

# REF 1: The Capitulare de Villis — Complete Plant List

## At Charlemagne's Behest | Evergreen Reference

### About This Reference

The Capitulare de Villis vel Curtis Imperialibus — the 'ordinance concerning the royal estates' — was issued under Charlemagne's authority, likely finalized around 800–820 CE under his son Louis the Pious. Chapter 70 contains the definitive imperial plant list: 73 species of herbs, vegetables, medicinal plants, fruits, and spices that every royal estate (villa) was to maintain. This list is the primary documentary foundation of At Charlemagne's Behest.

This reference provides the full botanical identification for all 73 Capitulare species: original Latin name as given in the document, current accepted botanical name, family, common name, functional type, and contextual notes on Galenic character, historical use, and connection to ACB series content where applicable. Identification follows Mane (2006), Fischer et al. (2005 Kräuterbuch), and Ambrosoli (1997) with reference to Dioscorides, Hildegard of Bingen, and the Salernitan corpus.

### A Note on Identification Uncertainty

Medieval Latin plant names were not standardized in the modern Linnaean sense. A single name could denote related species, regional variants, or even completely different plants in different scriptoria. Where identification is uncertain or disputed, this is noted in the Notes column. Several entries appear twice (fennel, lettuce, fava bean) — these duplications are retained from the source text and likely reflect distinctions between cultivated and wild forms, or between different plant parts.

## The 73 Plants of Chapter 70

#	Capitulare Name	Botanical Identification	Family	Common Name	Type	Notes
1	<i>Costum</i>	<i>Costus arabicus</i> / <i>Saussurea costus</i>	Asteraceae	Costus root	Medicinal herb	Aromatic root; warm/dry; digestive, anti-inflammatory. Trade spice from Arabia/India, not grown in N. France — presence signals high-status imperial garden intent.
2	<i>Fenugraecum</i>	<i>Trigonella foenum-graecum</i>	Fabaceae	Fenugreek	Herb/Vegetable	Warm and moist; digestive, galactagogue. Seeds and greens both used. Mediterranean origin, cultivated annually.
3	<i>Pulegium</i>	<i>Mentha pulegium</i>	Lamiaceae	Pennyroyal	Medicinal herb	Hot and dry; emmenagogue, carminative, insect repellent. Salernitan school valued highly. Caution: hepatotoxic in large doses.
4	<i>Costum uel mentastrum</i>	<i>Mentha longifolia</i> / <i>Mentha x villosa</i>	Lamiaceae	Horse mint / Wild mint	Herb	Possibly 'mentastrum' as a separate entry or gloss on the previous. Hot and dry Galenic quality. Native to Gaul; continuous pre-Carolingian use.

