

New England Unit Teaching Herb Garden Colonial Plant List

(A)nnual (P)erennial (Bi)ennial	Common Name	Botanical Name	Uses	Comments
P	Agrimony	Agrimonia eupatoria	Medicinal - liver support	
Bi	Angelica	Angelica archangelica	Culinary Parts used: leaves, seeds, stems and roots.	Keep the root over your door to keep out witches
P	Bedstraw, Lady's	Galium verum	Used for mattress stuffing, as a dye plant, and to curdle milk.	
P	Betony	Stachys officinalis	Medicinal - Betony was considered a 'cure-all' plant	
A	Borage	Borago officinalis		Borage will reseed. The leaves have a mild cucumber taste
P	Catnip	Nepeta cataria	Medicinal - childrens' herb. used to soothe irritable babies	Long-blooming plants are attractive to bees, cats and people
A	Chamomile	Matricaria recutita	Medicinal - cosmetic	Note: The botanical name has been changed from Anthemis nobilis.
A	Calendula	Calendula officinalis	Medicinal - culinary - cosmetic	Single or double-flowered plants bloom until frost; will self-seed.
P	Costmary	Tanacetum balsamita	Culinary - beer making	Note: The botanical name has been changed from Chrysanthemum balsamita.
Bi	Clary Sage	Salvia sclarea	Medicinal	The common name 'clary' comes from 'clear eye'
A	Dill	Anethum graveolens	Medicinal - childrens' herb. Culinary. Parts used: leaves (dill weed) & seeds	
P	Elecampane	Inula helenium	Medicinal - an herbal tea was made from the roots; used for lung ailments	
A	Fennel	Foeniculum vulgare	Culinary - medicinal - cosmetic	Note: Fennel is generally grown as an annual; it will reseed.
A	Good King Henry	Chenopodium bonus-henricus	Culinary - spinach substitute	
TP	Hardy Marjoram	Origanum majoricum	Culinary - medicinal	
P	Hyssop	Hyssopus officinalis	Strewing Herb - Fragrant herbs were scattered and strewn about to freshen the air.	
P	Lamb's Ear	Stachys byzantina	Medicinal - stiptic effect	
P	Lavender Cotton	Santolina chamaecyparissus	Strewing Herb - The button-shaped flowers were dried for winter bouquets; a dye plant.	Santolina needs a winter mulch.
P	Lavender Vera	Lavandula angustifolia	Medicinal - burns, cuts, fragrance	Lavender was grown primarily for its scent. Most herbs were grown for multiple purpose & use.

Note: The Herb Society of America does not advise on the medicinal uses of herbs. The information provided here is intended to help educate visitors to the garden about the many uses of herbs.

Colonial Garden Plants
Teaching Herb Garden
The New England Unit of The Herb Society of America

Compiled September 2007
Page 2

(A)nnual (P)erennial (Bi)ennial	Common Name	Botanical Name	Uses	Comments
P	Lavender Spike	Lavender latifolia	Strewing Herb - household use	
Bi	Great Mullein	Verbascum thapsis	Medicinal - asthma, bronchial complaints	
P	Mugwort	Artemesia vulgaris	Medicinal - household	Witch herb
P	Orris	Iris x germanica 'florentina'	Household - The dried root (called "orris root") smells like sweet violets; a "fixative."	
TP	Rosemary	Rosmarinus officinalis	Medicinal - Culinary - Cotmetic	Rosemary was an important herb in the colonial garden. Grown in pots, rosemary can be
TP	Rosemary (gilded)	Rosmarinus officinalis 'Golden Rain'	Same as above	
P	Rue	Ruta graveolens	Medicinal - Culinary - Cosmetic - Sacred	Warning! Exposure to rue may cause severe skin irritation.
P	Common Sage	Salvia officinalis	Culinary - Sage was reputed to improve the memory and aid digestion.	
P	Purple-leaved Sage	Salvia officinalis 'Purpurescens'	Same as above	
P	Berggarten Sage	Salvia officinalis 'Gerggarten'	Same as above	
P	Salad Burnet	Sanguisorba minor	Culinary	
P	Skirret	Sium sisarum	Culinary - Skirret was eaten as a root vegetable; also used as an appetite stimulant.	
P	Sweet Marjoram	Origanum majorana	Culinary - Medicinal	
A	Teasel	Dipsacus sativa	The spiny seed heads were used for "fulling" (raising the nap of) cloth.	Prolific self-seeder
P	Thyme, Common	Thumus vulgaris	Culinary - Medicinal	
P	Thyme, Lemon	Thymus x citriodorus	Same as above	
P	Sweet Violet	Viola odorata	Household - Sweet smelling violets were used in perfumes & sachets.	Violets can become invasive (give boundaries).
P	Wormwood	Artemesia absinthium	Culinary - liquors	
P	Yarrow	Achillea millefolium	Medicinal - The leaves were used medicinally in "tisanes" or herbal teas. The flowers provided "delight" freshly cut or dried	

Researched and compiled by Darlene Beauvais for the New England Unit Inc. of The Herb Society of America. 2007

Note: The Herb Society of America does not advise on the medicinal uses of herbs. The information provided here is intended to help educate visitors to the garden about the many uses of herbs.