

HOW TO FIND CARLISLE PARK



The park is just five minutes drive from the A1 and there are numerous car parks in Morpeth Town Centre (Parking discs required, available from machines and shops). Morpeth Railway station is about 15 minutes walk from the park, please follow the signs for the Town Centre.

Bus services stop just outside the Park gates at Castle Square. For public transport information see www.arrivabus.co.uk or www.traveline.org.uk

Please note: there is no public car parking in Carlisle Park.

Satnav Position Details for Carlisle Park Main Entrance:

Post Code: NE61 1YD

OS Grid Ref: NZ 20107 85663

Lat/Long: N 55° 09.898' W 1° 41.152'



Two more photographs of the 2009 celebrations.



Carlisle Park enthusiasts being interviewed by Marian Foster for her programme on Radio Newcastle, during a wet Sunday morning.

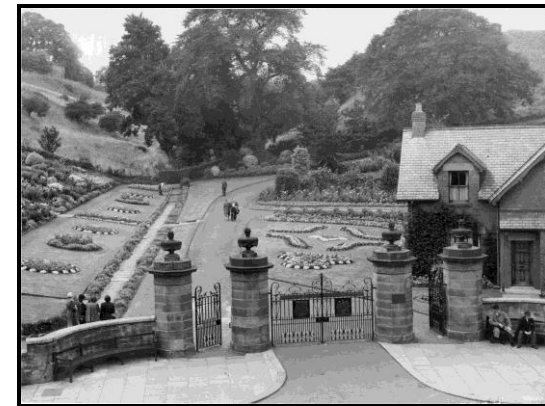
Carlisle Park

A Morpeth Gem

Northumberland

A booklet to recognise, the 90th anniversary of the official opening of the park in 1929, the visit to the park by the Right Honourable Philip Howard on 11th September 2019, together with details of the attractions in the park today.

**Compiled and Edited by
Brian Harle**



The 1950's from the K Bell collection.

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Introduction

In 1916 the Countess of Carlisle handed over the deeds to the ground on which Carlisle Park now stands. The park was officially opened on the 10th September 1929, see notice from the Morpeth Herald of 1929 opposite. In 2009 a booklet 'Celebrating 80 years of Carlisle Park' and in 2013 a revised version of the William Turner Garden booklet were published. This booklet has been produced to recognise the 90th anniversary and to update details about the park. The park is under the care of Northumberland County Council, for more details look for Carlisle Park on the website www.northumberland.gov.uk.



This picture shows Viscount Morpeth, the six year old son of the Earl and Countess of Carlisle on Tuesday 10th September 1929 officially opening Carlisle Park by unlocking the gates at the entrance to the new portion in the Castle Square.

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Acknowledgements



I am grateful to Marie Addyman, Penni Blythe, Alison Byard, the late John Caffrey for his sketches based on some of the herbs in The William Turner Garden, Chris Offord of Morpeth Lions and to Jim and Joan Soames of Mid-Northumberland U3A Natural History Group for their contributions to this update about Carlisle Park in 2019.

Inula helenium
Elecampane



The re-enactment of the opening of the park in 2009.

Some Carlisle park memories from the last 10 years



The planting of trees in the park in memory of Emma Evans, Ranger and Manager of Carlisle Park who sadly died so young in 2017. Photo: 21st Feb 2018



Lord Ridley donating and planting a tree in the formal gardens of the park in February 2010.

1. Emily Wilding Davison 1872-1913



She Knew

Knew they would come mob handed
Restraining her body
But strengthening her conviction
Their misguided methods
Small brutal victories
Achieving their greater defeat
And she was content

Ray Lonsdale, Sculptor

September 11th 2018

The statue seen as you enter the Alderman William Duncan gates of Carlisle Park is that of Emily Wilding Davison. She was installed and unveiled on 11th September 2018, the year that saw the 100th anniversary of some women in the UK achieving the vote.

Created by sculptor Ray Lonsdale, and funded by Northumberland County Council, this powerful figure represents Emily and all those courageous Suffragettes and Suffragists who fought over many years, sacrificing lives, families and reputations for what they viewed as an essential right in society – that all people had the vote on equal terms. It took another 10 years before this was achieved, with universal franchise finally being granted in 1928.

Emily was an outstanding figure in the cause, joining the Women's Social and Political Union (WSPU) in 1906. Between 1909 and 1913 she was arrested numerous times, for activities such as setting fire to post boxes, breaking

windows, getting herself into the Houses of Parliament (most notably on the night of the 1911 Census when she hid in a 'broom' cupboard in the Undercroft, the chapel of the Palace of Westminster).

In prison she went on hunger strike and was force fed 49 times. This procedure was barbaric in the extreme, involving the forcing of a rubber tube down a woman's throat or nose and into her stomach and pouring a gruel including raw egg through a funnel in an attempt to feed her. Needless to say, many suffered ghastly injuries, Emily herself lost teeth as a result.

Emily's family was from Northumberland, only moving to London shortly before her birth. After the death of her father her mother, Margaret Caisley (of another local family) moved back, to Longhorsley, and Emily was a frequent visitor, particularly when recuperating from the damage of prison and force feeding. She was a regular speaker for the cause locally, in the region and nationally, frequently cycling from Longhorsley to Morpeth – and travelling onward by train.

She was a deeply religious person, alongside her often repeated 'Deeds Not Words' call of the WSPU she avowed that:

'Disobedience to Tyrants is Obedience to God'.

Emily died in Epsom Cottage Hospital on 8th June 1913, from injuries sustained when trying to pin suffragette colours to what turned out to be the King's Horse at the Epsom Derby (on 4th June 1913).



Part of the 'keep fit circuit' and a sign for Morpeth Bowling Club Indicating a centenary is not far away or you could kayak with the swans as below.



And finally – probably what the park is mostly used for all year round, walking, whether that be along its many footpaths or along the promenade.



