

**THE FOLLOWING HERBS MAY BE FOUND IN
THE HOSPITALLEERS' GARDEN**

Alecost (<i>Costmary</i>)	Mallow
Basil	Marjoram
Bay	Motherwort
Borage	Mint
Catmint	Parsley
Chamomile	Penny Royal
Chives	Rosemary
Clary Sage	Rue
Comfrey	Sage
Elecampane	St John's Wort
Fennel	Salad Burnett
Feverfew	Sweet Cecily
Heartsease	Tansy
Houseleek	Thyme
Hyssop	Valerian
Lavender	White Horehound
Lemon Balm	Woodruff
Loveage	Wormwood
Yarrow	

Notes by Marion and Victor Standing

www.stmarydehaura.org.uk

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**THE CHURCH OF ST MARY DE HAURA
NEW SHOREHAM**



*The Hospitallers'
Garden*

THE HOSPITALLERS' GARDEN

*Established as part of the St. Mary de Haura
900th Anniversary Celebrations, June 2003*

The Knights of the Order of the Hospital of St. John of Jerusalem, more commonly known as the *Knights Hospitallers*, were a religious order whose origin may be traced back to a hospital for pilgrims in Jerusalem established in c. 1080, shortly before the founding of St. Mary's Church.

The order greatly developed after the successes of the Crusaders in 1099. Its original concern was the care of the sick poor, and its ideas of treating the poor as 'lords' and the medical practices in its hospitals were to have a significant influence in medieval Europe. From the early 12th century onwards the Order was being granted properties in Western Europe and one such was established here in Shoreham, although the exact date of its foundation cannot be ascertained.

Henry Cheal, in his *Story of Shoreham* (1921) tells us: 'The Knights Hospitallers and Knights Templars had a contemporary existence in the town. There is ample proof that the establishments of both these Orders were situated on land south of the present High Street, but long since swallowed up by the sea, before the shingle beach was formed and the river forced to take its present eastward course. The Adur, therefore, runs over the site of the Conventual buildings and the shingle bank covers up much of the land with which both Hospitallers and Templars were endowed'.

He continues: 'You will find in the street nomenclature of the town, John Street – probably a faint echo of those far-off days when the Knights Hospitallers of St. John of Jerusalem flourished in the town'.

The hospital would have offered treatment for the sick, the aged and the poor of the area, but, above all, it would have provided a caring environment for weary and under-nourished pilgrims and given them the opportunity to recover their strength and to continue their journeys from the nearby port, possibly to the Holy Land or Santiago de Compostella in Spain. The main method of treatment was through diet, and sources provide much detail on which foods were considered appropriate – in accordance with the medical understanding of the time – to balance the body's humour and temperament. The use of herbal remedies was also very important and the Hospitallers would have needed a constant supply of healing herbs to hand. Many plants were described as 'medicinal', and they were relied upon for hundreds of years to provide cures or alleviations for even the most serious illnesses and wounds, and their special properties were singled out by observation and experiment.

Our herb garden was first established as part of the celebrations of the 900th anniversary of St. Mary's in 2003. The windy and exposed position is not ideal, but the plants continue to flourish and we hope that you will enjoy their fragrances, while feeling a sense of continuity with the history of this ancient town.

*A list of herbs in the Hospitallers' Garden
will be found overleaf.*