

Herbs & Healing



Here we introduce some quite miraculous plants - herbal plants with distinctive curative properties over a wide range of ailments. The comments, recommendations and findings made are from our own experience, research and reports we hold.

Caution: As with all alternative medicines and plants with purported medicinal benefits it is important to inform your health care providers that you are using them, this helps to ensure safe and coordinated care. We can accept no liability for any unforeseen latent

side effect or contingency from any allergy or any other cause or harm that may arise. If in doubt please do consult a medical practitioner. For full information please visit our website.

Aloe vera *Aloe barbadensis* 'Miller'

We say it's properties are miraculous! The sap of this plant actually engenders the rebuilding and healing of damaged skin tissue. It has been found to provide virtually instant relief to burnt or scalded skin as well as sunburn - and actually aid in the healing process. Extremely effective in the treatment of leg and skin ulcers, as well as acne, cuts, and skin abrasions and has natural antiseptic properties. It's moisturising and skin nourishment properties are legendary. Can be taken internally to aid in the relief of digestive problems and irritable bowel syndrome and contains 9 out of the 10 most important amino acids, the essential regenerative 'building blocks' of protein and trace elements of potassium, copper, magnesium, calcium, chromium and zinc. Rich in saponins (natural antiseptics) and anthraquinones with their antibiotic, antiviral and anti-inflammatory properties. It is believed that the polysaccharides containing glucose, mannose, galactose, xylose, arabinose, enzymes all contribute to blood cell enrichment and hence 'healing body chemistry'. It can also relieve itching and scratching from flea bites and other skin complaints for your pets. Plants approx 6-8" high.

Pot Grown Plants £12.00 each.

The Essential Aloe Vera Book

Written by Doctor Peter Atherton, a practicing medical doctor, who has combed the world to research this astounding plant and is a leading authority on the use of Aloe vera in medicine. Cancer, the immune system, heart, virus's, fungal infections, feet, nails, the digestive system and more - if you want to know, this book tells you how Aloe vera improves health and well being.

88 pages (A5), softback - £6.95.

Bulbing Fennel

Sow thinly in ½" (1 cm) deep drills in rows 18" (45 cm) apart from May to July. Thin seedlings to 12" (30cm) apart when large enough to handle. As the bulbs increase in size periodically earth up soil around each bulb until they reach maturity (3"-4" in diameter) Lift bulbs as required once mature. **£2.69 per 30 seeds.**

Bulrush

Also known as Reed Mace and can reach 7 feet tall. Excellent plant for purifying pond water and for wild fowl to hide in. Recommended for the larger pond. The leaves are diuretic and can be used on sores. The roots can be used to treat cuts, boils, burns and inflammation. Dried pollen can be used as an anticoagulant. Can be used to treat kidney stones, haemorrhage, painful menstruation, abnormal uterine bleeding and cancer of the lymphatic system, tapeworms and diarrhoea. The stems have been used to treat whooping cough.

Potted plant £7.95 each.

Feverfew Trough *Tanacetum parthenium*

Found to be both a natural anti-inflammatory as well as a natural antihistamine properties (so can relieve hayfever); its pain relieving effects have been likened to aspirin but without any of the side effects. It can be eaten as the fresh leaf, made into a green leaf tea or dried for later use as a tea. Can aid in relief of Migraine. Is a natural anti-inflammatory, has pain relieving properties including relief of rheumatism, sciatica, hip, joint and back pain. We do not recommend its use by expectant mothers or by children under the age of 10 years.

One Trough £12.95. 7cm pot £2.75 each.

Feverfew Tea

This is the dried form of the herb of our own cultivation for use any time of year. One packet will make two gallons. **£3.25 a packet.**



Carriage Charges

Our processing and packing charges are calculated on where you are in the country and when you would like your order dispatched. Prices start at £4.25 for lightweight small parcels and £9.95 for heavier larger parcels, delivered to mainland England on a standard 7-10 delivery. If you are outside this area (including IOW) please ring or visit our website for further details. Next day delivery options are available.