The Postern Burn



Towards Oldgate Bridge

Nuthatch, Treecreeper, Magpie, Jay, Jackdaw, Carrion Crow, Starling, House Sparrow, Chaffinch, Goldfinch, Greenfinch, Bullfinch.

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5. Other Attractions within the Park.

For Children – There are a number of facilities within the park primarily the play area and paddling pool, the aviary is also a favourite and there is plenty of green areas for them to play on.

A photograph of a 'Picnic in the Park' day when organised by the Friends of Carlisle Park showing the band stand, one of the bowling greens and the paddling pool.



The Aviary, another favourite with the children.

For those wishing to keep fit or play a game and socialise – There is a 'keep fit circuit', there are tennis courts, there are 100 steps and the Ha Hill to climb, there is a skateboard area and 2 bowling greens and pavilion with a thriving bowling club. During the summer months you can hire and take a boat out on the River Wansbeck.

A massive London funeral was followed by her return to Morpeth, where thousands watched as her coffin was borne from the Railway Station to St Mary's Church. There, at the lychgate, she was passed to her family and buried in the family grave with her Suffragette Medals.

Of being asked to comment on his experience of producing this sculpture, Ray Lonsdale said:

"I was flattered and proud to be asked to produce the sculpture of Emily. It did feel a little high pressure mainly due to the profile and achievements of Emily herself. I didn't want to simply produce a flag waver as I felt her story was so much more than that and hopefully the final piece shows a little more depth and thought. She deserved to have a sculpture that got people thinking about what she actually did and perhaps encourage some viewers to research her. If that happens then I will consider the sculpture a success".

Indeed, as the sculptor hoped there are always people visiting Emily. Alongside, their thoughts encapsulated on two murals, see what she and her ilk mean to some children from local schools.

So now, take a moment sit, and ponder, marvel at her life and work, ask, what does she mean to me? What do I care for? And what do I do about that?

Emily Inspires!
Her Past, Our Present, Your future



Penni Blythe 2019

Footnote: Visiting the statue of his Great-Aunt Emily Wilding Davison for

the first time, family head Geoffrey Davison spoke of the emotional impact the statue had upon him when seen in reality. 'The siting and remodelled garden surrounds are outstanding and the finished work exceeds all expectations - capturing the character and strength of Emily.'

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2. Details of the Tudor Plants and Trees in the



William Turner Garden, Carlisle Park

Introduction

William Turner, known as 'the Father of English Botany' was born in Morpeth around 1508. It is believed that he was the son of a local tanner and went to the local Chantry School. Turner went up to Pembroke Hall, Cambridge as an undergraduate in 1526, where he describes himself as a student 'of Physic and philosophy'. He had fierce religious convictions which affected his career and life. He spent periods of his life in exile abroad, became Dean of Wells, and finally moved to London where he died in 1568. The aspect of his life we are more concerned with here, however, is his efforts towards giving each plant an agreed common name and a full description in English, so that people could be reasonably sure of collecting, prescribing and using the right herb for their illness. For more details of his life a small book, *William Turner: Father of English Botany* by Marie Addyman, is available from local booksellers. It also gives details of further reading, and other information.

beginning to get back to normal rates. Within the Park, the surveys undertaken in April recorded 5 chiffchaff on the 16th, and 8 on the 22nd, 3 swallows feeding overhead on the 16th, and 6 on the 22nd, and two blackcaps singing on the 22nd.

During the summer quarter, the birds became increasingly more difficult to spot as the tree canopy thickened, territorial behaviour and song diminished, and the birds became more secretive as they foraged for food. This is reflected in the gradually decreasing numbers of birds recorded in the survey, although with the influx of recently fledged young, the total population may well have increased.

The Riverside Walk Area

The birds used the river and the adjacent banks mainly for feeding and bathing. No evidence of breeding was recorded, although female mallards with broods of fledged ducklings, and juvenile, recently fledged black headed gulls, were seen during the summer quarter. These two species dominated the river as they waited for passers-by to feed them. Non-breeding mute swans, and a grey heron were often present, the latter usually feeding on or near to the weir. The weir was also the favoured feeding area for the pied and grey wagtails seen occasionally, providing the water level was not too high, and the lesser black backed gull seen feeding on top of the weir on two visits, was an unexpected bonus. Although goosander has been a fairly regular winter visitor to the river, mainly around Oldgate Bridge, this year it was only recorded for a short time, perhaps moving elsewhere in response to the harsh winter weather.

Appendix: List of birds

Mute Swan, Mallard, Goosander, Little Grebe, Cormorant, Grey Heron, Sparrowhawk, Kestrel, Moorhen, Black-headed Gull, Lesser Black-backed Gull, Wood Pigeon, Feral Pigeon, Collared Dove, Swift, Great Spotted Woodpecker, Swallow, House Martin, Pied Wagtail, Grey Wagtail, Dunnock, Robin, Song Thrush, Redwing, Mistle Thrush, Blackbird, Blackcap, Chiffchaff, Goldcrest, Wren, Great tit, Coal Tit, Blue Tit, Marsh Tit, Long-tailed Tit,

movement of birds from outlying areas into the Park in search of food. Family parties of long tailed tits peaked in the winter quarter.

Table 1. Monthly counts of tits and finches in autumn and winter quarters

	Sept	Oct	Nov	Total	Dec	Jan	Feb	Total
Tits	22	15	20	57	32	34	42	108
Finches	9	10	13	32	15	20	14	49

Spring and Summer quarters

Despite the advent of spring, there was no improvement in the weather, and the relentless cold air stream continued, resulting in the coldest spring since 1962. The biting northerly winds, falls of snow, and the frozen dry ground made life difficult for the birds. Nevertheless, as the length of daylight increased the resident males started to sing (or drum in the case of the great spotted woodpecker), as they re-established and defended their territories in preparation for the breeding season. The winter flocks of previously gregarious tits and finches began to break up as territorial behaviour became more dominant, and the numbers recorded in the Park decreased as some, presumably, returned to breeding areas outwith the Park, see Table 2.

