

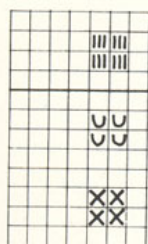
Herbs and Medicinal Plants in Cross-Stitch

from the Danish Handcraft Guild



Gerda Bengtsson

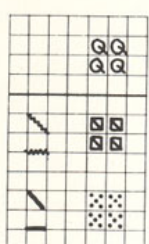




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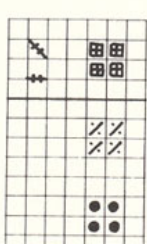
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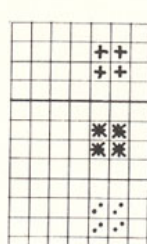
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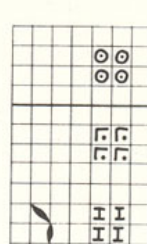
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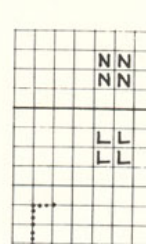
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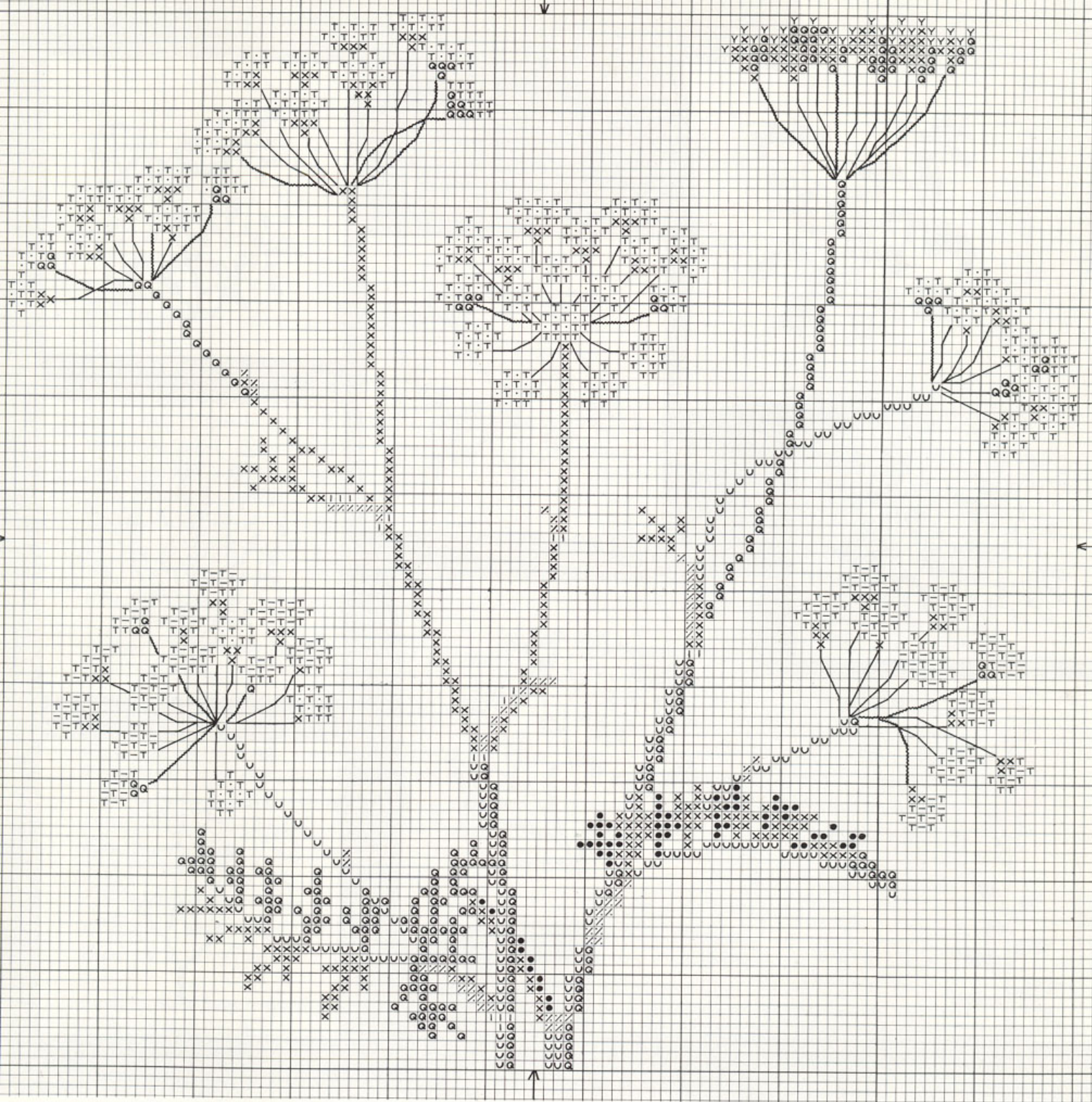
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Burnet Saxifrage PIMPINELLA SAXIFRAGA
From the roots can be extracted drugs used as cough
drops and against hoarseness and coughing.



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II	505

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CC	40
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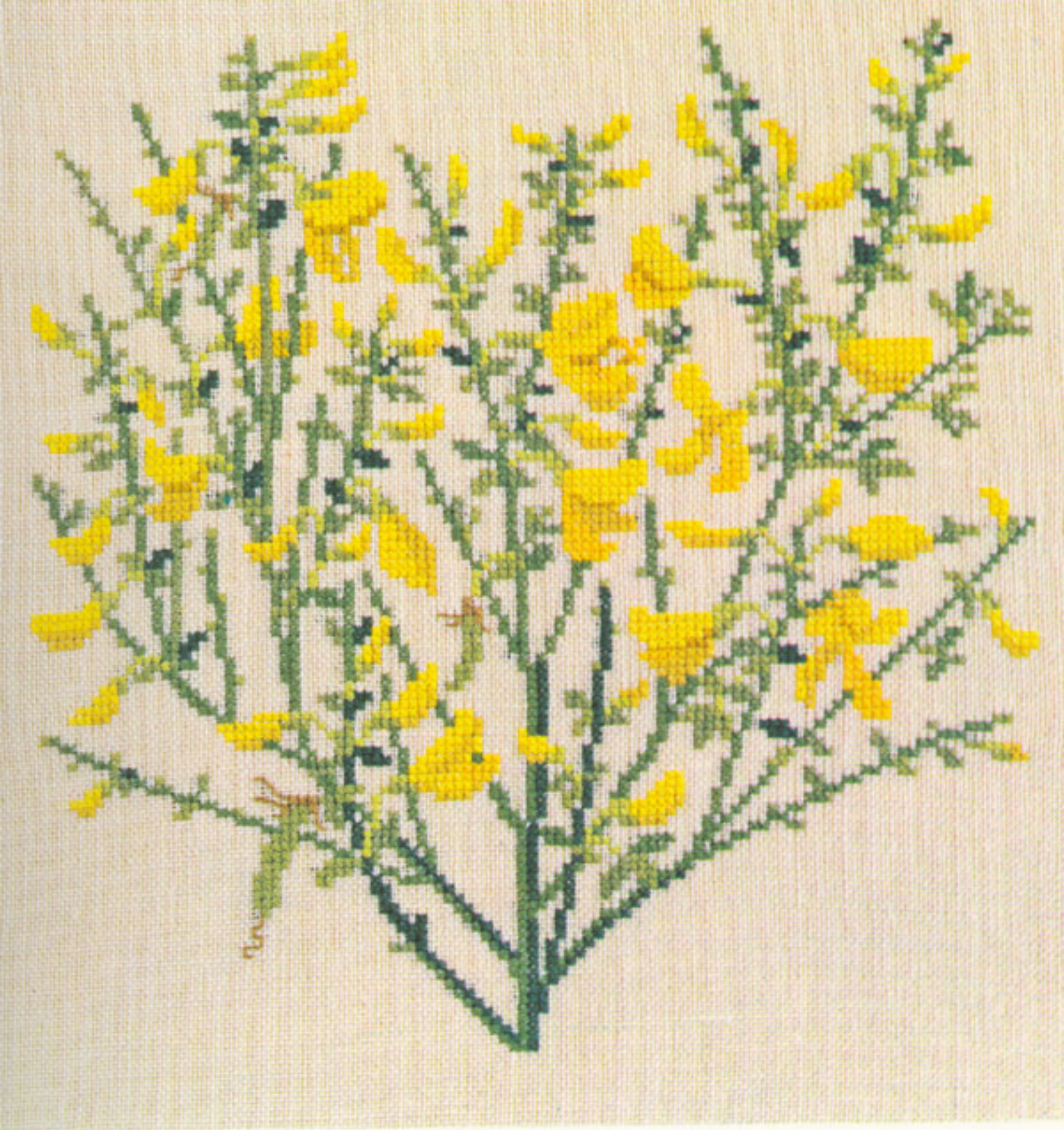
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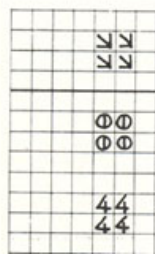
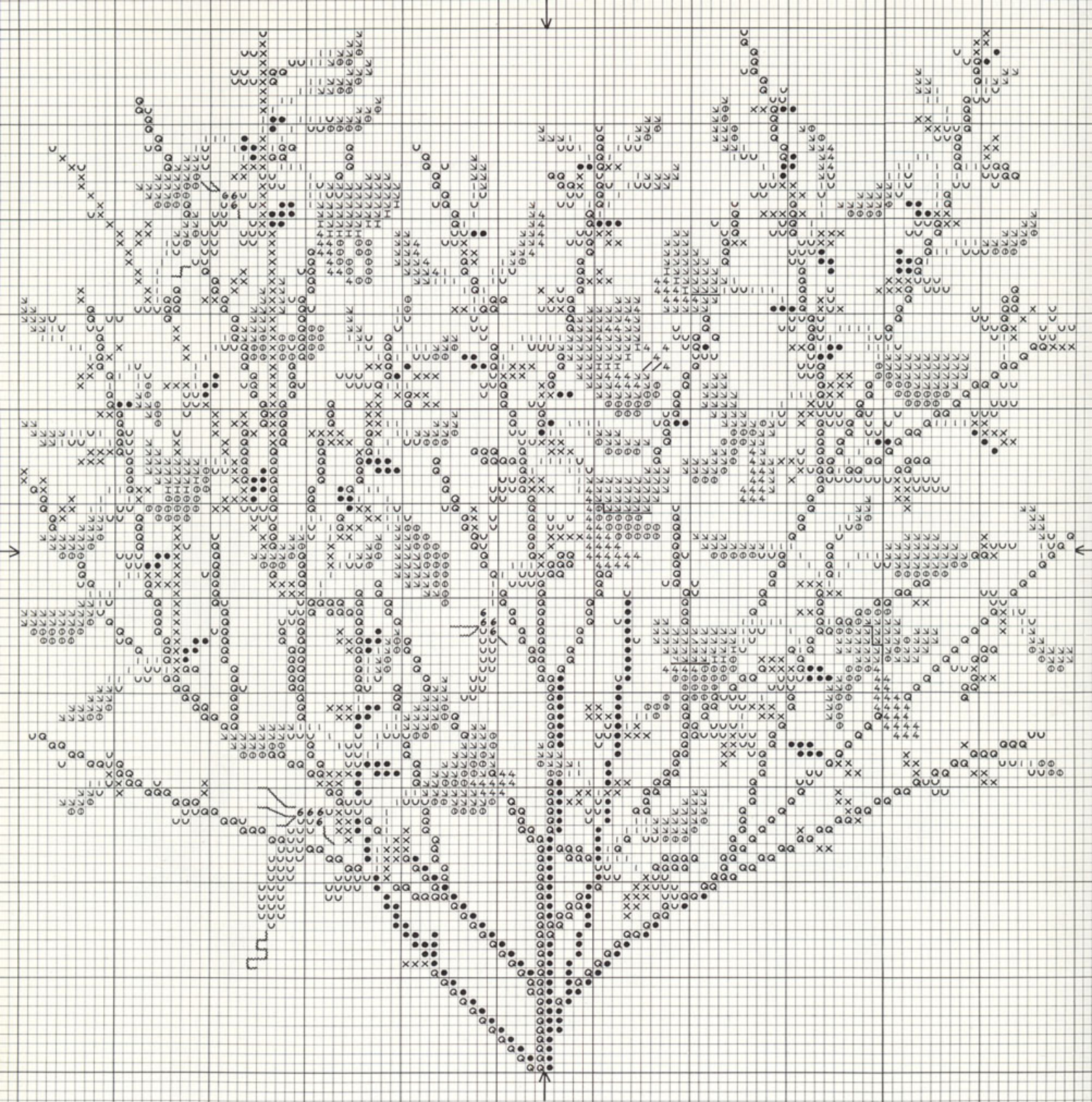


Wild Parsnip PASTINACA SATIVA

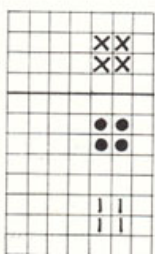
The juice of the roots can be used against toothache, poisonous stings and bites.



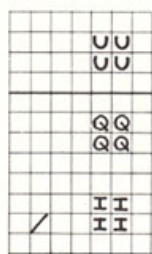
Broom SAROTHAMNUS SCOPARIUS †
From flowers and stalks can be extracted an uretic.



