

BOSCOBEL HERB GARDEN PLANT LIST,

showing the common and botanical names of the plants

as well as a brief notation of their uses in a household of the early 1800s offered for historical interest only
(Colonial Use Key: M = Medicinal; C = Culinary; H = Household; B = Attracts Bees; D = Delight)

Boscobel Plant List		Colonial Uses/Comments	Approximate Date of Introduction to USA
Ajuga <i>Ajuga reptans</i>	M	Ointment for wounds	In Colonial Gardens by 1700
Angelica <i>Angelica archangelica</i>	B/C/M	Wide medicinal use; now considered unsafe	Mentioned in Jefferson's Garden Book
Anise Hyssop <i>Agastache foeniculum</i>	B	Attracts bees	Used Medicinally by Native Americans
Applemint <i>Mentha suaveolens</i>	C/H	Aids digestion; flavors foods/teas; repels insects	Mint Listed in Jefferson's Garden Book
Artichoke <i>Cynara scolymus</i>	C/D	Summer vegetable	In Colonial Gardens by 1700
Autumn Crocus <i>Colchicum autumnale</i>	D/M	Treats gout	In Colonial Gardens by 1700
Basil <i>Ocimum basilicum</i>	C/M	Flavors food; treats bee stings	In Colonial Gardens by 1776
Bay Laurel <i>Laurus nobilis</i>	C/H	Primarily culinary uses	In Colonial Gardens by 1700
Bean <i>Phaseolus vulgaris</i>	C	Eaten fresh or dried for winter use	In Colonial Gardens by 1700
Bee Balm <i>Monarda didyma</i>	B/C/M/H	Tea; potpourri; attracts bees; treats insomnia	In Colonial Gardens by 1700
Beets <i>Beta vulgaris</i>	C	Food crop, useful for winter storage	Mentioned in Jefferson's Garden Book
Betony <i>Stachys officinalis</i>	B/M	Historically considered a sovereign remedy	In Colonial Williamsburg
Black Cohosh <i>Cimicifuga racemosa</i>	B/M	Treatment of rheumatism and female problems	Native American plant
Borage <i>Borago officinalis</i>	B/C/M	Cucumber flavor in foods; tea reduces inflammation	In Colonial Williamsburg

Buckwheat <i>Fagopyrum esculentum</i>	C/H	Food crop; green manure; animal feed	Mentioned in Elizabeth Dyckman's letters
Butterfly Weed <i>Asclepias tuberosa</i>	B/M	Used to treat lung ailments	Native American Plant
Caraway <i>Carum carvi</i>	C	Seeds flavor baked goods	In Colonial Gardens by 1700; in manuscript cookbook by Elizabeth Dyckman
Carrots <i>Daucas carota</i>	C	Food crop, useful for winter storage	Mentioned in Jefferson's Garden Book
Catmint <i>Nepeta cataria</i>	C/B/M/H	Attracts bees; tea treats colds, diarrhea; salve for wounds	In Colonial Gardens by 1700
Chamomile <i>Chamaemelum nobile</i>	C/M/H	Soothing tea; treats skin irritations; potpourri	In Colonial Gardens by 1700
Chives <i>Allium schoenoprasum</i>	C/B	Mild onion flavor in foods	In Colonial Williamsburg
Clary Sage <i>Salvia sclarea</i>	M/H/C	Infusion clears the eyes; fixative in perfumes; added to beer to enhance drunkenness	In Colonial Gardens by 1700
Clove Pinks <i>Dianthus carophyllus</i>	D/H	Dried flowers used in potpourri	In Colonial Gardens by 1700
Columbine <i>Aquilegia vulgaris</i>	M/D	Formerly treated headaches; no longer used	In Colonial Gardens by 1700
Comfrey <i>Symphytum officinale</i>	M/B/H	Salve for wounds and arthritis; garden mulch	In Colonial Gardens by 1700
Coneflower <i>Echinacia purpurea</i>	M/B/D	Beneficial effect on immune system	North American Native
Costmary <i>Tanacetum balsamita</i>	C/H	Flavors foods; potpourri	In Colonial Gardens by 1700
Cranesbill Geraniums <i>Geranium maculatum</i>	M/B	Used as astringent	North American Native
Cucumber <i>Cucumis sativus</i>	C	In salads and pickled	In Colonial Gardens by 1700
Daylilies	M/H/D	Blossom used for dye	In Colonial Gardens by 1700

