

Coffee Shop

The coffee shop is open on the first Saturday of each month, 2pm - 4:30pm from May to October. We have a range of delicious homemade cakes and hot and cold drinks.

Room Hire

The Centre is used by the Stables projects on Mondays, Tuesdays and Thursdays. It is also available to be used by the community groups and churches.

The Centre has a conference room which can be hired at a very reasonable cost.

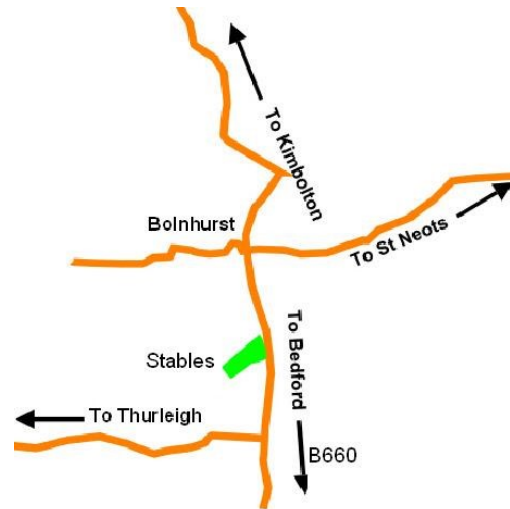
Please see the separate leaflet or our website for details.

Preserves and Crafts

We make our own preserves, usually from fruit grown in the grounds or locally. We create herb products, crafts and home-made greeting cards. These are sold whenever the centre is open, which is most Mondays, Tuesdays and Thursdays from 9:30—3:30.

How to find us:

Bolnhurst is on the B660 six miles north of Bedford, seven miles west of St. Neots and 18 miles from Milton Keynes. The Stables is on the left travelling north, just before the village cross roads.



What 3 Words

Mango, dots, register

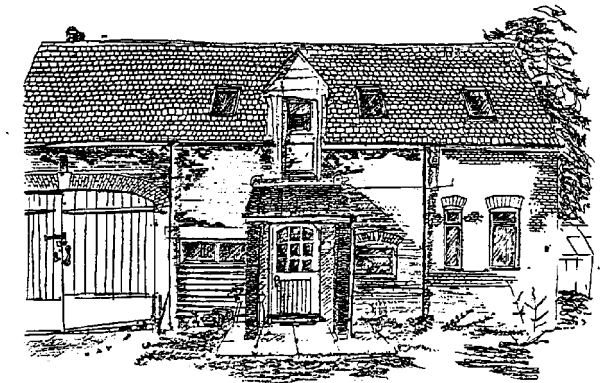
Stables Christian Centre
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Bedford
MK44 2ES

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Bolnhurst Stables Trust

Registered Charity No. 327398

Plant List 2025



Stables Christian Centre

Working with vulnerable adults

Herbs and Wild Flowers under Propagation 2025

£2.50 each, 5 for £10.

All plants are subject to availability. Please ask if the ones you want are not listed. Wholesale discounts are available to retailers.

Key to Uses: **A=Aromatic, C=Culinary, D=Decorative, EB=Enhances Biodiversity, M=Medicinal, WF=Wild Flower, !=Warning, poisonous if ingested.** These letters denote historical use. Medicinal herbs (M) should NOT be used without professional guidance.

Plant Name	Uses	Plant Name	Uses	Plant Name	Uses	Plant Name	Uses
Aconite, Winter	WF, !!	Fennel, Bronze	A,C	Mint, Peppermint	A,C,M	Tarragon, French	C
Aloe Vera	M	Fennel, Green	A,C	Mint, Pineapple	A,C,D	Thyme, All Year Round	A,C,EB
Angelica	C,M	Feverfew, Golden	EB,M	Mint, Silver	A,EB	Thyme, Broadleaved	A,C,EB
Anise Hyssop	A,C,EB,M	Foxglove, Pink	WF, !!	Mint, Spearmint/ Garden	A,C	Thyme, Common	A,C,M
Aquilegia	WF	Foxglove, White	WF, !!	Mullein		Thyme, Creeping	
Balm of Gilead	A,M	Houseleek	EB,M	Nipplewort		Thyme, Minimus	A,C,EB
Bay	A,C	Hyssop, blue	A,C,D	Oregano, Greek	A,C,EB	Thyme, Orange	
Bergamot, Monarda		Hyssop, white	A,C,D	Parsley, Curled	C	Toadflax, Common	M, EB
Didyma	C,M	Lady's Bedstraw		Parsley, French	C	Valerian, Red	EB,D,M
Bird's Foot Trefoil	WF	Lady's Mantle	M	Primrose	EB,M,WF	Valerian, Wild	
Burnet, Salad	C,M	Lavender, English	A,C,D,M	Ragged Robin	WF	Welsh Onion	C,M
Campion, Red	WF, EB	Lemon Balm		Rosemary	A,C,M	Welsh Onion, Red	
Campion, White	WF, EB	Lemon Verbena	A,C,M	Sage, Blackcurrant	A,EB	Woad	
Catmint	D,EB	Lovage	C	Sage, Green	A,C,M	Yarrow	M,WF
Catnip	A,C,M	Mace, English	C,D	Sage, Pineapple	A,C,EB	Zwolsche Krul	C
Chamomile, Dyers	D,EB	Marjoram, Golden	C,EB	Savory, Winter	A,C,EB		
Chamomile, Roman	A, C, M	Marjoram, Pot	C,EB	Snowdrop	WF		
Chives, Common	A,C	Meadow Cranesbill	WF	Soapwort	EB,M		
Chives, Garlic	A,C	Mint, Apple	A,C	Sorrell, Buckler leaf	C		
Cicely, Sweet	C, M	Mint, Chocolate	A,C	Sorrell, French/ Broadleaf	C,EB		
Clove Pink	C, A	Mint, Curly	A,C	Sorrell, Red Veined			
Comfrey	EB,M,C	Mint, Eau de Cologne	A,C	Southernwood	A,M		
Cowslip	C,WF	Mint, Ginger	A,C	St John's Wort	M		
Curry Plant	A,C,D	Mint, Moroccan	A,C	Strawberry, Wild	C,M		
Daisy, Ox-eye	WF, C	Mint, Pennyroyal	A,M				
Evening Primrose	C,M						