

Exploring... Highland Herbs

A walking trail of food and medicines from the Highlands & Islands

Leaflet produced August 2018

A star * denotes that the reference can be found in the Highland Folk Museum's archives or library.

HFM refers to the Highland Folk Museum.

References

• Nettle

"The Highlander preferred the common nettle in his broth" & "symptom of effeminacy" from
*McNeill, F. Marian (1968) *The Scots Kitchen*. 2nd ed. London: Blackie, p13-14

"the kail-eating Grants" from

*Grant, I. F. (1961) *Highland Folk Ways*. 2nd ed. London: Routledge p296

"The poorest of cottars, we find, had their kail-yards" from

*Steven, M (1985) *The Good Scots Diet*. Aberdeen University Press p57-58

Also:

*Brown, C (1996) *Feeding Scotland*. Edinburgh: National Museum of Scotland, p50

• Ribwort plantain

"The longest blades were taken and applied to the wound, and gave great relief, stopping the bleeding quickly"

*McCutcheon, A (1919) Some Highland household remedies *Pharmaceutical Journal & Pharmacist*. In HFM archive box 24L

• Pignut

"...the root of the earthnut is still grubbed up and eaten as a delicacy by children" from

*Grant, I. F. (1961) *Highland Folk Ways*. 2nd ed. London: Routledge p302

Also:

*Steven, M (1985) *The Good Scots Diet*. Aberdeen University Press p5, 64

• Meadowsweet

"Ill with a fierce fever, Cu-Chulainn was cured by being bathed in meadowsweet" from
*Beith, M (1995) *Healing threads: traditional medicines of the Highlands and Islands*.

Edinburgh:Polygon, p236

'...to relieve stomach acid' from

Clare, J (2013) *Herbs of the Beaton doctors*. Mull: John Clare, p7

'Aspirin was first derived from meadowsweet in the 1880s' see e.g.

Walker, A (2003) *A garden of herbs: traditional uses of herbs in Scotland*. Argyll: Argyll Publishing, p35

• Thyme

"...courage and strength through its bracing fragrance" from

*Matheson, M (1949) *Highland Healers Scots Magazine*. In HFM archive box 24L

'...to flavour food' see

*Plant, M (1952) *The domestic life of Scotland in the eighteenth century*. Edinburgh: Edinburgh University Press p102-103

• **Blaeberry**

"...there were few things more effective for soothing pain than an infusion of blaeberry" from

*Matheson, M (1949) *Highland Healers Scots Magazine*. In HFM archive box 24L

"...who eat them with their milk" from

*Steven, M (1985) *The Good Scots Diet*. Aberdeen University Press p64, quoting Edward Burt (1754) *Letters from a gentleman in the north of Scotland*

• **Scots pine**

'...local source of Vitamin C' see e.g.

Raal, A et al (2018) *Pinus sylvestris L. and other conifers as natural sources of ascorbic acid. Journal of Pharmacy & Pharmacognosy Research*, [online] 6 (2), p89-95. Available at: http://jppres.com/jppres/pdf/vol6/jppres17.287_6.2.89.pdf (Accessed August 2018)

'Medical ointments were made with pine tree resin...' see

*McCutcheon, A (1919) *Some Highland household remedies Pharmaceutical Journal & Pharmacist*. In HFM archive box 24L

*Beith, M (1995) *Healing threads: traditional medicines of the Highlands and Islands*. Edinburgh:Polygon, p222

• **Yellow iris**

'Handwritten notes from North Uist...' see letter on "Hebridean Dyes and how prepared" written by D. J. McCuish, Lochmaddy, North Uist, 1938. HFM archive box 3

'The leaves and flowers...'

Examples of dyed wool at Kildonan Museum, South Uist, July 2018

'...used to thatch blackhouses'

Uig Museum, Isle of Lewis, information boards July 2018

• **Heather**

'...twisted for rope'

Examples at Kildonan Museum, South Uist, July 2018

'...used for bedding'

*Beith, M (1995) *Healing threads: traditional medicines of the Highlands and Islands*. Edinburgh:Polygon, p222

'...thatching roofs'

Examples of township buildings at HFM

'...used as a dye' see e.g.

letter on "Hebridean Dyes and how prepared" written by D. J. McCuish, Lochmaddy, North Uist, 1938. HFM archive box 3

'...drunk as a mild tea...tonic...treated insomnia'

*Beith, M (1995) *Healing threads: traditional medicines of the Highlands and Islands*. Edinburgh:Polygon, p222

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- *Steven, M (1985) *The Good Scots Diet*. Aberdeen University Press
- *Unknown (undated) *Recipes from the 1820s kitchen at Callendar House*. Falkirk District Museums
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