



The Apothecary's Garden

- Basil** The leaves were applied to bee stings to draw out poisons; when mixed with shoe black, it was believed to remove warts.
- Bedstraw** The juice of the plant was made into a tea to treat edema (swelling)
- Borage** Poultices were made from the leaves to reduct inflammations; a tea was made from the leaves to relieve cold symptoms.
- Caraway** The seeds were crushed into an oil to treat digestive ailments.
- Catmint** It was made into a tea to reduce temperatures (fevers).
- Catnip** It was made into a soothing tea to aid in sleep; it also helped to relieve colic in babies.
- Chamomile** The flowers were made into a tonic to lower nervous excitability; also used as a substitute for hops when making beer.
- Clary Sage** The seeds were used to soothe the eyes.
- Columbine** It was used in lotions for astringent properties.
- Comfred** It had many medicinal uses: the leaves were used as poultices for wounds, the roots were mixed into wax for skin diseases, and new leaves were used to treat chest ailments.
- Costmary** It was made into a tea to strengthen the liver; also used as a blood thinner.
- Dill** The dill seeds were boiled and used for digestive problems; it was also used to treat insomnia and to clear bruises.
- Fennel** It was made into a tea to ease gas pains, also helped nursing mothers to produce milk.
- Feverfew** The flowers were steeped in boiling water and thought to lower fevers; it was also used as a substitute for quinine.
- Flax** It was made into linseed oil to treat chest diseases.
- Garlic** It was used as a remedy for any plague.
- Germander** The plant was crushed for juice to treat rheumatism and gout.
- Herb Robert** The fresh leaves were made into a compress for healing wounds.
- Horehound** Fresh or dried leaves were made into a syrup and mixed with honey to treat coughs; the roots were used as an antidote for snake bite.
- Hyssop** It was used to treat lice and made into a syrup for treating chest ailments.
- Lady's Mantle** The root was powdered and used to treat diarrhea.
- Lavender** It was used as a stimulant and for its tonic properties; also used in lotions and baths.
- Lemon Balm** It was cherished for the lemon fragrance; used as a tonic for melancholy; the leaves were crushed into a syrup to treat weak stomachs.
- Lovage** The stalks and leaves were eaten to aid digestion; also it was believed to help in treatment of pleurisy.
- Lungwort** It was used to treat lung diseases.

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- Mallow** The root was used to help to ease painful urination.
- Monarda (Bee Balm)** The leaves were steeped into a tea and used as a sedative.
- Wild Marjoram** The plant was crushed into an oil to treat toothaches.
- Mint** It was used to treat upset stomachs and for sore mouths.
- Parsley** The roots were steeped in wine to open liver obstructions; also thought to prevent baldness if used as a powder and rubbed on a man's head three nights a year.
- Pennyroyal** It was a natural insect repellent; the juice was sweetened with sugar and used to treat whooping cough.
- Rhubarb** It was used as a mild purgative (laxative).
- Rosemary** It was made into a tea and used to treat headaches.
- Rue** It was combined with other herbs as a nerve tonic; used to repel disease and fleas; also hung at the door in the fall of the year to prevent witches from entering.
- Sage** It was used as a gargle for sore throats; the leaves were smoked to prevent colds.
- Santolina** It was placed in drawers to repel moths.
- Savory** It was used as an aphrodisiac (sexual stimulant).
- Sweet Cicely** The seeds were chewed in church to keep folks awake, and also to curb the appetite.
- Sorrel** It was used as a laxative.
- Southernwood** The leaves were dried and mixed with syrup to kill worms in children; also hung with clothing to repel moths.
- Tansy** The leaves were believed to repel ants; dried leaves were mixed with lard to treat piles (hemorrhoids).
- Tarragon** It was used as a spice to stimulate the appetite.
- Thyme** Thymol oil was made and used as an antiseptic; also blended with milk to cure colds.
- Valerian** It was used as a laxative and nerve tonic.
- Sweet Woodruff** It was thought to remove liver obstructions.
- Wormwood** It was sometimes used as a laxative. also as a nerve tonic.
- Roman Woodwood** It was steeped in brandy for six weeks and used to treat gout.
- Yarrow** The leaves were used to stop bleeding.