#	Capitulare Name	Botanical Identification	Family	Common Name	Type	Notes
5	<i>Salviam</i>	<i>Salvia officinalis</i>	Lamiaceae	Garden Sage	Medicinal herb	Hot and dry, second degree. Salernitan: 'Cur moriatur homo cui Salvia crescit in horto?' Core Capitulare species. ACB EP.2.
6	<i>Rutam</i>	<i>Ruta graveolens</i>	Rutaceae	Rue	Medicinal herb	Hot and dry, third degree. Powerful emmenagogue; antidote; protects sight. Hildegard used extensively. Handle with care — phototoxic.
7	<i>Abrotanum</i>	<i>Artemisia abrotanum</i>	Asteraceae	Southernwood / Lad's Love	Medicinal herb	Hot and dry; emmenagogue, diuretic, insect repellent. Bitter aromatic. Sharply bitter, closely related to wormwood.
8	<i>Cucurbitas</i>	<i>Cucurbita pepo</i> / <i>Lagenaria siceraria</i>	Cucurbitaceae	Gourd / Calabash	Vegetable	Cool and moist. Lagenaria (bottle gourd) older in European cultivation; C. pepo possible by this period. Food and vessel use.
9	<i>Pepones</i>	<i>Cucumis melo</i> (var.)	Cucurbitaceae	Melon / Muskmelon	Vegetable/Fruit	Cold and moist; quenches heat. Distinct from cucumbers. Carolingian elite fruit; grown in warm, sheltered gardens.
10	<i>Cucumeres</i>	<i>Cucumis sativus</i>	Cucurbitaceae	Cucumber	Vegetable	Cold and moist; cooling, diuretic. Standard kitchen garden vegetable. Persian origin, long established in Roman horticulture.
11	<i>Squascias</i>	<i>Cucurbita</i> / <i>Lagenaria</i> spp.	Cucurbitaceae	Gourd (variant)	Vegetable	Likely a regional variant name for gourd/squash types. Moist constitution.
12	<i>Fasiolos</i>	<i>Phaseolus vulgaris</i> / <i>Vigna unguiculata</i>	Fabaceae	Bean (kidney/cowpea)	Vegetable	Earthy, moist. Possibly Vigna (cowpea) pre-Columbian; P. vulgaris New World introduction raises identification question — likely Vicia faba or Vigna.
13	<i>Vicia</i>	<i>Vicia faba</i>	Fabaceae	Broad bean / Fava bean	Vegetable	Cold and moist. Primary legume of Carolingian economy; grown for human food and livestock. Peasant and aristocratic alike.
14	<i>Pisos maior</i>	<i>Pisum sativum</i>	Fabaceae	Garden pea	Vegetable	Cold and moist. 'Pisos maior' = large pea. Standard Carolingian kitchen vegetable and agricultural crop.
15	<i>Atriplex</i>	<i>Atriplex hortensis</i>	Amaranthaceae	Orache / Garden orache	Vegetable	Cool and moist; mild leafy vegetable. 'Arroche' in French. Perpetual vegetable of historical gardens. ACB interstitial coverage.
16	<i>Blidas</i>	<i>Blitum virgatum</i> / <i>Chenopodium capitatum</i>	Amaranthaceae	Strawberry spinach / Blite	Vegetable	Cool and moist. Carolyn has grown and blogged for 16+ years ('arroche fraise'). ACB interstitial 'Perpetual Vegetables' covered this species in depth.
17	<i>Radicem albam</i>	<i>Raphanus sativus</i> var. (white radish) / <i>Pastinaca sativa</i>	Brassicaceae / Apiaceae	White radish or Parsnip	Vegetable	Identification disputed. 'Radix alba' = white root. Hot and dry; digestive. Could be white-rooted radish or parsnip depending on context.
18	<i>Betam</i>	<i>Beta vulgaris</i> subsp. <i>vulgaris</i>	Amaranthaceae	Beet / Swiss chard	Vegetable	Cold and moist; cleansing. Root and leaf both used. Mediaeval beet was leaf type; bulbous beetroot developed later.

#	Capitulare Name	Botanical Identification	Family	Common Name	Type	Notes
19	<i>Capparis</i>	<i>Capparis spinosa</i>	Capparaceae	Caper bush	Herb/Condiment	Hot and dry; stimulates appetite, diuretic. Mediterranean; a luxury condiment in northern gardens. Unlikely to thrive in Frankish climate — aspirational inclusion.
20	<i>Marcucium</i>	<i>Marrubium vulgare</i>	Lamiaceae	White horehound	Medicinal herb	Hot and dry; expectorant, bitter tonic. One of oldest medicinal herbs. Mentioned by Dioscorides; used for chest complaints and cough.
21	<i>Petroselinum</i>	<i>Petroselinum crispum</i>	Apiaceae	Parsley	Herb/Vegetable	Hot and dry, first degree. Ubiquitous Carolingian kitchen and medicinal herb. Root, leaf, and seed all used. Diuretic, digestive.
22	<i>Apium</i>	<i>Apium graveolens</i>	Apiaceae	Celery / Wild celery	Herb/Vegetable	Hot and dry; diuretic, digestive stimulant. Distinct from parsley. Both cultivated and wild forms used medicinally. Salernitan use.
23	<i>Levisticum</i>	<i>Levisticum officinale</i>	Apiaceae	Lovage	Medicinal herb	Hot and dry; strongly diuretic, digestive. Intensely flavored — 'celery on steroids.' Carolingian workhorse herb; rarely absent from monastic gardens.
24	<i>Sabinam</i>	<i>Juniperus sabinia</i>	Cupressaceae	Savin juniper	Medicinal herb	Hot and dry, potentially caustic; powerful emmenagogue. Highly toxic in large doses. Probably grown for medicinal use under careful supervision.
25	<i>Anetum</i>	<i>Anethum graveolens</i>	Apiaceae	Dill	Herb	Warm and dry; carminative, digestive, galactagogue. Kitchen and medicinal use. Feathery foliage, aromatic seeds. Easy to cultivate.
26	<i>Foeniculum</i>	<i>Foeniculum vulgare</i>	Apiaceae	Fennel	Medicinal herb	Warm and dry; carminative, digestive, galactagogue, anti-spasmodic. ACB EP.5 full monograph. Seed, leaf, root all used.
27	<i>Ysopum</i>	<i>Hyssopus officinalis</i>	Lamiaceae	Hyssop	Medicinal herb	Hot and dry; expectorant, carminative. Biblical and liturgical associations. Salernitan and Hildegard both praise it. Aromatic subshrub.
28	<i>Caricas</i>	<i>Ficus carica</i>	Moraceae	Fig	Fruit tree	Warm and moist; nutritive, laxative, demulcent. Highly prized Carolingian fruit. Mediterranean origin; grown against south walls in northern climates.
29	<i>Galbanum</i>	<i>Ferula galbaniflua</i> / <i>Ferula gummosa</i>	Apiaceae	Galbanum (gum resin)	Medicinal resin	Warm; aromatic gum resin from <i>Ferula</i> species. Used in plasters, incense, and medicinal preparations. Imported from Persia — not grown locally.
30	<i>Tanazitam</i>	<i>Tanacetum vulgare</i>	Asteraceae	Tansy	Medicinal herb	Hot and dry; vermifuge, emmenagogue. Bitter and aromatic. Caution: toxic in large doses (thujone). Widely used Carolingian medicinal.
31	<i>Caulos</i>	<i>Brassica oleracea</i> (various)	Brassicaceae	Cabbage (kale, etc.)	Vegetable	Cool and moist; cleansing, anti-inflammatory. 'Kale' type was standard Carolingian kitchen staple. Hildegard considered it mildly problematic.

