




















## A Dooryard Garden Plant List



### Using Herbs from the Colonial Period

#	NAME, Common & Botanical	CLASS	LIGHT	HEIGHT	COLOR	COLONIAL USE & Additional Comments
1	aconite (monk's hood) <i>Aconitum Napellus</i>	P	○ 	2-4 ft.	 violet-blue  dark green	M Warning! All parts of this plant are toxic.
2	angelica <i>Angelica archangelica</i>	B	● 	4-6 ft. +	 greenish-white	C/M Parts used: leaves, seeds, stems and roots.
3	anise <i>Pimpinella anisum</i>	A	○	1-2 ft.	 white	C/M Seeds and leaves have a licorice flavor.
4	basil (sweet basil) <i>Ocimum basilicum</i>	A	○	1-2 ft.	 white (insignificant)	C/M Pinch off flowers to prolong harvest.
5	bedstraw (lady's bedstraw) <i>Galium verum</i>	P	○ 	1-3 ft.	 bright yellow	C/H Used for mattress stuffing as a dye plant, and to curdle milk.
6a	bee balm (bergamot, Oswego tea) <i>Monarda didyma</i>	P	○ 	3-4 ft.	 red	C/M/H The American Indians introduced this herb to the early colonists.
6b	bee balm (wild bergamot) <i>Monarda fistulosa</i>	P	○ 	3-4 ft.	 lavender-pink	C/M/H Monarda is in the mint family and can be invasive.
7	betony (wood betony, bishopswort) <i>Stachys officinalis</i>	P	○ 	3 ft.	 purple	M Betony was considered a "cure-all" plant.
8	borage (bee bread) <i>Borago officinalis</i>	A	○ 	1-2 ft.	 blue  gray-green	C/M Borage will reseed. The leaves have a mild cucumber taste.

Key :

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9	calendula (pot marigold) <i>Calendula officinalis</i>	A	○	18 in.	☼ orange or yellow	C/M/H Single or double-flowered plants bloom until frost; will self-seed.
10	caraway <i>Carum carvi</i>	B	○	1-2 ft.	☼ white	C/M Caraway seed and leaves were used; the taproot was eaten as a vegetable.
11	catmint (catnep, catnip) <i>Nepeta cataria</i>	P	○	2-3 ft.	☼ lavender ☼ gray-green	C/M/H Long blooming plants are attractive to bees, cats, and people.
12	chamomile <i>Chamaemelum nobile</i> (see note →)	P	○	4-6 in.	☼ white with yellow centers	C/M/H Note: The botanical name has been changed from <i>Anthemis nobilis</i> .
13	chaste tree <i>Vitex agnus-castus</i>	P	○	3-12 ft.	☼ lilac ☼ gray-green	M A shrubby, deciduous tree with fragrant, late blooming flowers.
14	chervil <i>Anthriscus cerefolium</i>	A	●	8-12 in.	☼ white ☼ bright green	C/M Chervil is sometimes confused with sweet cicely (#59).
15	chives <i>Allium schoenoprasum</i>	P	○	8-12 in.	☼ lavender	C/M A rose-colored vinegar was made from chive blossoms.
16	clary sage <i>Salvia sclarea</i>	B or P	○	2-5 ft.	☼ pale blue-lavender	C/M The common name <i>clary</i> comes from "clear eye."
17	"clove pinks" (border carnations) <i>Dianthus Caryophyllus</i>	P	○	1-2 ft.	☼ rose-pink ☼ blue-green	C/H The color name <i>pink</i> comes from this plant. (Also called "gillyflowers.")
18	comfrey (knitbone) <i>Symphytum officinale</i>	P	○	3 ft.	☼ blue or pink	M Comfrey was used for healing wounds and broken bones.

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19	coriander <i>Coriandrum sativum</i>	A	○	1-2 ft.	☼ white	C/M The leaves were once considered "unwholesome." <i>Coriandrum sativum</i> leaves are known as "cilantro" today.
20	costmary (bibleleaf, alecost) <i>Tanacetum balsamita</i> (see note→)	P	○	1-3 ft.	☼ yellow ☼ gray-green	C/M/H Note: The botanical name has been changed from <i>Chrysanthemum balsamita</i> .
21	day lilies – yellow species <i>Hemerocallis flava</i>	P	○	30-36 in.	☼ yellow	M/H Late spring to mid-summer flowering.
22	dill <i>Anethum graveolens</i>	A	○	2-3 ft.	☼ yellow ☼ blue-green	C/M Parts used: the leaves (dill weed) & seeds.
23	elecampane <i>Inula heleniunum</i>	P	●	4-6 ft.	☼ yellow	M An herbal tea was made from the roots; used for lung ailments.
24	fennel – bronze <i>Foeniculum vulgare var. bronze</i>	TP (note→)	○	3-4 ft.	☼ yellow ☼ bronze	C/M Note: Fennel is generally grown as an annual; it will reseed.
25	fennel – green (sweet fennel) <i>Foeniculum vulgare</i>	TP	○	4 ft. +	☼ yellow ☼ blue-green	C/M Fennel has a licorice flavor. Parts used: leaves, stems and seeds.
26	feverfew – single flowered <i>Tanacetum parthenium</i> (see note→)	B or P	○	2-3 ft.	☼ white with yellow centers ☼ yellow-green	M/H Note: The botanical name has been changed from <i>Chrysanthemum parthenium</i> .
27	foxglove <i>Digitalis purpurea</i>	B	○	3-4 ft.	☼ lavender with white	M/H Warning! This is a poisonous plant. Source of the heart stimulant digitalis. Foxglove will reseed.

