

Welcome to our Civil War Era Garden

- ✧ This garden contains plants that are representative of gardens of the mid-19th century, which includes the Civil War time period.
- ✧ Many of these plants were grown and used throughout the 18th and 19th centuries.
- ✧ During this time, garden plants were used for food and flavoring, and also for medicine.
- ✧ Many were used as home remedies, and were also used by doctors to treat soldiers during the Civil War. Many of these plants are still used today.
- ✧ The garden is not an identical replica of any particular garden design. The plants are representative of those grown in gardens of the era. Plants will change annually.

WARNING: Garden plant information on this flier not intended as medical advice.

Do not ingest plants from this garden.

Garden Plants and Their Traditional Uses

Comfrey: Used to treat colds and cough.

English Thyme: Culinary. Anti-viral, antifungal, antiseptic, antiparasitic. Relieved spasms.

Evening Primrose: Relieved muscle aches. Helped with eczema.

Fennel: Culinary. Relieved indigestion. Soothed a sore throat and cough. Treatment for parasites.

Feverfew: Used to treat fevers and headaches.

Foxglove: Used as a treatment for heart failure and edema.

Garlic: Culinary. Antibacterial. Used to treat colds and coughs.

Gentian: Used to treat digestive problems.

Horehound: Culinary. Treatment for sore throats and coughs.

Hyssop: Used to treat coughs and colds.

Joe Pye Weed: Used to treat colds, kidney and liver problems.

Lamb's Ear: Antibacterial, antiseptic, and anti-inflammatory. Used on wounds as a dressing.

Lavender: Culinary. Calming fragrance. Insect repellent. Relieved headaches, soothed colic.

Lemon Balm: Culinary. Sedative. Used as a compression for swelling. Relieved headaches.

Onion: Culinary. Antibacterial. Used to treat colds and coughs.

Oregano: Culinary. Relieved arthritis, muscle aches, cold and flu, upset stomach.

Peppermint: Culinary. Relieved colic and indigestion. Nasal decongestant and anti-nausea treatment.

Purple Coneflower/Echinacea: Anti-inflammatory. Used to treat colds, coughs, bronchitis.

Rhubarb: Culinary.

Rue: Antibacterial. Anti-fungal. Used as an insect repellent.

Sage: Culinary. Anti-inflammatory. Used in the treatment of wounds.

Spearmint: Culinary. Anti-nausea and helped treat digestive ailments.

St. John's Wort: Used as an antidepressant and helped heal wounds.

Valerian: Sedative. Used to treat insomnia.

Vervain: Anti-inflammatory. Anti-anxiety.

Wormwood: Used to treat parasites and helped with indigestion.

Yarrow: Anti-inflammatory. Antiseptic.

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