

Family	Plant Species*	Vernacular name	No. of citations	Disease category**	Origin	Total no. of citations
Poaceae	<i>Triticum species</i> or <i>Avena sativa</i> L. or <i>Hordeum vulgare</i> L.	Bread Bran Gruel	9 3 1	D,R,U R,V R	Possibly native or introduced species	13
Theaceae	<i>Camellia sinensis</i> (L.) Kuntze	Tea	11	D, E, N, R, U	Imported food product	11
Amaranthaceae	<i>Beta vulgaris</i> L.	Sugar Treacle	10 1	D, R, U R	Imported food product	11
Polygonaceae	<i>Rumex species</i>	Dock Docken Capog Cappoc Copog	3 1 3 2 1	D D D D D	Native species	10
Liliaceae	<i>Allium sativum</i> L.	Garlic	9	N, R, V	Introduced species	9
Asteraceae	<i>Taraxacum officinale</i> (L.) Weber ex F.H.Wigg.	Dandelion	8	C, D, G, M, U	Native species	8
Apiaceae	<i>Apium graveolens</i> L.	Celery	6	S	Native species	6
Oleaceae	<i>Olea europaea</i> L.	Olive oil	6	D, R	Imported food product	6
Solanaceae	<i>Solanum tuberosum</i> L.	Potato	6	D, M, R	Introduced species	6
Saxifragaceae	<i>Saxifraga spathularis</i> Brot.	St. Patricks Cabbage	6	D	Native species	6
Euphorbiaceae	<i>Ricinus communis</i> L.	Castor oil	5	D, U, V	Imported product	5
Urticaceae	<i>Urtica dioica</i> L.	Nettle	5	D, I, T, V	Native species	5
Caryophyllaceae	<i>Stellaria media</i> (L.) Vill.	Chicken weed	4	M, R	Native species	4
Fagaceae	<i>Quercus petraea</i> (Matt.) Liebl. or <i>Quercus robur</i> L.	Oak	4	D, M	Native and introduced species	4
Amaryllidaceae	<i>Allium cepa</i> L.	Onion	4	D, R	Introduced species and imported food product	4
Boraginaceae	<i>Symphytum officinale</i> L.	Comfrey Comfry	3 1	D, V D	Possibly native or introduced species	4
Linaceae	<i>Linum usitatissimum</i> L.	Flaxseed	3	R	Introduced species	3
Araliaceae	<i>Hedera helix</i> L. or <i>Hedera hibernica</i> (G.Kirchn.) Carrière	Ivy	3	D	Native species	3
Malvaceae	<i>Althaea officinalis</i> L.	Marshmallow Marsh Mallows	2 1	S S	Possibly native or introduced species	3
Compositae	<i>Calendula officinalis</i> L.	Marigold	3	D	Native species	3
Numerous families	(not defined culturally at the level of a botanical species)	Moss	3	I, UR	Possibility of multiple species	3
Brassicaceae	Most likely a combination of <i>Brassica nigra</i> (L.) K.Koch, <i>Sinapis alba</i> L. and <i>Brassica juncea</i> (L.) Czern.	Mustard	3	T	Imported food product	3

Solanaceae	<i>Nicotiana tabacum</i> L.	Tobacco	2	D, T	Introduced and imported species	3
Betulaceae	<i>Alnus glutinosa</i> (L.) Gaertn.	Alder	2	C, I	Native species	2
Veronicaceae	<i>Digitalis purpurea</i> L.	Fox glove	2	R	Native species	2
Rutaceae	<i>Citrus limon</i> (L.) Osbeck	Lemon	2	R, U	Imported species	2
Compositae or Asteraceae	<i>Ambrosia</i> species or <i>Senecio jacobaea</i> L.	Ragweed	2	I	<u>Introduced species</u> or native species	2
Lamiaceae	<i>Lamium purpureum</i> L. 	Red nettle	2	D, I	Native species	2

\*Here we give the most likely botanical species based on the common name of the taxon. Clearly, since these are based on historical documents no authentication is feasible. \*\* C = Circulatory, D = Dermatological, E = Eye, G = Gastrointestinal, I = Infectious Disease, M= Musculoskeletal, N = Nervous system, R = Respiratory, T = Teeth, U = Unknown or unspecified, UR = Urinary system, V = Veterinary