

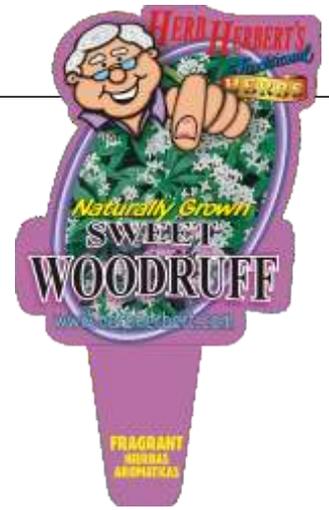
# ANOTHER HERB HERBERT FAVOURITE HERBS

FACT SHEET



# Sweet Woodruff

*Gallium odoratum*



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A perennial plant that spreads into clumps that are around 20-38cm/8-15in high. Sweet woodruff is a fragrant plant which gives off a sweet, hay-like scent that becomes stronger when the plant begins to die. Due to its strong and lasting aromatic qualities, Sweet Woodruff was used in the past to stuff mattresses and as a scenting herb for churches and homes.

Sweet Woodruff also produces an abundance of small white, star shaped flowers that appear during summer.

**PARTS USED**  
Aerial parts.

## USES OF THE HERB

### Aromatic

Plants used in rock gardens and cottage gardens for their aromatic and decorative qualities. Can also be used to stuff mattresses and as a scent herb for houses and churches.

### Medicinal

It is said that when bruised or cut and applied to cuts and wounds, sweet woodruff has a healing and anti-inflammatory effect. It is also said to be helpful in treating varicose veins and can be used as an antispasmodic where it is given to children and adults for insomnia. Sweet woodruff is also known to help with biliary obstructions of the liver.

### Culinary

Sweet woodruff is well known as an aromatic ingredient in May wine (a German beverage that uses aromatized wine as a base) and is often used today in cordial, punches and other beverages.

## CULTIVATION

Grows in shaded places such as woodlands, and is gathered when in flower (late spring). It is generally used as a ground cover and tends to spread at quite a rapid rate. Grows best in rich, well-drained soil with either full or partial shade.

## HARVEST

Harvest fresh Sweet Woodruff flowers when fully budded. Stems should be left long when harvesting. In order to dry the flowers, the stems should be hung to air dry. Note that flowers with longer stems are easier to dry and use in flower arrangements.



Don't forget  
Herbs book,  
"Wonderful World  
of Herbs."