Sources: *A Heritage of Herbs* by Bertha Reppert
"Medicinal Herb Teas" by Sandra Rafferty
"Old Salem's Medicinal Garden" by Julianne Berckman
Herb Gardening in Five Seasons by Adelma Simmons

ALPHABETICAL LISTING OF HERBS BY USE/GROWING ADVICE

HERB	HISTORICAL USE/MYTH	MODERN USE	GROWING CONDITIONS
ANGELICA (<i>Angelica archangelica</i>)	Cure for Bubonic Plague; ward off evil spirits	Flavor Benedictine & Chartreuse liquor cough syrup.	Partial shade, moist soil; biennial
ARNICA (<i>Arnica Montana</i>)	American Indians made healing ointment	Anti-inflammatory ointment	Well-drained soil; has creeping rhizomes
ANISE HYSSOP (<i>Agastache foeniculum</i>)	Indians used it to treat coughs	Tea; edible flowers; good bee flower	Full sun; well-drained good soil
BAY/BAY LAUREL (<i>Laurus nobilis</i>)	Symbol of glory and reward; Roman/Greek wreath crown	Seasoning for food	Full hot sun; grow indoors in pots. Tender perennial.
BORAGE (<i>Borago officinalis</i>)	Herb of Courage	Mineral-rich leaves used in salads; bees	Sun, well-drained soil Reseeding annual
BASIL (<i>Ocimum basilicum</i>)	Associated with the serpent "Basilisk", symbol of love	Anti-flatulent Food seasoning; add in last 5 minutes.	Annual. Full sun, hot rich soil. Keep moist Cold intolerant
CALENDULA (<i>Calendula officinalis</i>)	Dream interpretation	Healing tinctures for cold sores; saffron substitute	Hardy reseeding annual; good in cool season; use fresh seeds
CATMINT (<i>Nepeta mussini</i>)	Tea	Aromatherapy/potpourri. More compact plant with prettier flowers.	Drought resistant Well-drained soil
CATNIP (<i>Nepeta cataria</i>)	Romans used it medicinally	Tea, digestive tonic; cat intoxicator	Drought resistant Well-drained soil
CAYENNE (<i>Capsicum annum</i>)	Comes from Greek word "To bite".	High in Vit. C; treat colds Digestive aid	Hot, full sun, good drainage Fertile, moist loamy soil
CHAMOMILE (<i>Chamaemelum nobile</i>)	Peter Cottontail's tummy tea; Spanish Manzanilla	Calming tea for stomach ache; "Plant's Physician"	Sun, good drainage Freely reseeds.
CHIVES (<i>Allium schoenoprasum</i>)	Hang in home in bunches to drive away evil.	Flower is edible; great in sour cream on baked potatoes. Freeze on cookie sheet, then bag.	Full sun; not fussy; freely spreads.
CHASTE TREE (<i>Vitex agnus castus</i>)	Hormonal regulator for over 3000 years.	Hormonal regulator	Full sun, out of wind; half-hardy in cold climates
COMFREY (<i>Symphytum officinalie</i>)	Greeks used it to stop heavy bleeding	Would poultice; destroys bacteria; burn healer	Hardy perennial; easy to grow
COSTMARY (<i>Chrysanthemum balsamita</i>)	Pressed leaves in Bibles	Mint flavor in food and drink, skin lotion, rinse water for linen.	Large, perennial Full sun to part shade, fertile loamy soil
DILL (<i>Anethenum graveolens</i>)	Combat evil eye; protect from witches.	Stimulate appetite; settle stomach; pickling	Full sun, well-drained soil, rich/moist; reseeding annual.
ECHINACEA (<i>Echinacea angustfolia</i>)	Indians used on feet and hands to protect from hot coals	Blood purifier; immune booster	Full sun to light shade; fertile well-drained soil.
ELECAMPANE (<i>Inula helenium</i>)	Came from tears of Goddess Helen.	Cure for respiratory ailments; diuretic	Full to light shade; moist good soil.
FENNEL (<i>Foeniculum vulgare</i>)	Snakes used it to sharpen sight after	Anise flavor; flatulence and colic cure; seasoning	Full sun; average well-drained soil

