



M is for Medicine

Exploring herbs

Hundreds of years ago the Benedictine monks made their own medicines using the plants and flowers grown in the Abbey gardens. See if you can qualify as the Monastery's Infirmarian (the name given to the monk in charge of the infirmary, or hospital) by matching the herb with its remedy. Once you have completed our challenge, you may want to try a herbal remedy of your own with an easy herbal tea recipe.

Match the herb with the right remedy (we've done the herb Dill for you as an example). Remember, the monks had years of practice making these medicines so if you are lucky enough to have any of these herbs growing nearby, only use them with adult supervision.

HERB	REMEDY
Mint	Protects against colds
Camomile	Freshens clothes
Parsley	Helps concentration
Rosemary	Helps memory
Lavender	Freshens breath
Sage	Helps you sleep
Dill	For healthy bones

Make your own mint tea

If you have access to some fresh mint then why not try making your own mint tea? It's easy and quick to do.

- Take a few leaves of washed mint in one hand, then sharply clap your other hand on top.
 - Drop the leaves into a teapot. If you don't have a teapot, you can put 3 or 4 leaves in each cup.
 - Repeat until you have about 12 'clapped' leaves of mint in the pot.
 - Get an adult to fill the pot with boiling water.
 - Let the pot sit for a few minutes before pouring into cups.
 - Sweeten with honey to taste.
 - Enjoy!
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Answers

Mint - Freshens breath

Camomile - Helps you sleep

Parsley - For healthy bones

Rosemary - Helps concentration

Lavender - Freshens clothes

Sage - Helps memory

Dill - Protects against colds



“These herbs sound tasty” said Livingstone the lion, “but I always think that laughter is the best medicine! What do you think?”

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