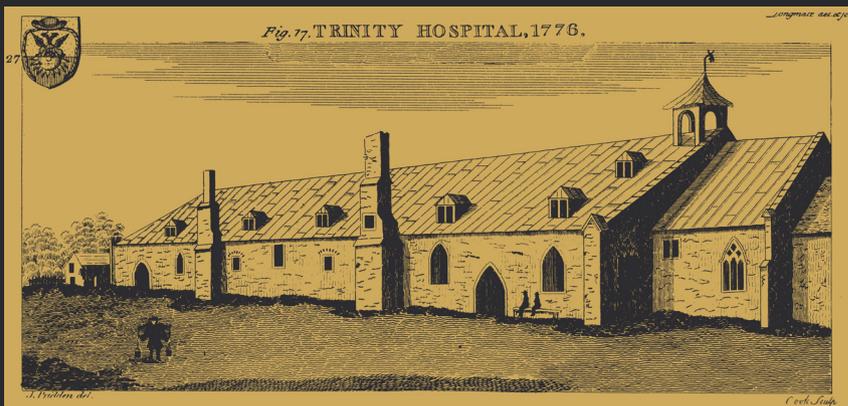
# TRINITY HOUSE

---

# HERB GARDEN

Create your very own herb box





# 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 50 residents (extended to 100 in 1353), 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 continues to be used for the growing of herbs and was recently regenerated in an Elizabethan style by the **DMU Green Futures** project to improve biodiversity, attract wildlife and provide cooking herbs for campus catering.

In 2021, the **DMU Dye Garden** was established by Fashion Students and **DMU's Gardening Team** to providing sustainable textile dyeing materials on campus.

As of 2022 the **DMU Biomolecular Technology Group (BTG)** has developed a pioneering system that uses a plant's DNA to authenticate a species, detecting counterfeit plants in medicine, and could also be used to monitor endangered plant species.

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



# PLANT YOUR OWN MEDIEVAL HERBS

Fill 6 small pots (or more) with compost and sprinkle some seeds on the top 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 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 for 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 used in remedies for snake bites and insect stings.

Plant Basil in fertile, well drained soil

Thrives in a well lit, sunny location and water in the morning

Trim away flower buds before they bloom

Pinch leaves at the base after pruning, where they meet the stem



Photo by Wendy van Zyl from Pexels

# DILL

Dill was known to aid digestion and alleviate flatulence. Dill was boiled in wine and people would breathe in the aroma to stop a case of the hiccoughs. Dill was supposed to ward off witches - perhaps it was used in the defence against local Leicester witch Black Annis.

Grows in most types of soil, but prefers well-drained, slightly acidic soil

Grows best in 6-8 hours of sunlight and warm temperatures

Pinch out the top buds to keep the plant from getting too tall

Regularly trim off the desired amount of leaves you need



Photo by Wendy van Zyl from Pexels

# PARSLEY

Parsley was used as a diuretic to treat water retention. Parsley boiled with wine was used to treat arthritis by applying to limbs with a compress. The mixture could also be used for heart and chest problems.

Likes to be in the sun for 6-8 hours, place near a south facing window

Grows best in well drained soil



Pinch off flowers to continue producing leaves

Harvest when the leaves begin to curl and pick in the morning for fuller flavour

Photo by Wendy van Zyl from Pexels

# 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.

Plant in a sunny, sheltered position in well-drained soil

Remove shoots carefully as required, cutting above the leaf joint



Water when the soil is dry to the touch

Dry out Rosemary by hanging tied bundles upside down in a cool place

Photo by Wendy van Zyl from Pexels

# SAGE

Sage was a Middle Ages 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.

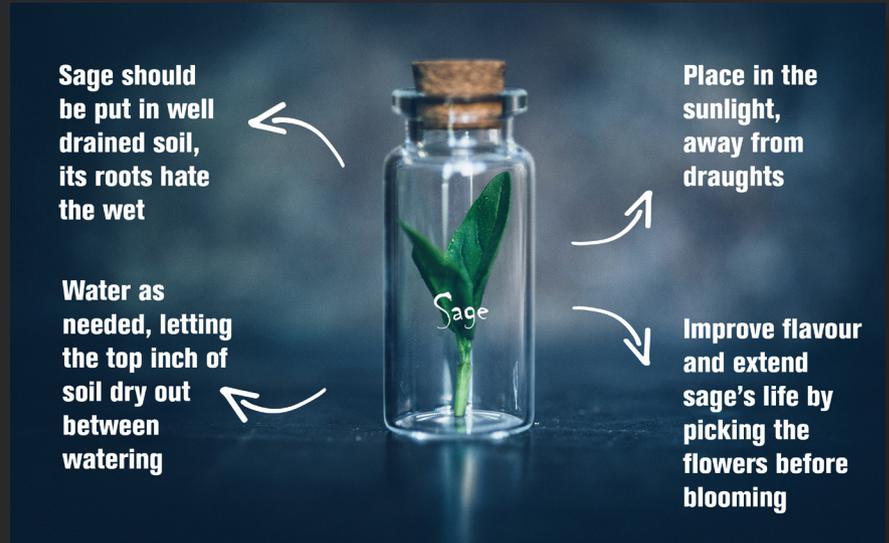


Photo by Wendy van Zyl from Pexels

# 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





**DMU Museum**

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

 +44 (0)116 207 87729

 [museum@dmu.ac.uk](mailto:museum@dmu.ac.uk)

 [instagram.com/dmumuseum](https://www.instagram.com/dmumuseum)