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THESIS

Sweet Herbs of the

Kitchen Garden

Harriet A. Farrand

1902

Thesis.
B.S.

Harriet A. Ferrand

June, 1902.

THESIS

The purpose of this thesis is to present a concise idea of the part that the sweet herbs play in the household,- both in the kitchen and as a remedy in simple ailments.

Not very many years ago the word "herb" acted like a magical phenomena and every house had its stock of dried herbs raised in the kitchen garden and highly praised and recommended on all occasions. To-day the extract purchased at the pharmacy meets the demand for only a small amount and variety is to be found green or dried on the market.

In 1685 Gerarde published an enormous volume on plants in general and from this we find that the herbs were considered, at that time, to be essential to life and happiness. Many queer uses and expressions in regard to these herbs I have quoted here. I have also quoted from references made to a few of the herbs in the Bible and by Shakespeare.

I have taken twenty seven of the most important herbs to consider. The following is a list of those herbs herein described:

- | | | |
|---------------|---------|----------------|
| | Annise. | |
| Anis | | Sweet Basil |
| Summer Savory | | Coriander |
| Caraway | | Clary |
| Dill | | Sweet Majoram. |

Perennials.

Sage

Peppermint

Hyssop

Marjoram

Pennyroyal

Horehound

Borage

Tansy

Costmary

Balm.

Levender

Spearmint

Thyme

Catnip

Rosemary

Fennel

Winter Savory

Wormwood

Tarragon

Pimpinella anisum.

Umbelliferae

Anis

Description - An aromatic, condimental and medicinal herb.

Annual of the carrot family, grows two feet high from the seed.

Stem - Smooth, branching, round, hollow.

Leaves - Twice pinnate, petiolate.

Flower - Small, yellowish white, in large, loose, terminal, compound umbels.

Seeds - Size of caraway seed, curved, grayish; yields a highly perfumed essential oil, retaining its viability from one to three years. Taste - warm and sweet.

Gathered about the middle of August.

Habitat - Mediterranean countries, in a warm, mellow soil.

Parts Used - Leaves and seeds.

Use - Cookery - A cordial called Aniseed is made from the seeds. Also the seeds are used in confectionary.

Leaves are used in seasoning and garnishing.

Medicine - Much used in Europe with colic as a corrigent of griping or unpleasant medicines but in this country fennel seed is preferred.

"Being chewed it makes the breath sweet and is good for them that are short winded and quencheth thirst."

Herbert's Herbal 1834.

Ocimum basilicum

Labiatae

Basil - From Greek referring to odor.

Description.- Indian annual of Mint family cultivated as a
pot herb Grows a foot high. ~~with~~

Stem - Branching.

Leaves - Ovate, toothed.

Flowers - White or bluish white, in spikes, blooms in summer,
cut and dried for winter use when in bloom.

The whole plant has a strong aromatic scent, analogous to
cloves, peculiar and agreeable (improves by drying).

Taste - Is aromatic and somewhat cooling and saline, yielding
a yellowish green volatile oil by distillation.

Habitat - Native of India but has been raised here for three
hundred years. Seed is sown in the open as soon as
the weather is settled.

Parts Used - Foliage.

Use - Cookery - As seasoning for meat, salads and soups (espec-
ially mock turtle soup).

Sometimes used as a condiment.

Medicine - "Oil of basil pound with wine appeaseth the pain
of the eyes and putteth away all obscurity and dimness."

Gerardus' Herball 1597.

Satureia hortensis

Labiatae

Satureia montana

Labiatae

Summer and Winter Savory.

"Here's flowers for you. Hot lavender, mints, savory,
marjoram. These are flowers of middle summer."

Winter's Tale IV, 3.

Description - Low, homely, aromatic herb.

Leaves - Oblong, linear, small, entire, situated at the axils
of the flowers.

Flowers - Pale or purplish, in clusters aggregated into spikes.

The plant resembles thyme in odor and flavor.

S. montana - Small and hardy.

Habitat - Grows spontaneously in the south of Europe and has
been cultivated here in gardens as a culinary herb since
1562.

Parts Used - Top and leaves.

Use - Cookery - Savory is used as a pot herb.

Dried leaves used in seasoning soups, the stews, stuffings,
salads and broths.

Obtained at drug store in packages dried and pulverized.

Coriandrum sativum

Umbelliferae^{ae}

Coriander - Name from Greek for pungent from the pungent
like scent.

Description - "And the houses of Israel called the name thereof
kanna and it was like coriander seed, white; and the taste
of it was like waters made with honey." Exodus XVI 31

Coriander - an annual of the carrot family, low not over
two feet high, with

Stem - Branching, erect, round, smooth.

Leaves - Compound, divided into almost thread like divisions.

Flowers - In June, small, white, disagreeable smelling, in com-
pound terminal umbels of few rays.

Seeds - Ripen in August, these are of aromatic odor and of warm
pungent taste.

The plant is a glabrous strong smelling herb, the smell
and taste depending on a volatile oil obtained by dis-
tillation.

Habitat - Native of South Europe. It is cultivated in
American gardens and grows occasionally spontaneously
about old yards. Found wild in Egypt and Palestine.

Part Used - Seed.

Use - Cookery - As seasoning and flavoring; soups, salads,
pastries, confectionery, cake, liquors and bread.

When encrusted with sugar the seeds are called "Coriander
confits".

Medicine - Coriander is almost exclusively employed in com-
bination with other medicines, either to cover their taste
or render them acceptable to the stomach.

"Coriander seed prepared and covered with sugar, as con-
fits helpeth digestion."

Gerardus' Herball 1593.

Carum carui

Umbelliferae

Caraway - Name from the country Caria.

Description - Biennial of carrot *family*.

Root - Spindle shaped, fleshy, whitish.

Stem - Erect, two feet high.

Flowers - Small white in terminal umbels, in June or May.

