



Loveland Medicinal Garden

The medicinal herb garden is a recent development to the Loveland community project. Collaboratively designed and created it is intended as an accessible space for the educational and practical purpose of nurturing our collective wellbeing.

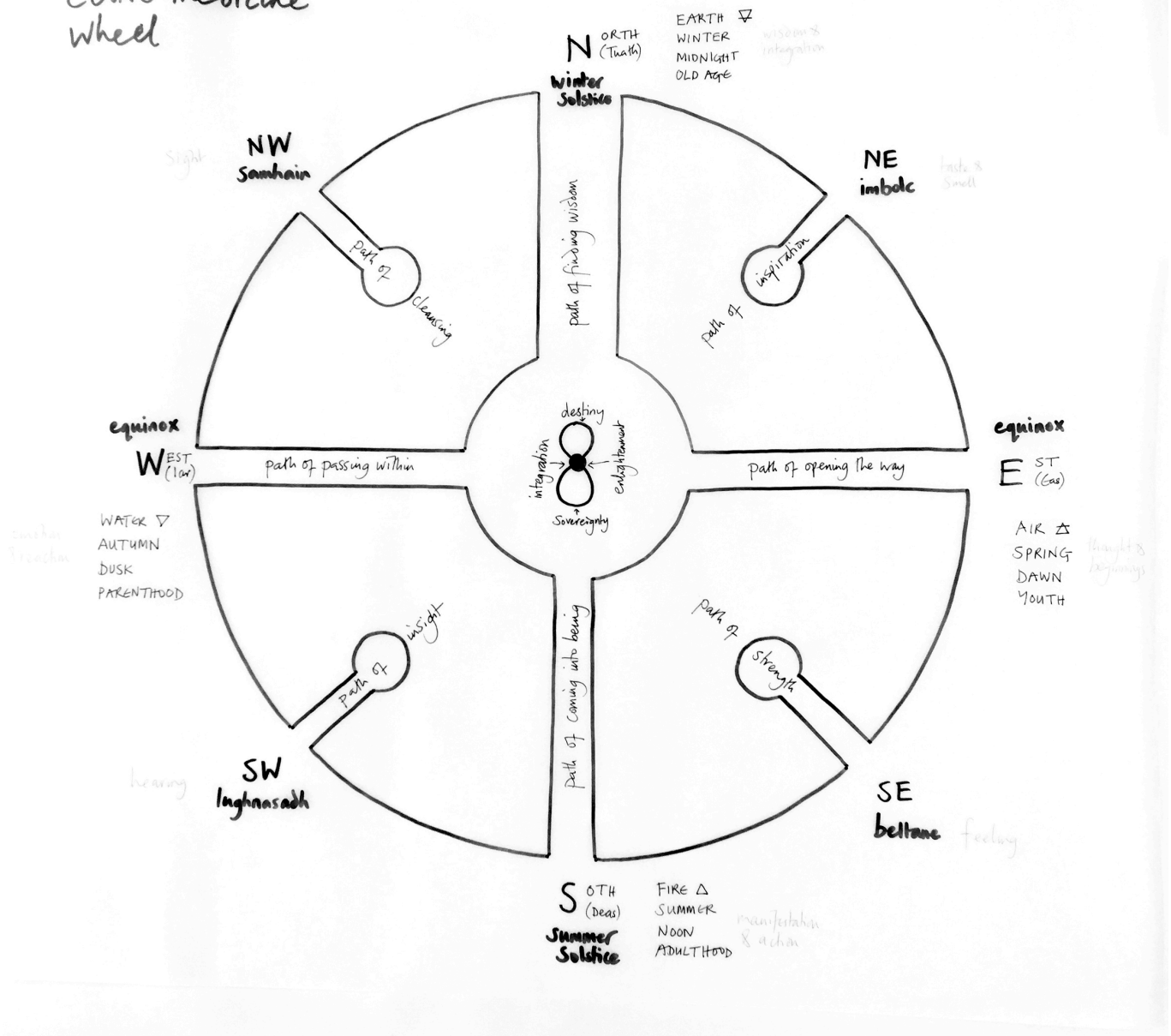
Formed during the pandemic the herb group are a mix of participants with varying levels of knowledge and experience in propagation, production and use of culinary and medicinal herbs.

This initial 'mother' bed or 'physic garden' will house over 30 key plants used in an apothecary to create teas, tinctures and balms. There are a huge variety of herbal teas and concoctions readily available to support a healthy lifestyle that we can grow ourselves and in doing so combat isolation and promote wellbeing through learning and working together.

