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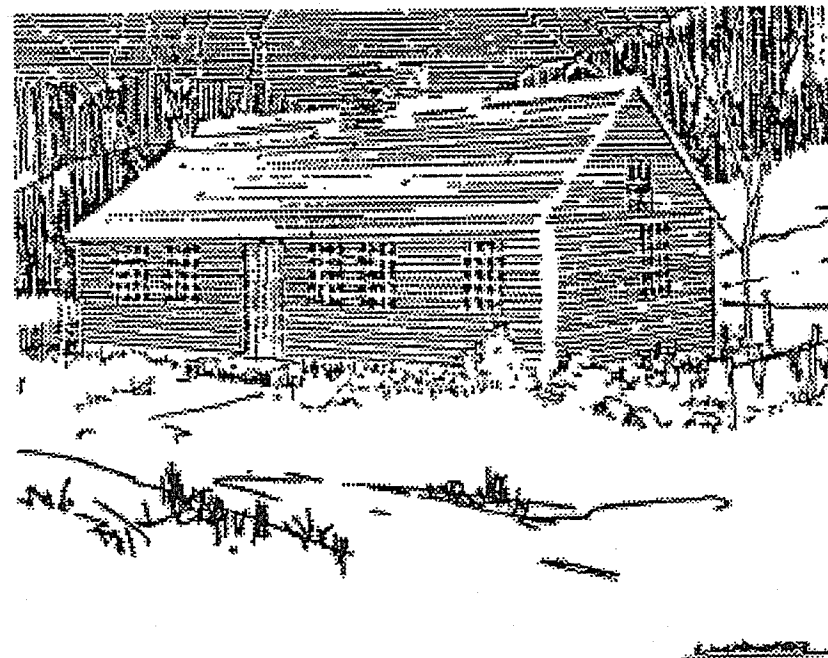
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Guide to Perennial and Herb Gardens



DANA HOUSE
WEST LEBANON, NH
Circa 1766-1986

Guide to Plants

All the plants in the following list are for the time period of the early inhabitants of the Dana House. All were cultivated in New England prior to 1850 AD. The beds have been divided into three categories: Medicinal, Culinary, Fragrance. Some were used for multiple purposes and have been located in the bed where they fit best.

Anise Hyssop

Agastache foeniculum

Perennial .24-36in. Pointed ovate leaves, anise scent, spikes of purple flowers. Attracts bees, rich source of nectar. M Internally for coughs. C Anise flavored leaves may be added to salads.

Baby's breath

Gypsophila paniculata

Perennial. 3ft. Billows of tiny white flowers in midsummer. Gypsum loving, needs lime. F Used in dry flower arrangements and bouquets.

Beebalm (oswego tea, bergamot)

Monarda didyma

Perennial. 3-4ft. Red flowers in July. Native. M Internally for digestive complaints. C leaves in tea, flowers in salad. F leaves and flowers sent and color potpourris.

Betony (bishopswort)

Stachys officinalis

Perennial. 6-24in. Oblong regularly toothed leaves. Spikes of pink flowers during summer. M internally for headaches, anxiety, hypertension, poor digestion. Externally for wounds or ulcers.

Black cohosh (snakeroot)

Cimicifuga racemosa

Perennial. 5ft. Broad, 3 lobed oval leaves with toothed margins. Bottlebrush spikes of white flowers in midsummer. M Internally for pain, coughing, fevers and arthritis. Stimulates uterus.

Borage

Borago officinalis

Self-seeding annual. 1-3ft. Hairy plant with lanceolate leaves. 5 petaled blue flowers in summer. M Internally for fevers, throat infections, mild sedative and anti-depressant. C leaves are added to wine or chopped into salads for the cucumber flavor.

Winter Savory

Satureja montana

Evergreen perennial. Woody rootstock, straight, lanceolate, stalk-less leaves. White, pale pink or purple whorls of flowers in summer. M Internally for indigestion, nausea, colic, sore throat. Externally for insect stings. C leaves flavor legumes, stuffing, meat.

