

Rosemary *Rosmarinus officinalis* - a colonial culinary favorite brought to America by the first settlers, used as treatment for stomach complaints, headaches and colds

Rue *Ruta graveolens* - used as a poison antidote, believed to preempt infectious diseases, insect repellent, caution skin irritant

Sage *Salvia* - colonists introduced edible cultivars in the 1600s, principal medicinal herb believed to cure everything from forgetfulness, grey hair, consumption, used as a leafy toothbrush, important seasoning herb, caution native wild sage is poisonous

Scented Geranium *Pelargonium graveolens* - prized for scent and flowers

Sorrel *Rumex acetosa* - colonists brought over in the 1700s, root used to treat diarrhea, seasoning for meats and fish, young leaves used in salads

Solomon's Seal *Polygonatum biflorum* - used as a treatment for stomach, bowels, lungs, poultice used to reduce swelling and heal bruises

Southernwood *Artemisia abrotanum* - used to relieve cramps, coughs, moth repellent, strewing

Stonecrop *Sedum* - Culpepper described "it stops bleeding inward and outward", treatment for bruises, fever reducer

Summer Savory *Satureja hortensis* - brought over by colonists in 1600s, beneficial for intestinal disorders, culinary

Sweet William *Dianthus barbatus* - one of the first garden plants, very popular in colonial gardens, edible flowers

Sweet Woodruff *Gallium odoratum* - fragrant flowers used in snuffs, sachets and strewing

Tansy *Tanacetum vulgare* - brought to the US in 1700s, used cosmetically to whiten skin, repel insects, strewing, seeds are very invasive in garden

Tarragon *Artemisia dracunculus* - used for snakebite and toothache, culinary

Thyme *Thymus* - native plant - a favorite herb among colonists - "when in doubt use thyme" was a popular saying, used in sachets and baths, and to treat indigestion, gout and anxiety, culinary

Tickseed *Coreopsis lanceolata* - native plant, used for orange or red dye

Violet *Viola odorata* - used as a treatment for coughs and sore throats, flowers were added to salads, jams, syrups

Wall Flower *Erysium cheiri* - fragrant flowers used in nosegays, used to treat gout and ulcers

Wild Indigo *Baptisia tinctoria* - wounds, source of blue dye

Winter Savory *Satureja montana* - used as a digestive aid, savory seasoning for fish, meat and sauce

Yarrow *Achillea millefolium* - used to treat wounds, deaden pain including toothache and a source of bright yellow dye

The Memorial Herb Garden is designed, planted and maintained by the volunteers of the Garden Club of Darien.

The garden is dedicated to all past and present Garden Club members who have lovingly tended the Memorial Herb Garden over the past 50 years.

Thank you to Babs White for the beautiful cover image of the Bates-Scofield Homestead and Memorial Herb Garden, circa 1968.

We would like to thank the board and staff of the Darien Historical Society for their ongoing support.

A special thank you to both Carolyn McGrath and Cyndy Stamm who were instrumental in the research and redesign of the garden in 2003. Cyndy Stamm orchestrated the move of the garden to its current location in 2009. Thank you to Beth Crump and Cindy Ryan who began the process of refreshing the garden in 2017. The garden revitalization, which includes the addition of over 40 cultivars, was completed in 2018 under the direction of Carol Caulfield and Bridget Rudner.

The Garden Club of Darien is a member of The Garden Club of America

This pamphlet was written by Carol Caulfield and Bridget Rudner and produced by the Garden Club of Darien.



MEMORIAL HERB GARDEN

Bates-Scofield Homestead

An 18th Century Garden

Designed, planted and maintained by

The Garden Club of Darien

The original garden was designed in 1968 by the Garden Club of Darien to complement the circa 1764 homestead. The garden features authentic plantings grown in Connecticut colonial dooryard plots. Over the past 50 years the garden has undergone many transformations, always aiming to stay true to the historic nature of the property. A redesign of the garden was carefully researched and installed in 2003. It was moved to its present location in 2009 when the Scofield barn was added to the museum.