Seeds - (Half fruit) Perfected in second year of growth of plant and in Autumn. They have a sweet warm pungent taste.

Habitat - Any garden soil. Sometimes it runs wild in meadows and pastures. Native of Europe.

Parts used - Under leaves and shoots when young; and tender, - roots and seeds.

Use - Cookery - In flavoring of bread, cakes, cheese, spirits, confectionary. Under leaves are used in soups.

Roots formerly eaten as parsnips and not much worse.

"May you shall see my orchard where, in an arbor, we will eat a last year's pippin of my own grafting with a dish of caraways." Henry IV Vol. II - V 3

Medicine - Caraway is stimulative to digestive organs. The seeds are carminative.

"The seeds confectioned or made with sugar into confits are very good for the stomach and helpeth digestion."

Salvia sclarea

Sage Family.

Clary.

Description - Annual, two feet high.

Leaves - Oblong and obtuse, petiolate, wavy.

Flowers - In a long interrupted spike of whorls. Corolla
tube not exceeding calyx, upper bracts broad and concave,
red and very showy.

Habitat - Native of south Europe.

Parts Used - Leaves.

Use - Cookery - As flavoring in soups. Other species
of *Salvia*^a are used for the same purpose.

Leaves impart to wine a muscadel taste.

Clary is less agreeable than sage.

Medicine - Clary-water, a composition of the flowers
with brandy etc. used as a cordiac.

Anethum graveolens

Umbelliferae.

Dill - From old Norse word to Soothe.

Description - Annual, three to four feet high, with

Stem - Erect, striated, jointed, branching.

Leaves - On a sheathing root stalk with linear pointed leaflets.

Flower - Yellow, in large flat terminal umbels, petals fall early.

Seeds - Flat, bitter flavored, brown surrounded by a yellowish membranous expansion.

Odor - Strongly aromatic but less agreeable than that of fennel.

Habitat - Native of Spain and Portugal. Occurs today in Palestine, both in gardens and wild, also cultivated in our gardens. It is the anis of the New Testament.

Parts Used - Foliage and seeds.

Use - Cooking - Leaves are sometimes used for flavoring.

Dill pickles, so called on account of the strong dill flavor from the seeds mixed with the pickle vinegar.

Medicine - Infusions or Dill-water obtained by distillation, has a soothing effect.

Origanum majorana.

Sweet Majoran - Greek - "Delight of the Mountains".

Description - Perennial.

Stem - Erect, branching.

Leaves - Small, finely soft-downy; bracts.

Flowers - Whitish or purplish in terminal clusters in mid-summer.

Seeds - Small, oval, dark brown.

The plant has a pleasing odor and warm aromatic, bitterish taste due to the volatile oil. In the garden the plant is treated as an annual. It is easily frost bitten.

If planted early leaves may be gathered in the late spring.

Habitat - Native of south Europe. Cultivated here in gardens as a pot herb.

Parts Used - Green parts.

Use - Cookery - As a condiment and in seasonings for soups, stews, meat pies and dressings.

Medicine - Credited with tonic and gently excitent properties. An infusion brings out rash in diseases like the measles.

Salvia officinalis

Mint Family.

Common Sage.

Description - "Sage is a plant that liveth but a yeare, it smelleth of Garlick when it is bruised, being a kind of Garlick Germaner." Gerardes' Herball 1636.

Perennial, two feet high with sarussy *habit.*

Stem - Erect, minutely pubescent, branching.

Leaves - Rough, opposite, petiolate, oblong, lanceolate.

Flowers, Blue, variegated with white or purple, on long terminal spikes in distant whorles of few flowers, in June, at which time the plant should be cut and dried.

Taste - Is aromatic, bitterish, astringent, abounding in volatile oil.

Habitat - Native of south Europe. In the salt lake country of America it is a kind of worm-wood.

Cultivated in the kitchen garden.

Part used - Leaves.

Use - Cookery - Leaves both dried and fresh are used in souces, stuffings for fowls or fish and as a condiment.

Medicine - Slightly tonic. Good remedy for sore throat mixed with honey and alum or some astringent.

"Sage is singular good for the head and brains, it quickneth the senses and memory. It strengtheneth the sinew and restoreth health to those that have the palsie."

Gerardes' Herball 1636.

Lavandula vera

Mint Family

Lavender - Latin *lavo* = *to* *lave*.

Description - Two to three feet tall.

Stem - Woolly, below covered with dark brown bark, above divided into numerous slender straight branches.

Leaves - Opposite, sessile, lance, linear.

Flowers - In slender spikes of bluish, small flowers in whorls on long peduncles in August, propagated by cuttings.

The flowers long retain their odor after drying. All parts are aromatic. An oil is obtained on distillation, which is lemon yellow and thin, bitter, burning taste.

Habitat - Native of Persia and the region about the Mediterranean sea. Grown in California and Alabama in dry hilly places.

Parts Used - Leaves, flowers and flower stems.

Use - The chief use is in the manufacture of perfumery, aromatic vinegar and lavender water.

Dried parts placed in clothes-press impart a delicate odor. Lavender water may be made from :- one pint proof spirits of wine, one ounce essential oil of lavender, two drachms of ambergris placed in quart bottle and shake daily.

Medicine - Lavender is credited with stimulant and tonic properties but is seldom used in the pure state.

Used as adjuvants of other medicines.

Mentha piperta

Mint Family

Peppermint.

Description - Running root stock, multiplying rapidly.

Stem - Quadrangular, erect, purplish.

Leaves - Simple, opposite, ovate, acute, serrate, petiolate.

Flowers - Small purple or whitish in axillary whorls and these in terminal loose interrupted spikes, in late summer.

There are six species cultivated for production of the aromatic essential oils from all parts of the herb and especially in minute globules on the surface of the leaves and calyx .