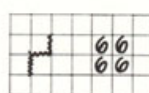
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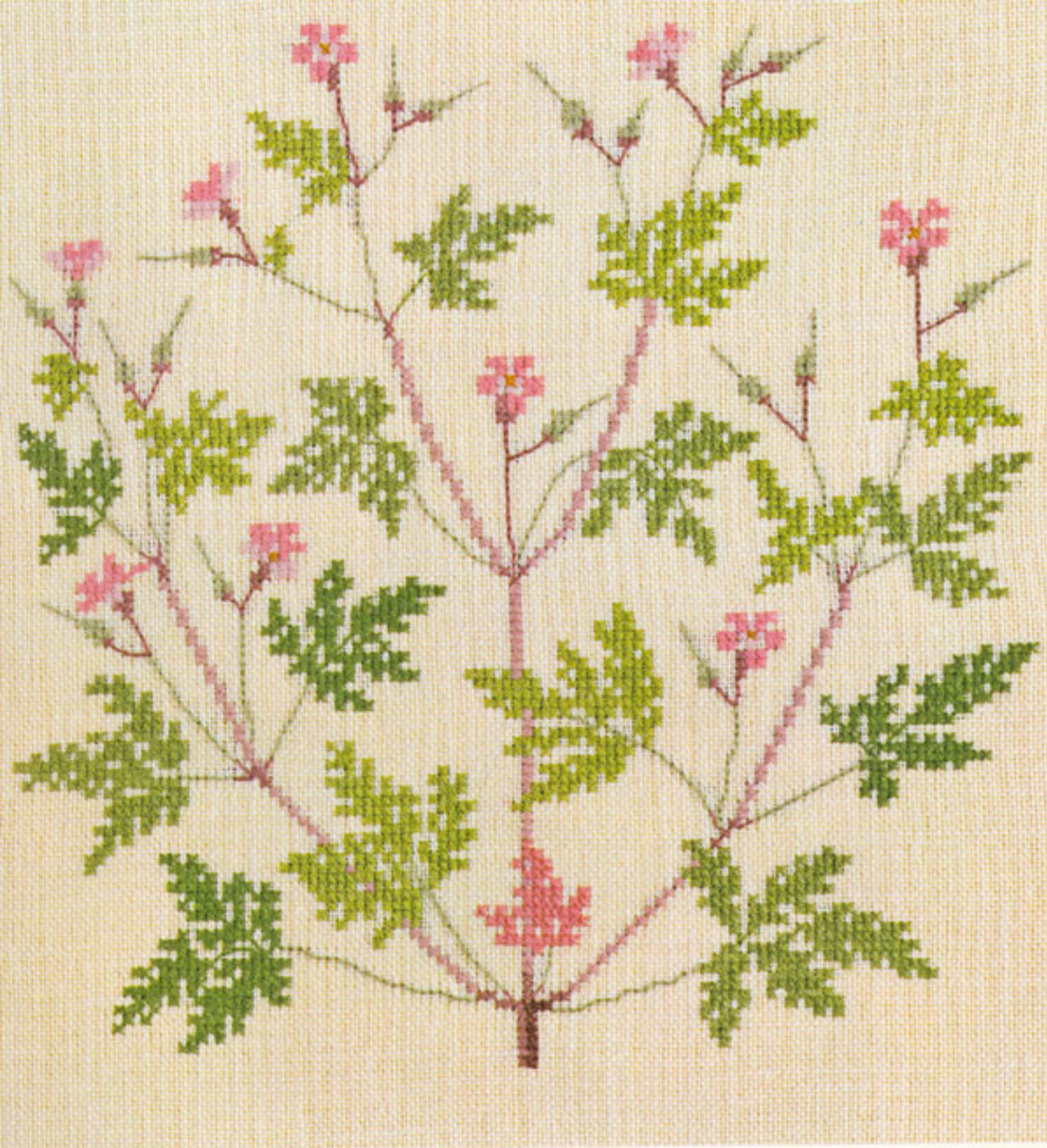
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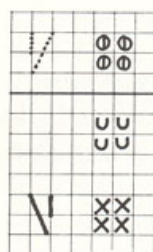
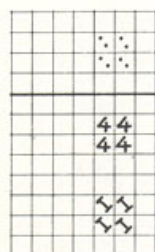


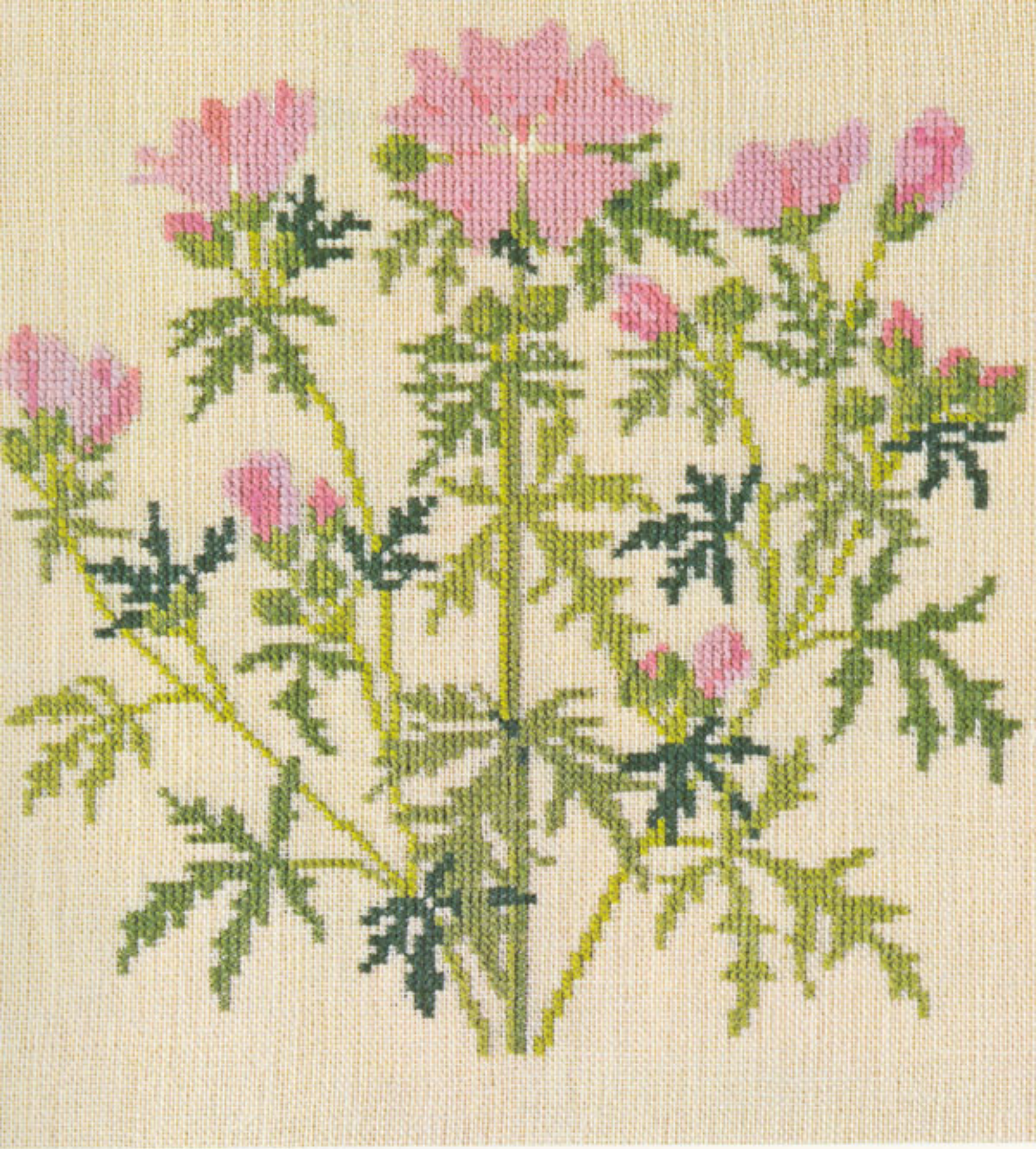
Herb Robert GERANIUM ROBERTIANUM

From stalks and leaves can be extracted a drug against swelling of the uterus. Is used in perfume- and soap manufacturing.



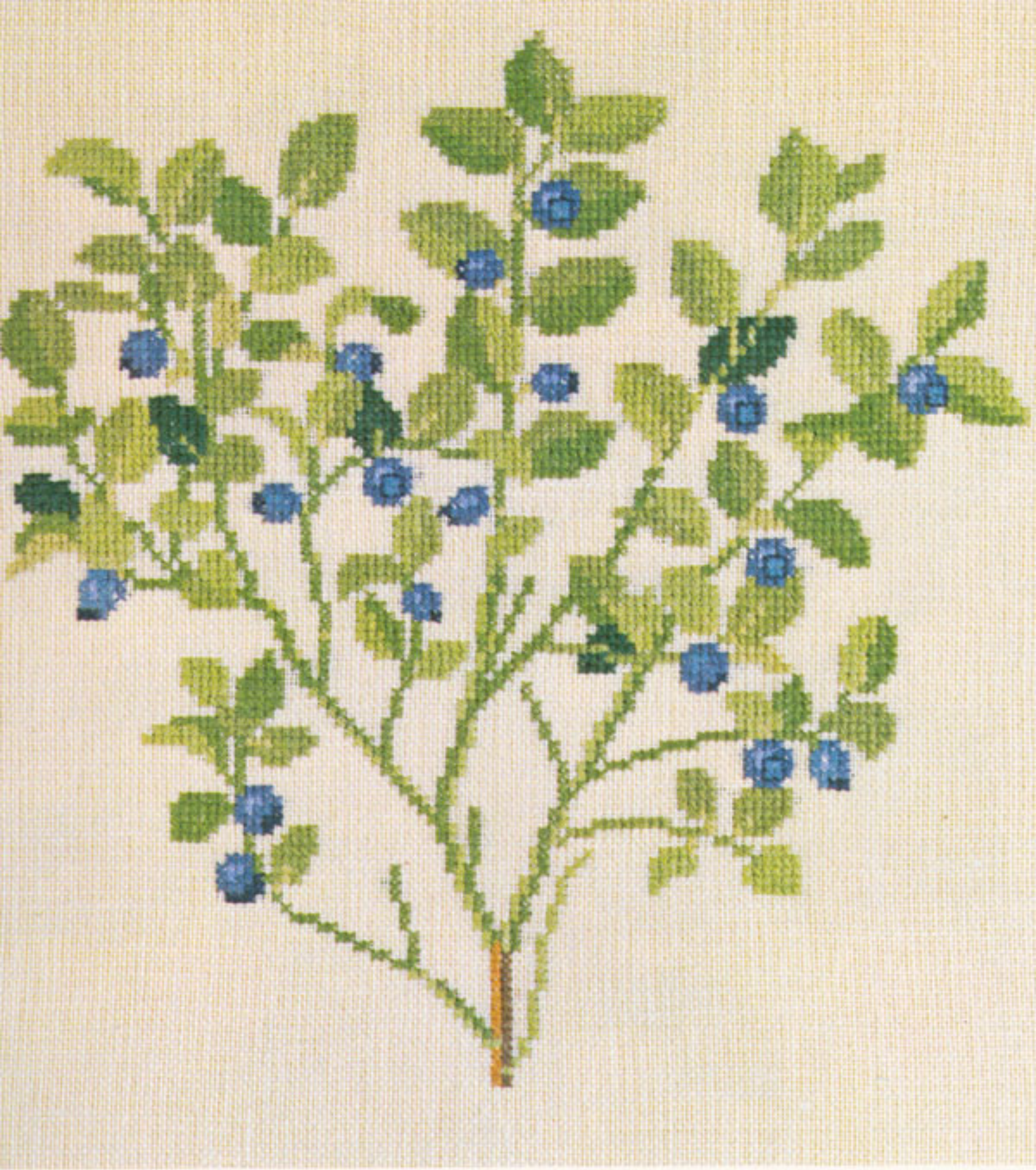
· *Greater Celandine* CHELIDONIUM MAJUS
From the stalks can be extracted analgesics and
hypnotics as well as a remedy against jaundice.



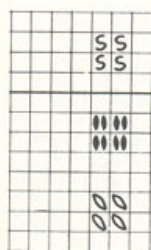


Musk Mallow MALVA MOSCHATA

From stalks and leaves can be extracted mucus
detaching drugs and laxatives. Can also be used
against nephritis and cystoliths as well as against
insomnia and headache.



Bilberry or Whortleberry VACCINIUM MYRTILLUS
From the fruits can be extracted a drug against
diarrhoea and scurvy, and from the leaves a drug
against infections in the urinary system.



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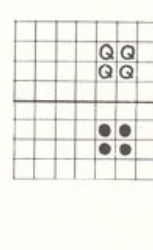
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Deadly Nightshade ATROPA BELLADONNA †
From stalks can be extracted a drug against nervous
asthma and neuralgia. Its fruits have abilities to
enlarge the pupils of the eyes.



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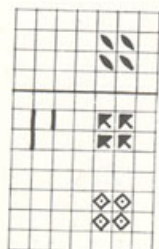
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ss	302

■	240
♥♥	238
ZZ	35

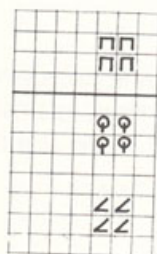


Lesser Burdock ARCTIUM MINUS

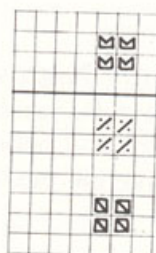
The juice of the roots can be used against loss of hair, podagra and rheumatism.