Colonists cultivated their gardens from rootstocks and seeds brought over from England and native plants. Treasured herbs and flowers grown in colonial gardens were used for so much more than the culinary purposes we are familiar with today. As doctors were not readily available, colonists traveled to an herbalist or turned to garden remedies. The ingredients harvested were made into both common and creative treatments for the wide range of illnesses and pests that afflicted the colonists.



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Aside from medicinal and culinary uses, the resourceful colonists found other purposes for the plants in their gardens. Many were used for strewing - the scattering of cuttings on the floor as an insect repellent or a fragrant deodorizer. Flowers and berries were used for dye or cosmetic purposes. And of course, fast growing and decorative hops were grown and brewed into ale.

The most popular reference book of the day was *The Complete Herbal* by Nicholas Culpepper, originally published in 1649. (A later edition is used as one of the sources for this pamphlet.) Today we realized that many of the then accepted colonial remedies have turned out to be ineffective or toxic.

Plants in this garden are all known to have been grown in Connecticut in the 18th century. We have substituted modern varieties of plants when a heritage cultivar no longer exists.

Please note that we do not recommend any of the plants listed in this brochure for any medicinal purpose, it is for historic reference only. Caution, many of these plants are toxic. Please consult a medical professional before consuming any plants.

Alphabetical Listing of Plants and Uses in the 18th Century

Basil *Ocimum* - common culinary herb in the 1700s used to relieve bee stings, strewing

Bee Balm *Monarda* - native plant, digestive aid, soothes sore throat, substitute for imported teas

Black-eyed Susan *Rudbeckia hirta* - native plant, antiseptic, used to relieve snake bites

Burnet *Sanguisorba officinalis* - brought to the colonies in 1700s, anti-inflammatory, antiseptic, wounds, to relieve pains

Butterfly Weed *Asclepias tuberosa* - native plant, treatment for wounds, mixed with other herbs for “potent cures”

Candytuft *Iberis sempervirens* - used to aid digestion, treat gout, bronchitis, rheumatism

Caraway *Carum carvi* - Culpepper noted it “helpeth digestion, colds, griefs of the head and sharpen eyesight”, also used as culinary flavoring

Catmint/Catnip *Nepeta faassenii* - brought to the US as early as 1600, used as tea for colds, headaches and sleeplessness

Chamomile *Chamaemelum nobile* - imported to colonies by late 1600s to early 1700s, Culpepper noted it “cures aches”; relaxant, used widely in teas

Chicory *Cichorium intybus* - native plant used as a diuretic, laxative, to treat jaundice, spring leaves used in salads

Chives *Allium schoenoprasum* - brought here in early 1600s, culinary, flowers used in salads or as a garnish

Cilantro *Coriandrum sativum* - used for digestive issues, blockages, culinary herb

Clary Sage *Salvia sclarea* - Culpepper lists medicinal uses: reduces swelling, draws out splinters, relieves allergy symptoms, strengthens the back, the seeds “clears the eyes”

Columbine *Aquilegia vulgaris* - native plant, used to speed up childbirth, relieve sore throats - caution poisonous

Coneflower *Echinacea purpurea* - native plant used to treat snake bites and relieve inflammation

Comfrey *Symphytum officinale* - brown dye from leaves, used as a remedy for wounds, bruises - caution poisonous

Dill *Anethum* - brought over by the colonists by 1600s, culinary

Fennel *Foeniculum vulgare* - cultivated in American gardens by 1800s, treatment for ear pain, eases hiccups, bodily obstructions

Fern *Pteridium aquilinum* - native plant noted by Culpepper when boiled in mead “kills both the broad and long worms in the body”; also used to heal wounds and troubled stomachs

Feverfew *Tanacetum parthenium* - tea from leaves or powered root used to treat fever, hysterics, headaches, rheumatism, to kill worms, insect repellent

Flax *Linum usitatissimum* - used for fiber in linen cloth, a plaster of seeds took away sunburn, as a laxative, to calm coughs and for “all inward and outward” inflammations