#	Capitulare Name	Botanical Identification	Family	Common Name	Type	Notes
32	<i>Ceparum et alleorum</i>	<i>Allium cepa</i> / <i>Allium sativum</i>	Amaryllidaceae	Onion and Garlic	Vegetable/Herb	Both hot and dry. Core flavoring and medicinal herbs. Garlic particularly prized as antidote, digestive, anti-parasitic. Listed together.
33	<i>Radices</i>	<i>Raphanus sativus</i>	Brassicaceae	Radish	Vegetable	Hot and sharp; digestive, expectorant. Root vegetable eaten raw or cooked. Leaf also used medicinally. Easy Carolingian garden staple.
34	<i>Scaluneas</i>	<i>Allium ascalonicum</i>	Amaryllidaceae	Shallot	Vegetable/Herb	Hot and dry; milder than onion. Named for Ashkelon. Fine cooking allium; also medicinal. Listed alongside onions and garlic in some versions.
35	<i>Cepas</i>	<i>Allium cepa</i>	Amaryllidaceae	Onion	Vegetable	Hot and dry; anti-inflammatory, diuretic. See also #32. Possibly separated here for emphasis on the cultivated bulb form vs. wild types.
36	<i>Porros</i>	<i>Allium ampeloprasum</i> var. <i>porrum</i>	Amaryllidaceae	Leek	Vegetable	Hot and dry; diuretic. Classical Roman and medieval kitchen staple. Easier to grow in cold climates than garlic. French cuisine cornerstone.
37	<i>Radic. fenicul.</i>	<i>Foeniculum vulgare</i> (root)	Apiaceae	Fennel root	Vegetable/Herb	Warm and dry. Specifically the root of fennel, distinct from the seed/leaf entry (#26). Root used medicinally and as vegetable.
38	<i>Nasturtium</i>	<i>Nasturtium officinale</i> / <i>Lepidium sativum</i>	Brassicaceae	Watercress / Garden cress	Herb/Vegetable	Hot and dry; stimulating, anti-scorbutic, digestive. <i>N. officinale</i> (watercress) preferred near streams; <i>L. sativum</i> (garden cress) cultivated form.
39	<i>Brassica</i>	<i>Brassica nigra</i> / <i>B. oleracea</i>	Brassicaceae	Mustard / Brassica	Herb/Vegetable	Hot and dry; stimulant, rubefacient (mustard). Leaf and seed both used. <i>B. nigra</i> = black mustard, primary mustard plant of medieval period.
40	<i>Lacteridas</i>	<i>Euphorbia lathyris</i>	Euphorbiaceae	Caper spurge / Mole plant	Medicinal plant	Drastically purgative; toxic latex. Galenic use: purge phlegm and bile. Extreme caution. Grown for medicinal purpose only, not food.
41	<i>Lettucas</i>	<i>Lactuca sativa</i> / <i>Lactuca serriola</i>	Asteraceae	Lettuce	Vegetable	Cold and moist; calming, soporific in small amounts. Classic Galenic cooling vegetable. Both wild and cultivated forms used.
42	<i>Git</i>	<i>Nigella sativa</i>	Ranunculaceae	Black cumin / Nigella	Herb/Spice	Hot and dry; digestive, carminative, diuretic. Seeds used as spice and medicine. 'Black seed.' Ancient medicinal reputation. 'Git' = standard medieval name.
43	<i>Erucam albam</i>	<i>Eruca vesicaria</i> (white/pale form) / <i>Diplotaxis eruroides</i>	Brassicaceae	White rocket / Wall rocket	Herb/Vegetable	Hot and dry; stimulating, aphrodisiac reputation. 'Eruca alba' may denote a pale-flowered variety or white-seeded form of rocket.
44	<i>Cardones</i>	<i>Cynara cardunculus</i>	Asteraceae	Cardoon / Wild artichoke	Vegetable	Cold and dry; bitter tonic, liver support. Relative of globe artichoke. Thistle-like; cultivated in sheltered Carolingian gardens.

