



**BELLE GROVE**  
PLANTATION

**TEACHING GARDEN**  
**Plant Index**

Bed A-Fruit

Blackberries		<p>Blackberries are an edible fruit produced by many species in the <i>Rubus</i> genus in the Rosaceae family. Today there are many hybrids that have reduced the negative traits of the plant—thorns and heavily seeded fruit. Blackberry fruit are red before they are ripe, so blackberries that are red are “green.” There is forensic evidence that humans have consumed blackberries as long as 2500 years ago.</p>
Gooseberries		<p>Gooseberries (<i>Ribes uva-crispa</i>) are a species of <i>Ribes</i> (which also includes the currants). The word “goose” is thought to be a corruption of either the Dutch word <i>kruisbes</i> or the German <i>Krausbeere</i>. It was a popular fruit in 19<sup>th</sup> century Europe. The berry is extremely tart when it is green and must ripen to a deep red before eaten. The flavor is similar to a mildly tart grape. It was commonly used in jellies, jams, and sauces. Warning: this bush has sharp thorns!</p>
Raspberries		<p>The raspberry is the edible fruit of a multitude of plant species in the genus <i>Rubus</i> of the rose family. Today there are many hybrids that have reduced the negative traits of the plant—thorns and heavily seeded fruit. An individual raspberry is made up of around 100 drupelets, each of which consists of a juicy pulp and a single central seed. A raspberry bush can yield several hundred berries a year. Unlike blackberries, a raspberry has a hollow core once it is removed from the receptacle.</p>
Rhubarb		<p>Rhubarb (<i>Rheum rhabarbarum</i>) is a herbaceous perennial that produces large poisonous leaves and long fleshy edible stalks. In culinary use, fresh raw leaf stalks are crisp (similar to celery) with a strong, tart taste. Although rhubarb is a vegetable, in the kitchen it is usually prepared as if it were a fruit. Most commonly, the stalks are cooked with sugar and used in pies and other desserts.</p>

Strawberries



Strawberries are a widely grown hybrid species of the genus *Fragaria*. The first garden strawberry was grown in Brittany, France during the late 18th century. Prior to this, wild strawberries were the common source of the fruit. The French began taking the strawberry from the forest to their gardens for harvest in the 14th century. French King Charles V had 1,200 strawberry plants in his royal garden. By the 16th century references of cultivation of the strawberry became more common. People began using it for its supposed medicinal properties and botanists began naming the different species.

BED B: DYE PLANTS

<p>Baptisia (Wild Indigo)</p>		<p>Blue false or wild indigo (<i>Baptisia australis</i>) is a native to the central and southeastern U.S. It is related to natural indigo (plants from the genus <i>Indigofera</i>), which was used in the production of indigo blue dye.</p>
<p>Cardinal Flowers</p>		<p>Cardinal flower (<i>Lobelia cardinalis</i>) is native to the Americas and was introduced to Europe in the 1600s. It likely got its name due to the similarity of the flower's color to the vesture of Roman Catholic Cardinals. It prefers growing in wet places, streambanks, and swamps.</p>
<p>Chives</p>		<p>Chives (<i>Allium schoenoprasum</i>) are the smallest species of edible onions. The green stalks or scapes and the unopened, immature flower buds are edible. Chives have insect-repelling properties that can be used in gardens to control pests. The flowers may be used to produce a pinkish dye.</p>
<p>Egyptian Walking Onions</p>		<p>As their scientific name "<i>Allium proliferum</i>" states, these onions are very "prolific." They also called "Tree Onions, Egyptian Tree Onions, Top Onions, Topset Onions, Winter Onions, or Perennial Onions." The leaves make way for a dominant stalk that will grow up to three feet high. At the top of the stalk, a cluster of bulblets will begin to grow when it weight becomes heavy enough the stalk will flop over thus planting the bulbs for the next year—watch them “walk” across your garden! The skins from yellow onions make for an excellent dye.</p>
<p>Flax</p>		<p>Flax or linseed (<i>Linum usitatissimum</i>) is amongst the oldest fiber crops in the world and is used in the production of linen.</p>
<p>Garlic Chives</p>		<p>Garlic Chives (<i>Allium tuberosum</i>) is a native of Asia and looks like chives, but smells and tastes like mild garlic with sweetish undertones. They bloom in late summer, producing clusters of small white star-shaped flowers.</p>

