

Common Name: **Salad Burnet**

Genus: *Sanguisorba*

Species: *minor*

Family: *Rosaceae*

AKA: *Pimpinella sanguisorba*, Burnet Saxifrage, Lesser or Garden Burnet



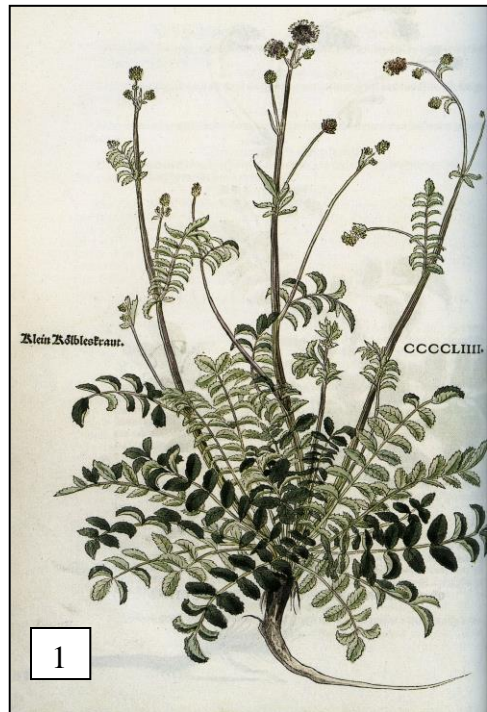
Historical Uses:

Medical:

“Burnet is a singular good herb for wounds, it stancheth bleeding, and therefore it was named *Sanguisorba*, as well inwardly taken, as outwardly applied. Either the juice is given, or the decoction of the powder of the drie leaves of the herbe, being bruised, it is outwardly applied, or else put among other externall medicines. It stayeth the laske and bloody flux: it is also most effectuall to stop the monthly course.

The leaves of *Pimpinell* are very good to heale wounds, and are received in drinks that are made for inward wounds. The leaves of the Burnet steeped in wine and drunken, comfort the heart, and make it merry, and are good against the trembling and shaking thereof.” (1)

“The continual use of it preserves the body in health, and the spirits in vigour; for, if the sun be the preserver of life under God, his herbs are the best in the world to do it by. They are accounted to be both of one property, but smaller is the most effectual, because quicker and more aromatical; it is a friend to the heart, liver, and other principle parts of a man’s body: two or three of the stalks with leaves put in a cup of wine, especially claret, are known to quicken the spirits, refresh and cheer the heart, and drive away melancholy. It is a special help to defend the heart from noisome vapours, and from infection and pestilence, the juice thereof being taken in some drink, and the party laid to sweat immediately. They have also a drying and astringent quality, whereby they are available in all manner of fluxes of blood or humours, to staunch bleedings inward or outward, lasks, scourings, the bloody flux, women’s too abundant courses, the whites, and the choleric belching and castings of the stomach: and is a singular good herb for all sorts of wounds both of the head and body, either inward or outward; for all old ulcers, or running cankers, or moist sores; to be used either by the juice or decoction of the herb, or by the powder of the herb or root, or the water of the distilled herb, or ointment by itself, or with other things to be kept.” (2)

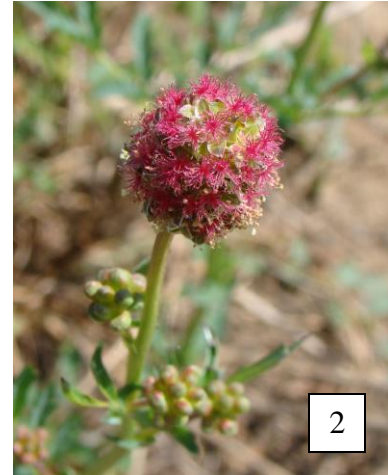


Culinary:

“The lesser Burnet is pleasant to be eaten in sallads, in which it is thought to make the heart merry and glad, as also being put into wine, to which it yeeldeth a certaine grace in drinking.” (3)

“The leaves when bruised smell like cucumber and taste somewhat like it, and it was used to cool tankards in the same manner as Borage, and was also added to salads and cups.” (4)

Folklore/Astrology: Herb of the Sun. (5)



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Contemporary Uses:

Parts Used: Leaves, Root

Medicinal: In “A Modern Herbal” Grieve states “It is still regarded as a styptic, and infusion of the whole herb being employed as an astringent. It is also a cordial and promotes perspiration.” (6)

Culinary: “Young leaves and leaflets are added to salads, sandwiches, soups, soft cheeses, and summer drinks: also used as a garnish. Dried leaves are made into a tea.” (7)

Other: The name *Sanguisorba* comes from the Latin *sanguis* which means “blood” and *sorbere* meaning “to soak up” referring to the plants ability to control bleeding. (8)

Close-up of the flower

Area of Origin: Europe, North Africa and Asia

Physical description: “Erect clump-forming perennial with pinnate leaves. Tiny green flowers with maroon stems are produced in dense oblong spikes.”(9)

Plant type: Perennial

Height: 12” +/-

Flower color: Green

Flowering period: Late spring to late summer

Soil type/requirements: Moist soil with good drainage

Hardiness zone: USDA

Sun requirements: Full sun to part sun

Propagation: By seed in spring or autumn also by division during same periods

Sources

1. Gerard, pg. 1046-1048
2. Culpeper, pg. 28-29
3. Gerard, pg. 1046-1048
4. Grieve, pg. 146-147
5. Culpeper, pg. 28-29
6. Grieve, pg. 147
7. Bown, pg. 358
8. Ibid.
9. Ibid.

Illustrations/Images:

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| 1. Fuch's Herbal | 1543 |
| 2. PSUMG | 2013 |