Ordering Methods

You may order securely on-line at

www.victoriananursery.co.uk

By telephone on (01233) 740529

By fax on 0203 2921529

By Post to: Victoriana Nursery Gardens,
Challock, Ashford, Kent. TN25 4DG

We accept Visa, Mastercard, Delta, Switch and Maestro. Cheques and postal orders should be made payable to Victoriana Nursery Gardens.

Ginkgo biloba

Probably the oldest tree on the planet - and beautiful it is too! Deciduous conifer that will leaf up in Spring with gorgeous bright green leaves that come late Summer and Autumn mellow to a gorgeous butter yellow colour; Known by many names including ginkgo, the fossil tree, the maidenhair tree, Japanese silver apricot, baiguo, bai guo ye, kew tree, yinhsing (yin-hsing) its medicinal use goes back centuries. Can be used to help asthma, bronchitis, fatigue, tinnitus, improve memory; help prevent Alzheimer's disease and other types of dementia; to decrease intermittent claudication; to treat sexual dysfunction, multiple sclerosis. There are side effects that can be caused from using this tree - please check our website for further details. Thrives in a full sun position and most soil types. Height at ten years 6ft with a spread of 3ft.

Approx 8" on dispatch £7.95 each.

Goji Berry

A lovely fruit. Eat them fresh (shake them from the plant to prevent your hands oxidising them and making them go black), or dry them and eat them like sweets or add them to muesli to make your breakfasts power packed. Infuse them into a refreshing tea. Can help you to live longer and feel happier! A superfruit. Full of essential nutrients and antibacterial properties. Self fertile and hardy to all extremes of climate -15°C - +40°C and drought tolerant as well;

Potted plants £5.95 each.

Herb Of Jupiter *Sempervivum*

Also known as the 'House Leek'. Need little in the way of soil and nutrition. A broken leaf, with the 'goeey' sap that it exudes, will soon stop a bleeding wound. A split leaf of this plant placed over the corn and held there with a plaster for several days will soften the corn and make it easy to remove. The gel/sap is also relief for burns and sores.

7cm pot £4.75 each.

Horseradish

It can grow vigorously and spreads. Roots are lifted in Winter, washed, scraped and peeled with potato peeler; can then be grated and mixed with mayonnaise or similar for your own horseradish sauce. **£3.95 each.**

Loquat

Delicious orange coloured fruit. The trees are hardy so can be planted outside, however they do flower in Autumn. Can be used to soothe sore throats and aid digestive problems. **1ltr pot £15.60**

Saffron Crocus Corms

The most expensive spice in the world. Thought to be a cancer suppressant. Said to improve your moods and help reduce you appetite. **10 corms for £9.50.**

Samphire

Once described as the poor man's Asparagus this is now fast becoming a 'trendy' garnish in many of the gourmet restaurants. Requires saline conditions, 1 teaspoon of proper sea salt in a pint of water. **£3.50 each £2.50 per 50 seeds.**

Seed Sprouting Kit

Everything you need to grow 9 separate crops in your kitchen of delicious, nutritious vitamin rich, non fattening Power Packed food. Easy to grow, no mess, no fuss. Fun, educational, exciting and ready to eat within seven days! Rich in Antioxidants, Vitamins, Minerals, Proteins and contain active enzymes which speed up your digestive process leaving your body truly detoxified. Separately packed you will receive, Mung Beans, Fenugreek, Alfalfa, Buckwheat and perpetual Watercress to grow on your window sill in a tray provided. Evidence shows that consumption of Mung Bean shoots actually destroys cancer cells and can inhibit the onset of cancer.

One kit £14.00.