Madder		<p>Madder (<i>Rubia tinctoria</i>) is probably the single most important natural dye herb. It was used by the ancient Persians, Egyptians, Greeks, and Romans and virtually everyone until the early twentieth century. Henry II of England chose red as the color for the livery of his servants, which was to be “dyed red with madder,” which in turn led to the color of the coats of the British Army. The brightest and most lasting dye created from Madder was Turkey red, an expensive scarlet, used for embroidery thread. In fact, Turkey red was probably the most sought-after color of the 19th century. Madder produces five colors: red, purple, orange, yellow and brown.</p>
Tansy		<p>Tansy (<i>Tanacetum vulgare</i>) was used for a yellow dye by boiling its flowers and a grey green dye by boiling its young leaves. It was also used for embalming and as a preservative put in coffins until the ground could be dug. Perhaps this property made it a symbol of immortality for the Greeks and Romans. It was also supposed to keep away ants and flies, and kept in Colonial pantries.</p>
Woad		<p>Woad (<i>Isatis tinctoria</i>) is a flowering plant also known as Asp of Jerusalem. Woad is also the name of a blue dye produced from the leaves of the plant. Since ancient times, woad was an important source of blue dye and was cultivated throughout Europe, especially in Western and Southern Europe. In medieval times there were important woad-growing regions in England, Germany and France. Towns such as Toulouse became prosperous from the woad trade.</p>

BED C: CULINARY HERBS

<p>Basil</p>		<p>Basil (<i>Ocimum basilicum</i>) Tropical in origin, basil was carried around the globe by humans and cultivated in many countries. In the Mediterranean, it has been the custom to place a pot of basil on the windowsill to keep unscreened windows free of flies. It was mentioned by Theophrastus in 300 B.C. and was common in England in the 16<sup>th</sup> century. It was said a root of basil held in the hand with a swallow feather “will relieve the pains of a woman in childbirth.”</p>
<p>Borage</p>		<p>The borage herb is native to the Middle East and has an ancient history in war as an enhancement for bravery and courage. It has cucumber-flavored leaves for tea and other beverages as well as bright, starry blue flowers for decorating salads. All parts of the plant, except the roots, are flavorful and have culinary or medicinal uses.</p>
<p>Chives</p>		<p>Chives (<i>Allium schoenoprasum</i>) is the smallest species of edible onions. The green stalks or scapes and the unopened, immature flower buds are edible. Chives have insect-repelling properties that can be used in gardens to control pests</p>
<p>Fennel</p>		<p>Fennel (<i>Foeniculum vulgare</i>) is in the carrot family. It is a hardy, perennial herb with yellow flowers and feathery leaves. It is indigenous to the shores of the Mediterranean but has become widely naturalized around the world. It is a highly aromatic and anise flavored herb with culinary and medicinal uses. Its bulb-like stem base is used as a vegetable.</p>
<p>Horseradish</p>		<p>Horseradish (<i>Armoracia rusticana</i>) is in of the Brassicaceae family (which also includes broccoli and cabbage). It has a large, white, tapered root used as a spice. The intact horseradish root has hardly any aroma. When cut or grated, however, enzymes from the now-broken plant cells break down sinigrin to produce allyl isothiocyanate, which irritates the mucous membranes of the sinuses and eyes. Grated mash should be used immediately or preserved in vinegar for best flavor.</p>