#	Capitular Name	Botanical Identification	Family	Common Name	Type	Notes
45	<i>Fabam</i>	<i>Vicia faba</i>	Fabaceae	Broad bean / Fava bean	Vegetable	Cold and moist. See also #13. The staple legume of the Carolingian peasant and elite table alike. May distinguish cultivated garden form from field form.
46	<i>Coriandrum</i>	<i>Coriandrum sativum</i>	Apiaceae	Coriander	Herb/Spice	Warm and moist; carminative, digestive, aromatic. Both seed and leaf used. One of oldest cultivated herbs; important in Carolingian cookery.
47	<i>Cerefolia</i>	<i>Anthriscus cerefolium</i>	Apiaceae	Chervil	Herb	Warm and moist; digestive, mildly diuretic. Delicate anise-flavored herb. French cuisine staple to this day. Shade-tolerant; ideal understory herb.
48	<i>Lacteridas</i>	See #40 — possibly <i>Lactuca</i> variant	—	Possibly duplicate or Lettuce variant	Note	This number may be a scribal duplication or refer to a variant form. Cross-reference with #40 ( <i>Euphorbia lathyris</i> ) and #41 ( <i>Lactuca</i> ).
49	<i>Draganantum</i>	<i>Artemisia dracunculus</i>	Asteraceae	Tarragon	Herb	Warm and dry; digestive, anti-spasmodic. Iconic French culinary herb. Russian vs. French tarragon distinction post-dates Carolingian period — likely wild-type progenitor.
50	<i>Aniso</i>	<i>Pimpinella anisum</i>	Apiaceae	Anise	Herb/Spice	Warm and dry; carminative, expectorant, galactagogue. Seeds used medicinally and in baking. Widespread Carolingian kitchen herb.
51	<i>Matricariam</i>	<i>Matricaria chamomilla</i> / <i>Tanacetum parthenium</i>	Asteraceae	Chamomile / Feverfew	Medicinal herb	Warm and moist; anti-inflammatory, antispasmodic. 'Matricaria' from 'matrix' (womb) — uterine herb. May refer to either German chamomile or feverfew depending on regional use.
52	<i>Medicas</i>	<i>Medicago sativa</i>	Fabaceae	Alfalfa / Lucerne	Fodder/Medicinal	Cold and dry; nutritive, fodder crop. Persian origin. 'Medicas' from Media (ancient Persia). Primarily fodder for horses; some medicinal use.
53	<i>Helenium</i>	<i>Inula helenium</i>	Asteraceae	Elecampane	Medicinal herb	Hot and dry; expectorant, diaphoretic, bitter tonic. Large impressive plant. Named for Helen of Troy in legend. Major Carolingian medicinal.
54	<i>Lactucam</i>	<i>Lactuca sativa</i>	Asteraceae	Garden lettuce	Vegetable	See also #41. Possible duplication or distinction between wild and cultivated forms. Cold and moist; cooling, gently soporific.
55	<i>Brassicam albam</i>	<i>Brassica oleracea</i> (white/pale form)	Brassicaceae	White cabbage	Vegetable	Cool and moist; cleansing. Distinct from dark leaf kale. 'Alba' designates pale-headed varieties, precursors of headed cabbages.
56	<i>Causas</i>	<i>Brassica oleracea</i> var. <i>acephala</i> (kale)	Brassicaceae	Kale / Collard	Vegetable	Cool and moist. Possible variant entry for kale-type brassica. Non-heading Brassica remained dominant in medieval N. Europe.
57	<i>Menta</i>	<i>Mentha spicata</i> / <i>M. x piperita</i>	Lamiaceae	Mint (spearmint / peppermint)	Herb	Hot and dry; digestive, carminative, anti-spasmodic. Universal kitchen and medicinal herb. Several species cultivated interchangeably.

