

# Guide to the Colonial Herb Garden at the Denison Homestead



# Agrimony

## *Agrimonia eupatoria*



### *Perennial*

Description: Has small star-shaped flowers with five yellow petals and serrated leaflets alternation in large and small pairs. The leaflets are green on top with a silvery underside.

Colonial Uses: Leaves and seeds used for stomach and liver conditions, cough, diarrhea and insomnia.

# Angelica

## *Angelica archangelica*



### *Biennial*

Description: A biennial plant that has a taproot, divided leaves. It produces large green-white umbrels, seeds and then dies in its third year.

Colonial Uses: Roots and stalks used for bronchitis, pneumonia, asthma, shortness of breath. Leaves, seeds, stems, roots used in salads; stalks eaten like celery.

# Anise

## *Pimpinella anisum*



### *Perennial*

Description: Grows about 18" tall and produces umbels of lacy white flowers in mid-late summer.

Colonial Uses: Seeds used for stomach ailments. Seeds and leaves used in salads and to add flavor to meats.

# Basil

## *Ocimum basilicum*



### *Annual*

Description: An annual herb that grows to about 2 feet and has opposite pucker-ed leaves. The flowers are tiny purple or white arranged in flattened whorls.

Colonial Uses: Addressed stomach aches, urinary problems, poor digestion; headaches, sadness. Used in salads, and to flavor meats and vegetables.

# Bee Balm

## *Monarda didyma*



### *Perennial*

Description: A perennial herb that with shaggy heads of scarlet flowers and oval pointed serrated leaves.

Colonial Uses: Leaves used for skin and mouth infections, wounds, intestinal discomfort, and colic. Oil used for soap, perfume. Leaves used to perfume and beautify home.

# Betony

## *Stachys officinalis*



### *Perennial*

Description: Clumps of textured, ovate hairy leaves on short stems. Spikes of whorled bright pink flowers.

Colonial Uses: Applied externally or sipped with honey. A cure-all. Used for a variety of ailments including sores, ulcers, boils; lung and liver problems; digestion, headaches, cataracts and toothaches.

# Bloodroot

## *Sanguinaria canadensis*



### *Perennial*

Description: Finely divided large palmate leaves from fleshy rhizome. Tiny white flowers emerge near base of leaf stems in spring.

Colonial Uses: Roots and sap produced red and orange dyes.

# Blue Cardinal Flower

## *Lobelia siphilitica*



### *Perennial*

Description: Tall stalks of rough, lance-shaped leaves. Topped with dense spikes of tubular blue flowers.

Colonial Uses: Leaves and stems thought to treat syphilis, diarrhea, dysentery and swelling.

# Borage

## *Borago officinalis*



*Annual*

Description: Blue star-shaped flowers. Textured, hairy large leaves on tall stalks.

Colonial Uses: Leaves used as a vegetable and in salads. Blossoms used in cold drinks and flowers candied.

# Bugleweed

## *Ajuga reptans*



### *Perennial*

Description: Ground cover with multi-colored leaves. Short spikes of blue-purple flowers.

Colonial Uses: Leaves and flowers steeped in hot water or wine for sore muscles, nervous tension, bruises and wounds. Makes black dye for wool.

# Bugloss

## *Anchusa officinalis*



*Perennial*

Description: Long branches with hairy linear leaves. Bright blue star-shaped flowers grow along the leaf axis throughout spring and summer.

Colonial Uses: Roots make a red dye.

# Burnet

## *Sanguisorba officinalis*



*Perennial*

Description: Clumps of serrated-edged leaves. Stalks of tiny red flowers.

Colonial Uses: For wounds, ulcers, cankers, sores; stopping the flow of blood; dysentery, reduce fevers. Leaves eaten much like lettuce in salads.

# Caraway

## *Carum carvi*



### *Biennial*

Description: Delicate feathery leaves. White flowers and seeds in the second year.

Colonial Uses: Aids in digestion, urinary tract disorders, colds, eye problems. Roots eaten as a vegetable; seeds used to flavor meats and breads.

# Catmint

## *Nepeta cataria*



### *Perennial*

Description: Coarse textured green-grey leaves with serrated edges. Whorls of purple flowers repeatedly in summer.

Colonial Uses: Leaves make a tea for colds, sore throat, fevers, insomnia, anxiety, brusias and infertility.

# Chamomile

## *Anthemis nobilis*

*Perennial*

Description: Ground cover with finely divided feathery leaves. Tiny white and yellow daisy like flowers.

Colonial Uses: Flowers used for insomnia, colds, fever, colic, intestinal disorders. Flowers make an aromatic tea.



# Chervil

## *Anthriscus cerefolium*

*Annual*



Description: Finely divided, feathery leaves similar to parsley. Flat umbrels of small white flowers in summer.

Colonial Uses: Leaves used in salad, to flavor foods. Roots boiled. Considered a spring rejuvenating tonic

# Chives

## *Allium schoenoprasum*



### *Perennial*

Description: Clumps of hollow cylindrical leaves about a foot tall. Purple globe flowers in spring and sometimes in late summer.

Colonial Uses: Shoots used to flavor salads, cheeses, and eggs. Roots pickled.

# Clary Sage

## *Salvia sclarea*



### *Biennial*

Description: Clump of serrated, textured leaves. Tall spikes of silvery pink and blue lipped flowers in the second year.

Colonial Uses: Leaves and seeds used to treat swelling, eye ailments, back pain, kidney problems. Leaves fried or added to eggs.

# Clove Pinks

## *Dianthus caryophyllus*

*Perennial*

Description: Linear, lance shaped blue-green leaves with waxy texture. Fringed flowers on short tubular bases.

Colonial Uses: Grown for their beauty; attracts bees. Flowers steeped in sugar water or wine for heartaches, sadness, anger.



# Columbine

## *Aquilegia spp.*



*Perennial*

Description: Low growing, blue-green, finely divided, palmate leaves. Spikes of five petal flowers with gold stamens.

Colonial Uses: Grown for beauty, colors and variety. Treated kidney stones, jaundice, sore throat.