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	shedding skin	chicken & fish	
FEVERFEW (<i>Chrysanthemum parthenium</i>)	Comes from Greek word for Girl ("Parthenion")	Treatment for Migraine headaches; insect repellent (Bees don't like it)	Full sun to part shade; average well-drained soil; invasive; ornamental
FOXGLOVE (<i>Digitalis purpurea</i>)	Van Gogh saw yellow visions which influenced his art.	Powdered leaves provide digitalin for digitalis produced by pharmaceutical industry. Don't use internally from growing plant.	Biennial; naturalized in North America.
GARLIC (<i>Allium sativum</i>)	Used to protect from magic spells, to ward off evil.	Strong anti-bacterial; strong immune booster; pest control	Full sun to part shade Rich, deep well-drained soil. Harvest when tops droop.
GERMANDER (<i>Teucrium chamaedrys</i>)	"Poor Man's Box", hedge in Knot Gardens	Research in reducing fatty acids and healing ulcers	Full sun to part shade; shiny glossy leaved ground cover; fertile, moist well-drained soil
GINKGO (<i>Ginkgo biloba</i>)	Living fossil	Improve brain efficiency and cellular energy	Hardy tree; rich soil
GOPHER PURGE (<i>Ricinus communis</i>)	Repel gophers in garden	Potent insecticide	Full sun to part shade; average soil; biennial
HEARTS-EASE or JOHNNY JUMP-UPS (<i>Viola odorata</i>)	Greed Goddess lo given violets to eat after being turned into cow.	Crystallized flowers; flower syrup is antiseptic.	Partial shade; rich, moist loamy soil.
HOPS (<i>Humulus lupulus</i>)	English kings prohibited use; it promoted melancholy	Beer brewing; sleep aid	Full sun; deep, well-drained soil; invasive - control root
HOREHOUND (<i>Marrubium vulgare</i>)	From Horus, Egyptian God; break magic spells	Cure sore throats and promote expectoration	Full sun Deep well-drained loamy soil
LAVENDER (<i>Lavendula angustifolia</i>)	Aphrodisiac; Victorian fainting herb.	Soothing fragrance calms nerves; pick before bud opens.	Full, hot sun; well-drained soil. Tender perennial
LEMON BALM (<i>Melissa officinalis</i>)	Rubbed on bee hives to encourage bees to return	Tea; attracts bees; repels other insects	Full sun, poor well-drained soil
LEMON GRASS (<i>Cymbopogon citratus</i>)	Originated in Ceylon	Used in Asian cooking; treats Athletes' foot; spray	Full hot sun; tender tropical perennial
LICORICE (<i>Glycyrrhiza glabra</i>)	Egyptians used it for sore throats and thirst	Root used as laxative; 50 times sweeter than sugar	Full to part sun; rich moist soil
MARJORAM (<i>Origanum majorana</i>)	Called "Joy of the Mountains" by Greeks	Seasoning in food; similar to oregano	Full sun; Light well-drained soil Tender perennial
MINT (<i>Mentha</i>)	Story of Persephone and Pluto and Minthe	Tea, soothing for tummies; memory improver	Full to part sun; rich, moist soil. Invasive
MULLEIN (<i>Verbascum Thapsus</i>)	Repelled witches; Romans used stems as lighted torches.	Treats coughs and congestion	Full sun, well-drained soil. Biennial, reseeds easily.
MYRTLE (<i>Myrtus communis</i>)	Symbol of beauty and chastity	Oil used medicinally; put in bridal bouquets; orange	Tender perennial; can be trained to tree (topiary);