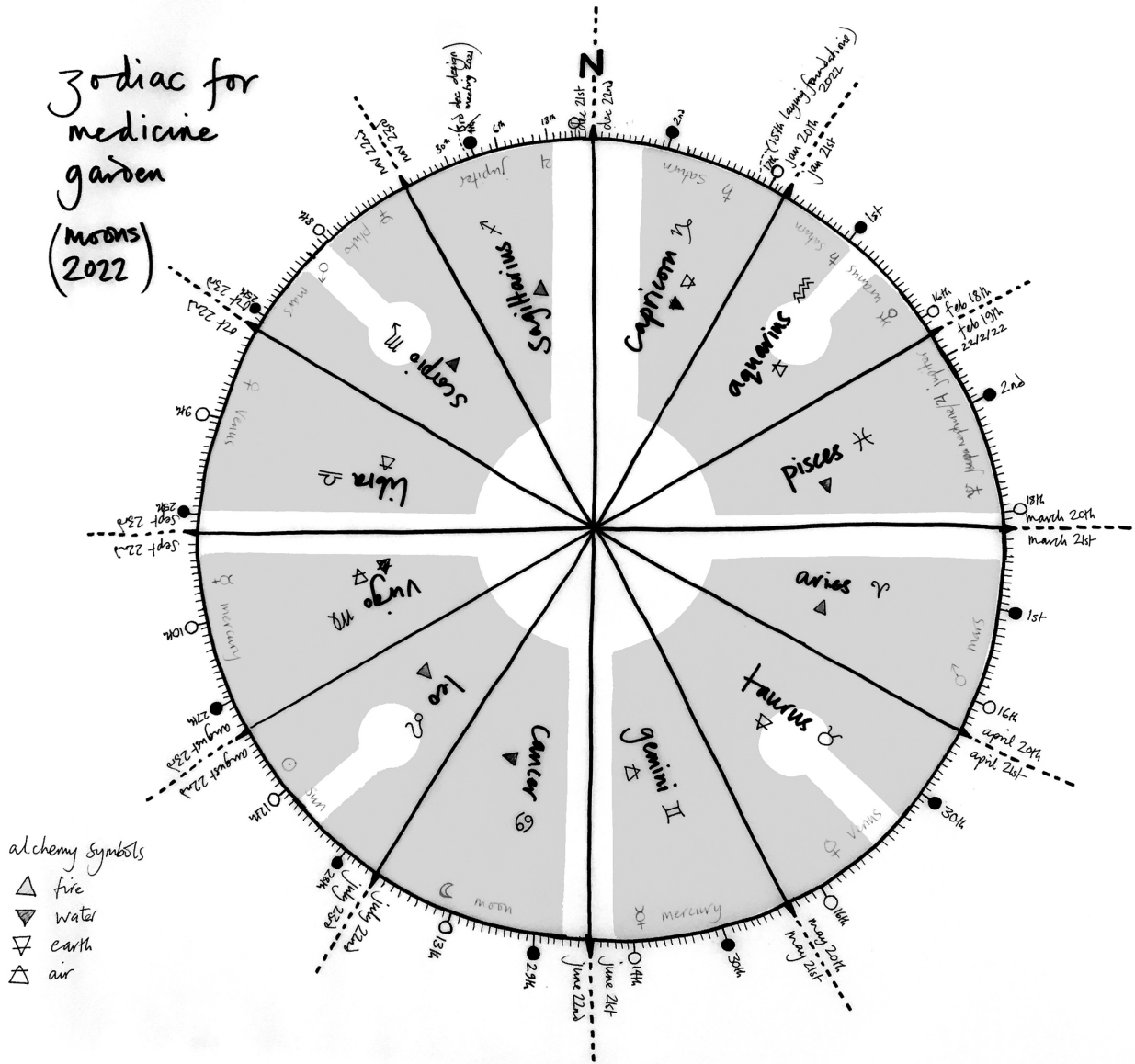
Collaborative design process...

First meeting in Dec 2021 we brainstormed and collectively drew up a basic design that turned out to be Celtic inspired

Celtic medicine wheel



Zodiac for
medicine
garden
(MODS
2022)