The crop is cut in August or early September, cured like hay and the oil is distilled out by steam.

Habitat - Originally a native of Great Britain. Introduced here in the 18th century. Grows best on musk soils of reclaimed swamps. Is a very exhaustive crop.

Parts Used - All of the top of the plant.

Use - Cookery - The oil is used for flavoring in confectionery.

The green leaves chopped in sauces for fish or spring lamb.

Medicine - Stimulant. Used as a cordial called Peppermint water to allay nausea and pains in the stomach.

Also used to cover other tastes. Sometimes for the toothache.

Mentha viridis

Mint Family

) Spearmint - Said to be one of the bitter herbs eaten with the paschal lamb.

Description - One to two feet high.

Stem - Green, erect, quadrangular.

Leaves - Nearly sessile, lance, ovate, wrinkled, veiny.

Flowers - In spikes, narrow dense, in August. Spearmint is cultivated much as the peppermint and the oil is distilled in the same way, but there is a smaller demand for it. It is easily propagated by perennial root stocks. Spearmint acts much more mildly than peppermint and the flavor, to some, is more agreeable.

Habitat - Naturalized from Europe, grows in damp soil along road sides.

Parts Used - Leaves and top.

Use - Cookery - As a sauce for spring lamb with green peas.

As a flavoring ingredient in drinks. Freshly cut sprigs used in making an intoxicating drink-"Mint Julep".

Medicine - Allays pains from gastric and intestinal disorders.

"Mint is marvellous wholesome for the stomach, it stayeth th hickups and scouring in the cholericke passion if it be taken with the juice of foure pome granates."

"It is applied with salt to the bitings of mad dogs."

Gerardus' Herball 1598.

Hyssopus officinalis

Labiatae

Hyssop - An ancient name.

"Purge me with hyssop and I shall be clean." Psalm li. 17

Description - Herb of the mint family, one to two feet in height.

Stem - Woolly at base, erect.

Leaves - Lance, linear and entire.

Flowers - In small clusters of blue flowers in a terminal spike, in summer. Precisely what plant was sacred to the Jews is uncertain, some commentators think it is a species of moss very common on the walls of Jerusalem or the Hyssop of to-day in Palestine.

Habitat - Naturalized from south Europe or Siberia. Cultivated in gardens; rarely runs wild.

Parts Used - Green parts and dried flower spikes.

Use - Cookery - As a garnish in salads and in the powdered form as a flavoring in soups.

Medicine - Stimulant and as an expectorant in treatment of asthma, coughs and other pulmonary troubles.

Thymus Vulgaris

Labiata^a

Thyme.

"I know a bank whereon the wild thyme grows."

Mid Summer Night's Dream II 1

Description - A bushy under shrub from six to ten inches high with many stems which are erect or decumbent at base.

Leaves - Very small, ovate.

Flowers - In whorled spikes.

Pungent aromatic properties which are not lost by drying.

Camphorous pungent taste. Propagated^a by seed, slip or layers. The lemon scented variety is preferred for culinary purposes.

Habitat - Grows abundantly in France where the oil is distilled.

It will grow anywhere, prefers a dry, poor soil.

Parts Used - Leaves and tops.

Use - Cookery - As a flavoring agent in tomato jelly, broths, soups, stuffings and meat savor.

Oil of Thyme is used in perfumery and often passes for oil of origanum.

Used in veterinary practice.

Medicine - As an antiseptic. It causes mental excitement and is a valuable stimulant in depression or collapse.

•

"This kind of Thyme is so well knowne that it needeth no
description because there is not any which are ignorant
of what Thymus is. . . I mean our common garden Thyme."

Gerardes' Herball 1636.

Origanum vulgare

Wild Marjoram

Description - Branching, hairy, perennial, two feet tall.

Flowers - Pink or purple, borne in heads surrounded by an involucre. In mid-summer

Leaves - Opposite, ovate, hairy, one inch long, deep yellowish green.

Stem - Erect, purplish downy, four sided, eighteen inches high.

Plant has peculiar agreeable aromatic odor and warm pungent taste, owing to volatile oil.

Seeds - Brown, oval. Propagated by seed or division.

There is Dwarf Pot Marjoram used as edging plant.

Habitat - Native of England and America, grows along road sides and in dry warm stony fields and woods from Pennsylvania to Virginia.

Parts Used - Tops and leaves and young shoots, gathered just before blossoming.

Use - Cookery - Relish herb in soups, broths, stews, stuffings.

Medicine - Now oil of Thyme is substituted, much used by dentists and furriers.

A gentle tonic and excitant.

"There is an excellent oyle to be drawn forth of these herbs, good against the shrinking of sinews, cramps, convulsions and all aches proceeding of a cold cause."

Nepeta cataria

Mint Family

Catmint or catnip.

Description - Perennial herb, one to three feet tall.

Stem - Erect, quadrangular, branching, hoary.

Leaves - Ovate, cordate, whitish underneath, deeply crested.

Flowers - Whitish, dotted with purple in center, in whorled spikes, terminal.

"The cat mint flourish by and by after the Spring; they flowre in July and August." Gerardes' Herball 1636

The herb has a strong peculiar rather disagreeable odor; pungent aromatic, bitterish, camphorous taste.

Habitat - A weed naturalized from Europe. It grows around houses and gardens.

Parts Used - Whole herb, green and dried.

Use - Medicine - "Pungent memory of olden days."

Tonic, excitant. Stimulant in flatulent colic of infants.

Cats are very fond of it.

Hedeoma pulegioides

Mint Family

American Pennyroyal - Often confounded with

Mentha pulegium - Name from the Greek "sweet scent".

Description - Indigenous annual plant five to eight inches high.

Stem - Pubescent, quadrangular, erect, branching.

Leaves - Oblong, ovate, short petioled, opposite.

Flowers - Small pale blue, axillary whorls along whole length of the branch, in summer.

