

Sweet Facts from Anne

3. Medicinal Plants

It is not surprising that many of the first sweets manufacturers were chemists. Medicinal plants were among the ingredients used and some are still used today. Below are a few examples:-

COLTSFOOT (Latin: Tussilago Farfara)

The generic name derives from latin tussis and agere – “to take away the cough”

Coltsfoot has always been regarded as an effective drug in all types of bronchial inflammation. The flowers used externally as a poultice have a soothing effect on various skin disorders and can help relieve neuralgia. Coltsfoot rock is very popular.

LIQUORICE (Latin: Glycyrrhiza Glabra)

The generic name derives from the Greek glykys and rhiza – “a sweet root”

Liquorice can relief coughing and also is a laxative. Prolonged used of liquorice can raise blood pressure.

We stock liquorice toffees, blackcurrant and liquorice, Bassetti hard liquorice sticks, Catherine wheels, liquorice cuttings and liquorice allsorts.

PEPPERMINT (Latin Mentha x Piperita)

Peppermint is found in many mint flavoured sweets, such as Edwardian mint rock, Bulls Eyes, Mint Imperials, Best English Mints. It can relieve coughing, aid stomach action and is also an insecticide.