Spider Plant

Chlorophytum elatum 'Variegatum'
Recognised as having particular beneficial properties in cleansing and ridding the air of pollutants. **£5.75 each.**

Marigolds

A mix of three distinct beautiful varieties. Hardy annuals. Can ease skin irritation and varicose veins, speed up the healing of skin wounds. Can be used to treat mouth ulcers and sooth stomach ulcers or upset stomachs. The sap from the stem can help to remove warts and corns. **150 seeds £1.95.**

Water Mint

Variety of mint that loves to grow in wet boggy ground, has amazing scent and attractive pinky mauve flowers with wildlife loves! Rich in Vitamin A and E. Can be crushed and used for headaches. Juice can be used for acne and excema. Can relieve nausea from motion sickness or be used on insect stings. **7cm pot £3.95 each.**

Water Cress

Easy to grow in a pot, pond or boggy area of your garden. Rich in iron, sulphur, calcium, iodine, folic acid, vitamin A, B17 and C. Thought to help defend Lung Cancer and prevent breast cancer. Can be used as a diuretic. Good for digestion. Thought to clean the blood, be good for you if you are pregnant or breast feeding, give you an energy boost if you are feeling lethargic. Can help break down deposits in the body so good if you suffer from Gout or Kidney stones or to help improve anaemia. Can be used to help acne and skin irritants **7cm pot £3.25 each.**

Wild Garlic

Broad green leaves with stunning white flower heads. used as a Spring tonic because of it's blood purifying properties and is thought to help reduce cholesterol. Hardy perennial. Likes moist, shady conditions. Leaves appear March - June. Flowers April to June. Reaches approx 18" tall. **7cm potted plant £2.75.**

Herb Seeds

Here you will find all our herb seeds listed, full details for each product are available on our website.

Whilst you can sow directly in shallow drills in the ground when soil temperature is around 55°F - 60°F (15°C) better results are achieved by sowing directly in pots or seed trays in good seed compost.

Keep out of strong sun light until they have germinated and produced true leaves.

Plant out or pot on when the seedlings are large enough to handle.

All are £1.95 per packet, 10 of your choice for £17.50.

Angelica

Versatile, can be used in salads, eaten as a vegetable or crystallised for cake decorations. Can treat digestion problems. Crushed leaves freshen the air in a car and are said to reduce travel sickness. As 'bath oil' for aching muscles and rheumatism. 20 seeds per packet.

Anise

Leaves used in both cooking and salads. Seeds have a strong flavour of Aniseed. Good for the digestion as a tea. 20 seeds per packet.

Basil 'Sweet Genovese'

Very flavoursome and adds piquancy to salads. Crushed fresh leaves can be held on mouth ulcers, rubbed on warts, acne or insect bites to help speed up healing. Made into a tea it is said to relieve constipation, stomach problems and flatulence. Can help improve your memory. 300 seeds per packet.

Basil 'Holy Basil'

Erect habit with purple stems and green, fragrant leaves with small pink / purple flowers. Short lived perennial. Frost tender. Reaches 12 - 24" tall. Sow at 18-20°C late Spring / Summer time. Lightly cover seed. 300 seeds per packet.

Bergamot

Very showy Pink/purple flowers. Can be dried. Flowers can be cut and dried for Winter house decoration. Can relieve nausea, flatulence, menstrual pain and insomnia as a tea. Can relax nerves and reduce tension. Induces perspiration so can help reduce fever and easing colds. 60 seeds per packet.

Borage

Foliage has a cucumber flavour - nice in salads or a sprig in Summer drinks. Very showy blue flowers that attract bees and butterflies. Can reduce fever, stimulate blood circulation and lower blood pressure, improve the functionality of your kidneys. Crushed fresh leaves can be used as a compress for tired and swollen legs. Flowers are high in essential fatty acids which can help regulate hormonal systems, reduce PMS and increase milk flow for breast feeding mothers. 40 seeds per packet.

Caraway

Leaves are used for garnish for meat and poultry. Also used in salads. Is used to treat rheumatism. Can help Gout. Will help increase appetite, may help to dispel worms from the gut. The oils can be used in mouthwash. 350 seeds per packet.

Catgrass

For cat lovers! Cats eat this sparingly for essential vitamins, said to remove fur balls. 500 seeds per packet.

Catnip

Lemon scented makes a most refreshing tisane or tea. Cats love this plant too. 150 seeds per packet.

Chives

Onion flavoured perennial herb, especially good in home made cheese. Contain mild antibiotics and some iron and Vitamin C. Can stimulate your appetite, improve your digestion and help with intestinal problem or as a mild laxative. 300 seeds per packet.