Wormwood

Artemisia absinthum

Shrubby perennial. 3 ft. Deeply crenated leaves, woody stems. Minor yellow flowers in summer. M Internally for digestion, gall bladder problems, worms. Externally for bruises and bites.

Yarrow, pink

Achillea millefolium

Perennial. 1-2ft. Feathery leaves, tough stems. Various shades of pink umbels in early summer to late autumn. M Internally for fever, mucus, digestion, pain, relaxing spasms. Externally for wounds, nosebleeds, hemorrhoids. F Good as a cut flower, and dries well, used in bouquets.

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2001-2002

Spotted cranesbill

Geranium maculatum

Perennial. 18-30in. Leaves deeply cut, stems forming clumps with compact rootstock. Flowers are pink or blue saucers which go to beaked fruits after bloom. **M** Internally for digestion, hemorrhage and cholera. Externally for inflammation of the mouth, hemorrhoids.

Sweet cicely

Myrrhis odorata

Perennial. 3-6ft. Fernlike, downy leaves, hollow stems. Tiny white flowers in umbels in late spring. Seeds appear as ridged cylinders approx. 1in. **M** Internally for cough, digestion, anemia. **C** leaves used in soups, wine, as sweetener and flavor for fruit, yogurt, whipped cream. Roots cooked as vegetables, seeds in salads.

Tansy

Tanacetum vulgare

Perennial. 2-4ft. Ferny, dark green leaves. Clusters of yellow button flowers in late summer to fall. **M** Enema for worms in kids, lotion for scabies. **OIL HIGHLY TOXIC.** **C** leaves added to custard and cakes. **F** Flowers used in potpourris and bouquets.

Thyme

Thymus serpyllum

Perennial. 1/2-3in. Tiny ovate-oblong, hairy leaves on slender stems. Pink to purple flower clusters in summer. **M** Internally for respiratory problems, colic, hangovers. Externally for injuries, oral infections. **C** Leaves used in soups, stuffings, slow cooked dishes.

Valerian

Valeriana officinalis

Perennial. 5ft. Leaves irregularly divided, feathery leaves. Short Rhizome. Pink or white, small scented flowers in summer. White hair tufts on seeds. **M** Internally for hysteria, insomnia, anxiety, migraine, cramps, hypertension. Externally for ulcers, eczema, minor injuries. **C** Extracts used to flavor commercial products. **F** Oil used in perfumes.



Calendula (pot marigold)

Calendula officinalis

Self seeding annual. 20-28in. Bushy, aromatic, long-lived. Lanceolate leaves. Yellow to orange ray florets summer to autumn. **M** Internally for digestive system and swollen glands. Externally for skin problems, varicose veins, minor injuries, as a general anti-septic. **C** Used instead of saffron, and to give color to anything.

Chamomile, Roman

Chamaemelum nobile

Evergreen perennial. 6in. Mat forming, finely divided leaves. Yellow flower centers with white ray petals. **C** herbal tea. **M** Internally for digestion, insomnia, fever. Externally for sore skin.

Chives

Allium schoenoprasum

Perennial. 4-24in. Clump forming, cylindrical, hollow leaves. Pale purple to pink bell shaped flowers in summer. **C** has mild onion flavor. Used as garnish and flavor, flowers used in salads.

Comfrey (boneset)

Symphytum officinale

Perennial. 2-4ft. Stout bristle-haired tapering, ovate-lanceolate leaves. Purple to white funnel flowers in summer. **M** internally for digestion. Externally for skin conditions, sprains, bruises, fractures.

Costmary (Bible-leaf)

Chrysanthemum balsamita

Perennial. 2-3ft. Large, flat leaves. Inconspicuous flower. **M** Internally for liver, stomach, head clearing, seeds expel worms. **C** herbal tea. **F** Potpourri, sweet scent.

Crested iris

Iris cristata

Perennial. 6-8in. Flat, sword-shaped leaves. Creeper, with blue or white flowers in late spring. **F** attractive flowers.

Egyptian Onion

Allium cepa proliferum

Perennial. 1-2ft. Tall, tubular stalks have bulbs on top which begin to produce new stems while still attached to parent. When cluster is heavy, it falls to the ground and roots. **M** Internally for throat and stomach infections. Externally for acne and boils. **C** Cooked or raw, similar to scallions.