Table 2. Quarterly counts of tits and finches

	Autumn	Winter	Spring	Summer
Tits	57	108	75	48
Finches	32	49	31	25

A pair of mistle thrushes, one of our earliest breeders, returned to the Park, and were well established in March, but, unfortunately, the pair of grey wagtails seen along the Postern Burn did not stay. Although a few spring migrants arrived on the south coast in March, they were held up by the north easterly winds and the cold airflow which was entrenched across Britain. Migration was still slow during the first week in April, but by mid-April was

Turner’s *New Herball* was published between 1551 and 1568 in three parts, and a modern facsimile copy is available.

The William Turner Garden in Carlisle Park has now been up and running for nearly 20 years. A volunteer suggested that some information might be produced to give visitors to the garden an opportunity to learn more about the plants. The listings in this booklet are given alphabetically by their scientific names, which are also shown on the labels adjacent to each plant in the garden. By searching through the list for the specific scientific name, both an idea of its current distribution and a very brief summary of Turner’s medicinal uses for the plant can be found. Please note that, as the beds in the William Turner Garden are re-laid periodically, not all plants and trees listed here may be in the garden.

A WORD OF WARNING

The old medicinal uses of plants described in this booklet should not be accepted as being correct. Many do not have the claimed effects, others are unproven, and some plants contain chemicals that can have adverse effects on health, so do not attempt to use any plant as a herbal remedy on the basis of Turner’s recommendations.

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Tudor Medicine in Turner’s Time

By Dr Marie Addyman

For thirty years from 1538 to 1568, Turner wrote about plants. He attempted to do two things: to identify them properly, and to give clear instructions as to how they could be used. Both of these aspects were of great importance to his contemporaries because medicine in his time was plant-based. This wasn’t exclusively the case. Animal products from sheep wool through deer horn to animal dung were used, as were minerals. But for the most part everyone, from the helpful neighbour along the street to a university-trained physician like Turner, relied on plants. If you were poor, they would be local

ones; the richer you were the more exotic and foreign would be the products you could access.

Turner's writings reflect the variety of plant material available. They include native plants like selfheal and wild carrot; established imports like lavender, rosemary and rue; and some of the new plants coming from the Americas, like tobacco or quinine. These plants would be supplemented by expensive dried spices like pepper, cinnamon and nutmeg. To the surprise of the modern reader, aware of how extensive toothache was in Tudor England, sugar also featured largely in medical advice.

The plants could be prepared in various ways. In the list below they are 'seethed' in wine, sugar or oil to make potions for internal complaints. They were used externally as poultices, bound together with bread or, rather alarmingly, 'with piss'! Usually the herbs and spices were put together in what Turner called 'compositions': complex prescriptions to be made up carefully either by the apothecary or a knowledgeable member of the household. One such recipe that Turner prepared 'for the palsye' included chamepitis (*Ajuga chamaepitys*), cowslip flowers, rosemary, sage, betony and *lavandula stoechas*. This is a recipe which could have been prepared by the householder from his or her own garden and store-room.

As the list below shows, herbal remedies were intended to cure everything from tooth-ache to liver complaints, and to provide beauty preparations from hair-colouring to hair-restorer. They were also used to tackle mental and emotional complaints. Many would not have worked in the way that was claimed, and the major afflictions of the sixteenth century like plague or syphilis remained incurable.

This is partly because Tudor knowledge of the body was both patchy and faulty in some key respects. Without the microscopic knowledge which gradually came in to England from the 1660s onwards, there was no knowledge of vitamins or bacteria; William Harvey had not yet explained the circulation of the blood; and the descriptions of how conception took place

Carlisle Park Wood and Grassland Areas

Within the Park, the greatest numbers of birds recorded were found in the oak- rich woodland alongside the Postern Burn, followed by the mixed woodland extending from the child play area, around to the top of Curley Kews. Nine species accounted for 70% of the birds recorded. In rank order these were Blue tit (13.3%), Woodpigeon (11.7%), Blackbird (8.3%), Wren (7.8%), Chaffinch (7.7%), Robin (6.6%), Great tit (6.5%), Magpie(4.3%), Jackdaw (3.8%). Other fairly regular species were Great spotted woodpecker, Carrion crow, Goldfinch, and Bullfinch.

Autumn and Winter Quarters.

The weather throughout most of the autumn quarter was described by forecasters as "unsettled", which included periods of almost continuous, and at times torrential rain. Our summer migrants did not linger long, and chiffchaff, swallow and house martin were last recorded in this survey on September 18th. The weather earlier in the year, especially the cold and wet spring, resulted in a very poor berry crop in autumn, not only in the Park, but throughout Britain. As a result, many of our winter migrant visitors from northern and eastern Europe, particularly fieldfare and redwing, quickly dispersed and moved south into western France and northern Iberia in search of food. None were recorded in the Park in autumn, but a solitary redwing, was seen in February feeding amongst the leaf litter beneath holly bushes with a song thrush and several blackbirds.

The rain, heavy at times, continued into the winter quarter, the second half of December being especially wet, and this was followed in January and February by a drier period of relentless cold weather, with falls of snow and hail. Although the conditions were severe, and food was scarce, the numbers and variety of birds in the Park held up well. In particular, mixed flocks of foraging tits and finches were prominent in the oak-rich woodland along the Postern Burn. On three occasions, a tree creeper was seen associated with the tit flocks. The increase in the numbers of tits and finches recorded in the winter quarter compared to the autumn quarter see Table 1 may reflect

4. A Survey of the Birds of Carlisle Park and the Riverside Walk.

This survey was undertaken by members of the Mid-Northumberland U3A Natural History Group from September 2012 to August 2013. A regular route see Fig 1 taking about one and a half hours, was walked at least once per month and the number of birds for each species identified was recorded.