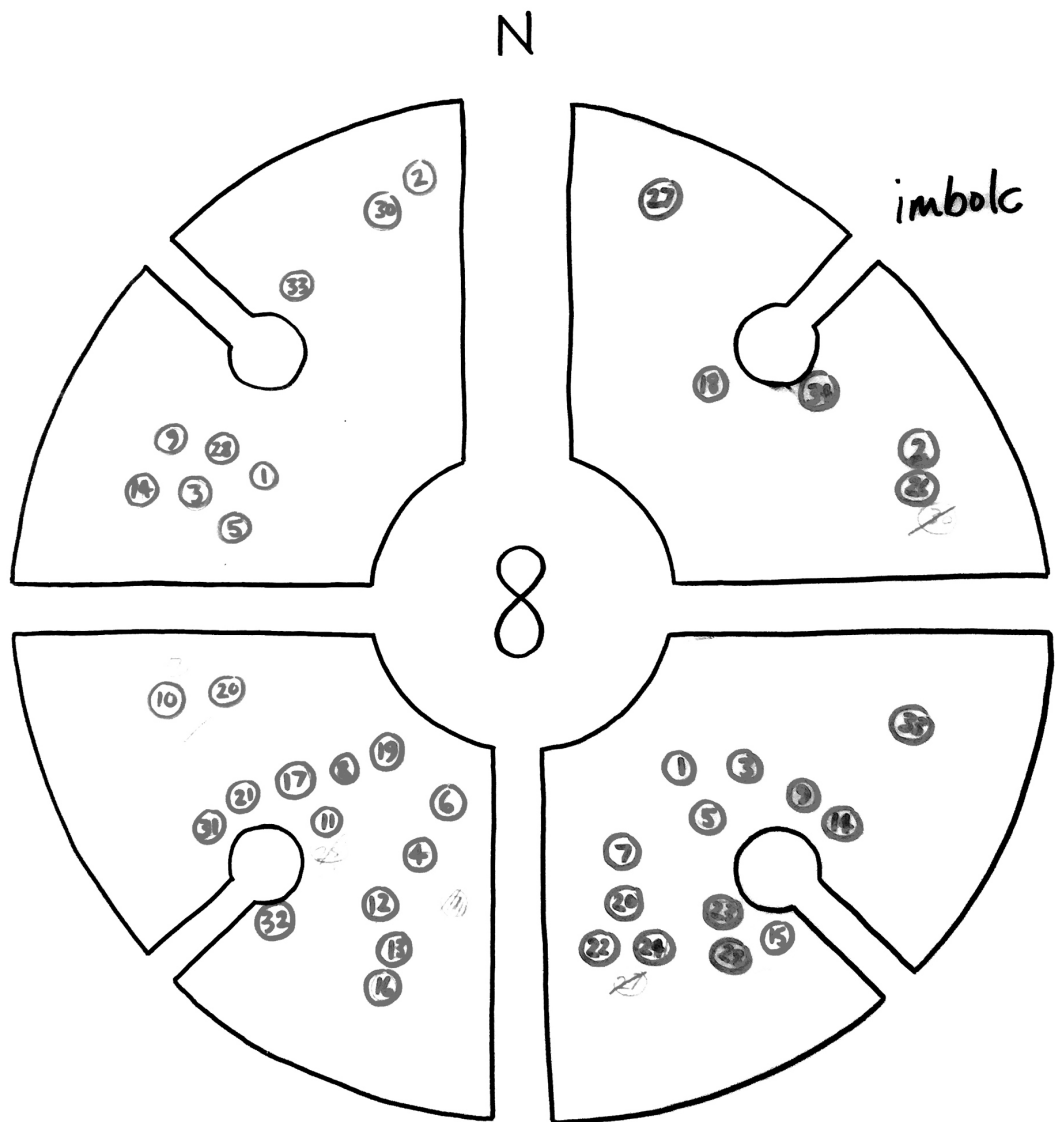


Next stage was to consider how we could relate the design to a planting scheme.

Continuing the theme of Celtic / monastic / physic gardens we overlaid an astrological plan onto the Celtic grid and mapped out a planting plan. Plotting our list of herbs to the garden template according to their planetary and astrological correspondences. Mainly sourced from Culpepper or other herbals and in some cases, our own pioneering Loveland herbal collective intuition!

herb
planting
plan

imbolc
2022



Mother Medicine wheel

1. Thyme (Venus -Taurus / Libra)
2. Sage, Pineapple sage, Borage, (Jupiter- pisces / saggitarius)
3. Peppermint (Venus - Taurus / Libra)
4. Lemon Balm (Moon – Cancer)
5. Vervain *Verbena officinalis* (Venus -Taurus / Libra)
6. Betony (Moon – Cancer)
7. Skullcap (Mercury – Gemini)
8. Angelica (Sun-Leo)
9. Yarrow *Achillea Milleforom* (Venus -Taurus / Libra)
10. Valerian (Mercury – Virgo)
11. Calendula (Sun-Leo)
12. California poppy (Moon – Cancer)
13. Opium poppy (Moon – Cancer)