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28	herb robert (bloodwort) <i>Geranium robertianum</i>	A or B	☐ ●	12 in.	☀ pink ☁ red tinged	M "Bloodwort" was used to staunch bleeding.
29	hollyhock -- single flowered <i>Alcea rosea</i>	B or P	○	6-7 ft.	☀ pink, red, or white	M/H Hollyhocks are generally grown as a biennial; attractive to bees.
30	house leeks ("hens & chickens") <i>Sempervivum tectorum</i>	P	○	3-4 in.	☀ pinkish ☁ light green	M/H "Hens and chickens" were planted on rooftops for "protection" against lightning.
31	hyssop <i>Hyssopus officinalis</i>	P	○ ●	1-2 ft.	☀ blue	C/M/H A popular "strewing herb." (Fragrant herbs were scattered and strewn about to freshen the air).
32	Iris -- Florentine (orris) <i>Iris germanica var. Florentina alba</i>	P	○	2 ft.	☀ white with yellow	H The dried root (called "orris root") smells like sweet violets; a "fixative."
33	lavender <i>Lavandula angustifolia</i> <i>also known as L. officinalis</i>	P	○	1-2 ft.	☀ lavender ☁ gray-green	M/H Lavender was grown primarily for its scent. Most herbs were grown for multiple purpose & use.
34	lemon balm <i>Melissa officinalis</i>	P	○ ●	2-3 ft.	☀ white ☁ yellow-green	C/M/H The leaves have a lemony scent and taste; attractive to bees.
35	lovage <i>Levisticum officinale</i>	P	○ ●	3-5 ft. +	☀ yellow ☁ dark green	C/M/H The stems and leaves taste like celery; lovage resembles a giant-sized celery.
36	lungwort <i>Pulmonaria officinalis</i>	P	☐ ●	8-12 in.	☀ pinkish blue ☁ green with silver/white	M The spotted leaves were thought to resemble a lung; used for pulmonary ailments.

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37	madder <i>Rubia tinctorum</i>	P	○	2-4 ft. (prostrate habit)	☼ greenish white	H A dye plant (the roots produce a red dye). The botanical name reflects this.
38	mint – peppermint <i>Mentha x piperita</i>	P	○ ●	2-3 ft.	☼ purplish stems	C/M/H Mint tea was a common remedy for nausea.
39	mint – spearmint <i>Mentha spicata</i>	P	○ ●	1-2 ft.	☼ lavender ☼ dark green	C/M/H Note: All mints should be given boundaries; rampant growth habit.
40	nasturtium (Indian Cress) <i>Tropaeolum majus</i>	A	○	1 ft.	☼ orange, red or yellow	C/H The peppery tasting leaves were added to salads more than a century ago.
41	parsley – flat leaf (Italian Parsley) <i>Petroselinum crispum</i> Var. <i>latifolium</i>	B (note →)	○ ●	1 ft.	☼ greenish-yellow	C/M Note: generally grown as an annual. Flat leaf parsley has more flavor.
42	pennyroyal – American <i>Hedeoma pulegioides</i>	A	○ ●	1 ft.	☼ lilac-blue	M/H The American Indians introduced American pennyroyal to the colonists. Caution: Avoid if pregnant.
43	pennyroyal – English <i>Mentha Pulegium</i>	P	○ ●	6-12 in.	☼ lilac	M/H Both pennyroyals should be given boundaries; used as insect repellents. Warning! Do not take internally; toxic.
44	rose campion (mullein pink) <i>Lycnis coronaria</i>	P	○	3 ft.	☼ magenta ☼ silver-gray	M Used to treat kidney stones; a diuretic.
45	rosemary <i>Rosmarinus officinalis</i>	TP	○ ●	1-3 ft.	☼ pale blue	C/M/H Rosemary was an important herb in the colonial garden. Grown in pots, rosemary can be wintered indoors.