Fig 1. The regular route marked in red

In addition, in order to provide as complete a survey as possible, casual records submitted by members passing through any part of the Park were also included. At the end of each month the maximum count recorded at any one time for each species, was entered into one of two data bases, either, Carlisle Park, Woodlands and Grasslands, or the Riverside Walk, which comprised the River Wansbeck and its banks from the Telford Bridge to Oldgate Bridge. Thirty seven species were identified in the Woodland and Grassland areas of the Park, and fourteen species along the Riverside Walk. However, as four species occurred in both areas, the total number of species for both areas combined was forty seven (see Appendix).

relied on inaccurate definitions provided by the classical writers of the remote past.

It was the classical writers, particularly Dioscorides and Pliny (1stc CE) and Galen (2ndc CE), who decreed which plants could cure which ailment. Sometimes Turner made his own discoveries or modifications, but by and large the uses he gives below are derived from the classical texts. This has two odd repercussions. One is that Turner, like all his contemporaries, repeatedly includes plants believed to be effective against serpent venom – a remnant from the classical herbals which reflected military expeditions in Asia and N Africa. Secondly, if the classical writers didn't write up a herb in detail, then sometimes Turner didn't either. So for instance, *Digitalis* is mentioned only briefly by Turner because Dioscorides and Pliny virtually ignored it. But it had been part of folk medicine since Anglo-Saxon times, as was recognized by Culpeper a century later.

Although most of the uses Turner attributes to his plants are no longer accepted, some of the remedies he and his contemporaries recommended still prevail, like the use of comfrey as a bone-setter, or opium as a pain-killer. Other plants are being investigated, and are found to have real, if different, therapeutic qualities. But it is the care with which Turner identified and described the plants he saw and read about which has been of lasting importance.

©Marie Addyman, 2013.



Marjoram *Origanum vulgare*



Chicory *Cichorium intybus*

List of Plants in the William Turner Garden and the Woodland Bank

Visitors may find a wildflower guide useful while walking around the garden: e.g. Blamey, Fitter, & Fitter, *Wild Flowers of Britain and Ireland* [2003]. The plants are listed alphabetically by their current scientific name, followed by their current English name (E), the name used by Turner (WT), then an extract/extracts concerning usage from the *Herball*, with Part and page numbers referenced to the transliteration in Chapman et al.

Aconitum napellus (E) Monkshood

A native perennial herb, local to Northumberland, as well as SW England and Wales. Like all his contemporaries, Turner initially conflated this plant with *Paris quadrifolia* and *Doronicum pardalianches*.

(WT) **Monkes hod** (Pt 1, p220): '[it] killeth wolves. This herb is good to be drunken against the biting of the scorpion.' [Turner is mainly concerned to give remedies which he hopes will counteract the effects of this lethal poison.]

Alchemilla vulgaris (E) Lady's mantle

A native perennial found throughout most of the British Isles, N & W Asia and eastern N America.

(WT) **Oure ladies mantell, Syndaw** (Pt 3, p737): 'The broth thereof helpeth to glue wounds together again. It is good to lay upon women's breasts that are loose and hanging down.'

Alliaria petiolata (E) Garlic mustard

A common native biennial plant of hedgerows and rough ground. Distributed throughout most of the BI, Europe, N Africa and W & C Asia.

(WT) **Saucealone, Jack of the hedge** (Pt 3, p727): 'It is commonly used to be put in sauces in the spring of the year. This is good for those that have a cold stomach.'

The design for the first summer planting of the clock since refurbishment replicated that of the original clock at its launch in 1972, when it was a gift to the Borough of Morpeth from James Fairbairn Smith, in commemoration of four years' service as Mayor by his friend Alderman Bertram Jobson.



The floral clock, restored to its former glory and using traditional carpet bedding grown at a nursery in Cornwall, was launched in June 2018. It has been enormously popular and featured in the local media and BBC Look North.

In our second year since its refurbishment, the clock has gone from strength to strength. The Friends have continued to improve it, raising the retaining wall and increasing the clock face by 30% to make the clock more visible from the road.

The Friends were also fortunate in securing the support of the prestigious Royal Horticultural Society as part of their 'Greening Grey Britain' campaign in 2018. This meant RHS funding and assistance in working with young people on floral clock themed projects at some of Morpeth schools.

This work has continued, with a design competition for the 2019 summer carpet bedding, involving Year 3 at the nearby Morpeth First School at Goosehill. The winner was 8 year old Jason Perez, with his beautiful design featuring a pink daisy within a shield.

The Friends hope that the floral clock will once again play an important part in Morpeth's bid for success in the Northumberland in Bloom and Britain in Bloom competitions in July and August 2019, 'in time' for the 90th anniversary of the donation of the town's popular Carlisle Park to the Borough by the Earl of Carlisle in September 1929.

Alison Byard,
Friends of Morpeth Floral Clock
E: morpethfloralclock@gmail.com

3. Morpeth's Floral Clock - 'in the pink' for its second year since refurbishment

Morpeth's Floral Clock, in a prominent location near the main gates of Carlisle Park, is one of only four working floral clocks in England, and the only one with traditional carpet bedding. However, at the end of 2017, Morpeth's floral clock was under threat. It had not worked for 9 years and its planting had been reduced to gravel and low hedging with box blight! Given the expense of repair and maintenance, Northumberland County Council were considering removing the clock.



The successful reinstatement of the floral clock in 2018 was made possible due to a community partnership between Northumberland County Council and the Friends of Morpeth Floral Clock, led by Barbara Ross and born out of community interest in and support for the repair and replanting of our clock. The Friends' fundraising events, such as a Curry Night and Golf Day, as well as nearly 100 very generous donations from Morpethians both at home and abroad, raised the £10,000 necessary for the clock's reinstatement. NCC are unable to commit to the full cost of the floral clock but have played their part by paying for the initial repair to the clockworks and offering labour, support and advice.

Allium cepa

(E) Onion

A hardy biennial bulbous plant, cultivated as an annual vegetable for soups etc.

(WT) **Onyon, Scalyon** (Pt 1, p267): 'To engender wind, for plenteous urine, to make ripe swellings and burst them very quickly. With hen's grease is good to lay upon their heads whose hair has fallen out.'