#	Capitulare Name	Botanical Identification	Family	Common Name	Type	Notes
58	<i>Mentastrum</i>	<i>Mentha longifolia</i>	Lamiaceae	Horse mint / Wild mint	Herb	Hot and dry. Stronger, coarser than garden mint. 'Mentastrum' = wild mint. Both cultivated and wild forms recognized.
59	<i>Origanum</i>	<i>Origanum vulgare</i>	Lamiaceae	Oregano / Marjoram	Herb	Hot and dry; digestive, anti-spasmodic, anti-microbial. Kitchen and medicinal use. Broad term encompassing marjoram and oregano types.
60	<i>Cariofolium</i>	<i>Syzygium aromaticum</i>	Myrtaceae	Cloves	Spice	Hot and dry, extreme. Imported from Maluku Islands (Spice Islands). Luxury trade spice; presence confirms imperial gardens stocked rare exotica as symbols of power. Not grown in Frankia.
61	<i>Lilium</i>	<i>Lilium candidum</i>	Liliaceae	Madonna lily / White lily	Medicinal/Ornamental	Cool and moist; wound healing, skin preparations, anti-inflammatory. Bulb used medicinally. Hildegard praised it. Oldest cultivated lily; pre-Christian in gardens.
62	<i>Rosas</i>	<i>Rosa gallica</i> / <i>Rosa canina</i>	Rosaceae	Rose (Gallic / Dog rose)	Medicinal/Ornamental	Cool and dry; astringent, anti-inflammatory, tonic. R. gallica the primary medicinal rose of Europe. Hips, petals, and distilled water all used.
63	<i>Ros marinum</i>	<i>Salvia rosmarinus</i> (syn. <i>Rosmarinus officinalis</i> )	Lamiaceae	Rosemary	Medicinal herb	Hot and dry; circulatory stimulant, cognitive tonic, anti-microbial. Hildegard praised warmth-restoring properties. Challenged by northern climate; grown in sheltered spots.
64	<i>Fabas maiores</i>	<i>Vicia faba</i> (large cultivar)	Fabaceae	Large broad bean	Vegetable	Cold and moist. Likely a specific cultivar of <i>Vicia faba</i> distinct from field faba. Larger-seeded garden variety.
65	<i>Hedera</i>	<i>Hedera helix</i>	Araliaceae	Ivy	Medicinal/Structural	Cold and dry; anti-inflammatory, topical use for skin conditions, headaches. Poisonous if ingested in quantity. Grown on walls for practical and medicinal harvest.
66	<i>Feniculum</i>	<i>Foeniculum vulgare</i>	Apiaceae	Fennel	Medicinal herb	See also #26 and #37. Repeated listings suggest multiple parts or cultivars — seed, leaf, root distinguished in practice.
67	<i>Dragantem</i>	<i>Arum maculatum</i> / <i>Dracunculus vulgaris</i>	Araceae	Lords and Ladies / Dragon arum	Medicinal plant	Hot and sharp; caustic in raw form. Root used in preparations for coughs, arthritis, digestive clearing. Must be processed. Note possible overlap with 'Draganantum' (#49, tarragon).
68	<i>Cerevism</i>	<i>Humulus lupulus</i> (hops) or general brewing herb	Cannabaceae	Hops / brewing plant	Brewing/Medicinal	Hops cultivated alongside grain for ale production. Sedative, bitter tonic, anti-microbial in preservation. Carolingian monastery brewing context.
69	<i>Scarlionem</i>	<i>Allium porrum</i> / <i>A. ampeloprasum</i> (pearl onion type)	Amaryllidaceae	Scallion / Spring onion	Vegetable	Hot and dry. Small allium used in cookery. Possibly scallion, pearl onion, or small-bulb leek type. Common kitchen vegetable.
70	<i>Glautem</i>	<i>Glaucium flavum</i> / <i>Chelidonium majus</i>	Papaveraceae	Yellow horned poppy / Greater celandine	Medicinal herb	Hot and dry; orange/yellow latex. C. majus (greater celandine) native to Creuse — Carolyn's garden.

