

*Teucrium scorodonia*

**WOOD SAGE** is a perennial. Native to Europe and Morocco it has greenish-yellow flowers with prominent maroon stamens.

It is also known as *Ambrais* (Channel Islander-Jersey Norman-French), *Ambroise* (French), *Ambrouaise* (Channel Islander-Guernsey), *Chwerwyls yr Eithin* (Welsh), *Engelsk gamander* (Swedish), Forget-me-not, *Fyrhand* (Swedish), Garlic germander, Garlic sage, Gipsy's baccy, Gipsy's sage, Hind heal, Large-leaved germander, *Lundgamander* (Swedish), Mountain sage, *Ožanka lesní* (Czech), Rock mint, Sage-leaved germander, *Salbeiblättriger Gamander* (German), *Sauge-des-bois* (French), *Scorodonia* (Italian), *Skogssuga* (Swedish), *Wald-Gamander* (German), Wild sage, Wood germander, and Woodland germander.

*Scorodonia* is for some authorities derived from Greek *skorodon* (garlic, *Allium sativum*) but without explanation.

It was once called *Ambroise* on the island of Jersey where it was used as a substitute for hops (*Humulus lupulus*) in brewing. While the name Hind heal arose because of a belief that sick or wounded hinds ate the plant.

Wood sage was one of the bitter flavourings used to make ale in Britain before hops (*Humulus lupulus*) were accepted there.

Medicinally, it has been recommended by herbalists in the past for internal use in the treatment of period problems, blood and skin diseases, fevers and colds, as well as for rheumatism, gout, sore throats and kidney and bladder disorders. It has also been relied upon for external use in cleaning sores, inflammation and wounds. Today an infusion is used as a remedy for rheumatism, wind and feverish colds, and the plant is applied in a poultice to abscesses and boils.