

The Herb Garden at Prescott Farm

A project of the
University of Rhode Island Master Gardeners & The Newport Restoration Foundation



This garden is an exhibit of herbs used by colonists in the 1700s. The plant varieties represent what many Aquidneck Islanders may have used for culinary, aromatic, medicinal or dying purposes.

Except for apothecary gardens used by some doctors in the 1800s, Americans did not start to plant separate herb gardens until the 1900s. In the colonial period, herbs were typically mixed among other plants in kitchen gardens or planted near a house's backdoor for easy access. We separate the herbs into this exhibit garden to use as a learning laboratory for what was grown, how it was used, and how to garden with these varieties today. To learn more about gardening best-practices: www.urimga.org

The Newport Restoration Foundation is grateful to URI Master Gardener volunteers for making this garden possible, so that we may offer educational programs about herbs in the upcoming summer season. To learn about NRF's upcoming educational programs, go to: www.newportrestoration.org

Bibliography and Web Resources for Herb Gardening History:

Bremness, Lesley. *The Complete Book of Herbs*.

Favretti, Rudy. *Landscapes and Gardens for Historic Buildings*.

Josselyn. *List of herbs from New England's Rarities* (1673)

Rodale's *Illustrated Encyclopedia of Herbs*.

Simmons, Adelma Grenier. *Herbs for Five Seasons*. [includes *New England's Rarities* an herb list from 1673 by Josselyn]

Sumner, Judith. *American Household Botany: A History of Useful Plants 1620-1900*.

Weeks, Katharine C. *Gardening with New England Colonial Plants*.

Old Sturbridge Village: Search www.osv.org for online papers about historic gardening

Plymouth Plantation: www.michaelweishan.com/tradgdnavt97art2.html

Strawbery Banke Museum: www.strawberybanke.org/museum/herb/herb.html

Herbs growing at Prescott Farm in the 2008 season:

Latin Name	Common Name	*	Use
<i>Fragaria vesca</i>	Alpine strawberry	P	Fruit in desserts, punch; leaves for tea
<i>Angelica archangelica</i>	Angelica	B	candy stems; dried leaves for tea
<i>Ocimum basilicum</i>	Basil	A	Protection from witchcraft; Culinary
<i>Monarda</i>	Beebalm, Bergamont	P	Used for tea after boycotting British
<i>Borago officinalis</i>	Borage	A	provides strength & courage
<i>Sanguisorba officinalis</i>	Burnett	P	Stops flow of blood; used in salads/dips
<i>Calendula officianalis</i>	Calendula	A	used for wounds;tea useful for heart/circulation
<i>Nepeta cataria</i>	Catmint, catnip	P	Repels rats;medicinal for colds/fevers
<i>Anthemis nobilis</i>	Chamomile- Roman	P	Flowers used in tea or in bath for sunburn
<i>Anthemis tinctoria</i>	Chamomile-Dyer's	P	Flowers used for yellow dye
<i>Matricaria recutita</i>	Chamomile-German	A	Same as Roman chamomile
<i>Allium schoenoprasum</i>	Chives	P	Culinary, e.g. sour cream & chives
<i>Salvia sclarea</i>	Clary sage	B	Infusion from seeds used to cleanse eyes
<i>Symphytum officinale</i>	Comfrey	P	Medicinal as poultice or tea; good compost