Foxglove *Digitalis purpurea* - in 1748 documented to be grown in colonial gardens, likely brought over much earlier, used medicinally - caution plant is poisonous

Garlic *Allium sativum* - remedy for all aches and illnesses

Germander *Teucrium chamaedrys* - Culpepper noted its use for obstructions of the liver, spleen, kidneys, for jaundice, dropsy, gout, rheumatism, culinary

Goldenseal *Hydrastis canadensis* - native plant, used to treat skin diseases and sore eyes, roots produce bright yellow dye

Goldenrod *Solidago virgaurea* - native plant, used for mouth ulcers, diuretic and to treat kidney stones

Hawthorn Tree *Crataegus monogyna* - Culpepper describes boiling seeds in wine are good to relieve “inward pains”, and to draw out splinters

Hollyhock *Alcea rosea* - tuberculosis, bladder inflammation, soothing swollen horse heads

Hellebore *Helleborus niger* - used to treat leprosy, jaundice, gout and sciatica, caution has poisonous constituents

Hens and Chicks (houseleeks) *Sempervivum tectorum* - juice from houseleeks was used to remove corns, warts, burns, and to treat shingles and ringworm

Hops *Humulus lupulus* - a most important plant in every colonial garden, flowers used for flavoring and stability agent in ale (beer)

Horehound *Marrubium vulgare* - brought to the US in 1700s, Culpepper recommended it as a remedy “against hysteric and hypochondriac affections”, used to kill worms, treat coughs

Hyssop *Agastace* - native plant, variety of uses for lungs, eyes, ears and stomach, seasoning for soups, stews, stuffing and dried for tea, strewing

Iris *Iris pallida* - powdered root used to perfume linens, to treat toothaches, jaundice, kidney stones and liver disease

Joe Pye Weed *E. purpurea* - native plant, used to treat burns and the genitourinary tract

Juniper *Juniperus communis* - treatment for rheumatic pain, bruises, ulcers and wounds, berries as a diuretic, laxative

Lady's Mantle *Achillea mollis* - astringent, stops bleeding

Lamb's Ears *Stachys lanata* - leaves used as a poultice, culinary for tea

Lily of the Valley *Convallaria majalis* - medicinal, root used for heart stimulant, caution plant is poisonous

Lavender *Lavandula* - prized for scenting of soaps, oils, powders, water, scented linens and clothes, strewing

Lavender Cotton *Santolina chamaecyparissus* - used to treat ringworm, insect repellent, strewing

Lemon Balm *Melissa* - imported by colonists in early 1600s, used in home remedies, herbal teas and cooking

Lovage *Levisticum officinale* - brought to the US in early 1700s, thought to erase freckles, heal boils, skin and eye irritations, and ease indigestion

Marjoram *Origanum majoricum* - imported by colonists in early 1600s, used to relieve indigestion, culinary, scenting linens, strewing

Mint *Mentha* - used to treat stomach complaints, teeth whitening, food and beverage seasoning, strewing

Nasturtium *Trapaeolum* - introduced by colonists in 1600s, used as treatment for scurvy, itch, culinary

Oregano *Origanum vulgare* - first brought over from England by colonists in 1600s, culinary gem

Parsley *Petroselinum crispum* - used as a diuretic, to treat stomach complaints, breath freshener, culinary in foods and as a garnish, caution oil is poisonous

Peony *Paeonia officinalis* - root used to help relieve epilepsy, jaundice, kidney problems, bladder and belly pains, seeds used as flavoring

Pennyroyal *Mentha pulegium* - native plant used as insect repellent, in particular fleas, used as a tea to ward off colds, caution plant is poisonous

Pinks *Dianthus caryophyllus* - edible flowers, loved as a garden accent

Pot Marigold *Calendula officinalis* - documented in New England gardens in 1672, used as a ‘pot’ herb in soups and stews

Rose *Rosa* - used as germicide, astringent, laxative, flavoring, rose hips used for jelly, strewing

Rose Campion *Lynchnis coronaria* - seeds in wine used to treat snake bites as a poultice, caution skin irritant