14. Feverfew (Venus – Libra)
15. Motherwort (Venus – Leo)
16. Mugwort (Moon – Cancer)
17. St Johns Wort (Sun - Leo)
18. Lemon Verbena (Saturn – Aquarius)
19. Curry plant *helicrysum italicum* (Sun-Leo)
20. Fennel (Mercury – Virgo/Gemini)
21. Rosemary (Sun - Leo)
22. Lavender (Mercury – Gemini)
23. Marshmallow (Venus - Taurus / Libra)
24. Elecampane (Mercury – Virgo)
25. Bay (Sun – Leo) plant in a big pot
26. Hyssop (Jupiter – Pisces)
27. Mullein (Capricorn / Saturn)
28. Ladies Mantle (Venus - Taurus / Libra)
29. Horseradish (Mars – Aries) Nasturtium (Mars- Scorpio)
30. Meadowsweet (Jupiter – Sagitarius)
31. Rue (Sun – Leo)
32. Chamomile (Sun – Leo)
33. Wormwood (Mars – Aries / Scorpio)
34. Echinacea (Uranus – Aquarius)
35. Milk Thistle (Jupiter –Pisces)
36. Burdock (Venus – Taurus)

Culinary plants such as Parsley, Basil, Coriander, Chives, Oregano, Marjoram would be grown elsewhere.

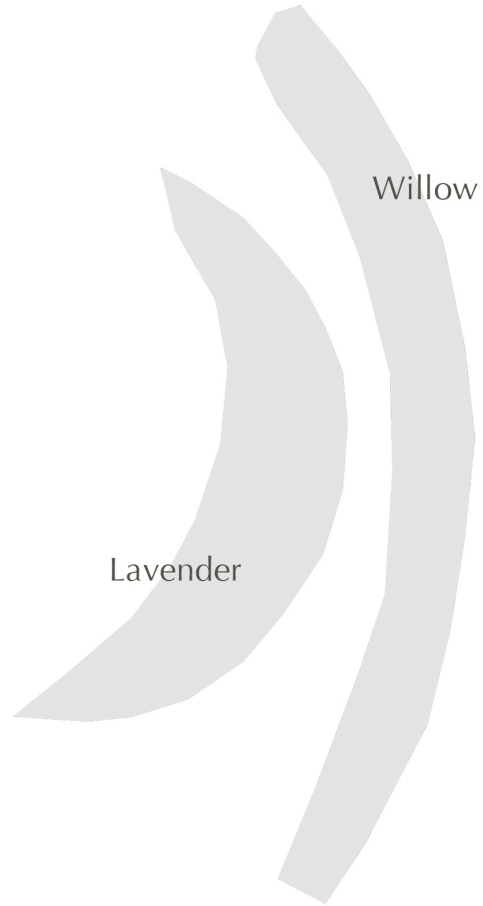
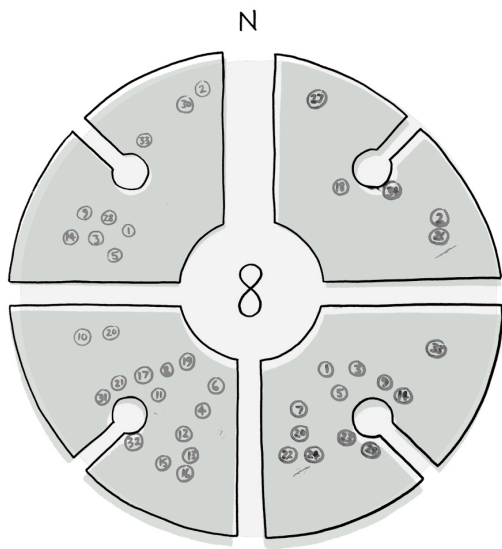
h/edging will include Rosa Rugosa (Venus – Taurus), Passion Flower (Sun – Leo).
Honeysuckle (Cancer), Hops (Mars – Aries), Jasmine (Cancer)

Edging wind breaks will be planted taking inspiration from the Nebra sky disk.

The piece is 3,600 years old and is said to be the world’s oldest surviving map of the stars. The 30cm bronze disc with a blue-green patina is decorated with inlaid gold symbols thought to represent the sun, moon, stars, the solstices and the Pleiades constellation. The gold on it is believed to "almost certainly" be from Cornwall and has been pinpointed to the Carnon River, between Falmouth and Truro.

https://www.falmouthpacket.co.uk/leisure/bestofcornwall/19876214.nebra-sky-disc-british-museum-exhibition-cornish-gold/?fbclid=IwAR1uxu1QHgst7JBYvu1C1_Q0szlo2SX18pj5DeVvw9xCsov85ptR7ekhJT4





Rosa Rugosa