<i>Coriandrum sativum</i>	Coriander	A	Seeds used in soups, sauces; leaves in salsa
<i>Chrysanthemum balsamita</i>	Costmary, Bible Leaf, Alecost	P	ingredient for ale;chewed to stay alert
<i>Anethum graveolens</i>	Dill	A	"meeting house seed"; pickling
<i>Allium cepa</i> var. <i>proliferum</i>	Egyptian/Top onion	P	Pickle onions
<i>Foeniculum vulgare</i>	Fennel	P	Use seed in sauces,fish dishes and bread
<i>Chrysanthemum parthenium</i>	Feverfew	B	Leaves used to relieve migraine
<i>Lavandula stoechas</i>	French Lavender	p	
<i>Rumex acetosa</i>	Garden or Broadleaf Sorrel	P	Culinary in salads,soups,sauces
<i>Allium tuberosum</i>	Garlic chives	P	Culinary
<i>Pelargonium odoratissimum</i>	Geranium-Apple	A	Potpourri
<i>Pelargonium capitatum</i>	Geranium-Attar of Rose	A	"
<i>Pelargonium</i>	Geranium-Concolor Lace	A	" filbert scented
<i>Pelargonium graveolens</i>	Geranium-Lady Plymouth	A	rose scented;Potpourri; Culinary to impart flavor
<i>Pelargonium limoneum</i>	Geranium-Lemon	A	"Potpourri
<i>Pelargonium nervosum</i>	Geranium-Lime	A	"
<i>Pelargonium fragrans</i>	Geranium-Nutmeg	A	"
<i>Teucrium chamaedrys</i>	Germander	P	Remedy for gout; strewing; knot gardens
<i>Dianthus caryophylla</i>	Gillyflower	P	Petals used to flavor sugar; potpourri
<i>Marrubium vulgare</i>	Horehound	P	Medicinal for sore throat
<i>Armoracia rusticana</i>	Horseradish	P	Culinary for flavoring
<i>Sempervivum tectorum</i>	Houseleek	P	Medicinal for burns and cuts
<i>Hyssopus officialis</i>	Hyssop	P	oil used in perfume
<i>Alchemilla vulgaris</i>	Lady's Mantle	P	Used in tonics
<i>Stachys officinales</i>	Lamb's Ear, Betony	P	Use on wounds; Infuse as sedative
<i>Lavandula officialis</i>	Lavender-Hidcote	P	sachets, potpourri, soaps, perfume
<i>Thymus citriodorus</i>	Lemon thyme	P	Popular in cooking
<i>Melissa officialis</i>	Limon Balm	P	Seasoning veal/poultry; teas; perfume
<i>Levisticum officinale</i>	Lovage	P	leaves have celery flavor;stalks serve as straws
<i>Origanum majorana</i>	Marjorem	P	Strewing herb; culinary for soups etc.
<i>Origanum vulgare</i>	Oregano	P	Culinary
<i>Petroselinum crispum</i> var. <i>latifolium</i>	Parsley	B	Culinary
<i>Salvia elegans</i>	Pineapple sage	p	decorative/fragrant
<i>Rosmarinus officialis</i>	Rosemary	P	Culinary; used in soaps/shampoos
<i>Ruta graveolens</i>	Rue	P	antidote for poisons; strewing herb/insect repellent
<i>Salvia officialis</i>	Sage	P	Culinary; used in soaps/shampoos
<i>Santolina chamaecyparissus</i>	Santolina, Cotton Lavender	P	moth repellent; herb wreaths
<i>Limonium latifolium</i>	Sea Lavender	P	Herb wreaths
<i>Saponaria officinalis</i>	Soapwort	P	Soap for delicate fabrics
<i>Artemisia abrotanum</i>	Southernwood	P	wound herb; moth repellent
<i>Mentha spicata</i>	Spearmint	P	Culinary;and mint juleps
<i>Hypericum perforatum</i>	St. John's Wort	P	Nervous conditions; dye
<i>Satureja hortensis</i>	Summer Savory	A	Culinary in bean dishes, stuffings, soups
<i>Tanacetum vulgare</i>	Tansy	P	Colds/fevers; ant repellent;yellow dye
<i>Artemisia dracunculus</i>	Tarragon	P	Bearnaise sauce;Flavored vinegar
<i>Thymus serpyllum</i>	Thyme	P	Strewing; culinary
<i>Allium fistulosom</i>	Welsh onion	P	Welsh=foreign; bunching onion & leaves
<i>Satureja montana</i>	Winter Savory	P	Same as summer; Use in salt free diets
<i>Artemisia absinthium</i>	Wormwood	P	Flavor absinthe; wreath herb;insect repellent

*P=perennial; B=biennial; A=annual; p=tender perennial