

HOW WELL DO YOU KNOW YOUR HERBS?

IN THE 1840S, YOUR GARDEN WOULD BE YOUR MEDICINE CABINET, SPICE RACK AND HOUSEHOLD SUPPLY CLOSET! LEARN HOW THE HERBS IN OUR VILLAGE GARDEN WERE USED IN THE 19TH CENTURY AND WHAT THEIR EQUIVALENTS ARE TODAY.



CARPET BUGLE (AJUGA REPTANS)

DID YOU EVER SOOTHE A BITTEN TONGUE OR A TOOTHACHE WITH SOMETHING LIKE ORAJEL? IN THE 19TH CENTURY, AJUGA, OR CARPET BUGLE, WAS SOMETIMES CRUSHED AND MIXED WITH LARD, BUTTER OR OTHER FATS TO MAKE AN OINTMENT FOR BRUISES AND MOUTH SORES.



HEARTSEASE (VIOLA TRICOLOR)

SOME PLANTS HAVE A LOT OF ALIASES. HEARTSEASE IS ALSO CALLED COME-AND-CUDDLE-ME AND WAS SOMETIMES USED AS A LOVE CHARM! A DOSE OF HEARTSEASE TEA MIGHT NOT MAKE SOMEONE FALL IN LOVE WITH YOU, BUT THE PRETTY FLOWERS MIGHT HELP IF THEY HAD A COUGH!



LAVENDER (LAVANDULA ANGUSTIFOLIA)

DID YOUR FAVORITE WOOLEN SWEATER OR HAT EVER GET MUNCHEDED ON BY MOTHS AND BEETLES? FOR HUNDREDS OF YEARS, LAVENDER WAS THE HERBAL EQUIVALENT OF MOTHBALLS. MANY PEOPLE STILL USE LAVENDER SACHETS TO KEEP THEIR CLOTHES INSECT-FREE AND SWEET-SMELLING.



LEMON BALM (MELISSA OFFICINALIS)

IT'S NOT STRANGE TO SEE LEMONS AND ORANGES AND GRAPEFRUIT AT THE GROCERY STORE ALL YEAR ROUND. BACK THEN IN NEW ENGLAND, YOU WOULD HAVE HAD LEMONS ONLY A FEW MONTHS OF THE YEAR. IN BETWEEN, YOU MIGHT HAVE USED LEMON BALM FROM YOUR GARDEN TO ADD A ZESTY FLAVOR TO FOOD.



MILKWEED (ASCLEPIAS SYRIACA)

WHAT'S INSIDE YOUR PILLOWS AND STUFFED TOYS? PROBABLY LOTS OF POLYFIL OR SOME OTHER SYNTHETIC FIBERS. IN THE 1800S, THAT STUFFING MIGHT HAVE BEEN FEATHERS OR THE FUZZY SEEDS FROM MILKWEED. DURING WORLD WAR II, MILKWEED SEEDS WERE COLLECTED TO STUFF LIFE JACKETS BECAUSE THEY COULD FLOAT!



WANT TO SEE A VIDEO OF THESE HERBS AND THEIR MODERN EQUIVALENTS?
CHECK IT OUT AT WWW.STORROWTONVILLAGE.COM/LEARNATHOME



MULLEIN (VERBASCUM THAPSUS)

IN THE 1800S, PAPER WAS MADE FROM LINEN OR COTTON AND WAS TOO EXPENSIVE TO USE IN THE OUTHOUSE. INSTEAD PEOPLE USED SOFT, FUZZY LEAVES FROM PLANTS LIKE MULLEIN INSTEAD OF TOILET PAPER, WHICH WASN'T MANUFACTURED IN THE U.S. UNTIL 1857!



TANSY (TANACETUM VULGARE)

IF YOU THINK BUGS ARE A NUISANCE TODAY, THEY WERE WORSE 200 YEARS AGO! NOT ONLY MOSQUITOES, BUT FLEAS, BEDBUGS, LICE AND OTHER STINGING, BITING PESTS WERE QUITE COMMON. RUBBING TANSY ON YOUR SKIN OR CLOTHES WOULD MAKE YOU A LITTLE LESS TASTY AND STINKIER TO THE BUGS.



ROSEMARY (ROSMARINUS OFFICINALIS)

EWWWW! WHAT'S THAT SMELL? TODAY, YOU'D GRAB A CAN OF AIR FRESHENER TO MASK A STINK. BACK THEN, PEOPLE WOULD SCATTER FRAGRANT FLOWERS AND LEAVES ON THE FLOOR SO WHEN PEOPLE STEPPED ON THEM THEY WOULD RELEASE PLEASANT SCENTS TO COVER UP NASTY ODORS.



PLANTAIN (PLANTAGO LANCEOLATA)

IF YOU CUT YOURSELF TODAY, YOU MIGHT PUT SOME NEOSPORIN OR BACTINE ON THE CUT TO PREVENT INFECTION. IN THE 1840S, YOU MIGHT CRUSH UP PLANTAIN LEAVES AND USE THE JUICE AS A NATURAL ANTISEPTIC.



VALERIAN (VALERIANA OFFICINALIS)

DID ANYONE EVER TELL YOU TO "TAKE A CHILL PILL" WHEN YOU WERE UPSET? AN 1800S VERSION MIGHT BE A CUP OF VALERIAN ROOT TEA, WHICH COULD SOOTHE ANXIETY AND HELP YOU SLEEP. YOU CAN STILL FIND VALERIAN USED IN SLEEPYTIME TEA.