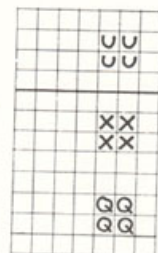
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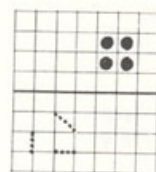
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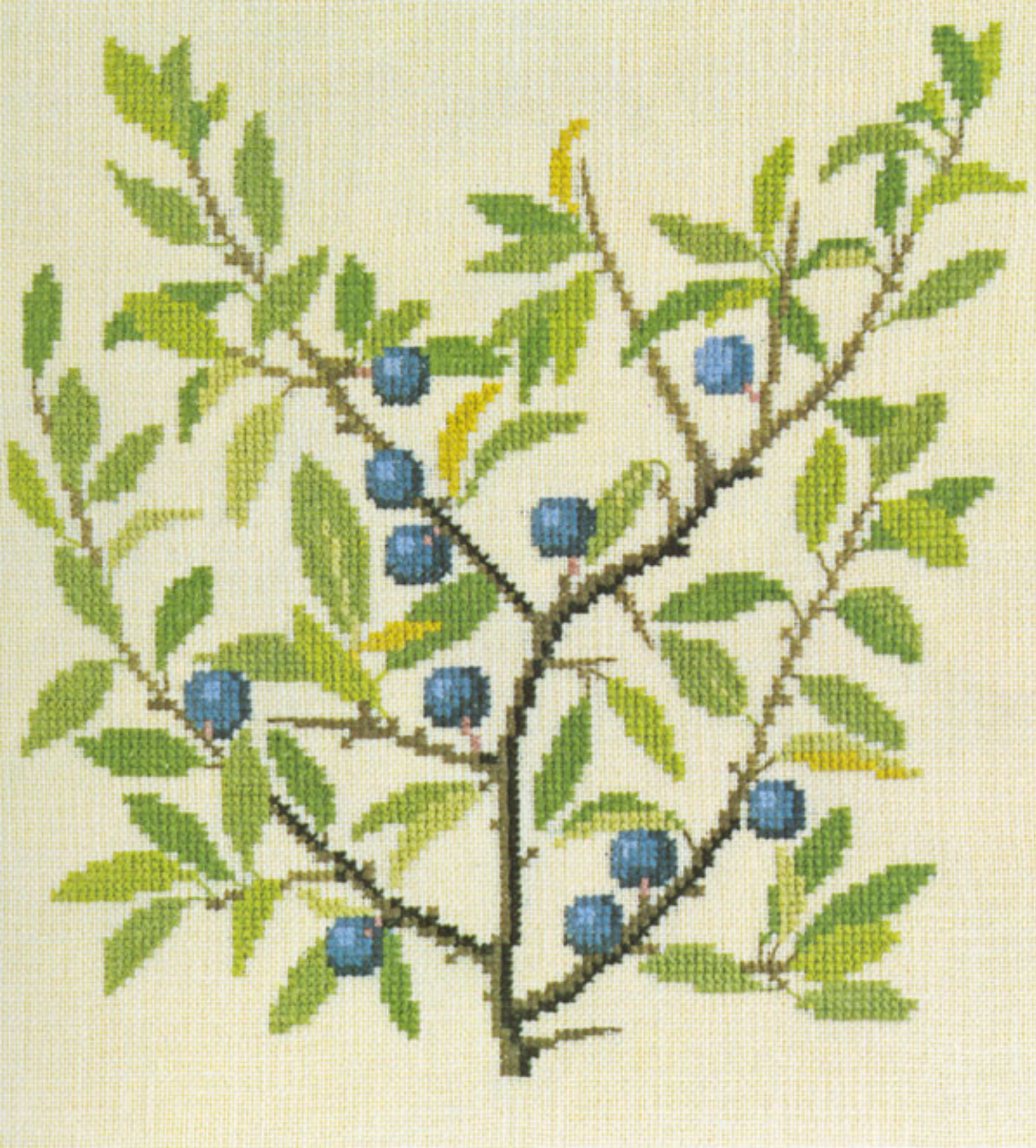
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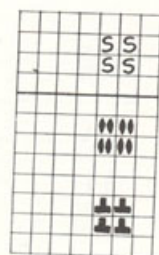
Woody Nightshade SOLANUM DULCAMARA †
From young stalks and roots can be extracted
blood-cleansing and sudorific drugs.

C



Blackthorn or Sloe PRUNUS SPINOSA

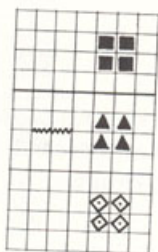
From the fruits can be extracted a drug used as a mild laxative.



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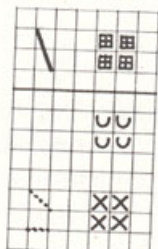
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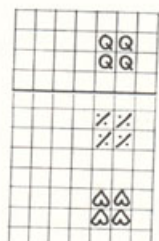
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Mezereum DAPHNE MEZEREUM †
From berries and bark can be extracted an emetic.



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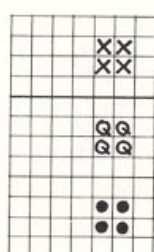
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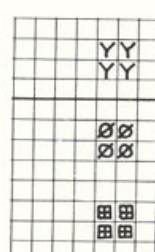
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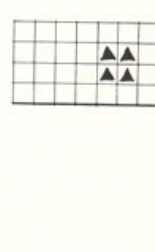
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Foxglove DIGITALIS PURPUREA †

From the leaves can be extracted a drug against heart diseases, and it can also heal wounds.



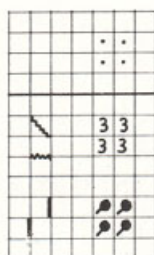
The Foxglove (*Digitalis purpurea*) can be worked as a tall plant (see, for example, page 7). The shaded area on the bottom left of the pattern indicates how to continue with the right-hand side of the pattern.



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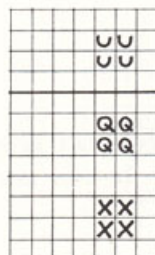
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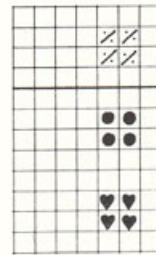
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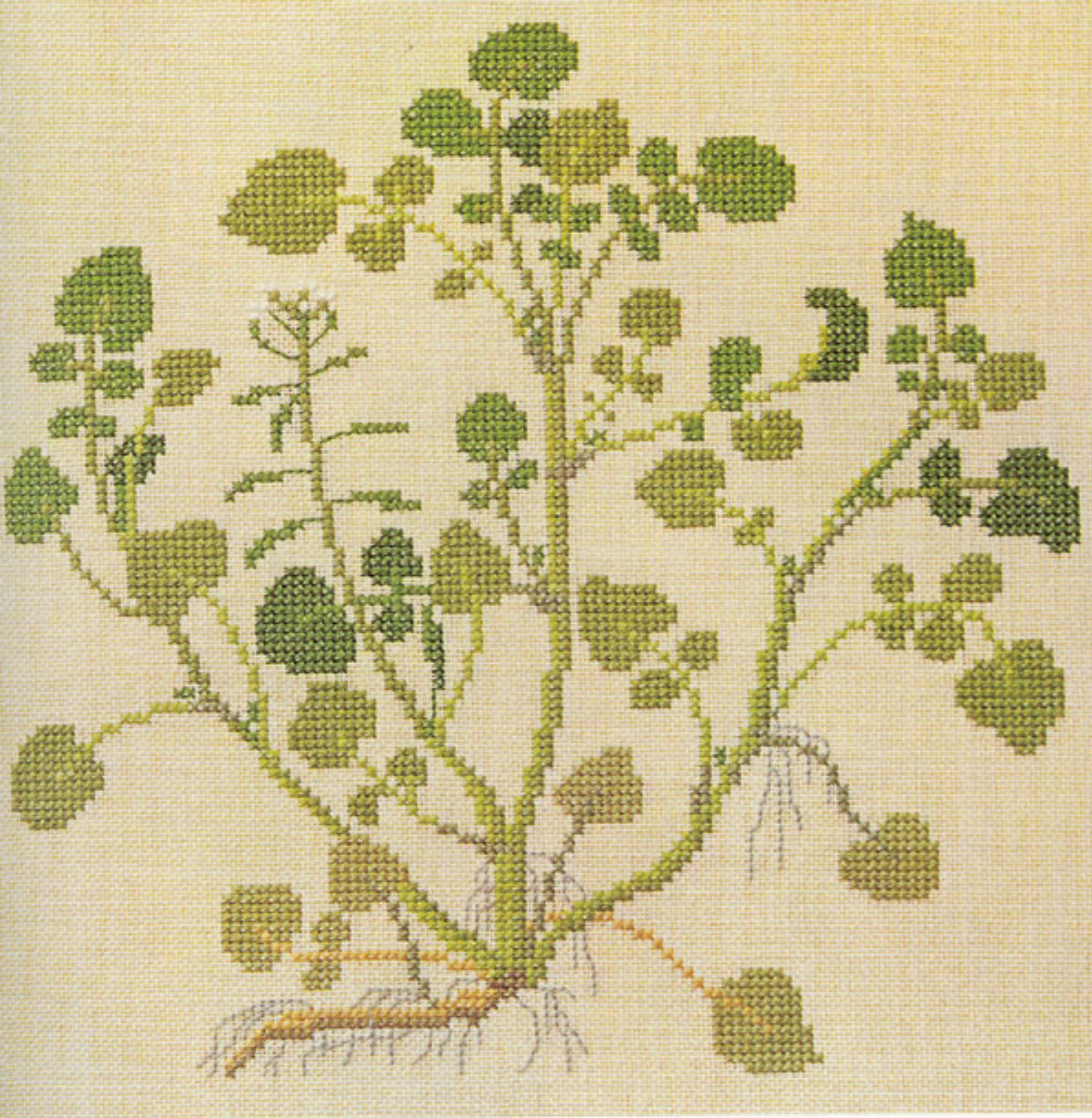
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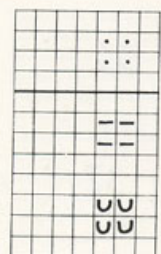
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Watercress NASTURTIUM OFFICINALIS

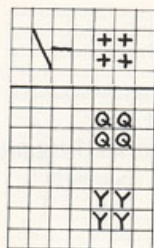
Difficult to cultivate. Grows wild in a few places in Denmark. Can be eaten fresh with meat dishes.



DMC
blanche

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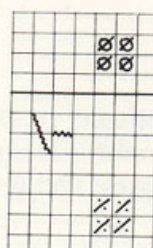
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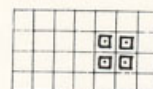
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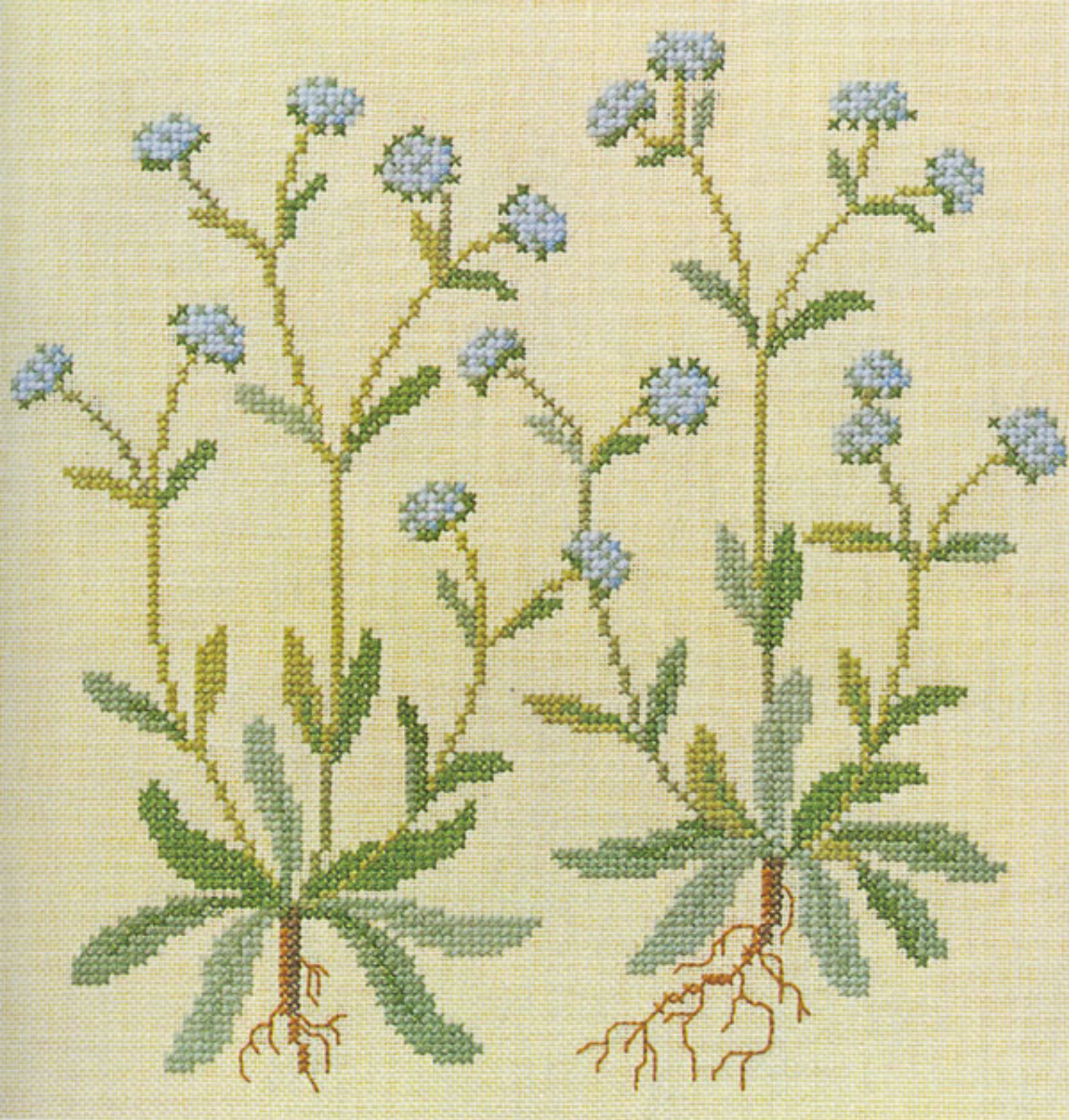
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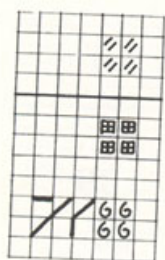
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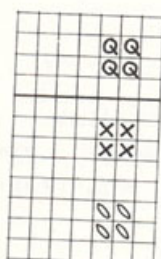
Lamb's Lettuce VALERIANELLA LOCUSTA

Grows wild in many places. Has thick, juicy leaves and a crisp stem, which can be eaten fresh in salads.