Angelica archangelica

(E) Garden angelica

Formerly cultivated perennial, now naturalized. N & E Europe, eastwards to C Asia.

(WT) **Angelica** (Pt 3, p728): 'To treat poison, pestilence and pestilent airs.'

Asparagus officinalis subsp. officinalis (E) Garden asparagus

Introduced and cultivated as a vegetable, now naturalized in many places. Most of Europe, southwards from Denmark.

(WT) **Common Sperage** (Pt 1, p246): 'The root sodden... healeth the jaundice.'

Borago officinalis

(E) Borage

An introduced annual, now a garden escape on waste ground. C, S & E Europe.

(WT) **Borage** (Pt 1, p256): 'It seemeth to make men merry. The stalks eaten are good against disease of the liver.'

Brassica nigra

(E) Black mustard

Another common, possibly native, annual herb of wayside and waste places. Throughout S Britain and C & S Europe. Long cultivated for its black seeds.

(WT) **Black mustarde** (Pt 2, p571): 'It is good for the sciatica and the milt and any old ache. It healeth scaled heads where the hair has fallen off.'

Calendula officinalis

(E) Pot marigold

A familiar garden plant, often escaping into the wild. Native in C Europe and the Mediterranean.

(WT) **Marigoldes** (Pt 1, p260): 'The juice of the herb... is a present remedy for toothache. Some use to make their hair yellow with the flower.'

Chamaemelum nobile (E) Chamomile

A native scented perennial, local on sandy commons in the south of England. W Europe from Belgium southwards, N Africa and Azores.

(WT) **Camomyle** (Pt 1, p236): 'It driveth down women's sickness [and] bringeth forth the birth. It purgeth the jaundice. It healeth the disease of the liver.'

Cichorium intybus (E) Chicory

A perennial herb, probably native, on roadsides and pastures. Locally common in BI. Europe northwards, C Russia W Asia and N Africa.

(WT) **Endive, Succory, Hardewes** (Pt 2, p403): '[It is] very good for the stomach and as a poultice good against the stinging of a scorpion. Also for Saint Antony's fire.'

Coriandrum sativum (E) Coriander

An introduced annual plant, smelling of bed-bugs! Native of N Africa and SW Asia.

(WT) **Coryandre, Colander, Corion** (Pt 1, p286): 'The juice laid to healeth the inflammations of the uttermost of the skin. The seed if taken out of measure doth trouble a man with great jeopardy of madness.'

Daucus carota subsp. carota (E) Wild carrot

The native subsp *carota* is a biennial of fields and grassy places. Most of Europe, temperate Asia and N Africa.

(WT) **Wylde carot** (Pt 1,p302): 'It is good drunken in wine against the biting of a field spider. The seeds provoketh pleasure of the body and engender wind.'

Digitalis purpurea (E) Foxglove

A tall native biennial common in open places in woods and on heaths and mountain rocks. Throughout the BI and W Europe. The drug digitalin obtained from this plant is today used for heart complaints.

(WT) **Blue foxeglove, White foxeglove** (Pt 3, p734): 'Put between the horse's saddle it is an excellent remedy against farcy.'

Taxus baccata (E) Yew

A native evergreen tree of woods and scrub. Europe, W Himalaya and N Africa.

(WT) **Ughe tree** (Pt 2, p584): The ughe of Narbonne is so full of poison that if any sleep under it, or sit under the shadow of it, they are hurt, and oft times die. Wherefore I have written these words of the Ughe tree, that men should beware of it.'



A Gazebo

B Physic Garden

C Knot Garden

D Imported Plants Garden

E Woodland Bank

A layout plan of the William Turner Garden and Woodland Bank

Viburnum opulus (E) Guelder Rose

A native deciduous shrub of woods and hedges in the BI. Europe except the north, the Mediterranean region and parts of Asia.

(WT) **Opulus** (Pt 2, p474): "I never saw it in England bur it may be called in English un opier. I know of no virtue nor use that it hath, saving only that it will serve well for timber."

.....

(WT) **Brere Bush, hep Tree, Brere Tree.** (Pt 2, p548) The fruit of the brere called an Hep, if it be dried and the down that is within taken out, stoppeth the belly..... Ye must be beware that ye eat none of the down that is within, for it is very perilous...'

Salix alba (E) White Willow

A deciduous native tree common by streams and rivers. Europe to C Asia.

(WT) **Sallow tree** (Pt 2, p555): The juice of the leaves and the bark made hot in the peel of a pomegranate with rose oil, healeth the ache of the ears. The broth of the same is good to bathe gouty places and driveth away scurf and scales.'

Sambucus racemosa (E) Red-berried Elder

An introduced shrub, now naturalized. Europe and W Asia.

(WT) **Elder tree** (Pt 2, p554): 'English Elder stretcheth out twigs like reeds, round, something hollow, something whitish, and long; there grow three or four leaves together by certain spaces going between, like the walnut tree leaves, of stinking savour, and more indented. The tops of the stalks are round shadowy clusters, having white flowers, a fruit like the Turpintin tree, something purple in black, full of berries [which are] full of juice and wine.'

Sorbus aucuparia (E) Rowan

A slender native tree of woods, scrub and mountain rocks of N and W Bl. Most of Europe except extreme N.

(WT) **Quicken tree, Rown, Quikbeme, Rowne tree, Whicken tree, Quick beame tree** (Pt 2, p477 and p578): 'If they [the berries] be cut in pieces and dried in the sun, [and] if they be then eaten, they will stop the belly.'

Sorbus torminalis (E) Wild Service Tree

A native tree of woods in small numbers, to northern England, Europe and Asia Minor N. Syria; Algeria.

(WT) **Servyse tree** (Pt 2, p578): 'The fruit is almost as small as an hawes, in colour brown, in taste binding'. See *Sorbus aucuparia* above for virtue of this species.

Foeniculum vulgare (E) Fennel

A tall, possible native, perennial with a characteristic smell. The leaves are used in cooking. Mediterranean and S Europe.