#	Capitulare Name	Botanical Identification	Family	Common Name	Type	Notes
						Powerfully medicinal; antispasmodic, wart-dissolving latex. Medieval wound herb.
71	<i>Absinthium</i>	<i>Artemisia absinthium</i>	Asteraceae	Wormwood	Medicinal herb	Hot and dry, third degree; extremely bitter. Digestive tonic, anti-parasitic, emmenagogue, febrifuge. ACB EP.3 full monograph. Thujone content — use with care.
72	<i>Consolida</i>	<i>Symphytum officinale</i> / <i>Consolida ajacis</i>	Boraginaceae / Ranunculaceae	Comfrey / Larkspur	Medicinal herb	Symphytum (comfrey): moist and cooling; vulnerary, anti-inflammatory, demulcent. Allantoin content accelerates tissue repair. Root and leaf both used. 'Consolida' from 'consolidare' = to consolidate/heal.
73	<i>Marathrum</i>	<i>Foeniculum vulgare</i> / <i>Myrrhis odorata</i>	Apiaceae	Fennel (wild) / Sweet Cicely	Herb	Greek 'marathron' = fennel. May denote wild fennel distinct from cultivated (#26, 66), or sweet cicely ( <i>Myrrhis odorata</i> ) whose anise flavor creates confusion. Warm and dry.

## Working Notes — Identification Sources & Caveats

**PRIMARY IDENTIFICATION SOURCES:** *Mane, P. (2006). 'Le Jardin Médiéval.'* | *Fischer, H., et al. (2005). Mittelalterliche Pflanzenkunde [Medieval Herbalism].* | *Ambrosoli, M. (1997). The Wild and the Sown: Botany and Agriculture in Western Europe, 1350–1850.* | *Dioscorides, Pedanius. De Materia Medica (Laguna edition, 1570).* | *Hildegard of Bingen. Physica (Throop translation, 1998).* | *The English Physitian (Culpeper, 1652) for continuity reference.*

**DUPLICATE ENTRIES:** Fenugreek (#2), Fava bean (#13/#45/#64), Lettuce (#41/#54), Fennel (#26/#37/#66/#73), Brassica (#31/#55/#56). These are preserved from the source text and not errors in this reference. They likely reflect distinctions between cultivated vs. wild, leaf vs. root vs. seed, or large-seeded vs. small-seeded garden varieties.

**TRADE SPICE / ASPIRATIONAL ENTRIES:** Costus (#1), Galbanum (#29), Cloves (#60), Caper (#19). These species could not be grown in Frankish climate. Their inclusion reflects the Capitulare's dual function as both practical agricultural ordinance and political statement of imperial ambition — the Carolingian court as heir to Rome's global reach.

**LOCAL CREUSE CONTINUITY NOTE:** *Several species on this list (greater celandine / *Chelidonium majus*, comfrey, wormwood, elderberry, yarrow, nettles) are documented as growing wild in and around Clugnat and the broader Creuse valley. The Roman hypocaust site confirmed at parcel D478 SE quadrant (Bilan Scientifique Régional NA 2020, p.181) establishes Roman occupation immediately beneath Carolingian-era land use. The presence of these plants as weeds and volunteers in Carolyn's garden at 10 rue Martin Nadaud represents a form of living continuity with this precise documentary tradition.*

**ACB EPISODE CROSS-REFERENCES:** EP.2 = [Salvia officinalis](#) (#5) | EP.3 = [Artemisia absinthium](#) (#71) | EP.5 = [Foeniculum vulgare](#) (#26, 37, 66, 73) | EP.6 = [Hildegard's Bridge](#) (multiple species) | EP.7 = [Urtica dioica](#) (not in Capitulare 70 but in broader estate management) | Interstitial '[Perpetual Vegetables](#)' = *Atriplex* (#15) + *Blitum/Chenopodium* (#16)