Herb Seeds Continued

All are £1.75 per packet, 10 of your choice for £15.00.

Coriander 'Leisure'

Great for cooking with. Helps the body's absorption of nutrients. Rich in Vitamin A and C. Leaves can ease hay fever and allergies. 100 seeds per packet.

Cumin

Needs a long growing season. Seeds are used in Indian cooking adding a particular zest and piquancy. Can relieve flatulence, coli, indigestion and ease diarrhoea. 125 seeds per packet.

Dill

Leaves can be used raw in salads or added as a last minute garnish to fish dishes - fish and dill are a natural pairing. Can help colds and flu as well as hiccups. Can strengthen finger nails. 100 seeds per packet.

Epazote

Commonly used in Mexican cooking. Annual. Reaches 4 feet tall. Flowers in Summer. Wind pollinated. Sow from Spring onwards. Likes a sunny position.

Fennel

Feathery green foliage with aniseed flavour. Enlarged root bulbil is used as a vegetable. Has been proven to reduce toxic effects in the body caused by alcohol. 100 seeds per packet.

Garlic Chives

Mild garlic flavoured leaf, excellent for adding to your cooking and also looks pretty! Source of Vitamin C. 250 seeds per packet.

Hyssop - blue

Very pretty with blue edible flower. Has Anti-inflammatory properties. Drunk as a tonic is said to calm your nervous system. 200 seeds per packet.

Lemon Balm

To help slow down and possibly relieve the onset of Alzheimer disease; Eases the pain of gout. Gives a sense of well being for those suffering from stress. 250 seeds per packet.

Lemon Grass

Delightfully lemon scented. Can be used as a relaxant in baths. It has anti fungal properties. The oil, in ancient India it was used as a preservative. 180 seeds per packet.

Lovage

Perennial in habit the stems can be used as you would celery with cheese, in soups, stews or as a roast vegetable. Used for treating upset stomachs and tummy ache. Can be used for menstrual pain and cystitis. 85 seeds per packet.

Marjoram

Fine flavoured grey green foliage. Valuable herb as an infusion as it is a relief for stomach pains. Can ease colds, coughs, whooping cough, asthma and headaches. Can help nervous disorders, rheumatic pains and tensions. Can help sleep. Good for stimulating appetite. 200 seeds per packet.

Oregano - Common

Commonly known as wild marjoram. Good for helping bad coughs and whooping cough, treating intestinal problems. Can be drunk as a sedative to help sea sickness. Leaves can relieve toothache. 100 seeds per packet

Parsley 'Champion Moss Curled'

Crinkled leaf. Aromatic and vigorous. Excellent in soups, fish dishes and especially sauces. Can be used to treat urinary infection, kidney stones and water retention problems. Can help menstrual problems, aid digestion, and act as a mild laxative. Has been proved to reduce blood pressure. Contains antioxidants said to help fight cancer. 200 seeds per packet.

Parsley 'Hamburg'

Grown for its large smooth tapering roots. Roots are roasted like parsnips, delicious. Leaves should be used sparingly as a garnish. Healing properties as per other parsley. 200 seeds per packet.

Parsley 'Italian Giant'

As other parsley but a tall variety with large open green plain leaves. Aromatic and vigorous. 200 seeds per packet.

Purslane

Very succulent leaves tossed sparingly into summer salads or steam or stir-fry. Rich in Vitamin C. Has diurectic properties. 200 seeds per packet.

Rosemary - Common

Perennial in habit. Given a warm, well drained sunny position you can grow a fine aromatic hedge bedecked in summer with pretty blue flowers. Can be used to treat rheumatism and circulations problems. Relieve water retention. 150 seeds per packet.

Russian Comfrey

Can cause skin irritation when handling. Makes an excellent potash fertilizer for tomatoes and potatoes. Leaves are cut and put into a tub with water to make a very nutritious feed for all garden plants. Not edible. 30 seeds per packet.

Russian Tarragon

Flavour not so pronounced as the French variety but it is much hardier. Blended into Hollandaise, Tartar and Béarnaise Sauce. Sweetens breathe. Can stimulate appetite and digestion. Was used to prevent scurvy and to cure tooth ache. 250 seeds per packet.

