



PARKER TAVERN GARDEN PLANT LIST

Plants grown at the Parker Tavern are all herbs and flowering plants that would have been familiar to most New Englanders during the 17th and 18th Centuries. The samples we have chosen to plant were for their usefulness, beauty and habit of growth. Not all of the plants would have been found in every garden due to sun and shade requirements or lack of space. The beds themselves are not intended to be authentic to any specific period in history, but are simply planted with most of the herbs by the kitchen door and flowering plants by the front door as a way to display the plants attractively to visitors. Herbs have many aspects including their beauty, smell and taste. They are also filled with historic lore, used as food and in medicine. The list below includes the plants currently in the garden in addition to their colonial uses.

- Angelica (*Angelica archangelica*)** —Promotion of digestion
- Bayberry (*Myrica*)** —Used for candles and soap
- Bee Balm (*Monarda*)** —Teas for sore throats, antiseptic
- Blueberry (*Vaccinium angustifolium*)** —a tasty food source and as a nutritional aid
- Black-eyed Susan (*Rudbeckia*)** —Garden ornamentation
- Blue Flax (*Linum Usitatissimum*)** —Linen and linseed oil
- Catmint (*Nepeta*)** —Bruise treatment / sedative
- Chamomile (*Chrysanthemum*)** —Soothing teas, antiseptic, insecticide, vermifuge, flavoring, cold treatment
- Chives (*Allium*)** —Flavoring
- Columbine (*Aquilegia vulgaris*)** —for use in a lotion for sore throat and mouth
- Comfrey (*Symphytum*)** —Wound healing, poultices
- Costmary (*Balsamita*)** —Flavoring for ale, indigestion, head lice, insect stings. Leaves used to mark pages in bible called the "bible-leaf" plant
- Elderberry (*Sambucus*)** —Wine making
- Fennel (*Foeniculum*)** —Promotion of digestion, flavoring
- Feverfew (*Chrysanthemum*)** —Vermifuge, antiseptic, insecticide, fever reducer
- Foxglove (*Digitalis*)** —Treatment of heart failure, regulate heartbeat
- Hollyhock (*Althaea*)** —Ingredient in cough syrup
- Horseradish (*Amoracia*)** —Condiment, diuretic, flavoring
- Hyssop (*Agastache*)** —Tea for sore throats, improved digestion
- Lady's Mantle (*Alchemilla*)** —Aborifaciant
- Lamb's Ear (*stachys byzantina*)** —to dress or bandage wounds, the wooly leaves used in place of lint. The textured leaves could also be used as a washcloth.
- Lavender (*Lavendula*)** —Teas, sore throats, improved digestion, treat headache, improve melancholia, condiment for meat, fragrance for sachets
- Lavender Cotton (*Santolina*)** —Antiseptic, insecticide, vermifuge, jaundice and intestinal worm treatment, sooth insect stings
- Lemon Balm (*Melissa*)** —Tea for sore throats and improved digestion
- Lovage** —Food, flavoring
- Lily of the Valley (*Convallaria*)** —Treatment of heart failure, dye for cloth
- Marigold (*Calendula*)** —Dyes, beauty products, treatment for jaundice
- Mint (*Mentha*)** —Stomachache treatment
- Mullein (*Verbascum*)** —Poultices, treatment for asthma and coughs
- Myrtle (*Vinca Minor*)** —driving out the fever from a cold, eases toothache
- Nasturtium (*Tropaeolum*)** —Food, flavoring, seeds substitute for capers
- Onion (*Allium*)** —Food, flavoring, dye for cloth
- Oregano (*Origanum*)** —Flavoring, tea for sore throat and improved digestion, dye for cloth
- Peony (*Paeonia officinalis*)** —Cleansing the womb after childbirth
- Primrose (*Primula*)** —Headache remedy
- Purple Cone Flower (*Echinacea*)** —Treatment for snakebite, wounds, toothaches, coughs, and communicable diseases. Immune system stimulant.
- Rose (*Rosa*)** —Rose water used as an astringent, treatment of hemorrhages and bowel problems. Rose hips used in jellies, teas, syrups, and wine
- Rue (*Ruta*)** —Flavoring, vermifuge, treatment for colic, epilepsy, and hysterics
- Rhubarb (*Rheum*)** —Food, laxative, intestinal worms
- Sage (*Salvia*)** —Flavoring, improve brain function, liver treatment, promote longevity
- Spiderwort (*Tradescantia*)** —Native plant, garden ornamentation
- Strawberry (*Fragaria virginiana*)** —Cool the liver, blood and spleen; wine; tea
- Tansy (*Tanacetum*)** —Intestinal worm treatment, jaundice treatment, antiseptic, vermifuge, insecticide, cure for toothaches and menstrual cramps, aborifaciant, flavoring, tea, dyes for cloth
- Thyme (*Thymus*)** —Tea for sore throats and improved digestion, expectorant, antiseptic, curing nightmares
- Violets (*Viola*)** —"Heartsease" treatment for heart ailments, inflammation, used in cough medicine, food in salads and jams
- Valerian (*Valeriana officianlis*)** —Leaves were a common ingredient in broths and soups, roots relaxes and sedates
- Wormwood (*Artemesia*)** —Intestinal worm treatment, antiseptic, insecticide, vermifuge, astringent, flavoring in absinthe
- Yarrow (*Achillea*)** —Stop bleeding, antiseptic, insecticide, vermifuge