Odor - Is strong and grateful, the taste is like that of M. Pulegium, warm pungent. The odor is annoying to insects.

Propagated by seed or division. Protect in winter.

Habitat - Dry and open or sterile grounds, common in all parts of the United States.

Parts Used - Leaves and tops, both in recent and dried state.

Use - Cookery - Much the same as spearmint and peppermint.

Medicine - Gently stimulant. Given to qualify action of other medicine.

"Pennie Foyall or pulling grasse. If you have it when you are at the sea in great quantities dry and cast it into corrupt water, it helpeth it much, neither will it hurt them that drinke thereof."

"A garland of Penne Royall made and vorne about the head
is of great force against the swimming of the head,
and paines and gid'lineses thereof."

Gerardus' Herball 1636.

Rosmarinus officinalis

Rosemary

"There's rosemary, that's for remembrance."

Winter's Tale IV 3

Name - Latin "dew of the sea" referring to the habitat.

Description - An evergreen, stiff, branching, bushy shrub of mint family, three or more feet high.

Leaves - Sessile, opposite, narrow, hoary.

Flowers - Pale blue or white in opposite groups at axils of leaves toward end of branches.

Seeds - Naked, four in number.

Leaves have a strong balsamic odor, more than rest of plant. Taste bitter and camphorous. Like lavender it is cultivated for its perfumery. Some varieties of plant, as the gold and silver striped, are quite ornamental.

Habitat - In salt marshes along coast and in various forms through out the world. It grows abundantly in some parts of France.

Parts Used - Roots, leaves.

Use - Cookery - As condiment some places and as flavoring; in soups and stews.

A conserve and liquor are made from it and it is also used in the manufacture of Hungary Water and Eau-de-Cologne.

Medicine - Astringent, excitant. Gently stimulant to the nervous system, scarcely used in practice here, but in Europe it enters into several syrups and tinctures. In domestic remedy to gargle in sore-throat and on bleeding surfaces.

"The oil of Rose Mary chemically drawn comforteth the cold, weake and feeble braine in most wonderfull manner."

Gerardes Herball 1636.

Marrubium vulgare

Morehound.

Name - From Greek - like a weasel; the likeness not obvious.

Description -

Stem - Quadrangular, branching, spreading, hoary-downy, round, ovate, crenate, rugose, leaves on petioles.

Flowers, - White, small, in whorls in late summer, July and August.

Taste - Bitter, penetrating, durable. Bitterness extracted by water and alcohol.

Color strong, not unpleasant, some what dissipated by drying.

Propagated by division in clumps or by seed in spring.

Habitat - Dry, warm, rich soil. Naturalized from Europe.

Common weed in New England, Indiana and the Pacific coast.

The market is supplied by wild plants.

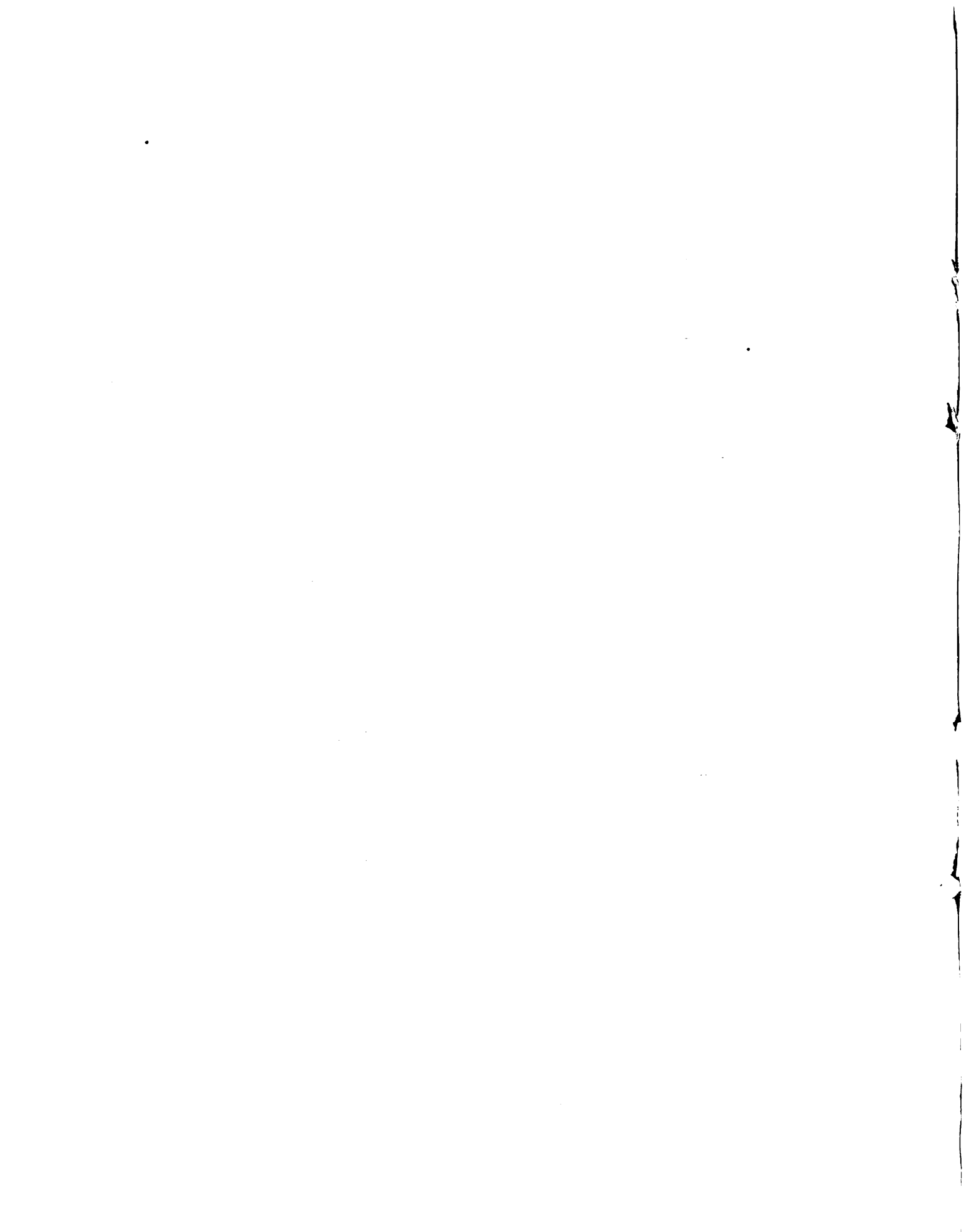
Parts Used - Leaves and tops

Use - Confectionary, in large quantities. From south of California we obtain Morehound honey.

