



Van Wyck Homestead Museum's Kitchen Garden Plant List

#	Plant Name (common & scientific)	Uses for Plant in the late 18th Century
1	Bearded Iris - <i>Iris germanica</i>	bruises, induces vomiting (inedible)
2	Pinks - <i>Dianthus spp.</i>	aesthetically pleasing annual flower
3	Bloodroot - <i>Sanguinaria canadensis</i>	respiratory aid, induces vomiting (inedible); used for red dye
4	Yellow Flag Iris - <i>Iris pseudacorus</i>	water purifier, use on wounds, a diuretic
5	Lambs Ear - <i>Stachys byzantina</i>	wash cloth, dress wounds, reputedly reduces the pain of bee stings
6	Black-Eyed Susan - <i>Rudbeckia hirta</i>	tea of roots used for wash wounds and to rid worms from children
8	Spearmint - <i>Mentha viridis</i>	calming nerves; culinary
9	Cat Mint - <i>Nepeta grandiflora</i>	tea relieves tension, aids digestion and relieves cold symptoms
10	Yarrow - <i>Achillea millefolium</i>	tincture used as anti-microbial, diuretic, lower blood pressure, anti-spasmodic
11	Black Mint - <i>Mentha × piperita</i>	nausea, colic, stomach ailments and menstrual disorders; peppermint tea is usually made from black peppermint.
12	English Lavender - <i>Lavandula angustifolia</i>	scent, sedative; culinary
13	Tansy - <i>Tanacetum vulgare</i>	rids worms, relieves hysteria, strengthens kidneys, fever reducer, salve for rashes, dye
14	Rose Campion - <i>Lychnis coronaria</i>	insomnia; leaves have been used as oil lamp wicks
15	Scouring Rush - <i>Equisetum hyemale</i> var. <i>affine</i>	tough stems were used to scour pots, pans, and floor
16	Chamomile - <i>Chamaemelum nobile</i>	tea, sleep aid, refreshen the air in sick rooms; culinary
17	Sweet Woodruff - <i>Galium odoratum</i>	moth repellent, jaundice, stomach aches; poultice-healing wounds; the leaves will produce a light brown dye, the roots a light red dye
18	Bugbane - <i>Actaea racemosa</i>	various female conditions, rheumatism as well as other ailments
19	Lungwort - <i>Pulmonaria officinalis</i>	pulmonary ailments
20	Russian Sage - <i>Perovskia atriplicifolia</i>	fever reducer, anti-diabetic medication and a treatment for dysentery
21	Columbine - <i>Aquilegia vulgares</i>	astringent, diuretic, parasiticide
22	Marshmallow - <i>Althea officinalis</i>	lice and flea repellent, milk stimulant, for nursing, bee stings relief, dandruff, balding, cough; the root, with a lot of sugar added, made the original marshmallow which eased pain
23	Germander - <i>Teucrium chamaedrys</i>	wound treatment, fever reducer, digestive aid, gout and rheumatism pain killer, culinary
24	Solomon's Seal - <i>Polygonatum commutatum</i>	astringent, demulcent, tonic, female complaints, poultice for bruises, piles, inflammations, tumors and more
25	Lemon Balm - <i>Melissa officinalis</i>	heals wounds, headaches, fever; culinary

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26	Bee Balm - <i>Monarda didyma</i>	substitute for tea after the Boston Tea Party, called "Oswego Tea"
27	Oregano - <i>Origanum vulgare</i>	stomach, culinary
28	Rosemary - <i>Rosmarinus officinal</i>	bad breath, burned in house to cleanse the air; culinary
29	Ladies Mantle - <i>Alchemilla mollis</i>	astringent; stops bleeding
30	Garlic Chives - <i>Allium tuberosum</i>	epilepsy, ringworm, head scabs, pestilential air, aphid, beetle, mice, and mole repellent; culinary
31	Hyssop - <i>Hyssopus officinalis</i>	tea relieves cough and cold symptoms, culinary uses
32	Lovage - <i>Levisticum officinalis</i>	diuretic, infections, wounds; good for all "inward diseases"
34	Anise Hyssop - <i>Agastache foeniculum</i>	fever, sore throat, cough and cold symptom relief, wound salve, culinary uses
35	Sage - <i>Salvia officinalis</i>	improve memory, aid digestion, snake bite, cleanse the blood, culinary
36	Dill - <i>Anethum graveolans</i> 'Fernleaf'	indigestion, helps babies sleep; culinary for pickling and flavoring
37	Purple Coneflower - <i>Echinacea purpurea</i>	blood purifier, wound healing
38	Soapwort - <i>Saponaria officinalis</i>	washing clothes
39	Basil - <i>Ocimum basilicum</i>	headaches and colds, "St Joseph's wort," cooking
40	Onion Chives - <i>Allium schoenoprasum</i>	aphid, beetle, mice, and mole repellent; culinary
41	Comfrey - <i>Symphytum officinale</i>	root juice acts as glutenative; as a tea to aid wound healing
43	Celandine Poppy - <i>Stylophorum diphyllum</i>	insomnia, upper respiratory infections, fever reducer, ointments for burns
44	Apothecary Rose - <i>Rosa gallica</i> var. <i>officinalis</i>	tea or syrup for colds, hysteria, digestive tract inflammations, minor cuts and abrasions, sore throat gargle; compress for strains; lip salves
46	Thyme - <i>Thymus vulgaris</i>	headache, stomach aches, nightmares, culinary
47	Spiderwort - <i>Tradescantia virginiana</i>	laxative, spider&insect bite poltice, female, kidney & stomach ailments
48	Evening Primrose - <i>Oenothera biennis</i>	improve skin conditions, female

Listed uses of plants are for historical reference only. Please check with your physician before consuming these plants for a purpose.