(WT) **Fenel, Fenkle** (Pt 2, p383): 'The roots of fenel are good against the bitings of a dog. It is good for the eyes.'

Fragaria vesca (E) Wild strawberry

A native perennial herb of woods and grassland. Throughout most of Europe.

(WT) **Strawberry** (Pt 2, p384): 'Strawberries quench thirst and are good for a choleric stomach. The juice increaseth strength [and] is a remedy against the sores and weals of the face and against the bloodshot eyes.'

Galega officinalis (E) Goat's rue

An introduced perennial naturalized in waste places.

(WT) **Gotis rue** (Pt 3, p741): 'The juice of Galega is good against the pestilence and against all venom and poison, and biting or pricking of venomous beasts.'

Helleborus viridis (E) Green hellebore

A perennial herb native up to N Yorks. Naturalized further N with other European subspecies.

(WT) **Berefoote, Herbe syter wurte** (Pt 1, p284): 'The root of this herb hath the property to heal the disease of the lungs of all beasts, only put through the beast's ear.'

Hyssopus officinalis (E) Hyssop

An aromatic perennial formerly much grown as a pot-herb. S Europe and Algeria.

(WT) **Hysop** (Pt 2, p399): 'With vinegar it suageth the toothache. [It] also helpeth the inflammation of the lungs, the old cough, the short windedness.'

Inula helenium (E) Elecampane

An introduced perennial, of wayside and waste places. Possibly native in S E Europe and W Asia.

(WT) **Elecampane, Alecampane** (Pt 2, p403): 'For the biting of serpents. The leaves are good for sciatica. The root broken and drunken is good against the spitting of blood.'

Lavendula x intermedia (E) Garden lavender

A hardy evergreen shrub from the Mediterranean grown for its fragrant flowers and aromatic foliage.

(WT) **Lavander, Lavander spyke** (Pt 3, p745): 'The flowers help the palsy and toothache, are good for all diseases of the head, and they comfort the brain as well.'

Lysimachia vulgaris (E) Yellow loosestrife

A native plant in the BI north to mid Scotland. Throughout mid Europe.

(WT) **Golde herbe willow, Gold loosestrife** (Pt 2, p435): 'If you stop your nose with this herb it will stop the running out of blood of it. It driveth away serpents and killeth flies with its smoke, for it is wondrous sharp in smell.'

Malva sylvestris (E) Common mallow

A perennial native herb of roadsides and waste places. Throughout the BI and Europe.

(WT) **Wild mallow** (Pt 2, p435): ' [It is] good to be laid against the stinging of bees and wasps. With piss it healeth the running sores and scales of scurf of the head.'

Mentha pulegium (E) Pennyroyal

An introduced perennial now escaped from cultivation and naturalized. Wet places on sandy soils in S Europe and N Africa.

(WT) **Penny ryall** (Pt 2, p532): 'If it be drunken with wine it be good for the biting of venomous beasts.'

Origanum vulgare (E) Marjoram

A common woody native perennial of dry pastures, hedge-banks and scrub. Common in S part of BI, most of Europe, and N & W Asia.

Populus tremula (E) Aspen

A native, deciduous tree throughout the BI,, most of Europe, Asia to China and Japan.

(WT) **Common asp or esp or Common popler.** (Pt 2, p518)

Virtues are given for black and white asps only.



Prunus dulcis (E) Almond

An introduced tree with pink flowers and edible fruits. C & SW Asia and N Africa.

(WT) **Almond tree** (Pt 1, p230): 'The tree at first sight is like unto a willow tree but the leaves are shorter and bigger about the setting on the stalk. The Almondes take away the headache, if they be laid upon the temples or forehead with vinegar and rose oil.'

Prunus spinosa (E) Blackthorn

A native shrub of scrub and hedgerow. Mid and S Europe and SW Siberia.

(WT) **Slo tree, black thorn tree** (Pt 2, p527): 'The sloes are of no singular good smell, when as they are smelled, for they have either very little or none at all. Neither are they sharp or binding and tart, but far from all sharpness.'

Punica granatum (E) Pomegranate

An introduced large shrub. W Asia, but naturalized in SE Europe and Mediterranean.

(WT) **Pomegranat tree** (Pt 2, p442): 'The Pomegranate tree hath many small twigs which have leaves growing upon them straight and like unto willow leaves, but smaller and something shorter. The flower is of a crimson colour. The apple is round and full of grains and juice. The Pomegranate is all full of good juice, good for the stomach, and it giveth but small nourishment.'

Rosa canina (E) Dog Rose

A native deciduous shrub of woods hedges and scrub common in England Wales and Ireland rare in Scotland. Europe and Asia.

Juniperus communis (E) Juniper

A native tree of downs, heath and moorland. Most of Europe, N America, N Asia and N Africa.

(WT) **Juniper tree** (Pt 2, p408): 'This tree groweth commonly in great waste and wild moors and barren grounds, but sometime it groweth in meetly good grounds. In England it groweth most plenteously in Kent; it groweth also in the bishopric of Durham and Northumberland. It groweth in Germany in no place greater than a little from Bonn, where as, at the time of year the fieldfares feed only on Juniper berries, the people eat the fieldfares undrawn, with guts and all, because they are full of the berries of Juniper.'

Mespilus germanica (E) Medlar

An introduced shrub grown for its fruits, now naturalized in parts of the BI. SE Europe and SW Asia.

(WT) **Open arse tree** (Pt 2, p453): 'It hath a pleasant fruit, but small, which hath three stones in it, wherefore some hath called it three-stones. It is long in waxing ripe, and in eating it bindeth. It is pleasant to the stomach and stoppeth the belly.'

Myrtus communis (E) Myrtle Tree

An introduced aromatic tree with white flowers and purple-black berries. SW Europe and W Asia.

(WT) **Myrt Tree** (Pt 2, p460): 'The juice pressed out of the green leaves is good for field spiders, and in wine it is good for the stinging of scorpion. It is good against the stinking that cometh of too much sweat in the flanks and armholes.'