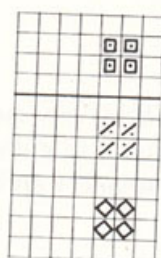
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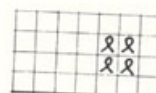
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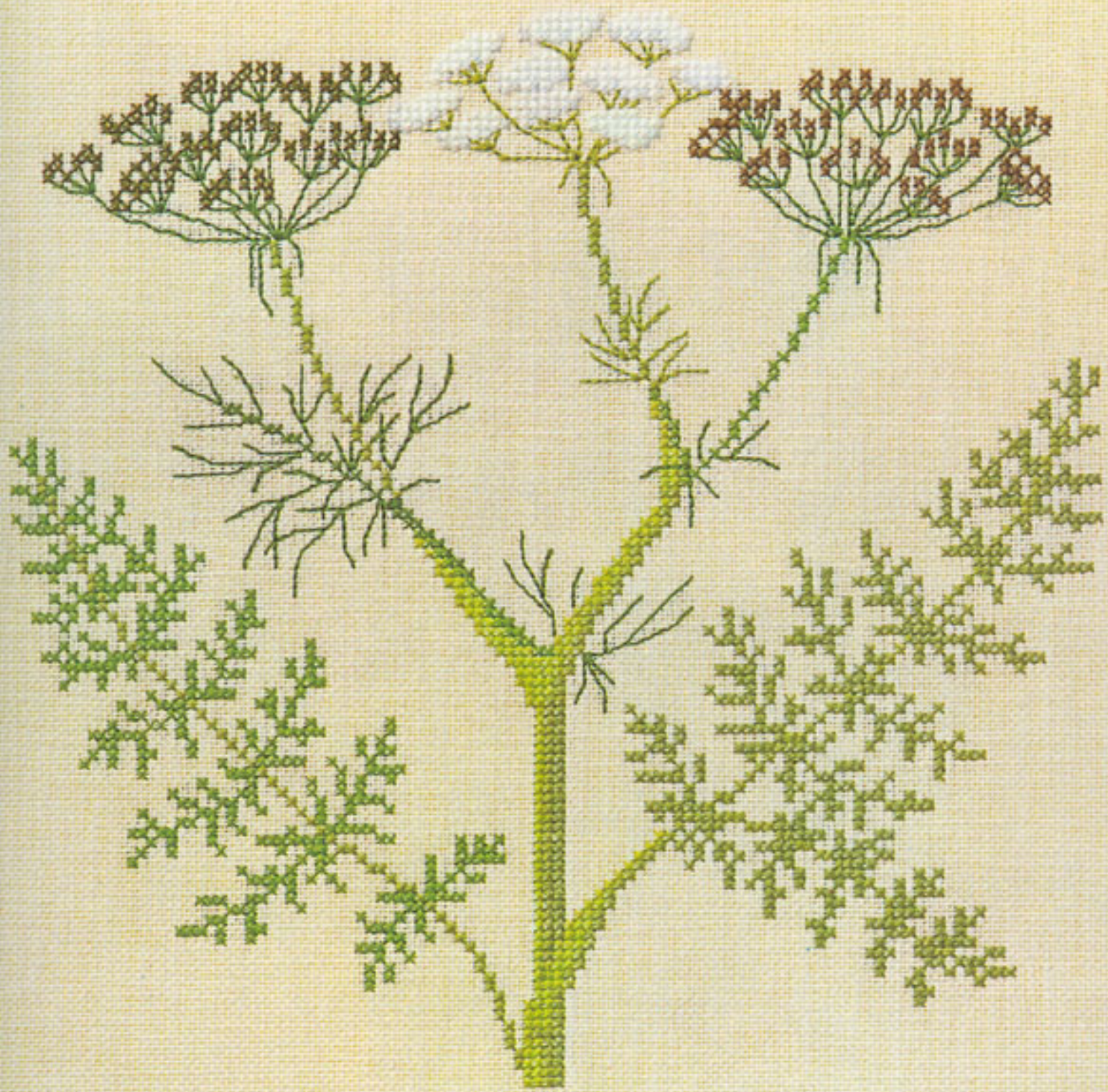


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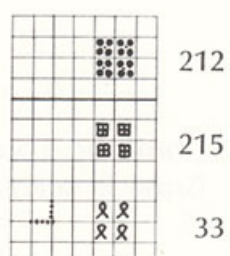
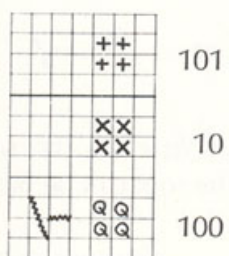
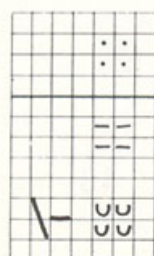
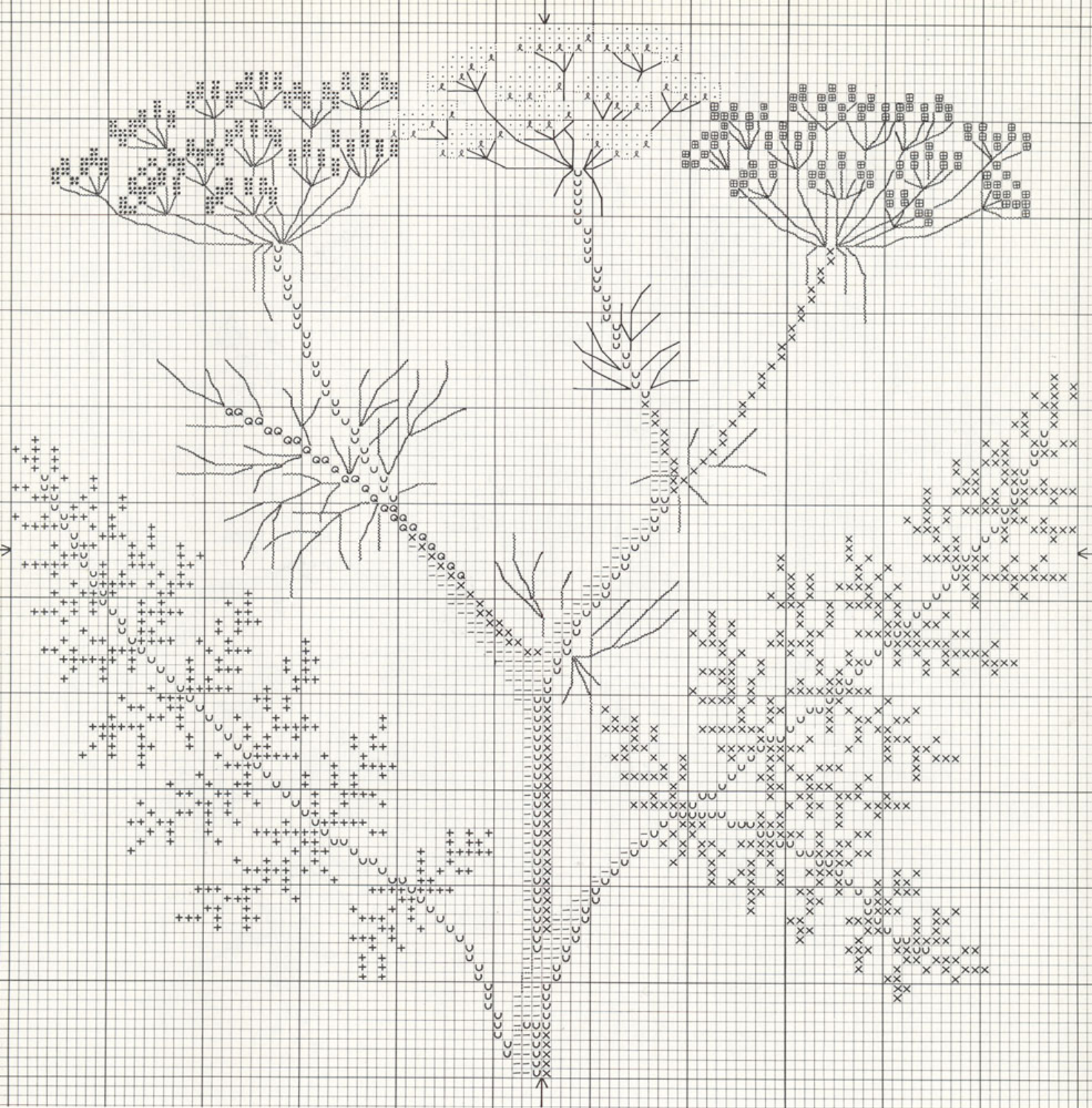


