

Did You Know?



Salad Burnet, *Sanguisorba minor*

- Salad Burnet is native to the Sinai Peninsula, Egypt, and temperate regions of Europe, and has been naturalized in much of North America. It can often be seen growing wild in meadows and untended fields.
- The delicate fern-like leaves with an equally delicate cucumber flavor are also attractive in the garden.
- It grows in a rosette-like clump with tiny flowers appearing on stalks above the foliage in mid-summer. It is hardy perennial in zones 4-8.
- Salad burnet prefers to grow in full sun in a well-drained but consistently moist spot in the garden. It does not tolerate drought.
- Can be easily started from seed and tends to freely reseed in the garden.
- Salad burnet does not grow well in a plant pot, as it requires lots of space (at least 15 inches deep) to accommodate its extensive root system. It also likes low-nutrient soil.
- Use this herb fresh in salad dressings, salads, sauces, soups, marinades, sauces, smoothies, compound butters, herbal vinegars and as a seasoning for poultry and fish.
- For best flavor, use young leaves fresh rather than dried. The flavor weakens at high temperatures.
- Nice to use it as a flavorful garnish alternative to parsley.
- In the 1633 *Herball, or, Generall Historie of Plantes*, Salad Burnet root claimed to have been used externally to treat wounds, as well as internally to treat dysentery and menstruation. In addition, leaves of Salad Burnet have been used to augment wine, “to which it yeeldeth a certaine grace in the drinking.”
- 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.
- In studies, *Sanguisorba minor* has been shown to have potent antioxidant properties.

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