Pistacia lentiscus (E) Mastick tree

An introduced small tree. Dry and stony areas across the Mediterranean.

(WT) **Lentisk or Mastick tree** (Pt 2, p421): 'The whole Lentisk tree hath a binding quality... good against casting out of blood. It helpeth the stomach, but it maketh a man belch.'

(WT) **Organe** (Pt 2, p474): '[It is good] for dropsy in the beginning and for them that cannot make water. The leaves take away the blue marks which come of a beating. They are also good laid unto the stinging of a scorpion.'

Papaver somniferum (E) Opium poppy

An introduced annual plant. Native in W & C Mediterranean.

(WT) **Garden poppy, Chesboule, White poppy** (Pt 2, p486): 'The broth is good to be drunken against too much waking and want of sleep. Opium suageth ache and bringeth sleep. But if a man take too much of it is harmful.'



Herb Paris *Paris quadrifolia*

A plant described by William Turner 'as growing plenteously in a wood beside Morpeth called Cottinge wood.'

Paris quadrifolia (E) Herb paris

A native plant of damp woods on calcareous soils. Local in most of England and E Scotland, most of Europe, but rare in Mediterranean area.

(WT) **One berrye** (Pt 3, p744): 'The seed is gathered which is so far from hurting, by the drinking of the powder of the seed...[many] have well recovered again.' [Like his contemporaries WT asserted that the extremely toxic herb paris was harmless and could be given to women and children.]

Persicaria bistorta (E) Common bistort

A native perennial of meadows and grassy roadsides. Europe, Asia and Japan.

(WT) **Twisewrithen, Astrologia, Bistorta, Docke bistorte, Pationes** (Pt 3, p732): 'Leaves and root are good against the pestilence, and are good for loose teeth and rotten gums.'

Petroselinium crispum (E) Garden parsley

An introduced perennial, now escaped from cultivation and naturalized. Perhaps native in SE Europe or W Asia; naturalized in all temperate regions. (WT) **Persely** (Pt 1, p239): 'Laid to with bread helpeth the inflammation of the eyes. It is a good remedy against the poison of serpents. Persely healeth fishes that are sick if it be casten into them in the ponds that they may eat it.'

Plantago major (E) Greater plantain

A native perennial in disturbed habitats. Generally distributed throughout the BI Europe, N Africa and N & C Asia. (WT) **Great plantayn, Great waybrede, Plantayn waybrede** (Pt 2, p513): 'It is given to them that has dropsy.'

Polygonatum multiflorum (E) Solomon's seal

A native plant of woods, especially on limestone. N to mid Scotland; much of Europe and temperate Asia. (WT) **Scala caeli, White wurt** (Pt 2, p517): 'It is good for wounds and to scour away spots or freckles out of one's face.'

Prunella vulgaris (E) Selfheal

A very common native perennial of grassland, woodland clearings and waste places. Distributed throughout the BI, Europe, temperate Asia, N. Africa, N. America and Australia. (WT) **Selfe heale** (Pt 3, p756): '[It is] good to heal green wounds and for outward and inward sores... [and] good for the headache and to scour wounds.'

Rosmarinus officinalis (E) Rosemary

An evergreen shrub with aromatic leaves. From S Europe and Asia Minor. (WT) **Rosmary** (Pt 2, p423): '[It] healeth the jaundice [and] drives weariness away. It is good for the clod rheum that falleth from the brain. It driveth wind away and stirreth a man to make water and bringeth down a woman's flowers.'

Coryllus avellana (E) Hazel

A common native tree in woods and hedges throughout the BI. Europe, except the extreme N. (WT) **Hasell tree** (Pt 1, p288): 'Hasell nuttes are evil for the stomach. The ashes of the burned nuts with hog's grease or bear's grease, laid upon a head from which the hair has falleth off, will restore the hair again.'

Crataegus monogyna (E) Hawthorn

A native of scrub woods and hedges throughout the BI. Europe except the N. (WT) **Hawthorn tree** (Pt 2, p582): 'I understand, under the name of spina alba, the hawthorn tree, which hath a fruit, as all men know, very fit for swine.'

Cydonia oblonga (E) Quince

A small tree introduced for its fruits. SW and C Asia. (WT) **Quince tree** (Pt 2, p441): 'Quinces are good for the stomach, but when they are roasted they are counted to be gentler. Ye must choose out the Quince apples that are round, little and well smelling.'

Euonymus europaeus (E) Spindle

A deciduous tree of woods and scrub, native as far as mid-Scotland. Most of Europe and W Asia. (WT) **Spyndell tree** (Pt 1, p313): 'Although I have seen this tree oft times in England, yet for all that I could never learn an English name for it. The Dutch men call it spilboome, that is Spindell tree, because they use it to make spindles, and methink it may well be so named in English, seeing that we have no other name. I know of no good property that this tree hath, saving only it is good to make spindles and bird cages.'

Ilex aquifolium (E) Holly

A small evergreen native tree of woods, scrub and hedgerow throughout the BI. S and W Europe to N Germany. (WT) **Holy, Holme, Hulver** (Pt 3, p768): 'The broth of the barks of the root are very good to be sodden for them that have had their joints or members out of joint and have waxed hard thereafter.'

Outstanding Neighbourhood Award in 2014 for community participation, environmental responsibility and gardening achievement.

In 2016 the Lions installed an interpretative board to help inform visitors to the woodland bank. In addition the trees on the bank have been given name tags.

The Lions have also planted red currant and raspberry bushes, dog and guelder roses and 400 native heritage daffodils in the garden.

Chris Offord

Morpeth Lions Club

<https://morpethlions.org>

List of the Trees on the Woodland Bank

Arbutus unedo (E) Strawberry-tree

A small evergreen tree, lime-tolerant. SW Ireland and the Mediterranean.

(WT) **Strawbery tree** (Pt 1, p240): 'Good properties that I know of for this fruit [it] hath none, but that it delighteth some men for the diversity. For it is evil for the stomach, and engendereth the headache.'