Sage - Common

Perennial. Used principally in forcemeat stuffing of game and poultry. Excellent for helping digest fatty foods. Has disinfectant and antifungal properties. Contains oestrogen. Will help strengthen your nervous system. Can improve your memory! 85 seeds per packet.

Summer Savory

Sweeter than its Winter cousin. Aromatic, almost peppery flavour. Can be used cooked, chopped raw into salads - or dried for Winter use. Good for flatulence. 200 seeds per packet.

Tansy

Strong aromatic scent and flavour make this herb an excellent insect repellent. With a flavour not dissimilar to Rosemary this is also useful in the kitchen. Bright yellow flowers. 200 seeds per packet.

Thyme - Common

Likes full sun. Antiseptic, anti-bacterial and antifungal properties. Stimulates circulation. Good to prevent spots and dandruff! Can aid digestion. Said to be good for hangovers! Good for convulsive coughs, whooping cough, chronic bronchitis, colds and sore throats. Relieves insomnia. Can relax spasms. The oil can ease athlete's foot. 150 seeds per packet.

Winter Savory

Stronger flavour than the annual variety. A perennial. Attractive white flowers. Antiseptic properties. Aids digestion and eases flatulence. Can help diarrhoea, used as a tonic and is particularly good after a fever. Can stimulate appetite. Good for pain relief after insect bites or stings. Can help improve oily skin. 100 seeds per packet.

Wormwood

Extremely bitter taste if eaten as a herb, an excellent repellent of moths, ants and insects. Can expell internal worms, treat bronchitis and colds. Cardiac stimulant. Can be used to treat epilepsy and nervous disorders, fevers, bruises and sprains. Can be used for pain relief and relaxes spasms. 150 seeds per packet.

Bay Plant

An evergreen, hardy, perennial shrubby herb. Great for adding flavour to cooking particularly soup and stews. Can help relieve aching limbs! £4.50 per pot.

Herb Plants

Full details for each product are available on our website. If no details are written below please see the seed earlier in the catalogue. All supplied in 7cm pots £2.75 each or 10 for £22.50.

Angelica Catgrass
Basil - Common Catnip
Basil - Holy Catnip - Lemon
Bergamot Catgrass

Borage
Caraway
Chamomile

A lovely scented herb that is excellent for helping you sleep - put a pot next to your bed or dry it and make your own tea!

Chervil
 Biennial that likes to self seed. Has an aniseed but mild flavour.

Chives
Chives - Garlic
Coriander

Curry Plant
 Fragrant, with an evergreen silvery / grey foliage and clusters of pretty yellow flowers. Hardy perennial.

Dill
Epazote

Fennel - Common
Fennel - Bronze

Biennial, purple variety, reaches 6ft tall with yellow flowers.

Fever Few
Hyssop

Blue, pink or white (please specify)

Lavender - Alba
 White flowers, reaches 3 ½ feet high, very aromatic

Lavender - Vera
 produces massive of deep blue/purple, very fragrant flowers. A very hardy perennial which will tolerate drought.

Lemon Balm
Lemon Grass
Lemon Verbena

Lovage
Mace

Marjoram - Sweet
Marsh Mallow

Perennial, known for its healing properties, reaches 5 feet (150 cm) tall with beautiful pale flowers.

Mint - Apple
 Hardy, perennial herb plant that adds extra zip to peas and potatoes.

Mint - Banana
 Low growing mint variety with a banana scent to it. Pretty small green leaf and lilac flowers which the bees and butterflies like!

Mint - Basil
 Smells of basil. Excellent for culinary uses, including making pesto. Hardy perennial.

Mint - Black Peppermint
 Beautiful purple / black leaves, excellent for making tea due to its strong flavour. Hardy perennial but needs controlling.

Mint - Chocolate
 Pretty brown/purple leafed mint plant with a lovely chocolate fragrance to it. Best grown in a container. Hardy perennial.

Mint - Curly
 Unusually shaped curly leaf with amazing scent makes curly mint, reaches 100cm.