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46	Rose, Damask – York & Lancaster <i>Rosa damascena versicolor</i>	P	○	5 ft.	☼ white & pink on same bush	C/M/H Historians have documented the significance of this rose (named for the factions involved in the War of the Roses).
47	Rose, Gallica – the Apothecary's Rose <i>Rosa gallica officinalis</i>	P	○	3 ft.	☼ deep pink	C/M/H A dooryard garden would generally include the Apothecary's Rose; considered an important medicinal plant.
48	Rose, Gallica – 'Rosa Mundi' <i>Rosa gallica versicolor</i>	P	○	4-5 ft.	☼ rose pink & white striped	C/M/H An offspring of the Apothecary's Rose; named for "Fair Rosamund," mistress of King Henry II.
49	rue (herb of grace) <i>Ruta graveolens</i>	P	○	1-3 ft.	☼ yellow ☾ blue-green	C/M/H Warning! Exposure to rue may cause severe skin irritation.
50	sage – common <i>Salvia officinalis</i>	P	○	2 ft.	☼ blue-purple ☾ gray-green	C/M/H Sage was reputed to improve the memory and aid digestion.
51	santolina – gray (lavender cotton) <i>Santolina chamaecyparissus</i>	P	○	1-2 ft.	☼ yellow ☾ gray-green	H The button-shaped flowers were dried for winter bouquets; a dye plant. (Santolina needs a winter mulch.)
52	savory – summer <i>Satureja hortensis</i>	A	○	12-18 in.	☼ white or pale pink	C/M The leaves added a peppery flavor to soups, stews & stuffings; savory is sometimes called the "bean herb."
53	savory – winter <i>Satureja montana</i>	P	○	6-12 in.	☼ see above ☾ shiny green	C/M The savories were used medicinally as diuretics & antifatulents.
54	senna (wild senna) <i>Cassia maritima</i>	P	○	3-6 ft.	☼ yellow	H/M The leaves were used as a purgative (laxative). Also a dye plant.

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55	skirret <i>Sium Sissarum</i>	P	○	3 ft.	☼ white	C/M Skirret was eaten as a root vegetable; also used as an appetite stimulant.
56	soapwort (bouncing bet) <i>Saponaria officinalis</i>	P	○	1-2 ft.	☼ pinkish-white	H A sudsy substance was obtained by boiling the roots & leaves; used to wash clothing.
57	sorrel (garden sorrel) <i>Rumex acetosa</i>	P	○	1-2 ft.	☼ greenish yellow	C The bitter (& slightly sour) tasting leaves were added to salads & soups.
58	southernwood ("old man") <i>Artemisia abrotanum</i>	P	○	4 + ft.	☼ yellow ☼ gray-green	M/H Very fragrant and ornamental. Used as an aphrodisiac (sprigs were placed under the pillow); also a moth repellent.
59	sweet cicely (sweet chervil) <i>Myrrhis odorata</i>	P	●	2-3 ft.	☼ white	M/H Licorice flavored leaves, seeds & roots. Delicate leaf form is similar to chervil.
60	sweet woodruff <i>Galium odoratum</i>	P	●	8-12 in.	☼ white	C/M/H Dried leaves were placed among linens as a pleasant smelling moth repellent.
61	tansy <i>Tanacetum vulgare</i>	P	○	3-4 ft.	☼ yellow	C/M/H Used for embalming; also a round-worm treatment & insect repellent.
62	tarragon (French tarragon) <i>Artemisia Dracunculus Var. sativa</i>	P	○	2 ft.	☼ bluish-green	C Culinary use similar to present day - added to meat, fish, poultry and egg dishes; also a vinegar flavoring.
63	teasel - Fuller's (wild teasel) <i>Dipsacus fullonum</i>	B	○	5-6 ft.	☼ lavender	H The spiny seed heads were used for "fulling" (raising the nap of) cloth.

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64	thyme – “mother of thyme” <i>Thymus serpyllum</i>	P	○	1–3 in.	☼ lavender	C/M/H Was thought to be an effective remedy for headaches, stomachaches and nightmares (especially after imbibing).
65	valerian (garden heliotrope) <i>Valeriana officinalis</i>	P	○	3–5 ft.	☼ pale pink	M/H Valerian was used for its tranquilizing effects. Attractive to cats.
66	violets, viola sp. (sweet violets) <i>Viola odorata</i>	P	●	6–8 in.	☼ purple, also white, pink	C/M/H Sweet smelling violets were used in perfumes & sachets. Violets can become invasive (give boundaries).
67	Johnny-jump-ups (“heart’s ease”) <i>Viola tricolor</i>	A or B	○	4–6 in.	☼ purple, yellow & white	C/H Flowers freely reseed; plants will re-bloom if cut back.
68	woad (dyer’s woad) <i>Isatis tinctoria</i>	B	○	4–5 ft.	☼ yellow ☼ blue-green	H An important dye plant; the leaves were used as a blue dye source before indigo became available.
69	yarrow – yellow <i>Achillea millefolium</i>	P	○	2–3 ft.	☼ yellow ☼ gray-green	M/H The leaves were used medicinally in “tisanes” or herbal teas. The flowers provided “delight” freshly cut or dried.



*A Dooryard Garden, Using Herbs from the Colonial Period* was researched and written by Rhonda Haavisto & Jane O’Sullivan, members of the New England Unit of the Herb Society of America.

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