Medicine - For colds and coughs. Tonic, laxative.

Administered in infusion and syrup.

"Syrup made of the green fresh leaves and sugar, is a most singular remedy against the cough and wheezing of the lungs. Gerarde's Herball 1633.



Foeniculum officinale or Parsley Family

Foeniculum vulgare

Common Fennel - From Latin for May.

"There's fennel for you and columbine; there's rue for you; and here's some for me; we may call it herb of grace o' Sundays."
Hamlet IV 5

Description - Three to four feet high.

Stem - Erect, stout, round, smooth, copiously branching.

Leaves - Numerous and slender, alternate at joints.

Flowers - Large, flat terminal umbels.

Fruit - In late summer.

"The seed and herb of sweet fennell is equall in vertues with Anis seed".
Gerardes' Herball.

The bases of crowded leaf stalks are much thickened making a bulb like enlargement above ground.

Habitat - Native of south Europe, grows wild upon sandy and chalky ground.

Parts Used - All of plant is good; Leaves, tender stalks, thickened leaf stalks.

Use - Cooking - Tender stalks used in salads, leaves, boiled, enter into fish sauces, especially for mackerel. For (raw) garnishes and to be eaten with pickled fish.

Any part is good for flavoring in soups.

Italians eat the thickened bulb like-part of the stalk
boiled.

Medicine - Fennel oil is extracted from fruits, used
to disguise disagreeable tastes in medicine, recommended
for this use on account of absence of highly excitant
properties.

Seed used by the ancients as a grateful aromatic.

Employed as carminative.

" Those of our time do use the floures in sallads to exhilarate and make the mind glad. There be also many things made of them used for the comfort of the heart to drive away sorrow and increase the ioy of the mind."

Gerardus' Herball 1636

Tanacetum vulgare

Compositae.

Tansy.

Name - Corruption of for undying, from its durable flowers.

Description - Two to three feet high, herbaceous, perennial.

Stem - Smooth, leaflets and wings of petiole cut-toothed.

Dense corymb, each flower composed of many flowers, yellow;
in summer. Bitter and acrid, strong scented.

This aromatic scent and bitter taste led it to be considered as possessing highly medicinal properties.

It is prescribed by herb doctors.

Habitat - Native of Europe, growing about dwellings and waste places.

Parts Used - Leaves and tops.

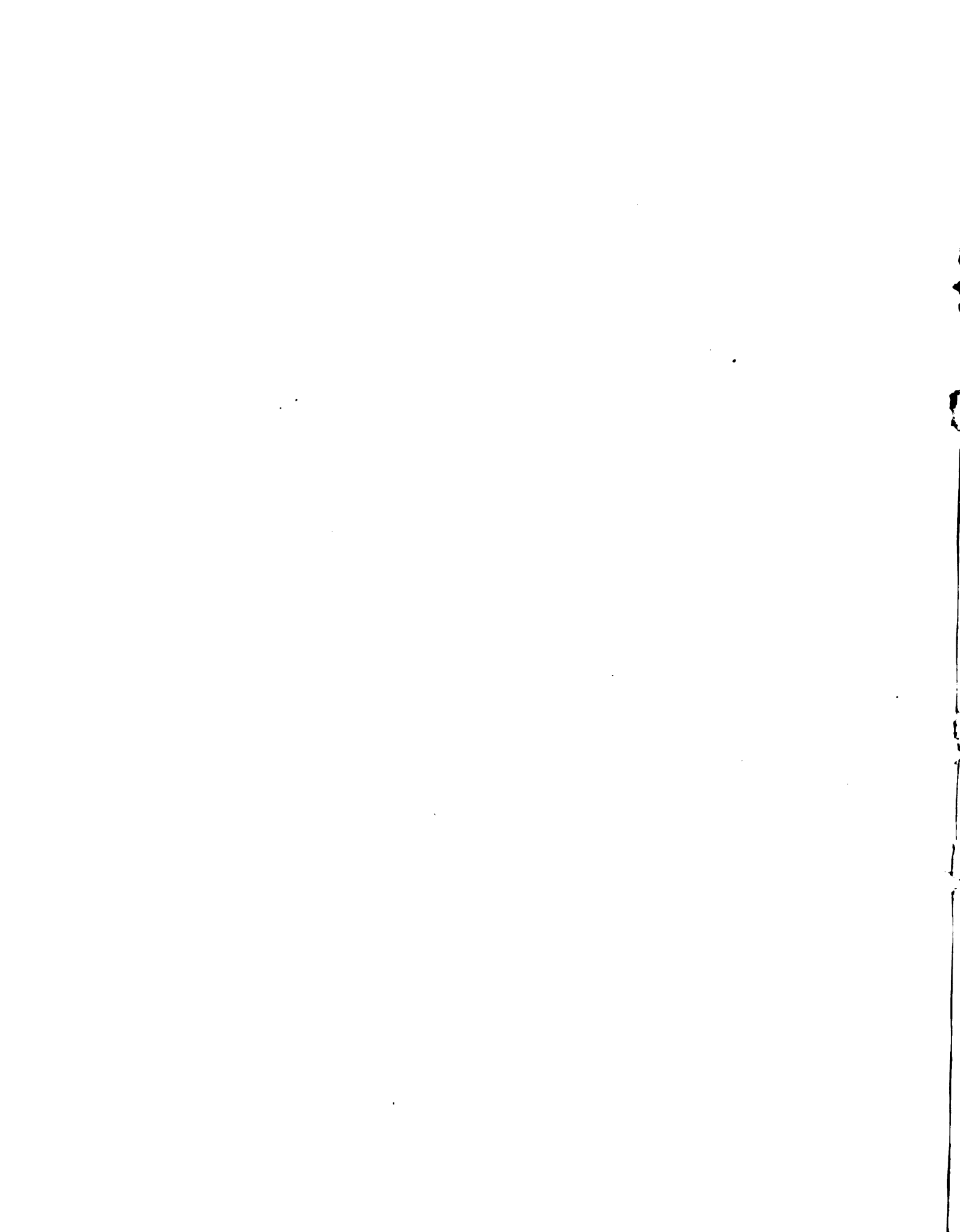
Use - Cooking - Leaves formerly used for flavoring in soups, etc., but other herbs have superseded it and now it is only used as a domestic medicine, best in spring when young and green.