Elecampane

Inula helenium

Perennial. 10ft. Long, pointed, toothed leaves. Yellow daisy-like flowers mid summer-mid fall. **M** Internally for lung problems and excess mucus in digestion. Externally for skin problems **C** root candied or used in cordial, formerly as flavoring. **F** camphor scented oil used in perfumes.

Feverfew

Tanacetum (Chrysanthemum) parthenium

Perennial. 1-2ft. Medium, toothed leaves. White flowers with yellow center in mid-late summer. **M** Internally for headaches. **F** good for bouquets, dried arrangements, and wreaths.

Florentine Iris (orris)

Iris germanica florentina

Perennial. 2-4ft. Long, narrow sword-shaped leaves. Violet flowers in early summer. **M** Internally for coughs, extra mucus, diarrhea. Externally for deep wounds. **F** Used chopped and dried as fixative for potpourris and perfumes.

Fox glove

Digitalis purpurea

Self seeding biennial. 3-5ft. Large, stem-less, oval or lanceolate leaves. Spikes of bell flowers, white to rosy purple flowers in summer. **M** Internally for heart conditions. **TOXIC IF INGESTED.**

Garlic Chives

Allium tuberosum

Perennial. 12-20in. Flat, keeled leaves, sheathed at base to cylindrical bulbs. White, star-shaped flowers in late summer. **M** Internally for digestive system weakness. Externally as poultice for knee injuries. **C** cooked or raw for mild onion/garlic flavor.



Motherwort

Leonurus cardiaca

Perennial. 3-4ft. Leaves are deeply lobed and strong smelling, stems are purple. Flowers are downy and mauve-pink to white with purple spotted edges in mid summer to mid autumn. **M** Internally for heart problems, spasm relaxant, sedative.

Purple coneflower

Echinacea purpurea

Perennial. 2-4ft. Oval-lanceolate leaves. Purple, daisylike flowers with conical, orange-brown centers in summer to early fall. **M** Internally for boosting immune system, killing infections. Externally for skin conditions and infected injuries. **C** Herbal tea. **F** dried center and petals used in bouquets and potpourri.

Roses, antique

Rosa gallica officinalis.

Deciduous shrub. 3-6ft. Leaves are leathery. Red to light pink flowers in summer followed by brick red hips. **M** Internally for colds, bronchial infections, depression. Externally for minor injuries. **C** petals added to salads, rose water is used in cooking, hips used in preserves. **F** Dried petals and blossoms used in potpourri. These roses are from plants from an original Shaker garden in Enfield, NH.

Sage

Salvia officinalis

Evergreen perennial. 2-3ft. Shrubby, woody stems into velvety, gray-green, wrinkled leaves. Flowers violet to purple, pink or white spikes in summer. **M** Internally for indigestion, liver problems, anxiety, depression, excessive production of fluids. Externally for insect bites, oral infections. **C** Leaves into tea flavoring various meat. Edible flowers.

Southernwood

Artemisia abrotanum

Shrubby perennial. 3ft. Feathery, fragrant leaves on woody stems. Tiny, dull, yellow, clustered flowers in late summer. **M** Internally for menstruation, digestion, worms, hair loss, fever. Externally for frostbite. Splinters, swellings, hair loss. **F** Very aromatic, used in wreaths.



Lavender

Lavandula angustifolia (officinalis)

Perennial. 12-18in. Straight stem with small, sword-shaped leaves. Hidcote var. gray leaves with dark violet, strongly scented flowers in early summer. Munstead var. bright blue-lavender, loose spikes, strongly scented flowers bloom early. M Internally for indigestion, depression, anxiety, tension headaches, irritability, exhaustion. Externally for burns, muscular pain, skin problems, bites. C Fresh flowers added to jams or vinegar, or crystallized. F Dried flowers in potpourris.

Lemon balm

Melissa officinalis

Perennial. 12-32in. Ovate, toothed leaves lemon scented. Small, pale yellow flowers in summer. M Internally for nervous disorders, depression, anxiety, tension headaches. Externally for insect bites, and skin conditions. Aromatherapy to relax. C Used in salads, soups, fish, meat, liqueurs, vinegars. F Dried leaves in potpourris.

