

Colonial Gardens

**not until 1800s (think Thomas Jefferson's garden at Monticello in Virginia as example) did colonists start to grow hot weather crops like tomatoes, eggplants, peppers, okra etc. (Jefferson started growing these!) Until 1800s colonists grew mainly cool weather crops they'd brought from Europe.*

**a colonial kitchen garden typically contained 1) veggies to eat 2) plants as medicine and dyes 3) herbs to season and flavor foods*

**main cash crop in southern colonies was tobacco (ornamental tobacco in garden)*

**native hops plant also used to brew beer colonists (even kids!) drank*

<http://www.northamericanbrewers.org/brewingcolonial.htm>

**broom corn (sorghum) used to make brooms starting 1797 <http://broomshop.com/history/>*

***plants with asterix NOT in school garden (yet!)**

Veggies commonly grown:

Corn, corn and more corn!!!

Peas & Beans

Pumpkins/squash

Turnips & Carrots & Onions

Lettuce

Potatoes & sweet potatoes

Berries: *wild blackberries & strawberries

Fruits: apples, *peaches, *persimmons

Flowers:

English roses

Daffodil, tulip, grape hyacinth

Daylily

English Daisy (*Bellis perennis*)

Forget Me Not

Foxglove & Hollyhock

Phlox

Hens & Chicks (houseleek) – ointment to stop blood flow/ease burns

Peony

Periwinkle (outside gate under the lilacs by staircase)

Dye Plants:

*Goldenrod – yellowish tan/ old gold

Dock – dark yellow (check book for how else used – eat leaves etc.)

*Bloodroot (*Sanguinaria canadensis*) – red (from root, native plant)

Fiddlehead ferns or lichens – yellowish-green

*Blackberry – light gray

Lilly of Valley – pale greenish yellow (spring leaves) or gold (fall leaves)

Marjoram – purple for wool, reddish-brown for linen (also good for asthma!)

Calendula – yellow – also to color cheese and butter!

Herbs (as medicine and/or seasoning)

*Lady's bedstraw (*Gallium verum*) for curdling milk to make cheese

*Sweet Woodruff (*Gallium odoratum*) strewn on floors for special occasions/scent
-(we have an ornamental version of gallium in garden but not these two above!)

*Hyssop (*Hyssopus officinalis*) stewing herb and for cough syrup (with honey)

Lovage –celery substitute (flavoring) and to remove freckles/spots on face

Yarrow – to staunch bleeding, very important herb!

Tansy – fried with eggs as springtime dish! Flavor and to dye wool yellow

Feverfew – kills worms, reduces swellings/inflammation, alleviated vertigo

Lavender -oil for soap, perfume, tea for headaches, laid with clothes/linens

Lamb's Ear (*Stachys lanata/byzantina*) – used for bedding (soft)

Lemon Balm (*Melissa officinalis*) – oil distilled for perfume and furniture polish,
also drunk with honey for longevity

Sage – flavoring and good for healing brain, improving memory etc.

Chamomile – tea as a sedative/calm nerves and cranky babies (and when removing
bullets from wounds!)

Catnip (*Nepeta cataria*) – brewed tea with honey to aid digestion

Bee Balm or Bergamot – black tea for colic, fever, colds, oil for soap/perfume

Mullein – stuffed leaves in shoes/socks for warmth etc.

<http://www.motheearthliving.com/plant-profile/herb-to-know-mullein.aspx?PageId=2#ArticleContent>

Sweet Fern (*Comptonia peregrina*) native plant brewed and drunk by revolutionary
war soldiers instead of British tea! <http://medicinalherbinfo.org/herbs/SweetFern.html>

<http://www.bostonteapartyship.com/tea-blog/liberty-teas-of-colonial-boston> and

<http://my.chicagobotanic.org/tag/sweet-fern/> and <http://www.pfaf.org/user/plant.aspx?LatinName=Comptonia+peregrina>

Chives

Thyme

Mint

Parsley

*Tarragon

Wormwood (*Artemisia absinthium*) – wormwood in garden not exactly this one!

Check book for medicinal properties – absinthium used to brew absinthe –yup!

*Sweet Cicely (*Myrrhis odorata*)

*New Jersey Tea (*Ceanothus americanus*) New Jersey tea is a small deciduous native
shrub that grows to about 4 or 5 feet in height. This nitrogen-fixing member of the
buckthorn family grows in open woods and produces leaves that can be dried and used
for tea. In fact, its leaves were often used as a tea substitute during the revolutionary
war—providing a similar flavor to imported teas, though lacking in caffeine.

Books as Resources:

Herbs and Herb Lore of Colonial America by Colonial Dames of America. Dover
Publications, New York: 1995.

Early American Herb Recipes by Alice Cooke Brown. Dover Publications, New York:
1994.