

## **NATIONAL TRUST FOR SCOTLAND MEDIA RELEASE**

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### **Herby heritage at Falkland Palace**

Head for the National Trust for Scotland's Falkland Palace to learn more about how herbs were used throughout history on Sunday 23 July.

The palace's popular Herb Day is back. Part of Scotland's Gardens Open Day it provides a fantastic opportunity for visitors to learn more about the place of herbs in our heritage, finding out how these versatile plants have been used through the ages in drinks, medicines and crafts.

Head Gardener, Susan Thores said:

"This is going to be a really great day which showcases the Physic Garden, its herbs and the part they have played in Falkland Palace's long heritage. It's going to be a fragrant and fun-filled day."

Take a guided tour of the 'Physic Garden' to see herbs traditionally grown in the time of Mary Queen of Scots, and find out how they were used by the Royal Physician to heal the King's and Queen's ailments.

Pick up growing tips from horticultural experts, meet our Ranger Team and learn about the wonderful work of bees. Enjoy our family trails in both the Palace and Garden, take part in a series of craft tasters and have the chance to purchase herbs and plants grown in the Palace grounds.

There will also be an opportunity to see demonstrations from local artisan basketmaker, Lise Bech and blacksmith, Jim Shears who will be on site with his portable forge giving hands on tasters in blacksmithing.

Falkland Palace was a favourite place of Mary, Queen of Scots, as the Renaissance design reminded her of the chateaux she lived in as a child. The original and reconstructed rooms are packed with 17th-century Flemish tapestries, elaborate painted ceilings and antique furnishings. The beautiful, tranquil grounds include the UK's first tennis court, pretty Percy Cane gardens, an ancient orchard and wild flower meadow.

**- ENDS -**

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**Editor's Notes:**

**Images:** the Physic garden at Falkland Palace - <https://www.flickr.com/gp/133918740@N04/ihKG39>

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