SAGE (SALVIA OFFICINALIS)

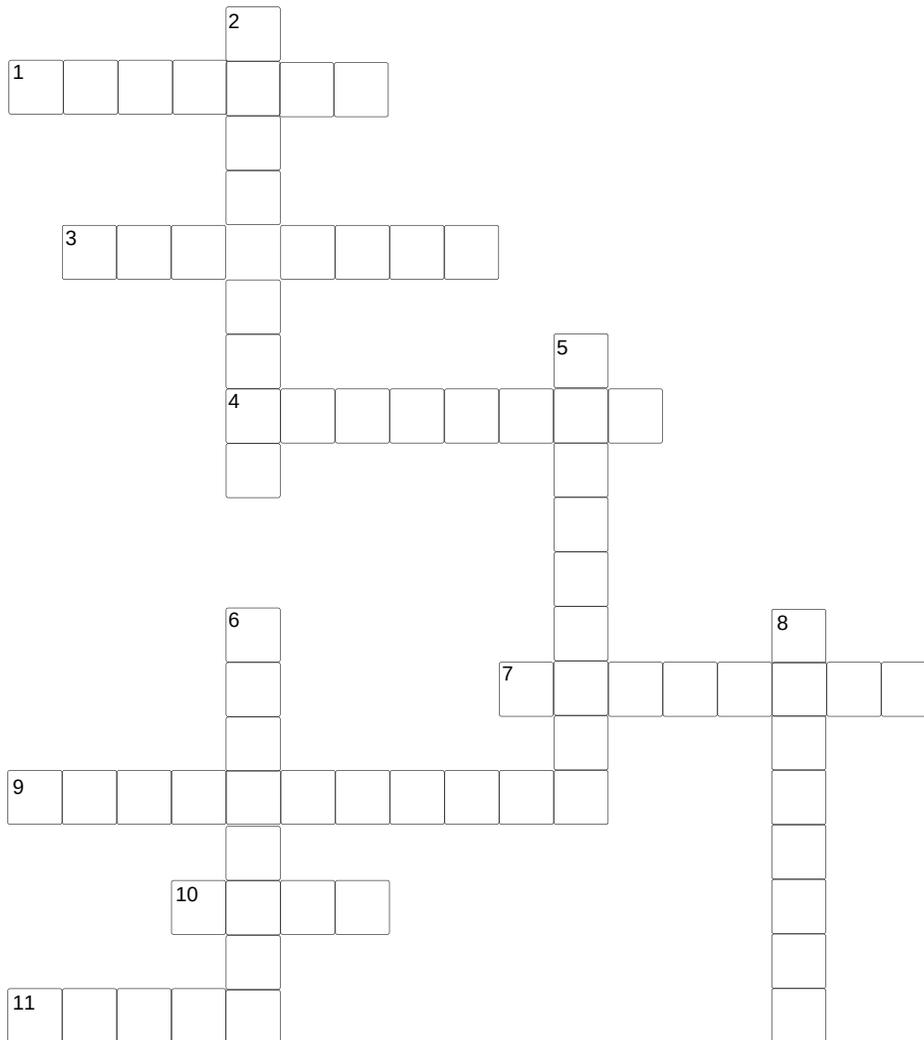
SAGE WAS AND STILL IS A FAVORITE SEASONING, ESPECIALLY FOR TURKEY STUFFING AT THANKSGIVING! SAGE TEA WAS ALSO USED AS A HEADACHE REMEDY. WILLOW BARK WAS ANOTHER HERBAL HEADACHE REMEDY, AND WAS EVENTUALLY SYNTHESIZED TO MAKE ASPIRIN.



MANY OF THESE PLANTS WERE USED AS FOOD OR MEDICINE IN THE PAST, THOUGH MAYBE NOT SO MUCH TODAY BECAUSE SOME ARE NOW CONSIDERED TO BE TOXIC! ALWAYS RESEARCH ANY PLANT TO MAKE SURE THEY ARE SAFE FOR USE AT HOME.

HERB CROSSWORD PUZZLE

COMPLETE THE CROSSWORD BY FILLING IN A WORD THAT FITS EACH CLUE BELOW.



ACROSS

1. THIS HERB WAS OFTEN USED AS TOILET PAPER IN THE 19TH CENTURY.
3. YOU WOULD HAVE USED THIS HERB TO FIGHT INFECTION IF YOU CUT YOUR FINGER.
4. GOT MOTHS? THIS HERB COULD STOP THEM FROM EATING YOUR FAVORITE CLOTHES.
7. A TEA MADE WITH THIS HERB COULD HELP YOU SLEEP SOUNDLY.
9. MIX THIS HERB WITH LARD AND YOU CAN SOOTHE A TOOTH ACHE.
10. GOT A HEADACHE IN AUTUMN? MAKE SOME TEA WITH THIS HERB.
11. RUB THIS HERB ON YOUR SKIN FOR INSECT REPELLENT.

DOWN

2. THIS HERB COULD ADD SOME CITRUS FLAVOR DURING WINTERTIME.
5. DOES YOUR CRUSH HAVE A COUGH? BE SWEET AND GIVE THEM A CUP OF THIS TEA.
6. THROW SOME OF THIS HERB ON THE FLOOR AND INVITE FRIENDS OVER FOR A DANCE PARTY THAT MAKES THE HOUSE SMELL GREAT.
8. A 19TH CENTURY TEDDY BEAR COULD BE STUFFED WITH THE FUZZY SEEDS OF THIS HERB.