Cornus mas (E) Cornelian-cherry

An introduced small deciduous tree with bright red berries. C and S Europe.

(WT) **Cornell tree, Cornele** (Pt 1, p287): 'Corneles in meat do bind and stop, and are wholesome for the bloody flux. The matter that cometh forth of the green tree when burning, is good to lay on the scurf like leprosy.'

Cornus sanguinea (E) Dogwood

A native deciduous tree of calcareous soils, with black fruits, from Durham southwards. Most of Europe, except extreme N.

(WT) **Cornell tree, Cornele** (Pt 1, p287): 'There are two kinds of Cornus, the male and the female They that dwell in Ida beside Troy hold that the male is barren and the female is fruitful. The fruit hath a kernel like an olive and is sweet in eating and pleasant in savour.'

Rumex acetosa

(E) Common sorrel

A native perennial of grassland and open spaces. Throughout BI Europe, Asia and N America.

(WT) **Dockes** (Pt 2, p549): '[It is] good against the biting of the scorpion... [and] also healeth jaundice, provokes down flowers, breaks stones in the bladder.'

Ruta graveolens

(E) Rue

A hardy evergreen shrub from S Europe.

(WT) **Rue** (Pt 2, p552): 'He that eateth rue in the morning shall be free all day of venom and poison. It is good against coughs, shortness of breath, inflammation of the lungs, against the sciatica, and the ache of joints. It suageth the ache of the eyes. With rose oil it helpeth them that have the headache. The juice of rue is good for the ache of the ears. It is evil for women with child.'

Satureja Montana

(E) Winter savory

A dwarf shrub introduced and formerly used as a pot-herb. S Europe and Algeria.

(WT) **Wild saverye** (Pt 2, p557): 'In an emplaster it driveth away new swellings. Taken with meat it is good for the eyes that are dull of sight

Silybum marianum

(E) Milk thistle

An introduced annual/ biennial herb, now naturalized in waste places throughout lowland GB. S Europe to S Russia.

(WT) **Maries thystel, Milk thistel** (Pt 2, p580): '[It] hath a root good to be chewed for toothache. With wine [it] is good for the pleurisies, for them that have sciatica, and for parts that are bursten and shrunken together.'

Symphytum officinale

(E) Common comfrey

A native perennial of damp places, especially beside rivers and streams. Generally distributed throughout BI, most of Europe and temperate Asia.

(WT) **Comfrey** (Pt 2, p584): 'The roots laid to are good to glue together fresh wounds. They are also good laid to inflammations.

Tanacetum vulgare (E) Tansy

A native aromatic perennial of roadsides, hedgerows and waste places. Throughout the BI, Europe and in Siberia.

(WT) **Tansy** (Pt 2, p489 under Feverfew): '[It] is good for the windiness of the stomach and the belly and killeth worms in the belly.'

Teucrium chamaedrys (E) Wall germander

An introduced perennial grown in gardens and sometimes naturalized on old walls. Europe, SW Asia and N Africa.

(WT) **Germander, Englishe triacle** (Pt 1, p270): 'Green germander laid on with oil driveth away the darkness of the eyes. The leaves in oil are good for the white haw or the pearl of the eye.'

Thymus serpyllum (E) Breckland thyme

A native aromatic plant growing in East Anglia and in Europe from N France northwards.

(WT) **Wild thyme** (Pt 2, p565): 'It is good for the gnawing and wringing in the belly, against the inflammations of the liver and against serpents. It is marvellous good for the forgetful evil called of some lethargy.'

Tussilago farfara (E) Colt's foot

An abundant native perennial of waste places. Europe to 71 deg., N Asia, and N Africa.

(WT) **Colt's-foot Horse hove, Bulfoote** (Pt 2, p592): 'The perfume of the leaves delivereth men from the dry cough and from shortness of wind. [It] heals the hot inflammation called Saint Antony's fire.'

Verbascum thapsus (E) Great mullein

A native biennial of sunny banks and waste areas on dry soil. Most of Europe, Asia and E to China.

(WT) **White mullein, Longwurt, Hickis taper** (Pt 2, p595): 'The broth help the old cough. [It] heals the toothache, the inflammation of the eyes and sores that are full of rottenness.'

The William Turner Woodland Bank

Morpeth Lions Club has enhanced a woodland bank in the town's Carlisle Park adjacent to the formal garden inspired by William Turner – the father of English Botany. The Club planted 40 trees on the bank in 2012 to commemorate the Club's 40 years of community service and has since replaced and added further species in the past seven years. All of the trees on the bank are featured in William Turner's 'Herbal' - the pioneering work which this famous son of Morpeth wrote between 1551 and 1568. Not all survived the rigours of winter but care has been taken to locate their replacements in more sheltered and better drained areas of the bank.

39 of the trees were planted on both sides of the steps leading up from the William Turner garden towards Haugh Hill. The 40th tree, a fig, was planted in a sheltered spot within the main part of the William Turner Garden. On the north side of the steps the ground was fairly devoid of vegetation and work to clear the ground for the new trees was minimal. It was a different story regarding the south side where there were several existing trees. As a start the new trees were planted in the clearer areas. However this made parts of the woodland difficult to access and some of the new trees were being stunted in growth. To combat this one of the holly trees and one of the yews were removed this spring (2019). It is always sad when trees are cleared but this action will help neighbouring trees to thrive and there are other holly and yew trees on the bank.

Many of the trees found on the woodland bank, such as Quince, Pear, White Willow, Myrtle, Almond and Medlar were listed by Turner as having medicinal qualities. Others such as Spindle were first formally recorded and named by Turner - however he records the Spindle as only useful for making spindles and bird cages. The trees planted in 2012, together with William Turner's descriptions, are listed in the Appendix below.

Members of the Lions Club have cared for the trees throughout the year, volunteering in the William Turner Garden and keeping the area tidy and the bases of the trees free of weeds. This work led to the Club winning an RHS