The custom of eating tansy pudding and tansy cake at Easter is of very ancient origin and was no doubt to be traced to the Jewish custom of eating cakes made with bitter herbs. (See Numbers IX - 11.)

Medicine - Oil used as an abortifacient. Relief of
colic, pains apply bruised leaves or for sprains or bruises.
Spirituos infusion sometimes used in case of intermittent
fever.

"The distilled water takes away freckles and sunburning but
the herb laid to infuse or steep in white wine is far
better, but the best of all is to steep it in strong white
wine vinegar, the face being often bathed or washed there-
with."

Gerardus' Herball 1636



Artemisia absinthium

Composite

Common Wormwood - From root "to cure".

"Therefore, thus said the Lord of Hosts, the God of Israel: behold I will feed them, even this people, with wormwood and give them water of gall to drink."

Jeremiah IX - 15.

Description - Rather shrubby, two to four feet high, silky hoary. Leaves, two to three pinnately parted, lobes lanceolate. Heads hemispherical, panicle holding, yellow. In July or August.

Leaves have a powerful smell, intensely bitter, causes headache and other nervous disorders.

There is a large number of species all possessing bitter and aromatic properties.

Habitat - Indigenous to Eastern Continent, naturalized in mountain districts of New Zealand.

"Untilled barren ground the loathsome wormwood yealls

And knowne it's by the fruit low sith above the fields."

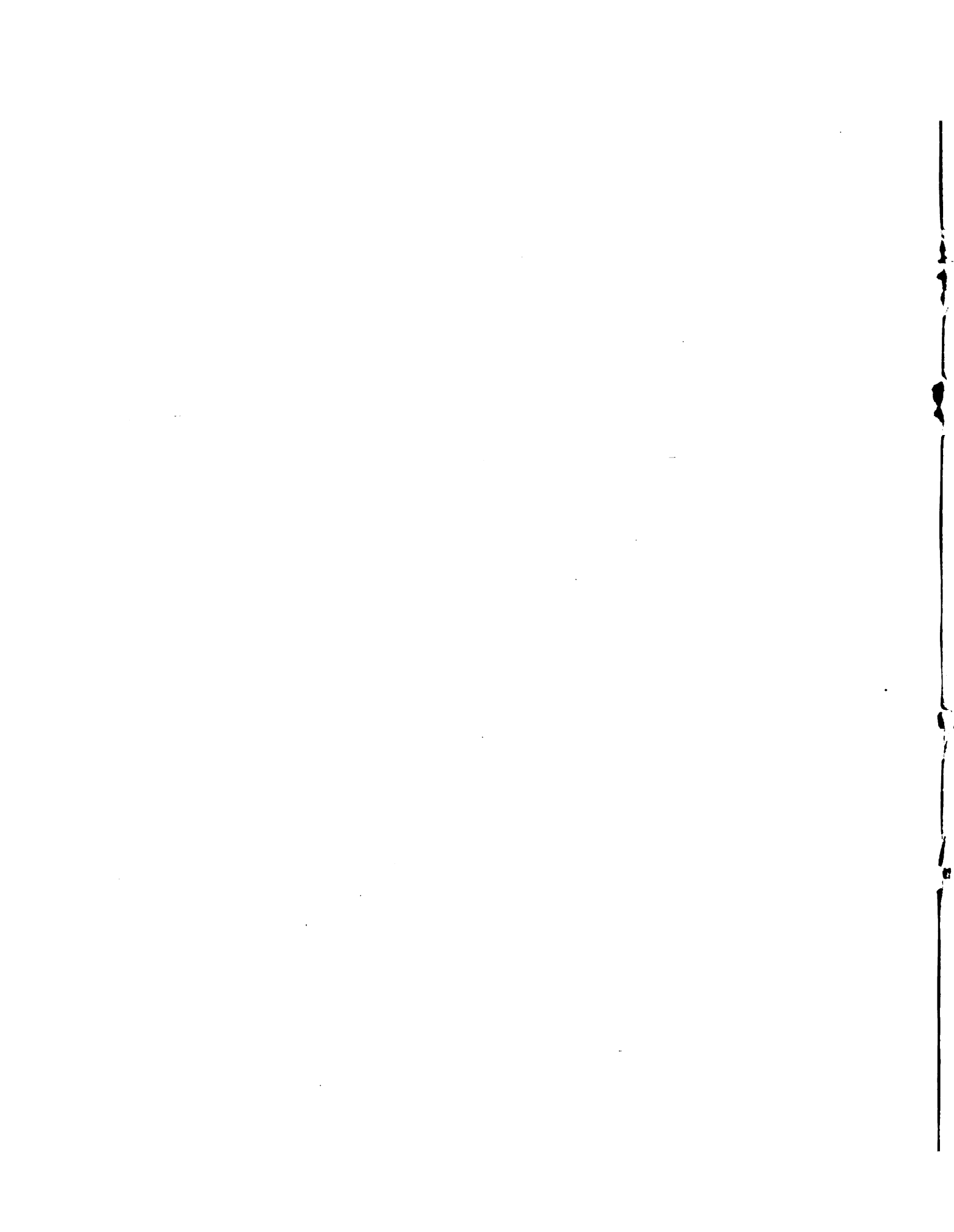
Gerardes' Herball 1636

Grows in old gardens and along road sides.