Lemon Balm		<p>Lemon Balm (<i>Melissa officinalis</i>) is Greek for bee. In colonial times it was used with honey as a potion to assure longevity. A tea made with it was supposed to be cheering to the spirits. Today beekeepers grow lemon balm for its high yield of nectar. Oil from the leaves may be distilled and used in perfume and furniture polish.</p>
Lovage		<p>Lovage (<i>Levisticum officinale</i>) is one of the oldest of salad herbs and a favorite in colonial gardens. English use it for confection, coating seeds with sugar. It has the flavor of celery. Its seeds may be ground and added to biscuits or its stems may be used like celery. Oil from the roots flavors tobacco blends.</p>
New Jersey Tea		<p>New Jersey Tea (<i>Ceanothus americanus</i>) is a low, upright, deciduous shrub that has white flowers. The dried leaves of this nitrogen-fixing plant make an excellent tea that was very popular during the Revolutionary War period—especially when British tea was unavailable to the colonies.</p>
Oregano		<p>Oregano (<i>Origanum vulgare</i>) is a common culinary herb, used for the flavor of its leaves, which can be more flavorful when dried than fresh. It has an aromatic, warm, and slightly bitter taste. There are many varieties of oregano but factors such as climate, season, and soil composition may affect the aromatic oils present, which may define the differences between plants more than its species.</p>
Parsley		<p>Parsley (<i>Petroselinum crispum</i>) may be eaten after dining to remove the odor of garlic from the breath, one of the reasons it is common as a garnish. One pound contains three times as much Vitamin C as oranges and it is rich in iron too.</p>
Rosemary		<p>Rosemary (<i>rosmarinus officinalis</i>) has many culinary uses. It is also believed to improve memory and to be a sign of remembrance. In Shakespeare's <i>Hamlet</i>, Ophelia says, "There's rosemary, that's for remembrance." (<i>Hamlet</i>, iv. 5.) In the Middle Ages, rosemary was associated with wedding ceremonies. The bride would wear a rosemary headpiece and the groom and wedding guests would all wear a sprig of rosemary. From this association with weddings, rosemary was thought to be a love charm.</p>

Sage		Sage ( <i>Salvia vulgaris</i> ) is famous for Thanksgiving turkey and also used in wine as a mouth wash, or in wine or tea for a sore throat. There are many varieties and it is an ancient medicinal and culinary herb.
Savory		Savory ( <i>Satureja Montana</i> ) was used by the Romans for its hot peppery flavor before eastern spices were widely known. Used with string beans, other bean dishes, rice, soups, gravies, and trout. Its medicinal uses include rubbing on bee stings to keep down the swelling.
Sorrel		Sorrel ( <i>Rumex acetosa</i> ), also called spinach dock, has been cultivated for centuries. The leaves may be puréed in soups and sauces or added to salads; they have a flavor that is similar to kiwi or sour wild strawberries. The plant's sharp taste is due to oxalic acid, which also found in rhubarb and is mildly toxic.
Thyme		(Thymus vulgaris) Literature is filled with references to thyme. Huge barons of beef used by the English were rubbed with Caraway Thyme, hence its botanical name <i>T. barona</i> . Ladies embroidered a bee hovering over a sprig of thyme on a scarf, presented it to her Knight to protect him and give him courage.

## BED D: CUTTING FLOWERS

Amaranth		Amaranth or love-lies-bleeding ( <i>Amaranthus caudatus</i> ) is an ornamental plant though varieties of amaranths produce <u>leaf vegetables</u> and highly nutritious grains.
Balsam		Balsam or Touch-me-not ( <i>Impatiens balsamina</i> ) plants were imported from Asia and valued by Victorian gardeners but their popularity waned as the interest in hybrid annuals grew. They are now becoming more common in heirloom gardens.
Cornflower		Cornflower ( <i>Centaurea cyanus</i> ) also known as Bachelor's Buttons was actually a weed common in corn and grain fields, hence its name. However, it became endangered in its native habitat particularly over-use of herbicides. It has been preserved by cultivating it as an ornamental plant.
Cleome		Cleome ( <i>Cleome hassleriana</i> ) is a commonly cultivated annual garden plant, which can become invasive if attention is not paid to removing it before it can shed its seeds. It is native to South America.
Four O'Clocks		Four O'Clocks ( <i>Mirabilis jalapa</i> ) is now grown ornamental flower and is available in a range of colors. It was cultivated by the Aztecs for medicinal and ornamental purposes. It is also said to have been exported from the Peruvian Andes in 1540. The flowers usually open from late afternoon onwards, hence its common name.
Larkspur		Larkspur ( <i>Delphinium staphisagria</i> ) are cultivated as ornamental plants, for traditional and native plant gardens. They can attract butterflies and other pollinators.
Marigolds		Marigold ( <i>calendula officinalis</i> ) flowers were used medicinally and to make yellow dye for textiles. The marigold is very significant in Nepalese culture, where marigold garlands are used almost in every household, especially during the Tihar festival. It is also used in Central and South American in Day of the Dead celebrations.