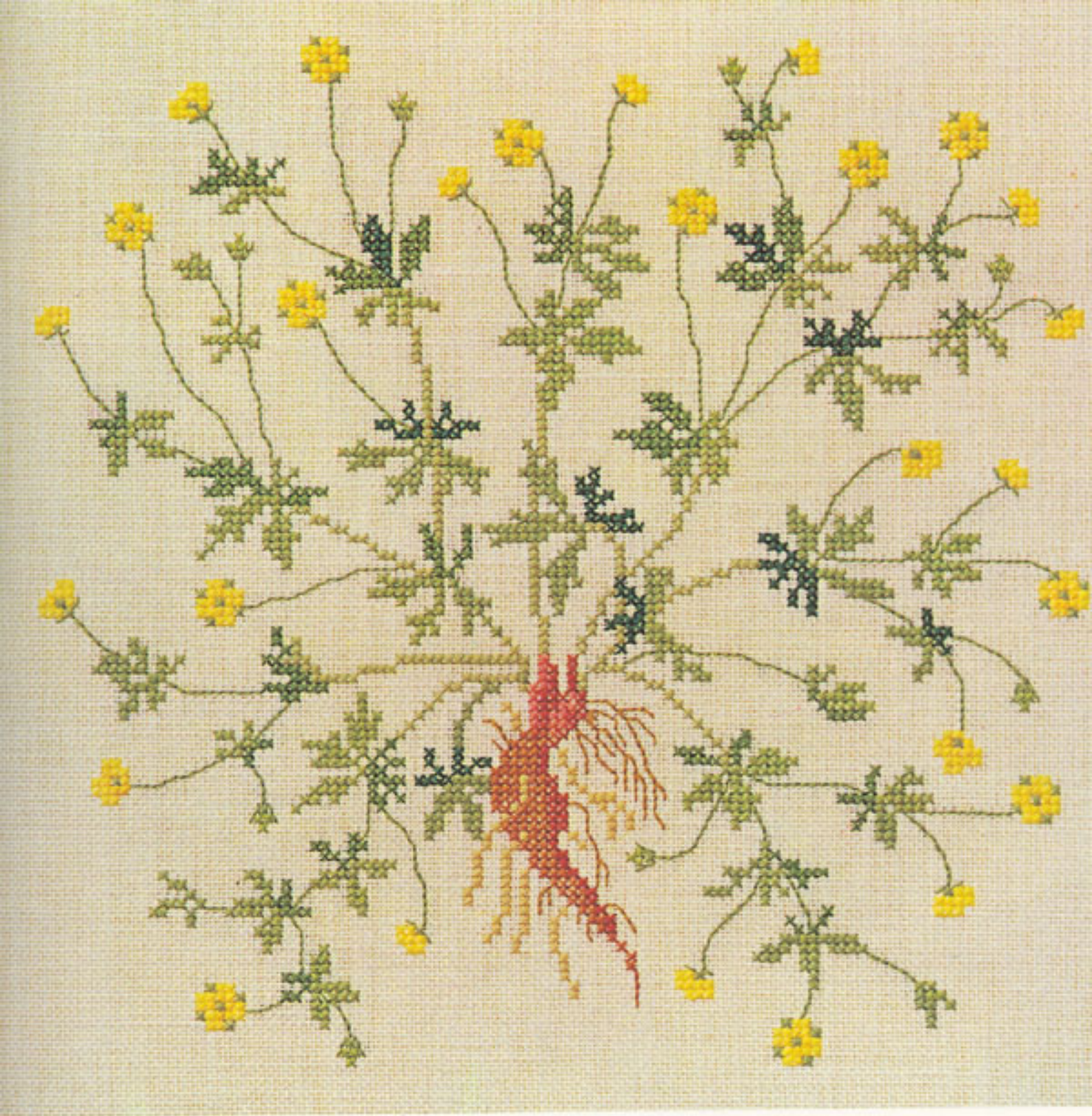
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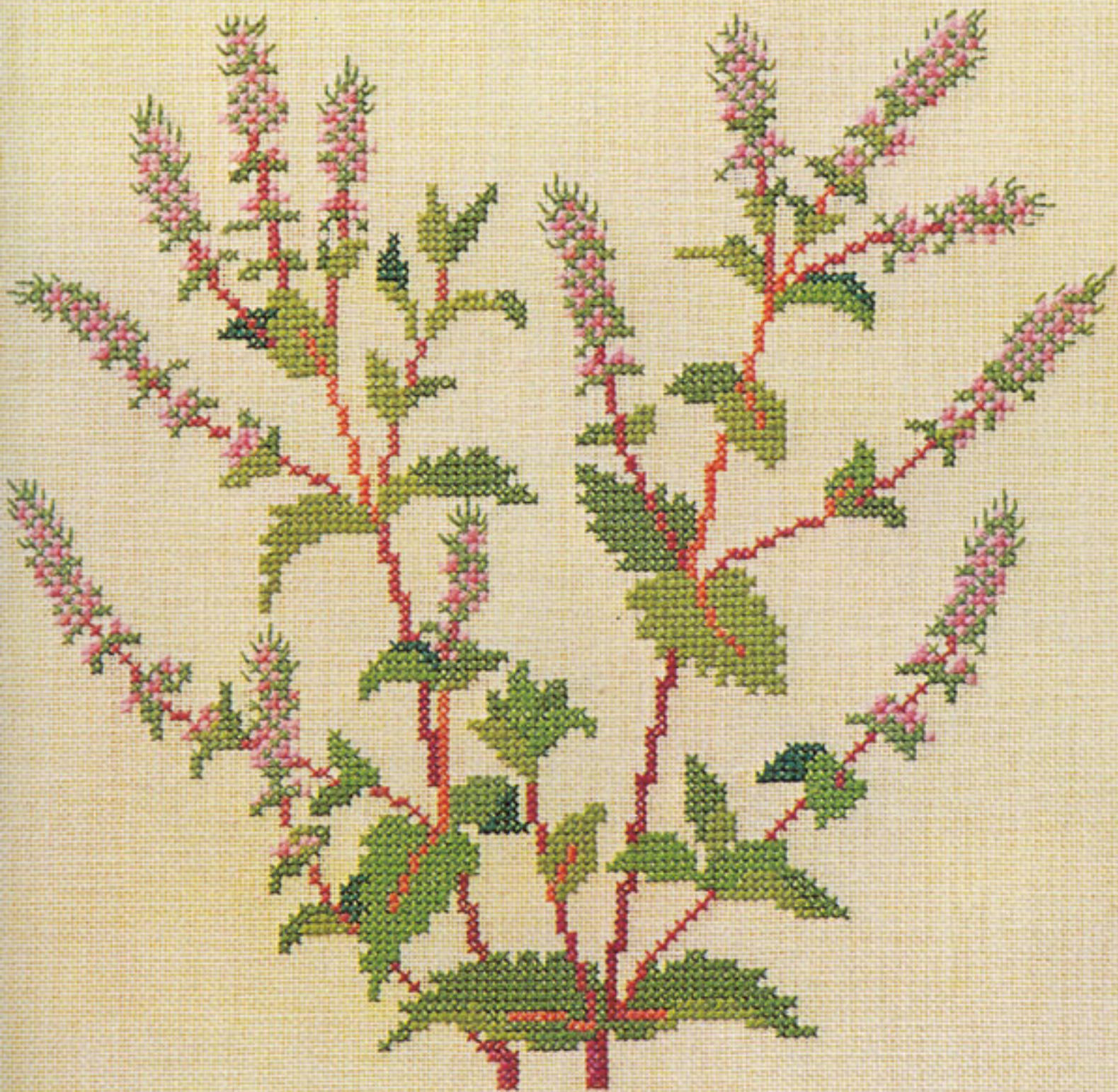
Common Caraway CARUM CARVI

Hardy plant, which is easy to grow. Seeds itself. Is one of the most common herbs.

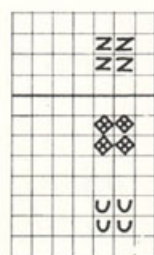




Common Tormential *POTENTILLA ERECTA*
Grows in sandy areas. The root can be put in snaps.



Pepper Mint MENTHA PIPERITA, VAR. CRISPULA
Easy to grow. Has a tendency to spread. May also be
used for lamb dishes.



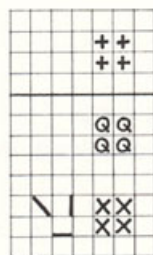
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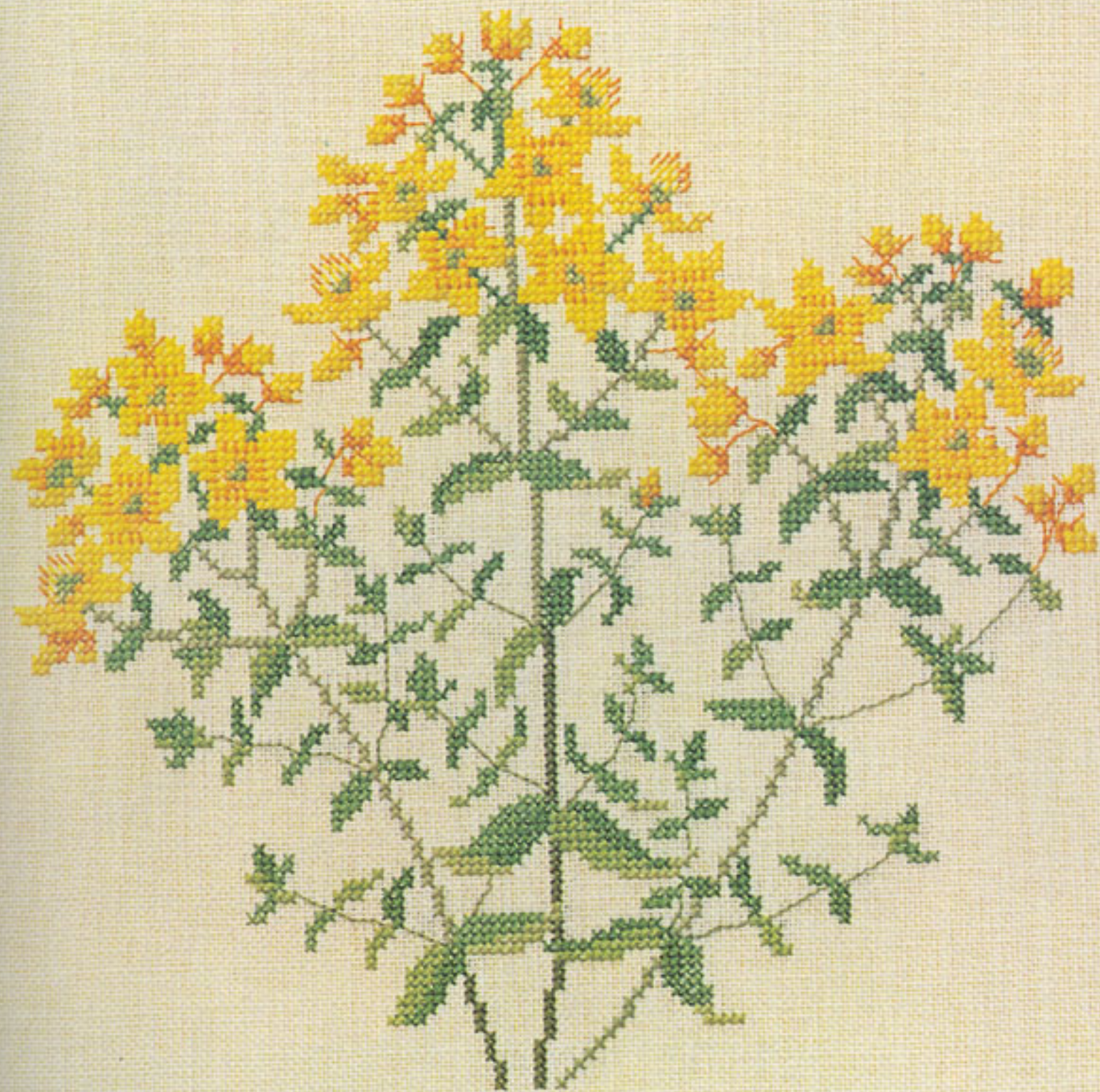
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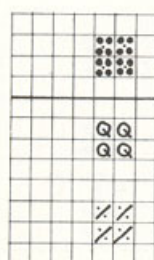
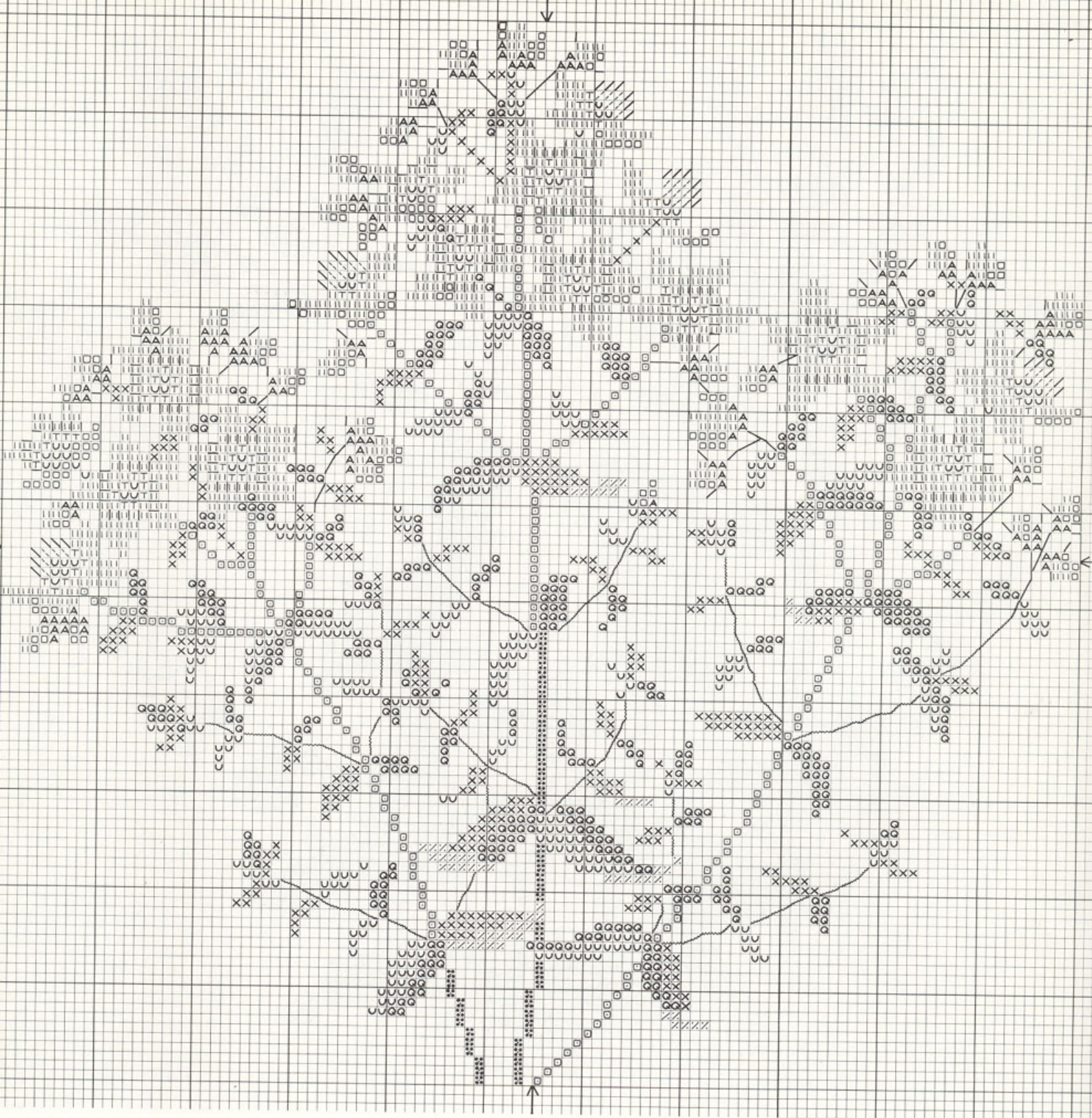
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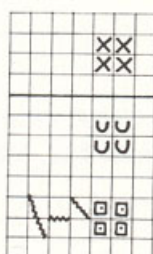
Perforate St.-John's-Wort HYPERICUM PERFORATUM
Grows throughout Denmark. Leave the flowers and
buds to draw for a couple of months in snaps in order
to obtain red, tasty pericum snaps.



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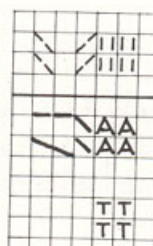
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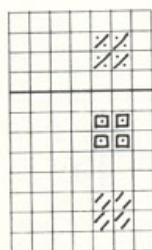


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Sage *SALVIA OFFICINALIS*

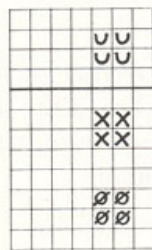
Also called "donkey's ear" because of its gray, hairy leaves. Comes from the Mediterranean. Strong tasting, should be used sparingly. Counteracts some of the fishy smell of sea-birds.



