












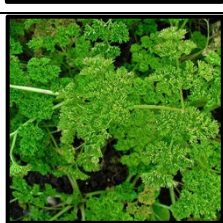










PLEASE RETURN TO BOX WHEN FINISHED			<i>Copies of this guide are available upon request inside the Hancock House.</i>
	Herb	Scientific Name	Uses
	Betony	Stachys officinalis	Used to treat head-related afflictions, including migraines, toothaches, anxiety and sleeplessness. Betony is also used for diarrhea, menstrual problems, mouth and throat irritations, and skin conditions. Contains glycosides, which may lower blood pressure.
	Calendula	Calendula officinalis	Petals are edible and may be used in soups, stews and salads. An extract can be made from the stems and leaves which are rich in a variety of organic compounds, including glycosides, saponins, and other powerful anti-inflammatory and antioxidant compounds.
	Chamomile	Matricaria recutita	A mild sedative, typically taken as tea to calm nerves and reduce anxiety. Chamomile has antimicrobial and antioxidant properties and can be used to treat seasonal allergies and hay fever. Of the varieties of Chamomile, Matricaria recutita is the most frequently used in commercial teas.
	Curry	Helichrysum italicum	NOT the same as Curry seasoning, curry's oil has medicinal properties that can heal burned skin and chapped lips. It serves as an anti-inflammatory and fungicidal astringent for skin. As an anticoagulant, it can help thin the blood and decrease the risk of heart attacks.
	Dill	Anethum graveolens	Colonial Americans grew dill to flavor stews and pickles. Also used for digestion problems including loss of appetite, intestinal gas, liver problems, and gallbladder complaints. Dill is also a favorite food of ← black swallowtail larvae. Look for them in late summer and early fall.
	Chives	Allium schoenoprasum	Used as a culinary herb for flavor; the whole plant has a beneficial effect on the digestive system and the blood circulation. It improves the appetite and is a digestive, hypotensive and tonic. It's pungent, oniony scent was used to repel animal and insect pests.
	Coneflower	Echinacea purpurea (we think – there are 10 distinct species!)	Native to North America and used by Native Americans to treat a variety of ailments from snake bite to pneumonia. Colonists learned of the herb from them and used it as a treatment for wounds and infections. Today it's use it to boost the immune system and treat infections.

	Bronze Fennel	<i>Foeniculum vulgare rubrum</i>	Used to flavor a variety of foods. Repeated applications of cool fennel tea were once believed to restore fading eyesight. The herb's seeds have long been considered effective as appetite suppressants. In fact, during their long Sunday sermons, the Puritans sometimes chewed fennel seeds to suppress their hunger.
	Hyssop	<i>Hyssopus officinalis</i>	A tea made from the green tops was used as a gargle for sore throats and as an aid in rheumatism. The ground leaves have a camphor-like scent and were made into poultices to help heal wounds. The American colonists used it as a strewing herb, to freshen colonial homes and walkways.
	Lavender	<i>Lavandula angustifolia</i>	Used for perfuming linens, apparel and gloves, as well as the body. Relieves headaches, calms nerves, eases menstrual problems, heals acne, soothes insect bites, and eases the symptoms of vertigo and memory loss. The American colonists planted it in their gardens to attract bees and increase the pollination and yields of their food plants.
	French Marigold	<i>Tagetes patula</i>	The flower petals were used in food, as a skin wash, and for yellow dye. Marigold was used traditionally for supporting healthy digestion and gastrointestinal function, and for supporting immune function. It is actually a native of Mexico and Central America, brought to Europe in the 1500's, then returned to North America during the Colonial Era.
	Bee Balm	<i>Monarda didyma</i>	Bee balm was used for a variety of ailments: colds, flu, upper respiratory problems, gas, diarrhea, nausea, fevers and whooping cough, and topically for skin problems and wounds. A poultice of the boiled leaves treated sore eyes, headaches, muscle spasms and fungal infections. It slows bleeding; the leaves were chewed on battlefields for this purpose.
	Nasturtium	<i>Tropaeolum majus</i>	The nasturtium is a native of Peru that was brought to Spain in the 1500's, then brought back to the New World by the colonists. Its flowers are a tasty addition to salads. As an herbal remedy, it was used to treat urinary tract infections, respiratory tract diseases, bacterial infections, minor scrapes & cuts.
	Parsley	<i>Petroselinum crispum</i>	Parsley was used by the colonists to season their food, just as we do today. In the 1700's it was used externally to treat insect bites and injuries, and to get rid of lice. It was taken internally to treat dysentery, gallstones, and jaundice. Used by the colonists as a dye, it gave a strong green color.

	Rosemary	Rosmarinus officinalis	The colonists used rosemary leaves to flavor breads, stuffing and meat, just as we do today. They used a compress of its leaves and oils to treat headaches and painful joints. An oil made from the flowers was applied to restore eyesight and remove spots and scars on the skin; today it is used in aroma therapy.
	Sage	Salvia officinalis	Perfect for stews and meats, sage was a staple in Colonial America for both its flavor and antimicrobial properties. Used as a tonic to cleanse the body, colonists would brew sage into an ale to treat a sore throat, lower a fever, or assist with digestive issues.
	Scarlet Runner Bean	Phaseolus coccineus	Scarlet runner beans are native to Mexico and Central America and are grown there today. The American colonists planted them as an ornamental annual, as well as a food source. The pods and seeds are particularly nutritious, being high in protein, fiber, vitamins and minerals.
	Lambs Ear	Stachys byzantina	Lambs ear, a native of Turkey, has antiseptic, anti-inflammatory, and antibacterial properties. In both Europe and the Colonies, it was used to dress wounds and to make a tea to treat sore throats, colds, fevers and diarrhea. Today its use is mainly as an ornamental plant in rock gardens and borders.
	Tansy	Tanacetum vulgare (an invasive species)	The colonists used tansy to treat constipation, hysteria, intestinal worms, rheumatism and digestive disorders. However, if ingested often in large amounts, it is toxic. It has antibiotic properties and strongly repels insects. It was strewn on the floors of colonial homes as an insect repellent.
	Tarragon	Artemisia dracunculus	Widely used for flavoring, fragrance and medicinal purposes, tarragon has been used to treat pain for centuries. It also contains beneficial nutrients including manganese, iron and potassium. In the Colonial Era it was used as today, to flavor food. Thomas Jefferson enjoyed tarragon vinegar on salad.
	Thyme	Thymus vulgaris	The colonists used thyme in food as a flavoring, a preservative, and an antioxidant. Thyme was considered good for the lungs and was used to treat scurvy. A thyme ointment was used to treat warts, gout, and sciatica. The juice of the plant was used to relieve itching and expel worms in children.
	Yarrow	Achillea millefolium	Yarrow originated in Europe, but rapidly spread and naturalized when brought to the Colonies. It was used by Native Americans and early settlers alike for its astringent qualities; it slowed bleeding and helped wounds to heal. The dried leaves were used as a tea to soothe colds, fever, and headache. Yarrow leaves were chewed to relieve toothache.

Lower Adirondack Regional Center for History
(fna Ticonderoga Historical Society)

Hancock House

6 Moses Circle

Ticonderoga, NY 12883

518-585-7868

larchny@bridgepoint1.com

www.larchny.org

