

# AUNT HELEN'S HERB GARDEN

## PLANT LIST, 2022

**Although many of these herbs were used for cooking and medicine in the past, SOME ARE TOXIC AND SHOULD NOT BE TAKEN INTERNALLY. Please do not use any plants or plant parts without first thoroughly researching them for possible toxicity, allergic reactions, or side effects.**

Latin name	Common Name(s)	Location in Garden*	A Sample of 19th-Century Uses— There were many more!
<i>Achillea millefolium</i>	Common Yarrow	M, T	Anti-inflammatory; Yellow dye
<i>Agastache foeniculum</i>	Anise Hyssop	C	Licorice flavoring
<i>Agrimonia eupatoria</i>	Agrimony	M, T	Cold remedy; Yellow dye
<i>Ajuga reptans</i>	Bugle	M	Remedy for bruises
<i>Alchemilla vulgaris</i>	Lady's Mantle	M	Remedy for "female complaints"
<i>Allium schoenoprasum</i>	Common Chives	C	Onion flavoring
<i>Allium tuberosum</i>	Garlic Chives	C	Garlic & onion flavoring
<i>Anagallis arvensis</i>	Scarlet Pimpernel	M	Remedy for stings and bites
<i>Anethum graveolens</i>	Dill	C	Pickling
<i>Anthemis tinctoria</i>	Golden Marguerite	T	Yellow dye for textiles
<i>Arisaema triphyllum</i>	Jack-in-the-Pulpit, Indian Turnip	BH	Flour substitute; Expectorant
<i>Artemisia dracunculus</i> var. <i>sativa</i>	French Tarragon	C	Flavoring for savory dishes
<i>Artemisia ludoviciana</i> 'Silver King'	Silver King Artemisia	H	Insect repellent; Fever remedy
<i>Asarum canadense</i>	Wild Ginger	BH	Stomach remedy & contraceptive
<i>Asclepias syriaca</i>	Milkweed	BQ, BR, H, T	Fiber plant
<i>Baptisia australis</i>	False Indigo	M, T	Blue dye
<i>Baptisia tinctoria</i>	Wild Indigo	BH	Blue dye
<i>Borago officinalis</i>	Borage	C	Edible flowers; Pulmonary remedy
<i>Buxus</i> sp.	Boxwood	BR, C, H, M, T	Remedy for malaria, gout, & rheumatism
<i>Chamaemelum nobile</i>	Roman Chamomile	H	Strewing herb; Sedative
<i>Chelidonium majus</i>	Greater Celandine	M	Digestive remedy; Yellow dye
<i>Convallaria majalis</i>	Lily of the Valley	BH, BR	Cardiac remedy & diuretic
<i>Coreopsis tinctoria</i>	Dyer's Coreopsis	T	Yellow dye for textiles
<i>Cydonia oblonga</i>	Quince	BQ	Tart edible fruit
<i>Cytisus scoparius</i> ; aka <i>sarothamnus scoparius</i>	Scotch Broom	H	Broom-, basket-, & rope-making; Yellow dye
<i>Daucus carota</i>	Queen Anne's Lace	H, BR	Liqueurs & perfume-making; Orange dye
<i>Dianthus caryophyllus</i>	Dianthus; aka Clove Pink; aka Carnation	H	Fragrance; Flowers often candied
<i>Dipsacus sativus</i>	Fuller's Teasel	T	Textile processing
<i>Dryopteris filix-mas</i>	Male Fern	BH	Vermifuge
<i>Echinacea purpurea</i>	Purple Coneflower	BR, M	Cold and toothache remedy
<i>Euphorbia cyparissias</i>	Cypress Spurge	M	Skin remedy
<i>Eutrochium purpureum</i> ; aka <i>Eupatorium purpureum</i>	Joe Pye Weed; aka Purple Boneset; aka Gravelroot	BQ, M, T	Typhus remedy; Pink dye
<i>Fragaria x ananassa</i>	Wild Strawberry	C	Tiny, tart fruits; Fever & gout remedy
<i>Galium odoratum</i> ; aka <i>Asperula odorata</i>	Sweet Woodruff	BH	Strewing herb; Insect repellent; Wine flavoring
<i>Galium verum</i>	Lady's Bedstraw	T	Red dye; Mattress stuffing; Strewing herb
<i>Geranium maculatum</i>	Crane's Bill Geranium	M	Astringent, disinfectant
<i>Geranium robertianum</i>	Herb-Robert	BH	Toothache & nosebleed remedy
<i>Helianthus tuberosus</i>	Jerusalem Artichoke	BQ	Edible tubers
<i>Hemerocallis</i> sp.	Daylily	BQ	Edible flowers; Laxative & sedative
<i>Hydrastis canadensis</i>	Goldenseal	BH	Conjunctivitis remedy