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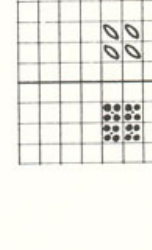
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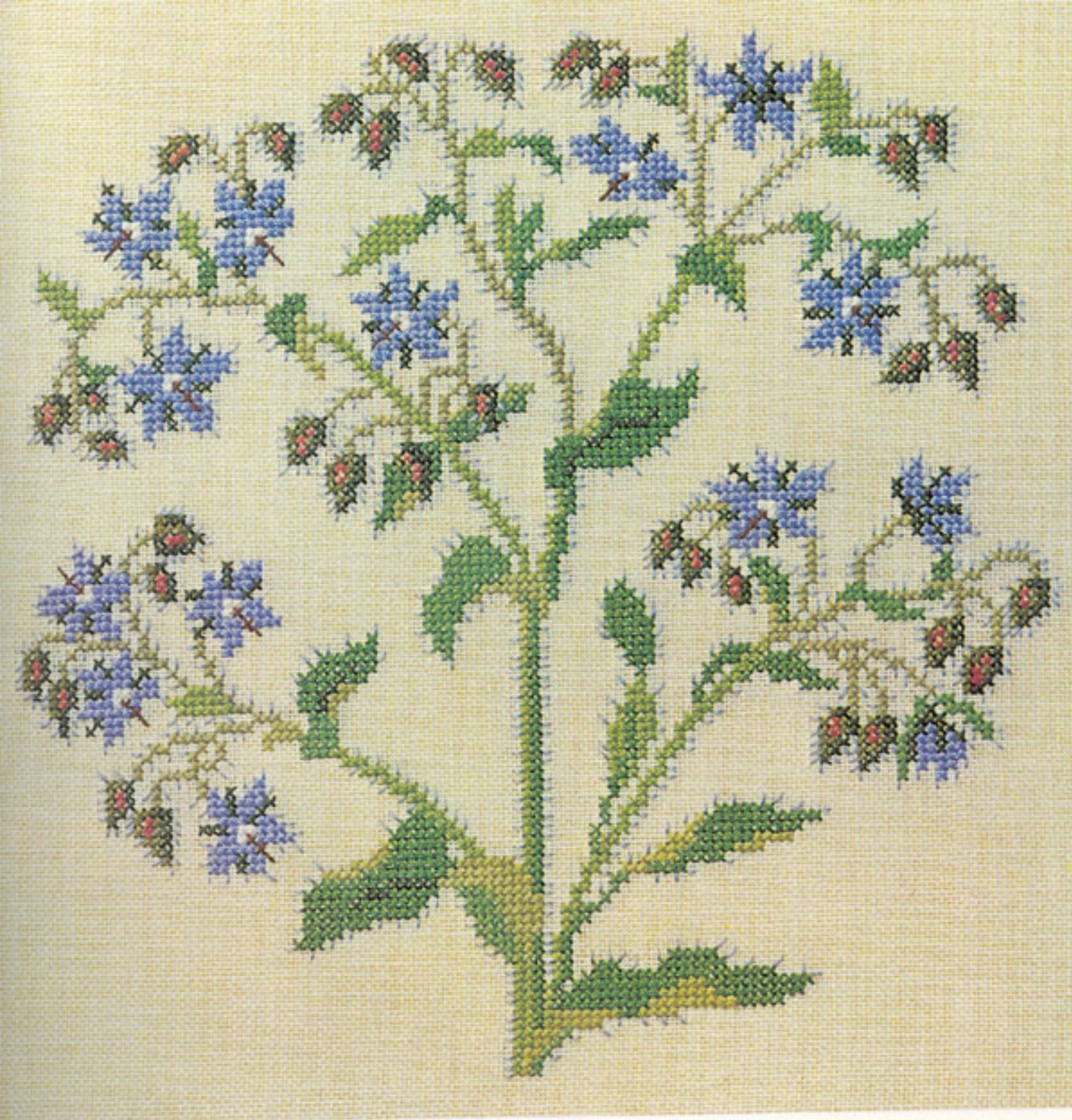
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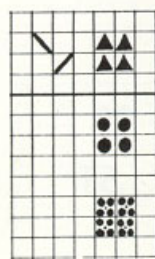
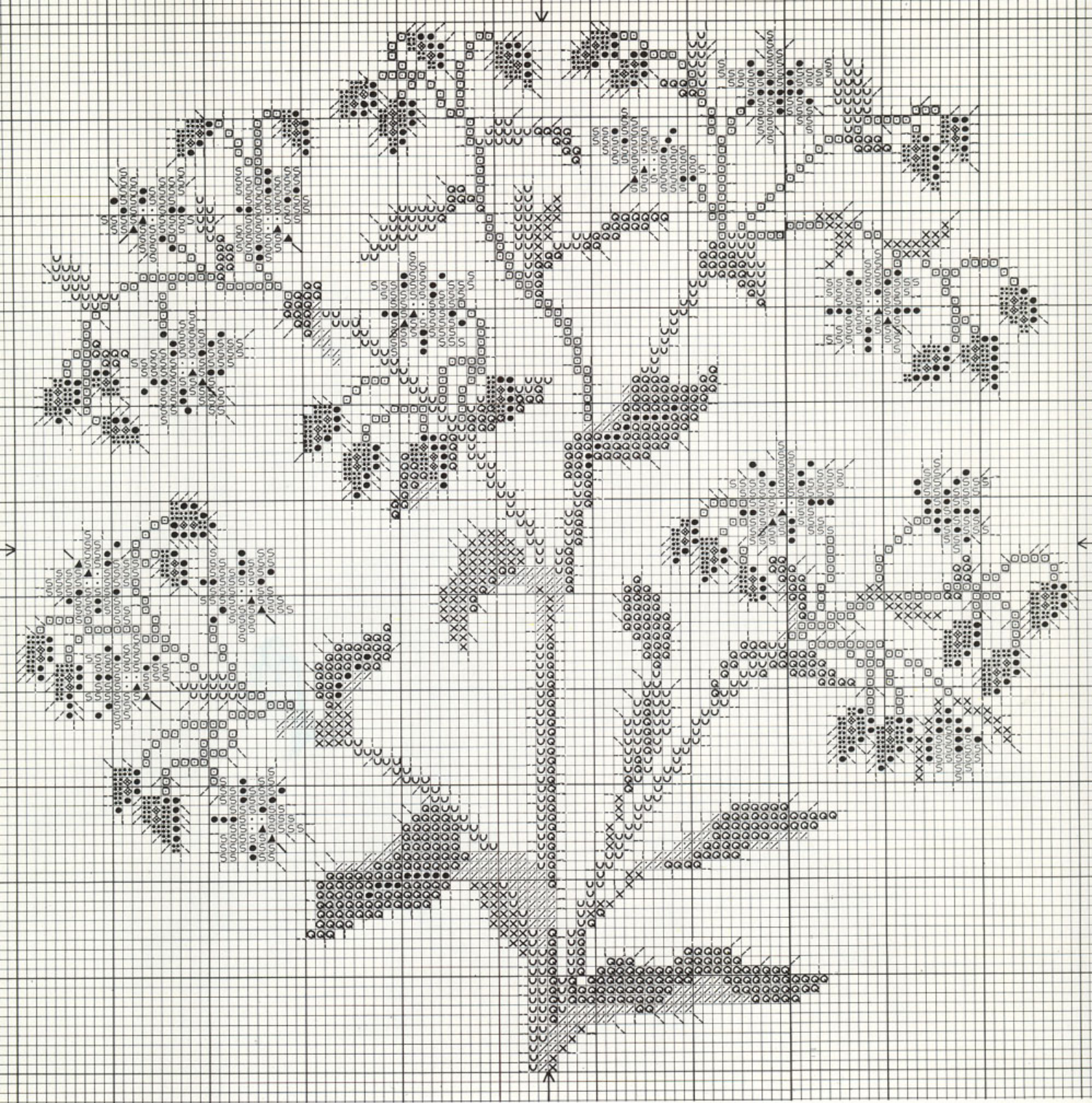
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Borage BORAGO OFFICINALIS

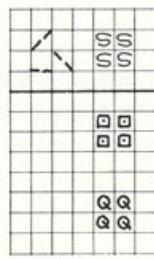
Hardy plant. Can be harvested until the frost starts.
Leaves and flowers may be used in salads.



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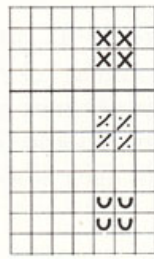
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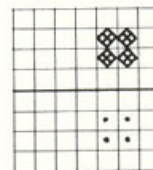
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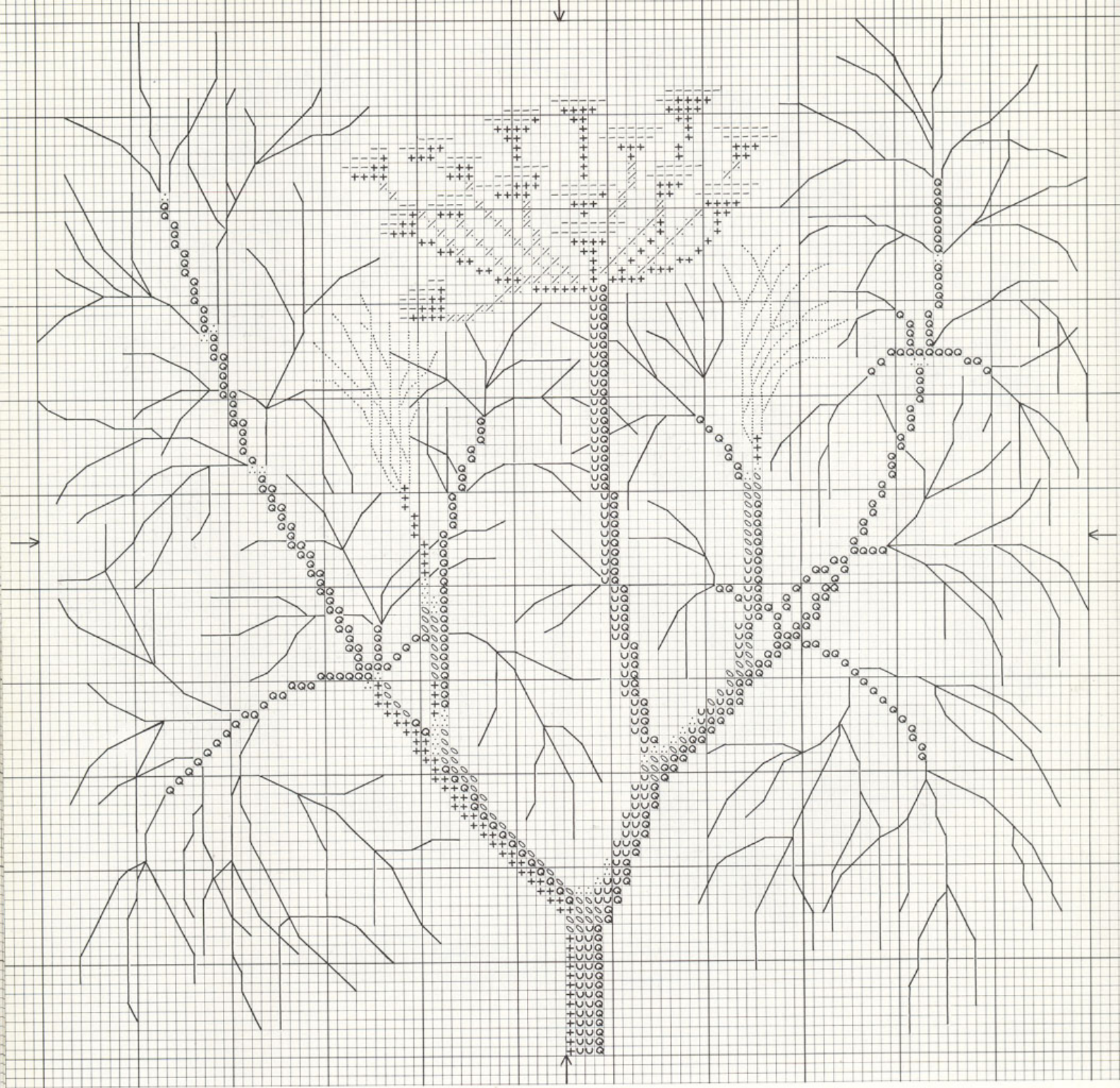
323

DMC
blanche



Dill ANETHUM GRAVEOLENS

One of the most common Danish culinary herbs. Easy to grow. Used especially for fish dishes. The seeds contain oil, which is used in the perfume and soap industry.



