

Pleyne Plants: Only for Peasants? – What plants were commonly used, for what, and by whom. Would your persona have used these? An exploration of plants indigenous to the area of Scandinavia; why and how used.

Introduction

A. Why Use Plants

- History
- Food
- Clothing
- Medicine
- Tools

B. Plants

1. DYES

- | | |
|----------------------|-----------------------------|
| a. Broom | <i>Genista tinctoria</i> L. |
| b. Heather | <i>Calluna vulgaris</i> L. |
| c. Madder | <i>Rubia tinctorium</i> L. |
| d. Northern bedstraw | <i>Galium boreale</i> |
| e. Weld | <i>Reseda luteola</i> L. |
| f. Woad | <i>Isatis tinctoria</i> L. |

2. TREES

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| a. Alder | <i>Alnus glutinosa</i> syn <i>Betula alnus</i> |
| b. Ash | <i>Fraxinus excelsior</i> |
| c. Birch | <i>Betula pendula</i> , <i>Betula pubescens</i> |
| d. Elm | <i>Ulmus procera</i> (<i>pumila</i> ?) |
| e. Linden | <i>Tilia cordata</i> |
| f. Oak | <i>Quercus</i> |
| g. Rowan | <i>Sorbus aucuparia</i> , |
| h. Willow | <i>Salix callicarpaea</i> , <i>Salix phylicifolia</i> ,
<i>Salix lanata</i> |
| i. Yew | <i>Taxus baccata</i> |

3. FOOD

- Beans (fava)
- Cabbages
- Carrots
- Celery
- Fruits: apples, bilberries, blackberries, cherries, elderberries, hawthorne, plums, raspberries, strawberries, sloes
- Grains: barley--*Hordeum vulgare*, lambs quarter—*Chenopodium alba*, oats, rye, spelt, wheat
- Parsnips

- h. Peas
- i. Radishes
- j. Turnip

4. HERBS

- a. Borage *Borago officianalis*
- b. Chamomile *Chamaemlum*
- c. Coriander *Coriandrum sativum*
- d. Cranberry *Vaccinum vitus-idea*
- e. Cumin *Cumimum cyminum*
- f. Dandelion *Taraxacum officinale*
- g. Dill *Anethum graveolens*
- h. Fennel *Foeniculum vulgare*
- i. Garlic *Allium sativum*
- j. Hops *Humulus lupulus*
- k. Horseradish *A Armoracia rusticana*
- l. Horsetail *Equisetum arvense*
- m. Juniper *Juniperus communis*
- n. Mustard *Brassica nigra*
- o. Nettle *Urtica dioica*
- p. Plantain *Plantago lanceolata (v. sp.)*
- q. Rose *Rosa, (v. sp.)*
- r. Sorrel *Rumex acetosa*
- s. Thistle *Carlina acaulis*
- t. Yarrow *Achillea millefolium*

5. OTHER

- a. Flax *Linum usitatissimum*
- b. Fungi
- c. Hazelnuts
- d. Leeks
- e. Mosses
- f. Reeds
- g. Rushes
- h. Walnuts

C. Recommended Sources of Information

- Internet
 - Be creative in your search
 - Terms to use
 - Be wary of undocumented information

- Books, etc.
 - Authors
 - Journals
 - Research

D. Questions