



HEALING PLANTS

FROM

Elizabeth Blackwell's
"Curious Herbal"



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From Elizabeth Blackwell's "Curious Herbal"

Edited by Marta McDowell

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Territory	World excluding USA, Canada, Puerto Rico, and Australia
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- A delightful miniature gift for herbalists, gardeners, and admirers of botanical illustration
- Includes 137 beautiful engravings of medicinal plants from *Elizabeth Blackwell's Curious Herbal* (originally published 1737-39), along with Blackwell's descriptions of their medicinal properties
- Introduction by renowned garden writer Marta McDowell, about *A Curious Herbal* and the history of herbal medicine
- A companion to other *Tiny Folios* on natural history, such as *The Trees of North America* and *Audubon's Birds of America*

A miniature treasury of medicinal plants, drawn from the work of a pioneering woman artist.

This miniature book contains a veritable garden of healing plants, specially chosen from Elizabeth Blackwell's *Curious Herbal* (1737-39). A talented artist, Blackwell published her herbal as a means of financial support after her husband landed in debtor's prison — and it quickly became a prized reference for doctors and apothecaries. Each of the 140 exquisite hand-coloured engravings featured herein — from elderberry and chamomile to aloe and St. John's wort — is accompanied by Blackwell's description of its medicinal properties. The plants have been selected by the renowned garden writer Marta McDowell, who also contributes an introduction about Elizabeth Blackwell and the herbal medicine of her time. **Healing Plants** is the perfect little gift for anyone interested in herbalism, botany, or gardening.

Marta McDowell is a gardener, lecturer, and horticultural writer. Her books include *A Curious Herbal: Elizabeth Blackwell's Pioneering Masterpiece of Botanical Art* (Abbeville), *Gardening Can Be Murder: How Poisonous Poppies, Sinister Shovels, and Grim Gardens Have Inspired Mystery Writers*, and *Beatrix Potter's Gardening Life*, winner of the Gold Award from the Garden Writers Association.



Balm • *Melissa*
[Lemon Balm, *Melissa officinalis*]

This Plant grows to be three Foot high; the Stalks are square, the Leaves light yellow Green, and the Flowers white. It grows only in Gardens here, and flowers in July and August. The whole Herb is used, and esteemed cordial, cephalic, and nervine; it is good for the Head, and the Heart; it cures its Prolapse, prevents Fainting, Melancholy, Hypochondria, and Hysterick Disorders; relieves Pneumonia, and other Diseases of the Chest; it is good for the Liver and Digestion; outwardly applied it helps the stinging of Bites and Wounds. The official Preparation is, the Simple Water.



Bohea or Poco Tea • *Thea frutescens*,
Bennii, Chaa
[Black Tea, *Camellia sinensis*]

This Shrub grows much of a height as the other, and is thought the same by many; and that the only Difference is in the Drapery of the Leaves; but the Country where it grows by what we can see, the Soil and the Climate make a considerable Difference; his Woods are Foliom rather than Shrub; and the Leaves are larger than the Camellia magnitudine et figura varietatis.

It grows in Japan and flowers in Summer. Specimen was taken in the Country where it grows, and took it on the Spot.

This Tea is esteemed balantic and aperient; and good for Consumption; but must be used moderately.



Spotted Lungwort
[*Pulmonaria officinalis*]

The Stalks grow near a Foot high, the Leaves are a deep Green, and spotted above; and a pale Green without Spots underneath; and the Flowers a dull red and a blue purple on the same Stalk.

It is planted in Gardens, and flowers in March and April.

The Root is good for the Liver, and good for Coughs, Consumption, spitting of Blood, and the like Disorders of the Lungs. They are also put into Wine-Drinks and sweetmeats, being agitated, and good to heal Wounds, Ulcers, and sores.