Nicotiana.		<p>Nicotiana alata is a species of tobacco. It is called Winged Tobacco, Jasmine Tobacco, tanbaku, and sometimes Persian Tobacco. It is mainly grown as an ornamental plant rather than for drying the leaves to make cigarettes or other products.</p>
Poppy		<p>Poppy (Papaveraceae papaveroideae) is an herbaceous plant, often grown for their colorful flowers. Bees use poppies as a pollen source.</p>
Purple Sage		<p>Purple Sage (<i>Salvia officinalis purpurascens</i>) is similar to the culinary herb but this variety is more prized as small ornamental flowering shrub.</p>

BED E: MEDICINAL HERBS

<p>Anise Hyssop</p>		<p>Anise Hyssop (<i>Agastache anethiodora</i>) is native to U.S. and Canada. Principally grown as a bee-flower by honey merchants. Makes a nice tea or garnish. It also has properties as an antiseptic, cough reliever, and expectorant.*</p>
<p>Bee Balm</p>		<p>Bee Balm (<i>Monarda didyma</i>) Also referred to as bergamot (though oil of bergamot does not come from this plant. It is one of the few native American herbs that is still cultivated today. Colonists substituted leaves for black tea in pre-Revolutionary War days, learning from the Indians and it is sometimes called "oswego tea." A sprig tucked in a garden hat repels mosquitoes and gnats.</p>
<p>Calendula</p>		<p>Calendula species have been used traditionally as culinary and medicinal herbs. The petals are edible and can be used fresh in salads or dried and used to color cheese or as a replacement for saffron. A yellow dye has been extracted from the flowers. Calendula oil is still used medicinally as an anti-inflammatory, an anti-tumor agent, and a remedy for healing wounds.*</p>
<p>Candytuft</p>		<p>Candy Tuft (<i>Iberis</i>) came from Europe and the leaves, stem, and root are said to possess medicinal properties, but the seeds are most efficacious. The plant has been used historically to treat rheumatism, gout, as well as respiratory and digestive ailments.</p>

Chamomile		Chamomile is the common name for several daisy-like plants of the family Asteracea that are commonly used in an herb infusion to induce sleep, though it is not recommended for pregnant and nursing mothers. It also has antiseptic properties and anti-inflammatory properties.
Comfrey		Comfrey ( <i>Symphytum</i> ) species are important herbs in organic gardening as its leaves break down quickly in compost and contains many nutrients. Although it has historically been used medicinally as a topical, it may be toxic if ingested.
Costmary		Costmary ( <i>Chrysanthemum balsamita</i> ) was also called “alehost” because leaves flavored ale in England. The French dedicated this herb to the Virgin Mary, but most of its associations are with Mary Magdalene. Another common name is “Bible Leaf,” which comes from colonial times when it was used as a marker for the Bible or prayer book; the leaves when chewed gave a minty flavor to keep the reader or listener awake. Leaves used for tea and for fragrance and to repel moths.
Echinacea		Coneflowers ( <i>Echinacea purpurea</i> ) gets its scientific name from the Greek echino, meaning "sea urchin." Some species were used in herbal medicines in the 19th century to treat snakebite, anthrax, and for relief of pain. Today it is purported to help treat colds.
Feverfew		Feverfew ( <i>Chrysanthemum parthenium</i> ) was used medicinally for tea to relieve discomfort of fevers. Today, fresh leaves steeped in rubbing alcohol and dabbed on forehead and arms when working in the garden give protection against small black flies. Located close to dwellings because it was reputed to purify the atmosphere and to ward off disease. Used in treatment of hysteria, nervousness and lowness of spirits.*