Lovage

Levisticum officinale

Perennial. 3-6ft. Leaves are divided and smooth, hollow stems and fleshy roots celery scented. Tiny yellow-green umbels of flowers in summer, scented seeds afterwards. M internally for indigestion, colic, and menstruation. Externally for sore throat and aohthous ulcers. C shoots eaten as vegetable, stalks candied or used as straws. Seeds added to bread, leaves used in soups and salads.

Love-in-a-mist

Nigella damascena

Self seeding annual. 12in. Feathery leaves. Flowers five petaled white. Seed pods are balloon-like and ribbed. F Dried pods are used in bouquets and wreaths. Distilled oil is used in cosmetics.

Mint

Mentha spicata

Perennial. 1-3ft. Creeping plant, leaves bright green, lanceolate or ovate, medium, wrinkled. Flowers are lilac, pink or white spikes. M Internally for indigestion, colic, hiccups, kid's fever. C Leaves made into jelly and sauce important with lamb; garnishing, and flavoring drinks.

Hollyhock

Alcea (Althaea) rosea

Self seeding biennial. 4-8ft. Medium rounded, lobed leaves. Spikes of single white, pink or purple hibiscus-like flowers in summer. M Internally for stomach or cough. Externally for sore throats.

Horehound

Marrubium vulgare

Perennial. 8-24in. Leaves ovate, gray-green, aromatic, downy, toothed edges with woody stems. Small white, hairy flowers in summer. M Internally for respiratory problems, coughs, liver and gall bladder disorders, fever, palpitations. Externally for broken skin.

Hyssop

Hyssopus officinalis

Perennial. 18-24in. Small linear leaves, woody base. Flowers are purple-blue to white dense spikes of tubular, double-lipped blossoms in late summer. M Internally for upper respiratory tract problems, fever. Externally for cuts and bruises, coughs, nervous tension. C Used sparingly to flavor liqueurs, meats and legumes.

Jerusalem Artichoke

Helianthus tuberosus

Perennial. 6-8ft. Large ovate leaves. One central stalk with 4in. flower head at top in Sept. C Tuberous roots cooked like potatoes.

Johnny-jump-up (wild pansy)

Viola tricolor

Self-seeding annual. 4-8in. leaves ovate to lanceolate, toothed to lobed. Flowers pansy-like in combinations of lilac, purple, white, yellow in spring to fall. M Internally for bronchitis, rheumatism, autoimmune disease, skin problems. Externally for skin and varicose ulcers. F Early and late boomer, adds color to any garden.

Lambs ear

Stachys byzantina

Perennial. 6-12in. Leaves soft, fuzzy silver. Small pink flowers on stalks in summer. M Leaves used as bandage for minor wounds. F Flowers used in bouquets and wreaths.

Dana House Gardens

Medicinal

1	2	1	Lemon Balm
		2	Calendula
3	5	3	Valerian
	4	4	Fox Glove
6	7	5	Feverfew
		6	Costmary
8	9	7	Lambs Ear
		8	Hyssop
10	12	9	Yarrow, Pink
	11	10	Elecampane
13	15	11	Borage
	14	12	Betony
16	17	13	Black cohosh
	18	14	Purple Coneflower
19		15	Horehound
		16	Wormwood
20	21	17	Sage
		18	Motherwort
		19	Bee Balm
		20	Comfrey
		21	Spotted Cranesbill

Culinary

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22	Sweet Cicely
23	Jerusalem Artichoke
24	Egyptian Onion
17	Sage
25	Chamomile, Roman
26	Garlic Chives
27	Lovage
28	Thyme
29	Chives
30	Winter Savory
31	Mint
32	Roses, antique

Fragrance

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33	Southernwood
34	Johnny-Jump-Up
35	Tansy
36	Anise Hyssop
2	Calendula
37	Antique rose
38	Crested Iris
39	Hollyhock
40	Love-in-a-Mist
41	Florentine Iris
42	Lavender
43	Baby's Breath