

Did You Know?



Salad Burnet *Sanguisorba minor*

- The delicate fern-like leaves with an equally delicate cucumber flavor is also attractive in the garden.
- Use this herb in salad dressings, salads, sauces, and soups.
- Also preserve in compound butters and flavored vinegars.
- For best flavor, use the leaves fresh rather than dried.
- Nice to use it as a flavorful garnish alternative to parsley.
- Grows in a rosette-like clump and is hardy perennial to zone 5.
- Prefers to grow in full sun in a well-drained but consistently moist spot in the garden.
- Tends to reseed in the garden.
- Can be easily started from seed.
- According to Nicolas Culpeper, an English apothecary, physician, astrologer and botanist in his book *Complete Herbal* , 1653, “....a most precious herb....the continual use of it preserves the body in health and the spirit in vigour....”
- In the Mediterranean, a traditional use was to add two or three of the stalks with leaves to a cup of wine and drink as a tonic.
- The Latin name *Sanguisorba*, (*Sanguis* – blood) and (*sorba* - to soak up) was because it was believed this plant had astringent qualities and could be taken to stop bleeding.
- The root used in Chinese medicine in (206BC – AD23) is the first recorded use.