<i>Hypericum perforatum</i>	St. John's Wort	M	Antidepressant; Disinfectant
<i>Hyssopus officinalis</i>	Hyssop	H	Strewing herb; Fragrance; Digestive remedy
<i>Indigofera tinctoria</i>	True Indigo	T	Blue dye for textiles
<i>Iris germanica</i>	German Iris	H	Fixative for perfume-making
<i>Iris pallida</i>	Orris Root	H	Fixative for perfume-making
<i>Isatis tinctoria</i>	Woad	T	Blue dye
<i>Lavandula sp.</i>	Lavender	H	Insect repellent; Fragrance; Strewing herb
<i>Liatris spicata</i>	Liatris	M	Sore throat & kidney remedy
<i>Linum usitatissimum</i>	Sussex Flax	T	Fiber plant
<i>Lobelia siphilitica</i>	Blue Lobelia	M	Reputed to be aphrodisiac
<i>Lysimachia nummularia</i>	Creeping Jenny	H, M, T	Scurvy prevention
<i>Marrubium vulgare</i>	White Horehound	M	Sore throat remedy
<i>Matteuccia struthiopteris</i>	Fiddlehead Fern; aka Ostrich Fern	BH	Early spring greens
<i>Melissa officinalis</i>	Lemon Balm	C	Flavoring for fish & poultry
<i>Mentha pulegium</i>	European pennyroyal	M	Remedy for cramps and "female complaints"; Insect repellent
<i>Mentha spicata</i>	Spearmint	C	Flavoring for teas and candies; Digestive remedy
<i>Mentha spicata</i> ; aka <i>Mentha crispa</i>	Curly Mint	C	Flavoring for sauces, jellies, & teas
<i>Mentha suaveolens</i> ; aka <i>Mentha rotundifolia</i>	Apple Mint	C	Flavoring for sauces & teas; Strewing herb; Stomach remedy
<i>Mentha x piperita</i>	Black Peppermint	C	Flavoring for teas and candies; Digestive remedy
<i>Monarda didyma</i>	Bee Balm; aka Bergamot; aka Oswego tea	C	Tea substitute
<i>Myrica pensylvanica</i>	Northern Bayberry	H	Berries used in candle-making
<i>Myrrhis odorata</i>	Sweet Cicely	BH	Antiseptic & digestive aid
<i>Ocimum basilicum</i>	Basil	C	Flavoring for savory dishes
<i>Origanum vulgare</i>	Common Oregano; aka Wild Marjoram	C	Flavoring for stuffing, eggs, and cheese dishes
<i>Origanum vulgare hirtum</i>	Greek Oregano	C	Flavoring for stuffing, eggs, and cheese dishes
<i>Pelargonium crispum</i>	Lemon-scented Geranium	H	Fragrance; strewing herb
<i>Persicaria maculosa</i>	Lady's Thumb; aka Smartweed	T	Yellow dye
<i>Petroselinum crispum</i> ; aka <i>Petroselinum Hortense</i>	Flat-Leaved Parsley	C	Flavoring & garnishes; Diuretic; Fever remedy
<i>Plantago major</i>	English Plantain; aka Ribwort	M	Remedy for cuts & bruises
<i>Polygonatum multiflorum</i>	Solomon's Seal	BQ	Tonic & astringent
<i>Ribes rubrum</i>	Red Currant	C	Tart fruit for jellies & syrups
<i>Rosa rubiginosa</i> ; aka <i>Rosa eglantheria</i>	Eglantine Rose; aka Briar Rose	BR	Fragrance; Flavoring for pastries & candies
<i>Rubus occidentalis</i>	Black Raspberry	BQ	Edible berries; Gastric & fever remedy
<i>Rudbeckia triloba</i>	Brown-Eyed Susan	BR, M, T	Vermifuge & cold remedy
<i>Rumex sp.</i>	Dock	BQ	Early spring greens
<i>Salvia officinalis</i>	Common Sage	C	Flavoring for meats; Headache remedy
<i>Salvia officinalis</i> 'Berggarten'	Berggarten Sage	C	Flavoring for meats; Headache remedy
<i>Salvia officinalis</i> 'Purpurascens'	Purple Sage	C	Flavoring for meats; Headache remedy
<i>Sanguinaria canadensis</i>	Bloodroot	BH	Red dye; Remedy for rashes & wounds
<i>Sanguisorba minor</i>	Salad Burnet	C	Flavoring for salads
<i>Saponaria officinalis</i>	Soapwort; aka Bouncing Bet	T	Cleaner for delicate textiles
<i>Satureja montana</i>	Winter Savory	C	Flavoring for meat and savory dishes
<i>Silene coronaria</i> ; aka <i>Lychnis coronaria</i>	Rose Campion; aka Mullein Pink	M	Congestion remedy
<i>Sisyrinchium atlanticum</i>	Eastern Blue-Eyed Grass	H	Digestive remedy
<i>Solidago sp.</i>	Goldenrod	BR, H	Yellow dye; Expectorant
<i>Stachys officinalis</i>	Betony	T	Digestive remedy; Yellow dye
<i>Symphyotrichum novae-angliae</i> ; aka <i>Aster novae-angliae</i>	New England Aster	BR, H, M	Sedative, decongestant, fever relief

<i>Symphytum officinale</i>	Comfrey	BR	Cold and would remedy
<i>Tanacetum vulgare</i>	Tansy	H, T	Insecticide & repellant; Yellow & greenish dyes
<i>Taraxacum officinale</i>	Dandelion	C	Early spring greens; Wine; Coffee substitute
<i>Teucrium chamaedrys</i>	Germander	BR	Digestive remedy
<i>Thalictrum minus adiantifolium</i>	Meadow Rue	BQ	Headache & sprain remedy
<i>Thymus vulgaris</i>	Common Thyme	C	Flavoring for savory dishes
<i>Tradescantia virginiana</i>	Spiderwort	BH, BQ, BR	Stomach & kidney remedy
<i>Valeriana officinalis</i>	Valerian	M	Nerve tonic; Sleep aid
<i>Verbascum thapsus</i>	Mullein	BH, BQ, BR, C, H, M, T	Soft leaves used to line shoes and as bandages; Pulmonary remedy
<i>Viola odorata</i>	Sweet Violet	BH, BQ, BR, C, H, M, T	Edible flower; Headache & respiratory remedy
<i>Viola tricolor</i>	Heartsease; aka Johnny Jump-Up	C	Edible flower; Remedy for colds & skin complaints

\* BH = Border near house; BQ = Border between Quince and Stone Seat / Milkweed corner; BR = Border near Rose Bushes; C = Culinary Bed; H = Household Bed; M = Medicinal Bed; T = Textile Bed