Parts Used - Leaves and flowery summits.

Use - Household - Flavoring, as with eggs.

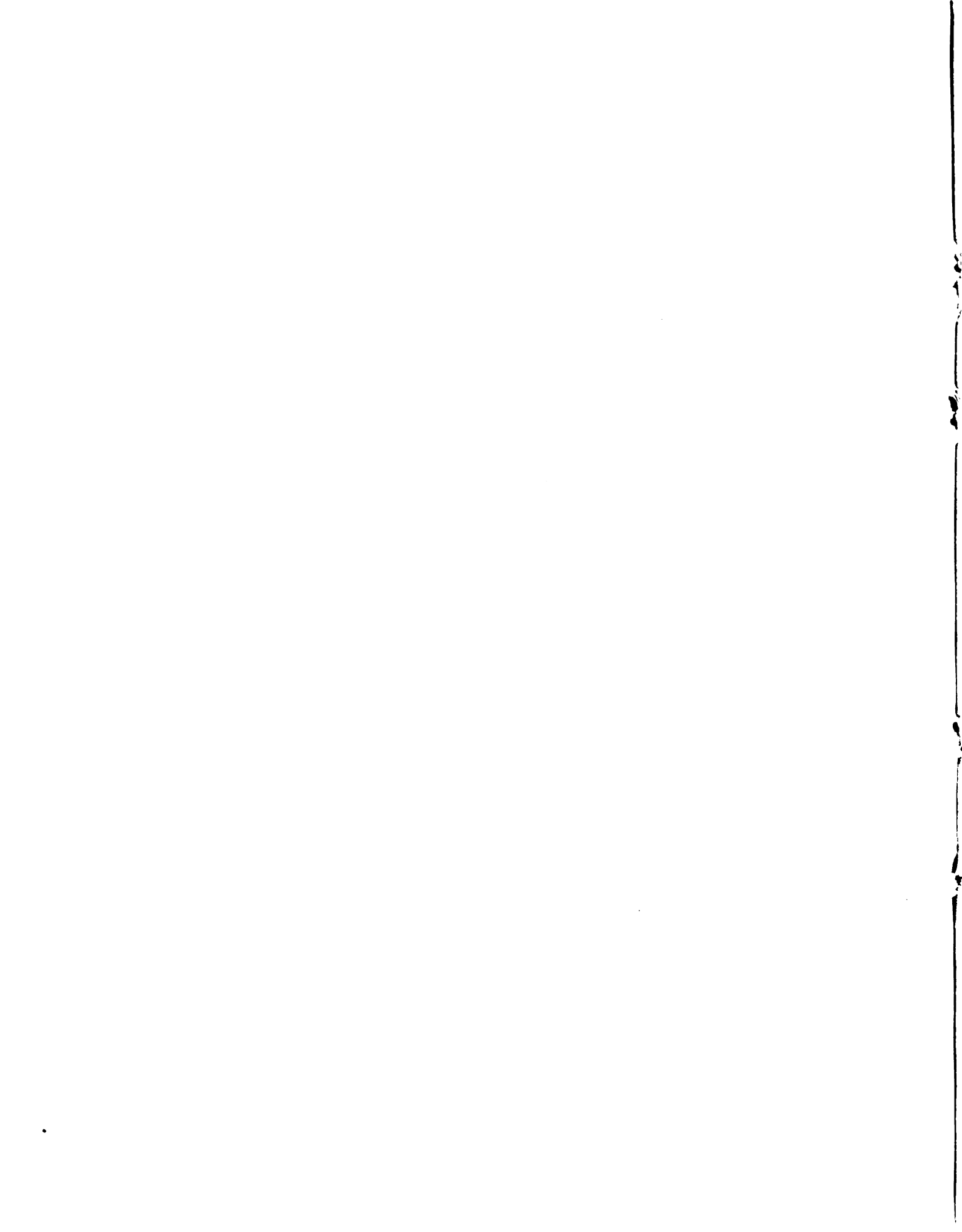
Preventative of moths and other insects from infecting



clothes or furniture.

- (2) Enters into the composition of a French liquor called absinthe. Sometimes substituted for hops.
- (3) Medicine - Possesses stimulant and highly tonic properties. Oil in large doses produces cerebral disturbances and convulsions or even death.
Used in treatment of intermittents before the Peruvian Bark was introduced.
External fomentations used in bruises, sprains, etc.
In large doses irritates stomach and excites circulation.
"It helps them that are strangled with eating Mushrooms or toad stools if it be drunk with wine, &c."

Gerardes' Herball 1633.



Balsamita tanacetum

Rayless form of **Chrysanthemum**; known as variety
tanacetoides, costmary, alecost, mint geranium,
and erroneously called lavender.

"The purple Hyacinthe and the fresh costmary"

Spenser.

Description - Tall stout plant with sweet scented herbage.

Leaves - Oblong, obtuse, long petioled.

Heads - Small and whitish in a terminal cluster.

Fruit - Achenes.

The plant has a strong balsamic smell nearly allied to
tansy. Cultivated in gardens for the fragrance of its
leaves.