Mint - Eau De Cologne
 Has pretty flowers. Proven medicinal benefits and purported to keep flies away! What more could you want from one plant, can assist in deterring the nuisance of flies.

Mint - Garden
 Aromatic bright green foliage and small purplish flowers, reaches 100cm tall.

Mint - Ginger
 Beautiful leaved mint (almost tiger striped) with amazing little lilac flowers and a ginger scent to it. Cross between Spearmint and Corn mint.

Mint - Grapefruit
 Furry leaves, deep green with a hint of mulberry in colour. It has tall spikes of purple flowers.

Mint - Lemon
 Has purple flowers with aromatic / citrus flavoured leaves and can be a nice addition to marmalades and jellies as well as with chicken or seafood.

Mint - Lime
 Oval green leaf with a hint of purple and small purple flowers. Lime fragrance and flavour - very refreshing.

Mint - Moroccan
 Compact, hardy variety of mint that is exceptionally good for making tea (which is very refreshing and good for you). Better suited to pot growing.

Mint - Peppermint
 Original source of peppermint oil. dark green distinctively toothed oval leaves on short red stalks, and purple flowers.

Mint - Pineapple
 Pretty green, edged white leafed mint plant with a pineapple scent/flavour to it. Hardy perennial, prefers a partial shade position. Produces white flowers.

Mint - Red
 Red tinged stems and leaves.

Mint - Russian
 Strong scent with a mid green leaf, great with potatoes.

Mint - Silver
 Grey, scented foliage, is for Indian sauces.

Mint - Spearmint
 Pretty shaped leaf with amazing scent. Great with lamb, potato or pea dishes and no herb garden should be without!

Mint - Strawberry
 Compact and bushy mint that smells and tastes strongly of strawberries. Perfect for garnishing desserts or Summer cocktails!

Mint - Variegated Apple Mint
 Extremely ornamental. Has soft, hairy oval leaves that are green edged with cream. Produces dense spikes of highly scented tiny pink or white flowers.

Myrtle
Oregano - Country Cream
 Green, edged cream leaves with pink flowers are beautiful. Produces a nice bush that is hardy and perennial in habit.

Oregano - Common
Oregano - Greek

Has fiery aroma white flowers
Parsley 'Champion Moss Curled'
Parsley 'Italian Giant'

Rosemary - Common
Rosemary - Seven Seas
 Large, sprawling bush variety, reaching 1m in height, with attractive dark blue flowers.

Rosemary - Sudbury Blue
 Mid-blue flowers on dark green foliage and is ideal for creating a low trimmed hedge.

Rue
 Blue-green, smooth foliage with yellow flowers in midsummer. Has a curious, slightly acrid scent, is bitter tasting.

Russian Comfrey
Sage - Blackcurrant
 Beautiful blackcurrant scent and striking cerise flowers. Grows into a shrubby, perennial bush.

Sage - Clary
 Biennial, reaches 1m tall, strongly scented with pale pink flowers.

Sage - Common
Sage - Golden
 Gold/green foliage with pale blue flowers. More mild than common Sage.

Sage - Purple
 Blue flower, makes a nice tea that is good for gargling to treat sore throats.

Savory - Summer
Savory - Winter

Sesame
 Pretty pale pink to white flowers

Siberian Onion
Stevia

Sorrel - Broad Leaf
 Edible. Pinkish yellow flowers, leaves are smooth and shiny with an astringent rather than a sour taste when eaten.

Tansy
Tarragon - French
 Popularly used in chicken dishes and to make sauces or dressings.

Tarragon - Russian
Thyme - Common
Thyme - Lemon
 Lemon scented and better used with foods with a delicate flavour.

Thyme - Silver Queen
 Evergreen, woody shrub with small aromatic dark green edged with creamy white leaves, reaches 20 cm tall.

Valerian - Common
 Young foliage is lemon yellow, leaves are long and deeply lobed, small white/pink flowers in summer. Reaches 100 cm tall.

Wormwood
Yarrow - wild
 Spreading perennial with rich green feathery foliage and soft pink, flat, flower heads, the tiny eye of each flower is a candy floss pink. Make good cut flower and foliage is aromatic when crushed.