Horehound		<p>Horehound (<i>Marrubium vulgare</i>) was used as medicine since early Roman times. Ancient antidote for poisons and serpent bites. Famous as flavoring for horehound candy for coughs and colds and as syrup for same.</p>
Lamb's Ear		<p>Lamb's Ear (<i>Stachys olympica</i>) was the Colonial band-aid. It stops the flow of blood from a cut will adhere keeping the wound clean. Roots may be used to induce vomiting. The leaves may also be used for a tea good for fevers, diarrhea, sore mouth and throat, internal bleeding, and weaknesses of the liver.</p>
Mullein		<p>Mullein (<i>Verbascum thapsus</i>) Herbal remedy for sore throats, coughs, asthmas, and other respiratory disorders. Used as a topical to treat a variety of skin problems. Extract from the flowers was a very effective treatment for ear infections. Used to make yellow or green dye.  <a href="https://www.youtube.com/watch?v=5-qLqjmvu8U">https://www.youtube.com/watch?v=5-qLqjmvu8U</a></p>
Rue		<p>Rue (<i>Ruta graveolens</i>) has a culinary use if used sparingly. The bitter leaves led to rue being associated with the verb "rue" meaning to regret. It has been used historically in medicine but has qualities that are harmful to the skin.</p>
Southernwood		<p>Southernwood (<i>Artemisia abrotanum</i> (<i>camphorata</i>)) is called "Young lad's love" because leaves burned to ashes and made into an ointment promoted the growth of a beard. Branches used in chests and closets as moth deterrent. Also reputed to ward off drowsiness, bunches of southernwood were taken to church to stimulate the listener and prevent falling asleep. Burned to ashes in the fireplace it is supposed to remove cooking odors from the house.</p>

Vervain



Vervain, also known as verbena, *Verbena officinalis*, and herb of the cross, is a perennial herb native to Europe and Asia. The plant has lobed, toothed leaves, and silky, pale-purple flowers. It's used throughout the world as an herbal remedy because of the multiple beneficial compounds it contains.

BED F: AROMATIC HERBS

<p>Artemisia "Silver King"</p>		<p>Silver Artemisia (<i>Artemisia ludoviciana</i>) is known for the powerful chemical constituents in its essential oils that was used to repel fleas and moths. It is also known as wormwood, it was used in brewing beer and making wine and vermouth. The highly potent spirits absinthe and Malört also contain wormwood.</p>
<p>Comfrey</p>		<p>Comfrey (<i>Symphytum</i>) species are important herbs in organic gardening as its leaves break down quickly in compost and contains many nutrients. Although it has historically been used medicinally as a topical, it may be toxic if ingested.</p>
<p>Germander</p>		<p>Germander (<i>Teucrium botrys</i>) is rich in essential oils. It is valued as an ornamental plant and a pollen source, and some species have culinary and/or medical value as a stimulant, tonic, diaphoretic, diuretic</p>
<p>Lavender</p>		<p>Lavender (<i>Lavandula officinalis</i>) came to England with the Romans. Used by the Greeks and Romans much as today for its clean, sweet scent in washing water and soaps. A perfume made of the oil was described in the first century as being good for "griefs of ye thorax." Its scent is also known to overcome mildew odor if the oil is sprinkled in musty trunks.</p>
<p>Lavender Cotton</p>		<p>Cotton lavender (<i>Santolina chamaecyparissus</i>) has many potential uses. Most commonly, the flowers and leaves are made extracted to make a medicine used to expel intestinal parasites. An oil used in perfumery can also be extracted from the plant. Branches may be hung up in wardrobes to repel insects, and leaves are also suitable for use in pot pourri and in herbal tobacco substitutes.</p>
<p>Pyrethrum</p>		<p>Pyrethrum (<i>Chrysanthemum cinerariifolium</i>) has been used for centuries as an insecticide and as a lice remedy. It is one of the most commonly used non-synthetic insecticides allowed in certified organic agriculture. The insecticide is made by drying the flowers, crushing them and mixing them with water. It may also be planted among vegetable plants to dispel pests.</p>

Sage	 A close-up photograph of sage leaves, showing their characteristic serrated edges and silvery undersides.	<p>Sage (<i>Salvia vulgaris</i>) is famous for Thanksgiving turkey and also used in wine as a mouth wash, or in wine or tea for a sore throat. There are many varieties and it is an ancient medicinal and culinary herb.</p>
Yarrow	 A photograph of a field of yarrow flowers, showing numerous small yellow flowers on thin, upright stems.	<p>Yarrow (<i>Achillea millefolium</i>) is common native plant that has a history as a mild aromatic healing herb used topically for wounds, cuts and abrasions. The genus name <i>Achillea</i> refers to the mythical Greek character, Achilles, who reportedly carried it with his army to treat battle wounds.</p>

