

Common Name: **Good King Henry**

Genus: *Chenopodium*

Species: *Bonus-Henricus*

Family: Chenopodiaceae

AKA: Goosefoot, Pigweed, English Mercury, All Good, *Totebona*, Good Henrie, Guter Heinrick, Good King Harry, Smear-wort



## Historical Uses:

**Medical:** : “Leaves boiled with other pot-herbes and eaten, maketh the body soluble. The same brused and laid upon greene wounds, or foule and old ulcers, doth scoure, mundisie and heale them.” (1)

**Other:** “The plant derives its distinctive name from the Greek words, *chen* (a goose) and *pous* (a foot), in allusion to the supposed resemblance borne by the leaves of most of its members to the webbed feet of the goose.” (2) **Dodens** says the name, Good King Henry, was given it to distinguish the plant from another, poisonous one, called *Malus Henricus* (Bad Henry). The name Henricus in this case was stated by Grimm to refer to elves and kobolds (Heinz and Heinrich) indicating magical powers of a malicious nature. (3)

## Contemporary Uses:

**Parts Used:** “Plants are cut in autumn for oil, or dried for liquid extracts and powder. Leaves are picked as required and used fresh.” (4)

**Culinary:** It is grown as a vegetable and herb (5)

**Cautions:** Can be a skin allergen. (6)

**Other:** “Oil of *Chenopodium* contains a broad-spectrum vermifuge, which is widely used in veterinary medicine.” (7)



**Area of Origin:** Central and South Europe

**Physical Description:** Multiple thick stalks with thick clusters flowers. Has thick roots that are yellow inside.

**Plant type:** Semi-evergreen shrub

**Height:** 2 feet

**Flower Color:** Green

**Soil type/requirements:** Rich, well-drained soil

**Hardiness Zone:** USDA zone 5

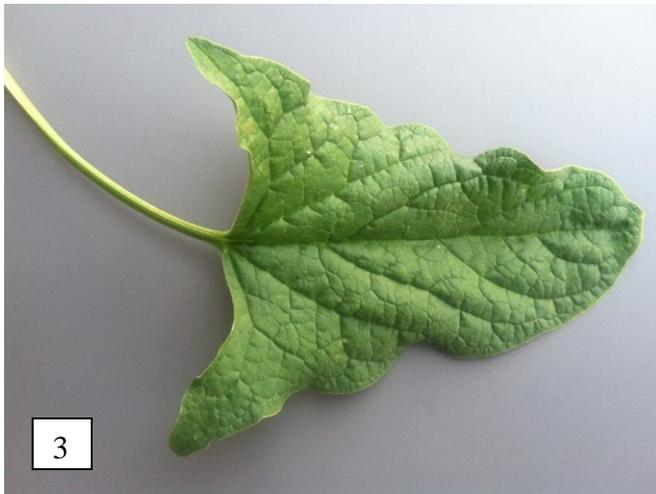
**Sun requirements:** Sun

**Propagation:** Sow seeds in spring

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### Sources

1. Gerard, pg. 329
2. Bown, pg. 166
3. Grieve, pg. 365-366
4. Bown, pg. 166
5. Grieve, pg. 365-366
6. Bown, pg. 166
7. Ibid



Close-up of the leaf

### Illustrations/Images:

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|------------------|------|
| 1. Fuch's Herbal | 1543 |
| 2. PSUMG         | 2012 |
| 3. PSUMG         | 2013 |