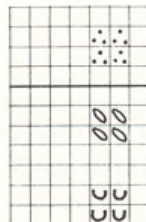
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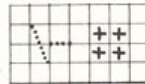
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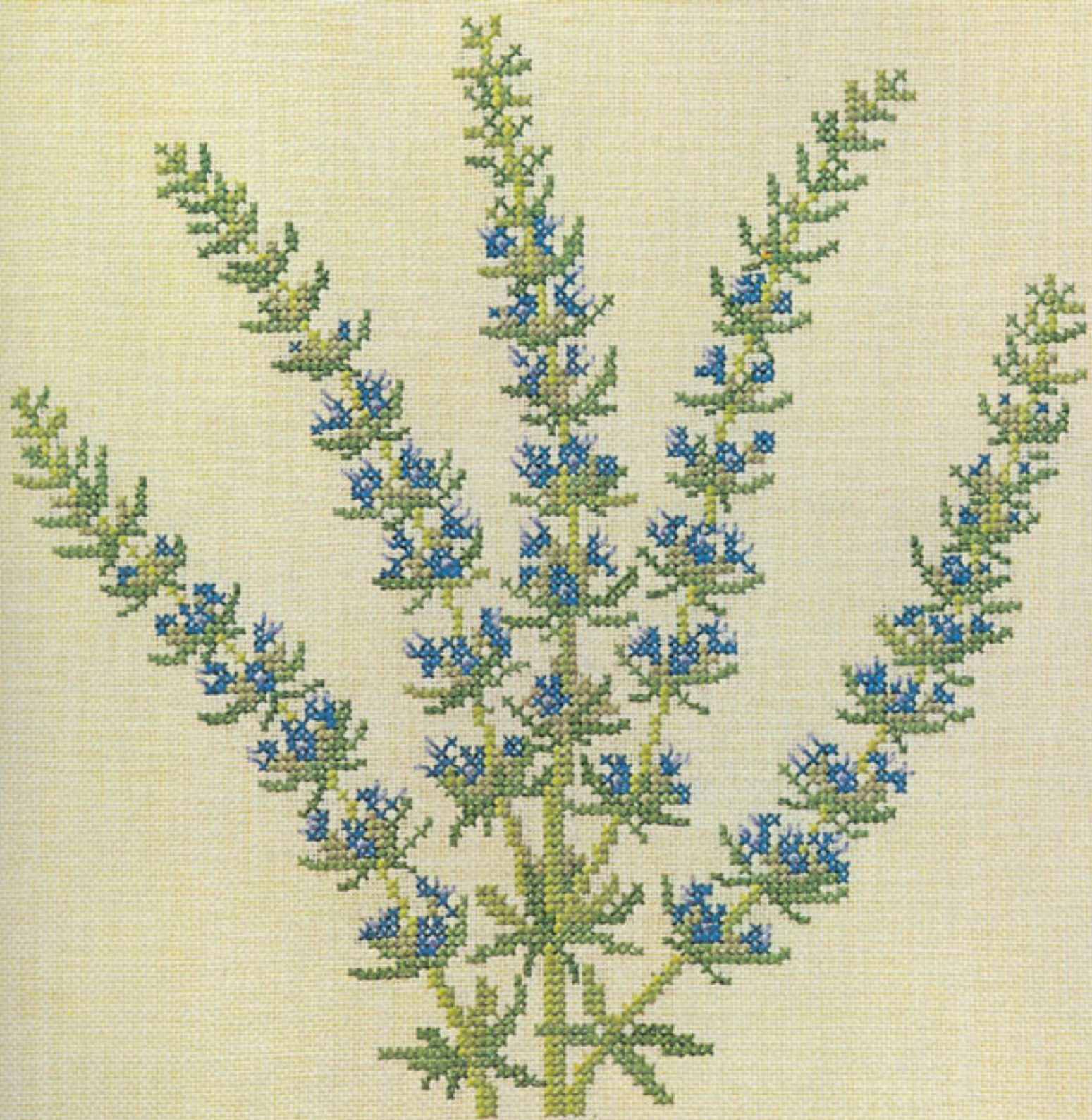
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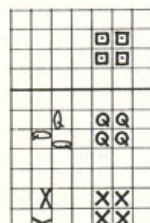
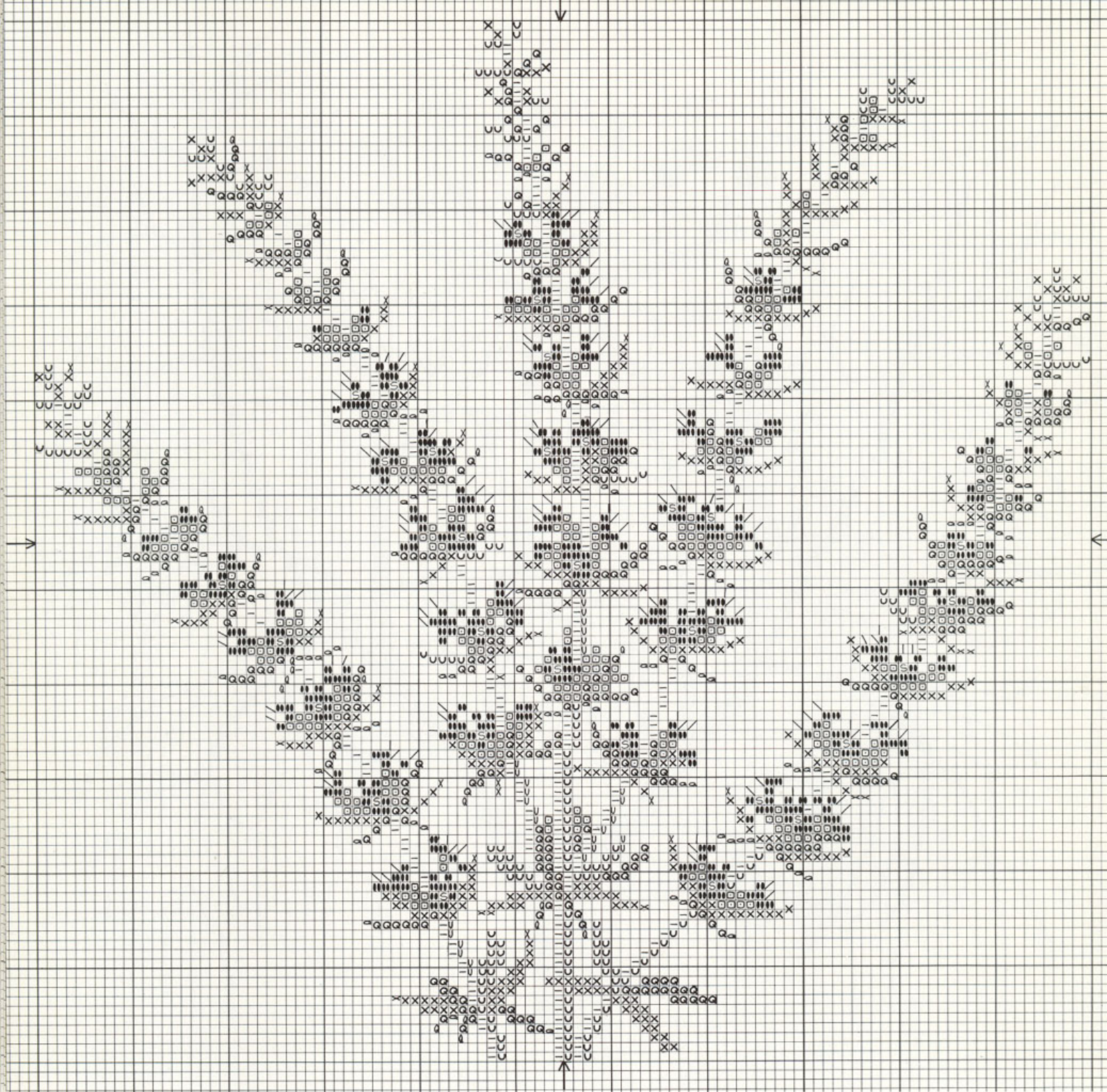
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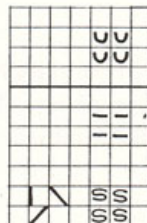
Hyssop HYSSOPUS OFFICINALIS
Common Danish perennial. Useful in a bouquet
garni, although a little bitter.



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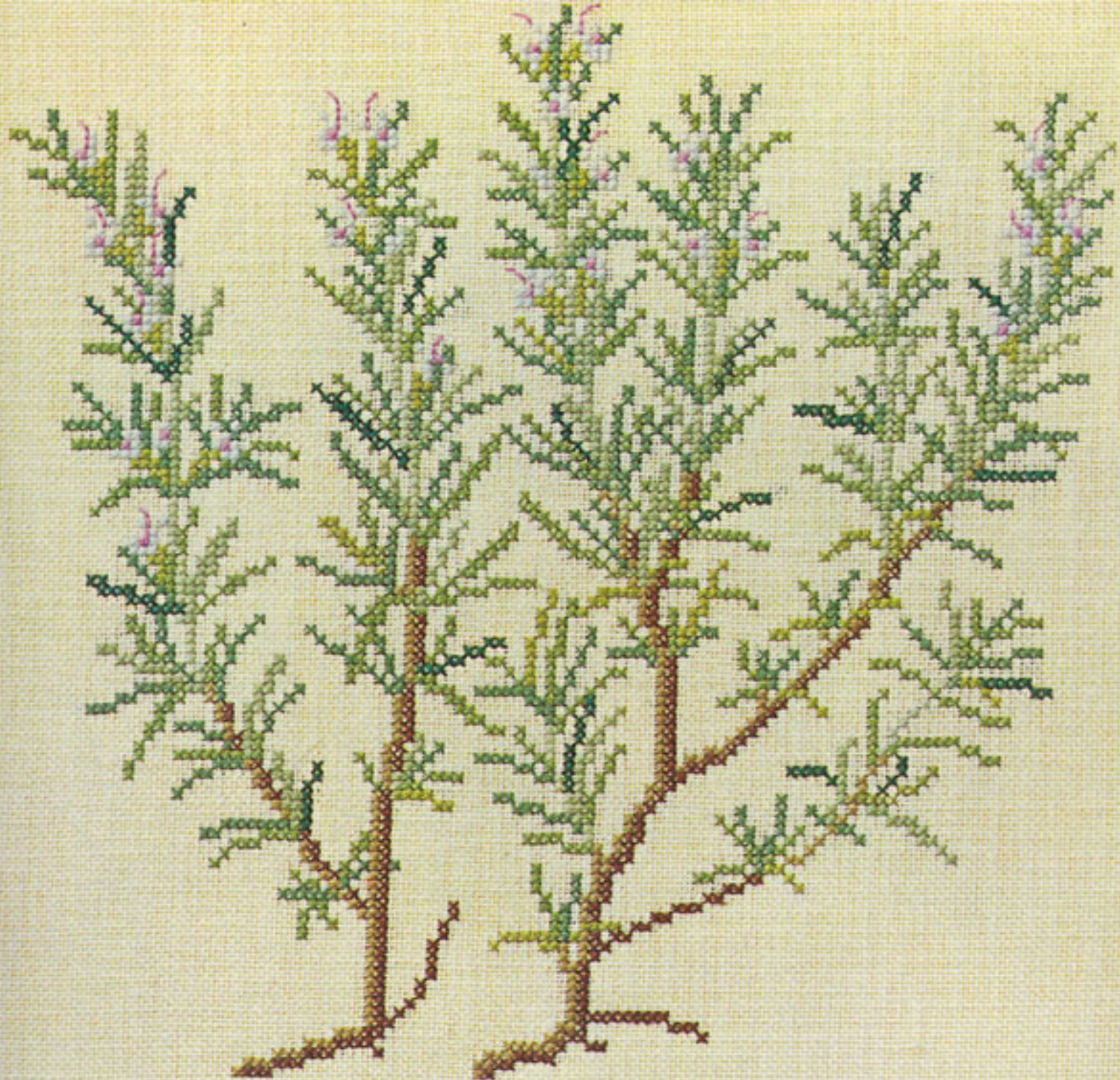
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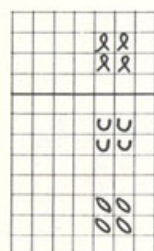
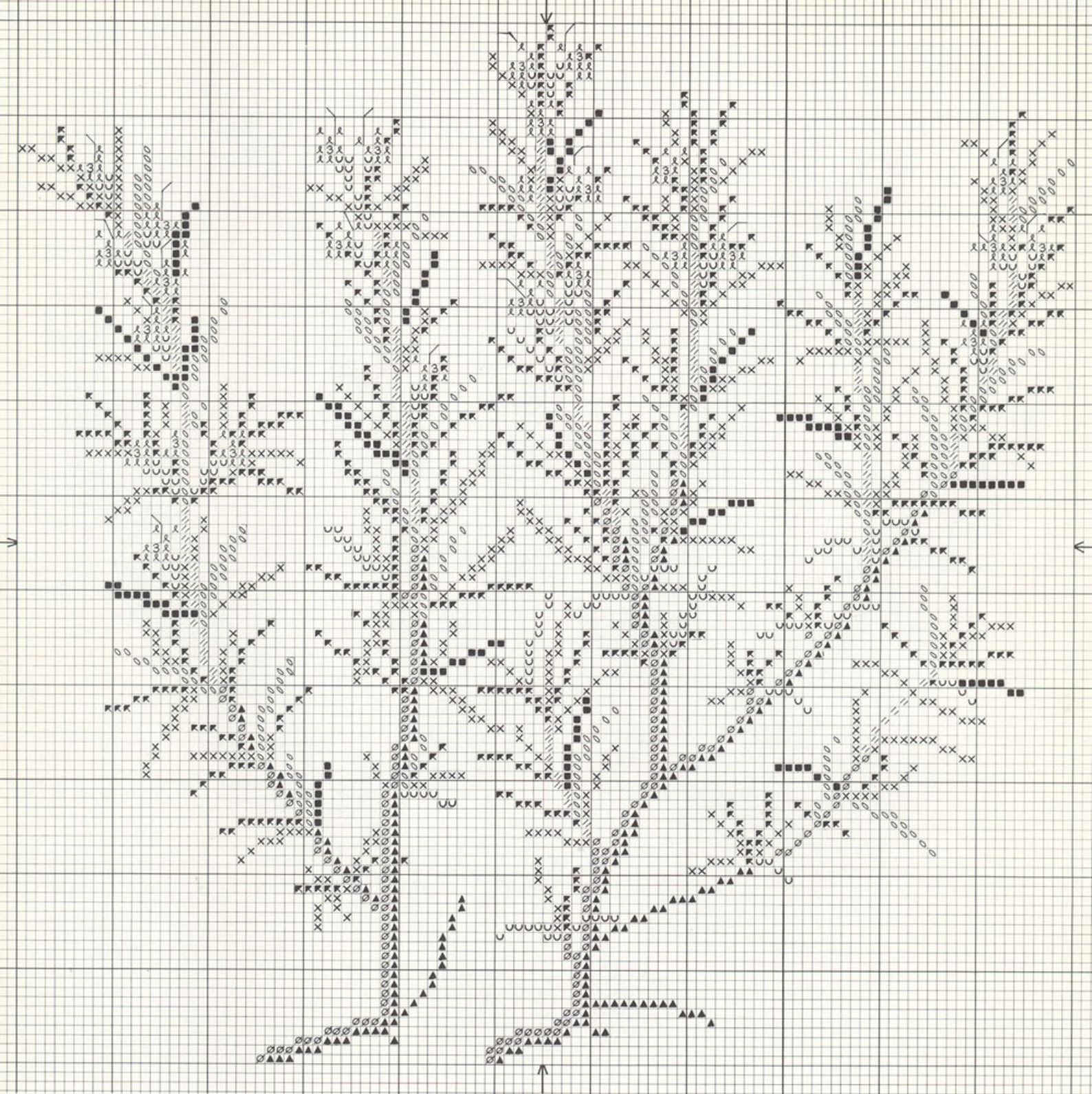


17

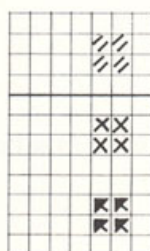


Rosemary ROSMARINUS OFFICINALIS

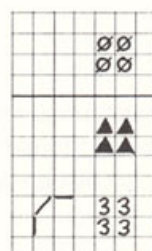
Grows wild in the Mediterranean scrub. The leaves contain oil, which is used in the perfume and soap industry. Suitable for roast pork and rich fish dishes.



