



KINGS LANDING

A HISTORY LESSON ON HERBS & MEDICINE



OBJECTIVES

- Learn a brief history of herbs and medicine;
- Discover some of the popular herbs and plants in the Village at Kings Landing and;
- Create and play a memory game.

GRADE LEVEL(S)

- Suitable for most ages from pre-school to middle school
- Assistance from an older friend or relative may be required for cutting paper

MATERIALS NEEDED

- scissors
- paper
- printer
- colouring utensils (optional)

INTRODUCTION

While visiting the historic homes at Kings Landing, you may notice dried flowers hanging from the ceiling or plants kept in liquid-filled jars. This is a sign that the households are keeping plants and flowers to use in food preparation and for medicine.

The use of herbs to remedy illnesses and flavour food is ancient. This means people have been doing this for many, many years. Both garden-grown and wild plants serve many purposes. They are often dried and added to salves (like lotion) or teas for both external and internal use.

In this history lesson on herbs and medicine, we will look at how the people represented at Kings Landing started this practice, how they keep plants for food and medicine and the common ones you can find in the homes at Kings Landing.

Note: It's important to remember while reading this lesson that these practices are based on life in the 1800s. If you are sick or hurt, please seek advice from medical professionals who are trained with today's knowledge.



A BRIEF HERBAL HISTORY

The use of herbs and plants in medicine has been around as long as humans have been on earth. With some of the earliest signs in Egypt, China and the Middle East, this practice is certainly ancient.

After printing became easier, it became easier for people to share their knowledge of herbal practices. This happened between the 15th and 17th centuries. As a result, settlers to what is now known as New Brunswick brought knowledge of herbal medicines with them when they arrived.

However, they also learned about native plants, such as pine, from the Indigenous people who lived on the land. The Indigenous people would have had knowledge of herbal medicines and would have been using plants long before any settlers arrived. Many plants used in Indigenous medicine are also used in foods, and all parts of a plant are used so long as it has benefit. Plants hold very high importance. Learn more about Indigenous Peoples' Medicine in Canada [here](#).

In households and communities like the one represented at Kings Landing, women were often both the doctors and the pharmacists to their families and neighbours and many trained as midwives to help women during childbirth. When you visit Kings Landing, ask the lady of the house about herbs and medicine and see what wisdom she has to share!



HOW PLANTS ARE USED

As mentioned earlier, you will see plants kept and used in different ways in the Kings Landing houses. Here are different ways plants can be kept for cooking and medicinal needs.

- **Poultice/Salve/Balm:** These words all mean essentially the same thing: the plants are mixed with other natural, healing ingredients to make a lotion or ointment that is applied to heal an injury.
- **Tincture:** this means the plant or herb has been dissolved or soaked in liquid like alcohol or vinegar.
- **Dried:** Plants are picked and hung from the ceiling or laid out to dry to be ground up and used as powders in cooking or to be added to liquids to make tea or tinctures.
- **Fresh:** often, plants will be picked fresh from the garden or from the wild and ingested, added to a recipe, boiled into a tea or applied directly to an injury.



COMMON PLANTS AT KINGS LANDING



BORAGE
Helps with cough



COMFREY
Healing surface wounds and sores, leaves used as poltice for broken bones



MINT
Relieves stomach pain and freshens breath



ANISE
Licorise taste, seeds used in cough medicine, cough drops, flavours cooking, leaves used for garnish



BASIL
Helps with gas, herb for cooking, helps heal wounds and blisters



BERGAMOT
Helps with cough



BURDOCK
Relieves skin irritations and sores



CHAMOMILE
Helps with sleeping, provides calm



CHIVES
Flavour for cooking, tops added to vinegar for salad



CORIANDER
Flavours soup



HYSSOP
Flower tops make a tea as treatment for respiratory problems, eases cough, hoarseness and sore throat



LADY'S MANTEL
Slows bleeding, eases women's cramps



RUE
Cough suppressant, fly repellent



SAGE
Herb for cooking



THYME
Cooking spice, honey plant for bees, best cure for whopping cough



VETCH
Apply to spider bites for relief



WORMWOOD
Stimulates appetite and improves digestion



YARROW
A heal-all

ACTIVITY

Create a memory game using the images on the next page. Here are the steps to making the game and the instructions for playing the game:

1. Print 2 copies of the game sheet on the next page.
2. Cut out each herb into a square.
3. Feel free to colour them in by searching for images of them online.
4. Flip the squares so the herbs are face down.
5. Mix up the squares and spread them out so they are easy to pick up.
6. Turn over one square and see which herb you find.
7. Turn over another square and see if the herbs are the same.
8. If they match, put them aside, face up.
9. If they do not match, turn them face down in the same spot they were when you started.
10. Repeat these steps until you have found all the pairs.
11. This game can be played by yourself or with others. If there is more than one player, simply take turns turning over 2 squares until all the squares are gone.





BORAGE



COMFREY



MINT



ANISE



BASIL



BERGAMOT



BURDOCK



CHAMOMILE



CHIVES



CORIANDER



HYSSOP



LADY'S MANTEL



RUE



SAGE



THYME



VETCH



WORMWOOD



YARROW

SOURCES

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