Hemerocallis fulva

Dill <i>Anethum graveolens</i>	C/B/H/M	Flavor for cooking; tea for dyspepsia	In Colonial Gardens by 1700
Egyptian Onion <i>Allium cepa</i>	C	Flavoring and food source	In Colonial Gardens by 1700
False Indigo <i>Baptisia australis</i>	H	Provides blue dye	North American Native
Fennel <i>Foeniculum vulgare</i>	C/B/M/H	Soothes digestion; flavor for food; oil used in perfume	In Colonial Gardens by 1700
Feverfew <i>Tanacetum parthenium</i>	M/B/D	Lowers fever; treats migraine	In Colonial Gardens by 1700
Flax <i>Linum usitatissimum</i>	H/M	Source of linseed oil and linen; treats constipation	In Colonial Gardens by 1700
Flowering Tobacco <i>Nicotiana glauca</i>	D	Flowering form of tobacco used as relaxant	Mentioned in Jefferson's Garden Book
Foxglove <i>Digitalis purpurea</i>	M/B	Used to slow and strengthen heartbeat	In Colonial Gardens by 1700
Gas plant <i>Dictamnus albus</i>	D	Volatile oil on leaves ignites	In Colonial Gardens by 1700
Geraniums, Scented <i>Pelargoniums</i>	C/D	Used in teas, potpourris	Mentioned in Jefferson's Garden Book
Germander <i>Teucrium chamaedrys</i>	M/B	Historically used to treat gout and other maladies	In Colonial Gardens by 1700
Herb Robert <i>Geranium robertianum</i>	M/D/H/B	General anti-inflammatory; insect repellent	In Colonial Gardens by 1700
Hollyhock <i>Alcea rosea</i>	M/H/D/B	Attracts bees; treats stings; dye from flowers	In Colonial Gardens by 1700
Horehound <i>Marrubium vulgare</i>	M	Used to treat cough	In Colonial Gardens by 1700
Horseradish <i>Armoracia rusticana</i>	C/M	Valued condiment; treats gout, poor circulation	In Thomas Jefferson's Garden Book
Hyssop <i>Hyssopus officinalis</i>	C/B/M/H	Treatment for lung ailments; used in soups; strewing herb	In Colonial Gardens by 1776

Iris <i>Iris germanica</i>	H	Used in potpourri and perfumes	In Colonial Gardens by 1700
Jacob's Ladder <i>Polemonium reptans</i>	D	Had religious associations; historically used medicinally	Native American plant
Lettuce <i>Lactuca sativa</i>	C	Summer food source	In Colonial Gardens by 1700
Lady's Mantle <i>Alchemilla vulgaris</i>	D/M	General astringent; treats women's problems	In Chelsea Physic Garden in 1772
Lamb's Ears <i>Stachys byzantina</i>	D/M	Wound dressing	In Colonial Gardens by 1776
Lavender <i>Lavandula angustifolia</i>	C/M/H/D/B	Used in cooking, toiletries, sachets, potpourri	In Colonial Gardens by 1776
Leeks <i>Allium porrum</i>	C	Widely used in cooking	In Colonial Gardens by 1700
Lemon Balm <i>Melissa officinalis</i>	C/M/H/B	Lemon flavor to foods; relaxing tea; insect repellent	Mentioned in Jefferson's Garden Book
Lemon Verbena <i>Aloysia citrodora</i>	H/D	Flavoring in food; relaxing tea; used in potpourri	Arrived in North America by 1700s
Lovage <i>Levisticum officinale</i>	C/M/H	Sharp celery flavor; historically used in love charms.	In Colonial Gardens by 1700
Lungwort <i>Pulmonaria officinalis</i>	M	Used to treat pulmonary ailments	In Colonial Gardens by 1700
Madder <i>Rubia tinctorum</i>	H	Used as red dye	Mentioned in Jefferson's Garden Book
Marigold <i>Tagetes patula</i>	H/B/D	Cut flower for the house; companion plant in gardens	Mentioned in Jefferson's Garden Book
Mayapple <i>Podophyllum peltatum</i>	M	Useful in liver ailments	North American Native
Mullein <i>Verbascum thapsus</i>	M/B	Treats wide range of ailments	In Colonial Gardens by 1700
Myrtle <i>Myrtis communis</i>	M/B/H	Treats respiratory / urinary ailments; oil in perfumes	In Colonial Gardens