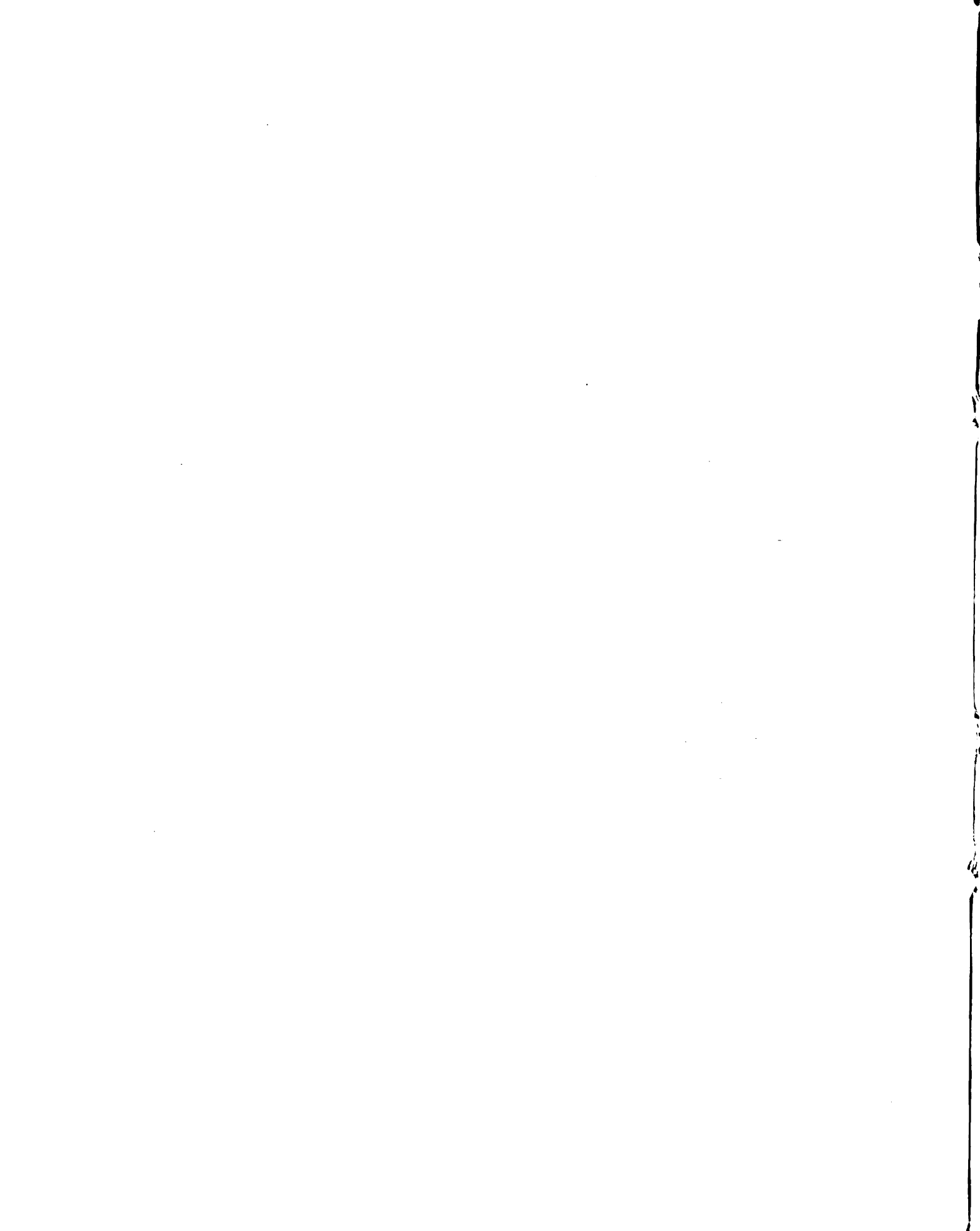
Habitat - Asia. Native of South Europe.

Parts Used - **Tops.**

Use - Cookery - As a pot herb. A salad plant and flavoring
in ale and beer.

Medicine - "Costmary is put into Ale to steep".

Gereades' Herball. 1636



Artemisia Dracunculus

Compositae.

Tarragon.

Description - Strong, erect, perennial, somewhat woolly at base, slightly hoary or glabrous.

Leaves - Linear and entire.

Heads - small and numerous, panicled.

Aromatic scent and in season in the fall months.

Habitat - Sandy banks of streams. Illinois and westward.

Cultivated in gardens as culinary herb. Native of Russia and temperate Asia.

Parts Used - Leaves and young tops.

Use - Cookery - Leaves and young tops used in salads, soups, pickles, etc. And when soaked in vinegar highly esteemed as a fish sauce.

Tarragon Vinegar used in French dressing so blended with oil so that neither can be tasted.

The vinegar is made by letting bruised leaves and tops infuse in pale vinegar for some time

Melissa officinalis

Mint Family

Common balm, garden balm, bee balm, lemon balm,
or balm-mint, - old name from Greek for bee.

The balm mentioned in Genesis as one of the substances
carried by the Ishmaelites from Gilead into Egypt is no
relation to the plant cultivated in our gardens.

Description - one to two feet high.

Stem - Hairy, loosely branched, lemon scented.

Leaves - Ovate, crenate.

Flowers - Yellowish or whitish in small loose auxiliary clusters.

In summer.

Propagated by seeds and division.

Habitat - Native of south France and Italy. Cultivated in
gardens. Sparingly running wild.

Part Used - Leaves.

Use - Cookery - As a flavoring, particularly for liquors.

The leaves are procured from Europe in a dried state.

"The several chairs of order look you scour with juice
of balm and every precious flower."

Merry Wives of Windsor V - 5.

Medicine - An infusion makes a useful drink in fevers.

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