

Common Name: **Meadowsweet**

Genus: *Filipendula*

Species: *ulmaria*

Family: Rosaceae

AKA: Meadwort, Dolloff, Queene-of-the-Medowes, Lady-of-the-Meadow, Bridewort



## Historical Uses:

**Medical:** “The root boiled, or made into powder and drunke, helpeth the bloody flix, staieth the laske, and all other fluxes of the bloud in man or woman. It is reported, that the floures boiled in wine and drunke, do take away the fits of a quartaine ague, and make the heart merrie. The distilled water of the floures dropped into the eies, taketh away the burning and itching thereof, and cleareth the sight.” (1)

“Culpeper says ‘the leaves, when they are full grown, being laid on the skin will, in short time, raise blisters thereon, as Tragus saith’.”(2)

**Household:** “Leaves and floures farre excel all other strowing herbes, for to deck up houses, to straw in chamber, halls, and banqueting houses in the sommer time; for the smell thereof makes the heart merrie, delighteth the senses: neither doth it cause head-ache, or lothsomenesse to meat, as some other sweet smelling herbs do.” (3)

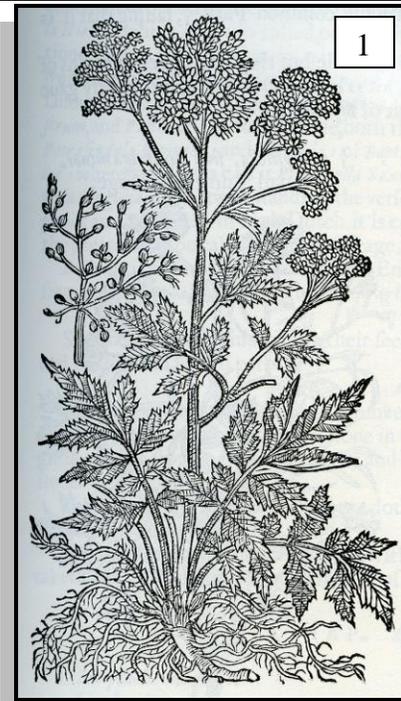
**Folklore/Astrology:** Cold and dry

**Other:** “One of the three sacred herbs to the Druids. Others being water mint and vervain.” (4)

## Contemporary Uses:

**Parts Used:** Whole plant, flowers

**Medicinal:** “An astringent, aromatic, antacid herb that heals, soothes, and relieves pain, especially in the joints, and digestive tract. It is effective against organisms causing diphtheria, dysentery, and pneumonia.



Close-up of flowers

“Used internally for hyperacidity, heartburn gastritis, and peptic ulcers.” (5)

**Culinary:** “Flowers are preserved as syrup or used to flavor stewed fruit.” (6)

**Economic:** “Flowers and leaves are used to flavor herbal beers and liqueurs and non-alcoholic beverages.” (7)

**Cautions:** “Not given to patients with sensitivity to salicylates (aspirin).” (8)

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**Area of Origin:** Europe and western Asia

**Plant type:** Perennial

**Height:** 18”-36”

**Flower color:** Creamy white

**Flowering period:** Late spring-summer

**Soil type/requirements:** Rich, moist soil

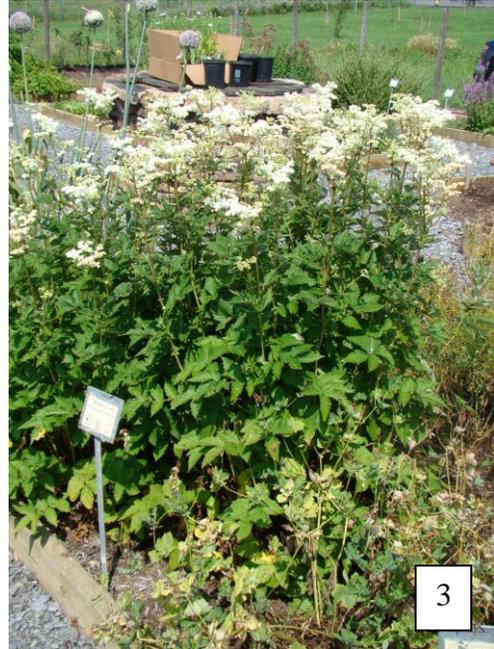
**Hardiness zone:** USDA 3-9

**Sun requirements:** Full sun to partial shade

**Propagation:** “By seed in autumn or in spring.

By division in during the same period. By root cuttings in late winter to early spring.” (9)

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**Sources:**

1. Gerard, p. 1042-1043
2. Grieve, p. 524
3. Gerard, p. 1042-1043
4. Grieve, p. 524
5. Bown, p. 214
6. Ibid
7. Ibid
8. Ibid
9. Ibid

**Illustrations/Images:**

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| 1. Gerard | 1633 |
| 2. PSUMG  | 2012 |
| 3. PSUMG  | 2012 |
| 4. PSUMG  | 2012 |