Onion <i>Allium cepa</i>	C	Culinary uses	In Colonial Gardens by 1700
Pear <i>Pyrus communis</i>	C	Fruit prepared in many ways	In Colonial Gardens by 1700
Peas <i>Pisum sativum</i>	C	Summer food source	In Colonial Gardens by 1700
Peppermint <i>Mentha x piperita</i>	C/B/M/H	Remedy for nausea	In Colonial Gardens by 1700
Spearmint <i>Mentha spicata</i>	C/B/M/H	Stays bleeding, hiccough	In Colonial Gardens by 1700
Nasturtium <i>Tropaeolum majus</i>	C/H	Added to salad	Mentioned in Jefferson's Garden Book
Nigella <i>Nigella damascene</i>	D	Spring beauty	In Colonial Gardens by 1700
Oregano <i>Origanum vulgare</i>	H	Culinary bouquet for soup; pot pourri	In Colonial Gardens by 1700
Parsley <i>Petroselinum crispum</i>	C/M	Flavors foods; used as diuretic, externally as poultice	Mentioned in Jefferson's Garden Book
Parsnips <i>Pastinaca sativa</i>	C	Food crop, useful winter food source	Mentioned in Jefferson's Garden Book
Pennyroyal <i>Mentha pulegium</i>	M/H	Wide historical use; no longer considered safe	In Colonial Williamsburg
Peony <i>Paeonia officinalis</i>	D/B/M/H	Flower petals used as dye	In Colonial Gardens by 1700
Phlox <i>Phlox paniculate</i>	D	Beautiful, fragrant summer flower	In Colonial Gardens by 1776
Poppy <i>Papaver somniferum</i>	D/B/M	Famous plant used in pain management since earliest times	Mentioned in Jefferson's Garden Book
Pot Marigold <i>Calendula officinalis</i>	C/M/H/B	Many uses medicinally; dyes dairy products, fabrics	In Colonial Gardens by 1700
Primulas	M/D	Tea treated anxiety; candied	In Colonial Gardens by 1700