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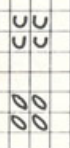
231



222



210



40



10



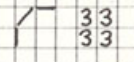
216



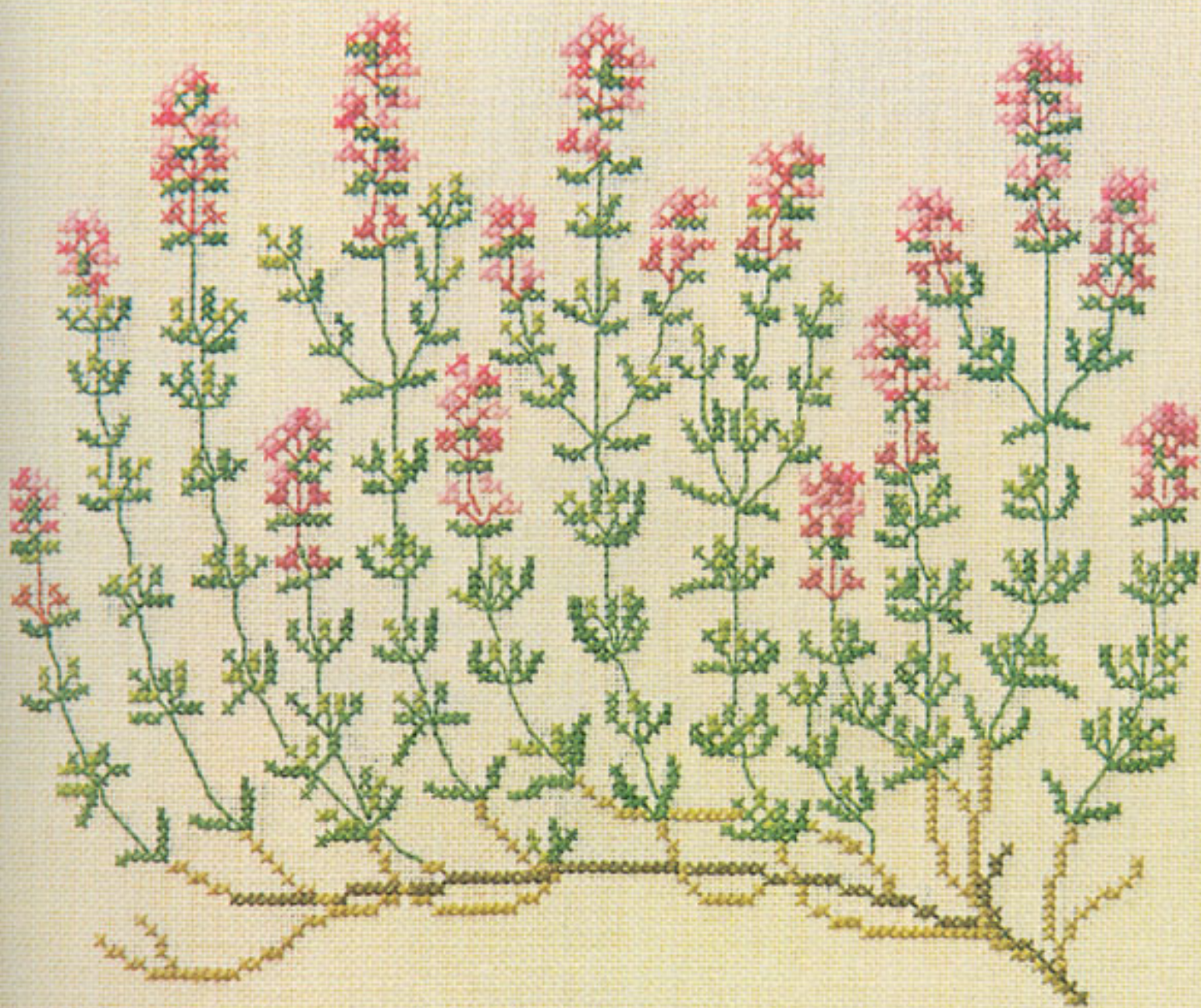
224



9

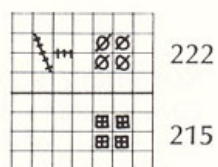
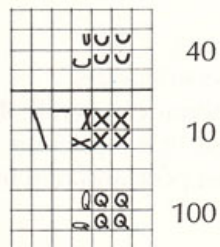
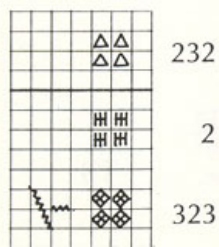
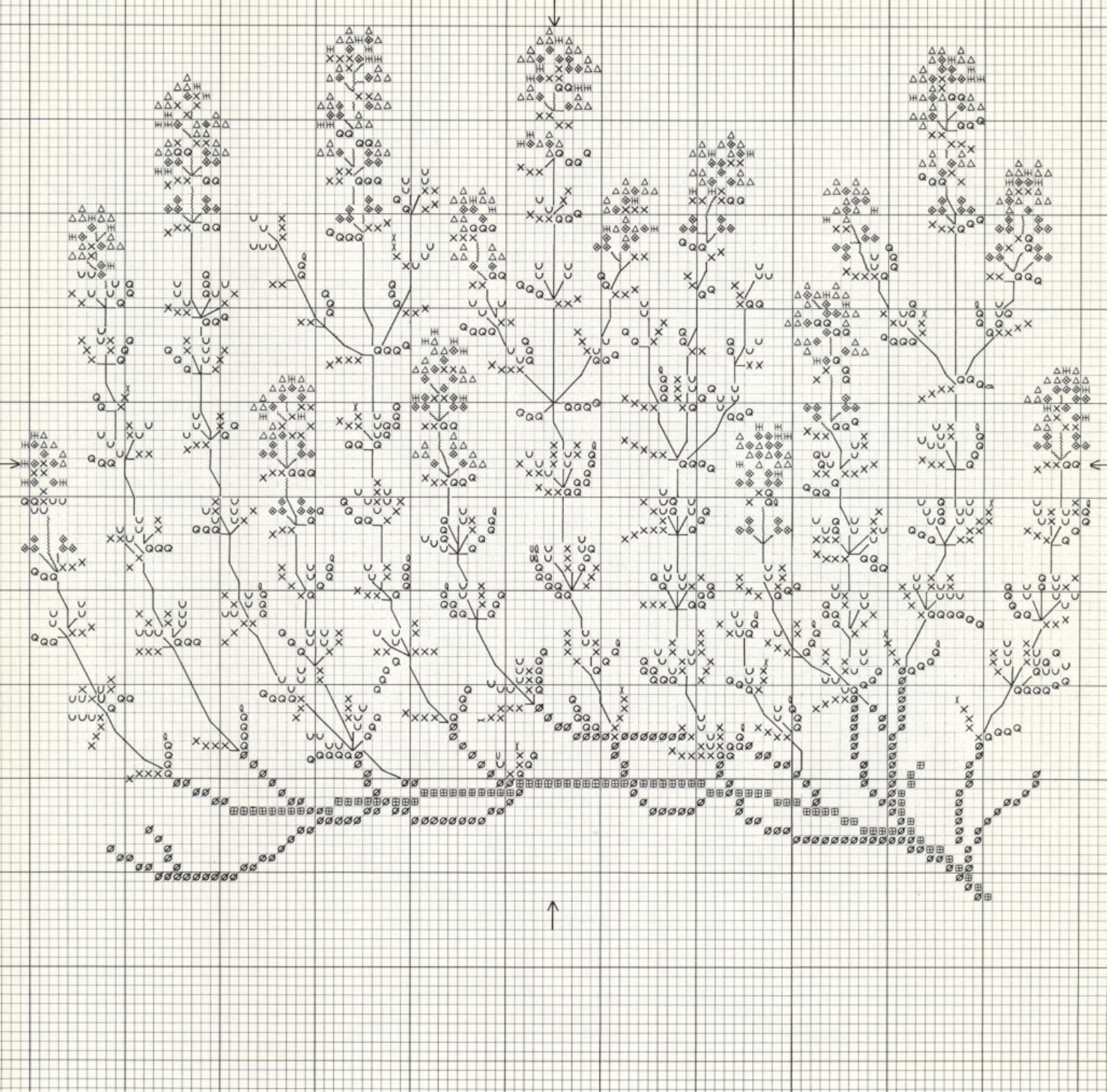


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Thyme THYMUS VULGARIS

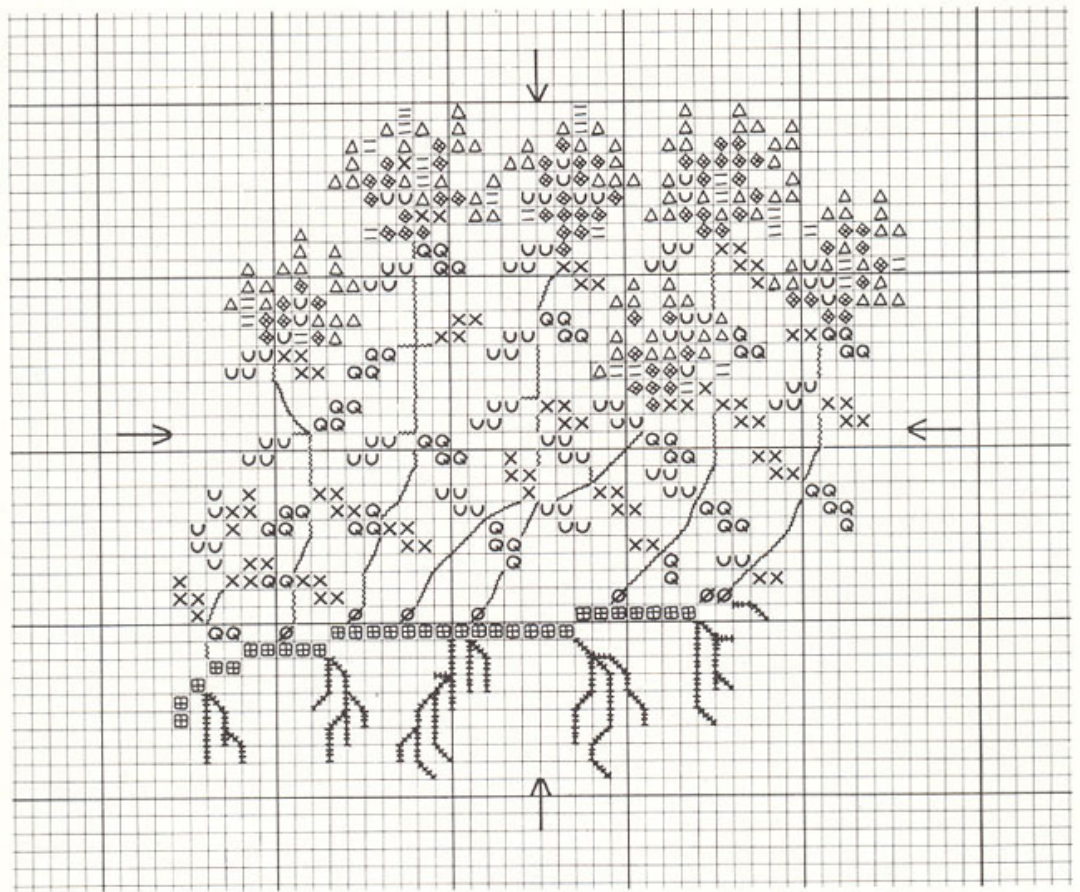
Grows wild in the Mediterranean scrub but is commonly grown in Denmark. Very suitable for vegetable soups and lamb.





Wild Thyme THYMUS SERPYLLUM

Wild thyme grows on windswept hills, heaths and dunes. It was once popular as a medicine and herb.



The little thyme motif may be used as a corner motif for a place mat.