### Southern Border Bed

Cat Mint		Cat Mink or Cat Nip ( <i>Nepeta cataria</i> ) is named because of the intense attraction that cats have towards it. The plant has other useful properties; it is drought-tolerant, deer-resistant, it can be a repellent for certain insects, including aphids and squash bugs, and its light purple flower attracts butterflies.
Peppermint		Peppermint ( <i>Mentha piperita</i> ) is used as oil in candies, toothpaste, crème de menthe and medicines. It is also a “strewing herb” which may have been placed around the rooms and floors of homes for their pleasant odor and pest repellent properties.
Pineapple Mint		Pineapple mint ( <i>Mentha rotundifolia variegata</i> ) is used as a garnish for fruit cup, salads and cold drinks. It may be strewn in baths for sweet water.
Yucca		Yucca ( <i>Yucca aloifolia</i> ) is typically known as a plant that thrives in hot, dry desert climate, however it is also native to the lowlands and dry beach scrub of the Gulf and South Atlantic states from coastal Texas to easternmost Virginia. One of the places they were commonly planted in Virginia were in African-American cemeteries.

## Eastern Border Bed

Coral Bells		Coral Bells (Heuchera) or alumroot are native to North America. Horticulturists have developed a hybrids between various Heuchera species to develop this flowering plant.
Columbine		Columbine (Columbine aquilegia) is a hardy perennial, which propagates by seed. It is easy to harvest the seeds and the some varieties will "self-sow" in a garden. Flowers might be red, purple, yellow, or pink.
Red Hot Poker		Red Hot Poker (Kniphofia ) is also known as Torch Lily or Poker Plant. It grows two to five feet high, depending upon variety. The leaves are long, thin and dagger-like. They produce flowered spikes from spring through fall and are commonly red but can be yellow, purple or orange.

## Outside Fence

Peony		<p>Peony (<i>Paeonia</i>) a perennial shrub prized for its flowers, though they only bloom in the late spring or early summer. The peony is named after Paeon, a student of Asclepius, the Greek god of medicine and healing. When Asclepius became jealous of his pupil, Zeus saved Paeon from the wrath of Asclepius by turning him into the peony flower.</p>
Yarrow		<p>Yarrow (<i>Achillea millefolium</i>) is common native plant that has a history as a mild aromatic healing herb used topically for wounds, cuts and abrasions. The genus name <i>Achillea</i> refers to the mythical Greek character, Achilles, who reportedly carried it with his army to treat battle wounds.</p>

## VIRGINIA (HEWE'S) CRAB APPLE TREES

Virginia Crab Apples are also known as Hewe's Crab, Hugh's Crab and Hughes Crab. There is also a Red Hewes Crab, a seedling of the Virginia Crab, grown by a Colonel Blackburn in Paris, Illinois, before 1869. It is redder in color and larger in size. It was well described by Coxe in *A View of Fruit Trees*, 1817, as: "The apple is of small size; the form nearly round, the stem long and thin, the skin a dull red mixed with faint streaks of greenish yellow, and numerous small white spots. The flesh is singularly fibrous and astringent: in pressing, it separates from the liquor, which runs through the finest flannel like spring water;...my own practice is to mix the crab pomace in the vat with that of strong rich cider apples, which makes an improved liquor...The tree is of small size, the leaves though small, are of luxuriant growth...the wood hard and tough, never breaking with the load of fruit, usually produced every second year. The origin of this apple is satisfactorily traced to Virginia, where trees nearly one hundred years old, are now standing..." This means that the variety was known in 1717. Coxe continues..."The apple called Hewe's Virginia Crab differs so much from all others that the liquor extracted from it requires a system of management adapted to the peculiar qualities of the fruit." Before the development of hybrid rootstocks, the Virginia Crab was often used as an under stock because of its hardiness, compatibility to many varieties, and vigorous growth. The Virginia Crab was one of the major cider varieties that Thomas Jefferson planted in the north orchard at Monticello. It makes a very high-flavored dry cider, which maintains its quality for a long time and ferments very slowly. In Central Virginia, it ripens in September.



## Sources

Wikipedia

Miller-Cory Historic House List of Colonial Herbs

[http://www.millercoryhouse.org/html/colonial\\_herbs.html](http://www.millercoryhouse.org/html/colonial_herbs.html)

The Herb Society of America A Short History of Dye Plants

<http://www.neuhsa.org/dyeplant-history.html>