<i>Primula vulgaris</i>		flowers as decoration	
Quince <i>Cydonia oblonga</i>	C/B	Important source of pectin; fruits used for jams, etc.	Mentioned in Jefferson's Garden
Rhubarb <i>Rheum x cultorum</i>	C/M	Pies, jams; mild laxative; leaves poisonous	In Colonial Gardens by 1700
Rosemary <i>Rosmarinus officinalis</i>	C/M/H/B	Medicinal tonic; flavoring in foods; used in cosmetics, Potpourris	In Colonial Williamsburg
'Charles de Mills' Rose <i>'Bizarre Triomphant' (Gallica)</i>	D/H	Perfumes, potpourris; hips have Vitamin C; culinary flavoring	In Colonial Gardens by 1700
'Maiden's Blush' Rose <i>Rosa 'Incarinata' (Alba)</i>	D/H	Perfumes, potpourris; hips have Vitamin C; culinary flavoring	Brought by Stuart Loyalists to New York in 1773
Musk Rose <i>Rosa moschata</i>	D/H	Perfumes, potpourris; hips have Vitamin C; culinary flavoring	Mentioned in Jefferson's Garden Book
Damask Rose <i>Rosa damascena versicolor</i>	C/M/H/B	Perfumes, potpourris; hips have Vitamin C; culinary flavoring	Mentioned in Jefferson's Garden Book
Rue <i>Ruta graveolens</i>	M	Historical use only; antidote to poison; prevent plague; Warning: Skin irritant	In Colonial Williamsburg
Salsify <i>Tragopogon porrifolius</i>	C	Known as Oyster plant; root is winter food source	Mentioned in Jefferson's Garden Book
Sage <i>Salvia officinalis</i>	C/M/H/B	Flavors foods; medicinal tonic; oil in soap perfume	In Colonial Gardens by 1700
Santolina <i>Santolina chamaecyparissus</i>	M/H	Insect repellent as lotion or in potpourri	In Colonial Gardens by 1700
Savory, Summer <i>Satureja hortensis</i>	C/B/M	Culinary affinity to beans; improves digestion	Mentioned in Jefferson's Garden Book
Savory, Winter <i>Satureja montana</i>	C/B	Same uses as Summer Savory; longer season of use	Mentioned in Jefferson's Garden Book
Sneezewort <i>Helenium autumnale</i>	M	Native American use as head cold remedy	In Colonial Gardens by 1700

Soapwort <i>Saponaria officinalis</i>	H	Lather from leaves cleans linens	In Colonial Gardens by 1776
Sorrel <i>Rumex acetosa</i>	M/C	Historically treated scurvy; limited use in sauces, soups	Mentioned in Jefferson's Garden Book
Southernwood <i>Artemisia abrotanum</i>	M/H	Insect repellent; early used to expel worms	In Colonial Williamsburg
Speedwell <i>Veronica officinalis</i>	M	General cure-all	In Colonial Gardens by 1700
Spider Lily <i>Tradescantia virginiana</i>	D	Native American plant grown for its beauty	In Colonial Williamsburg
Squills <i>Scilla siberica</i>	M/D	Early Spring delight; diuretic, treats "dropsy"	In Colonial Gardens by 1700
Sweet Cicely <i>Myrrhis odorata</i>	C	Imparts anise flavor to foods and liqueurs	In Colonial Gardens by 1700
Sweet Woodruff <i>Galium odoratum</i>	C/M/H	Used to flavor wine; sedative, anti-coagulant properties; potpourri	In American Colonial Gardens
Tansy <i>Tanacetum vulgare</i>	C/M/H	Expels intestinal worms; repels insects; historically baked into Lenten cakes	Mentioned in Jefferson's Garden Book
Tarragon <i>Artemisia dracunculus</i>	C/H	Flavors foods, vinegars; oil used in perfume	Mentioned in Jefferson's Garden Book
Teasel <i>Dipsacus fullonum</i>	H	Seed heads used to prepare wool for spinning	Mentioned in Jefferson's Garden Book
Tulips <i>Tulipa</i>	D	Celebrated garden flower	In Colonial Gardens by 1700
Thyme <i>Thymus serpyllum</i>	C/B/M/H	Seasons foods; used in medicine; oil in perfumes	In Colonial Gardens by 1700
Valerian <i>Valeriana officinalis</i>	M	Treats nervous conditions; lowers blood pressure	In Colonial American Gardens
Woad <i>Isatis tinctoria</i>	H	Leaves produce a blue dye	In Colonial Gardens by 1700
Wormwood	H/M	Insect repellent, expels	Mentioned in Jefferson's Garden Book

Artemisia absinthium worms; flavoring in Absinthe

Yarrow M Staunch bleeding, heal **In Colonial American Gardens**
Achillea millefolium wounds; mix with hops in
ale

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Prepared by Felicia Saunders and Matthew Weigman, May 2019

Philipstown Garden Club <https://www.philipstowngardenclubny.org>

