

The Kitchen Garden at the Russell-Colbath House

Lemon Balm - Lemon balm is a perennial herb from the mint family. The leaves, which have a mild lemon aroma, are used to make medicine. Lemon balm is used for digestive problems, headache and toothache. Many people believe lemon balm has calming effects so they a tea made of the leaves for anxiety, sleep problems, and restlessness.



Comfrey - Comfrey, also known as *boneset* or *knitbone*, is sometimes used on the skin to treat wounds and reduce inflammation from sprains and broken bones. Comfrey roots and leaves contain allantoin, a substance that helps new skin cells grow, along with other substances that reduce inflammation and keep skin healthy. Comfrey ointments have been used to heal bruises as well as pulled muscles and ligaments, fractures, sprains, strains, and osteoarthritis. However, it has toxic substances called pyrrolizidine alkaloids and should not be taken orally. (*Univ. of Maryland Medical Center*)



Spearmint -Spearmint herb (garden mint or common mint) has long been reputed for its characteristic aroma and flavor it imparts to the recipes it added to. Almost all parts of spear mint herb found a place in various traditional as well in modern medicine. The herb is also used as a remedy for minor ailments such as headaches, nervous strain, fatigue and stress, as well as for the respiratory problems, helping to relieve asthma and bronchitis. It is very useful to deal with digestive problems, including nausea, flatulence and hiccups as it relaxes the stomach muscles.



Strawberry – the garden strawberry is grown worldwide for its sweet red fruit.

Hollyhock – Alcea- a tall ornamental flower. The flower petals can be used as a natural dye, the stems of hollyhocks can be used as firewood, and the roots have been used medicinally.



Oregano – (*Origanum vulgare*) is a common species of *Origanum*, a genus of the mint family. Oregano is an important culinary herb, used for the flavor of its leaves. Its popularity in the US began when soldiers returning from World War II brought back with them a taste for the “pizza herb”. In Austrian folk medicine, oregano was used internally as a tea for treatment of gastrointestinal disorders.

Echinacea -group of herbaceous flowering plants in the daisy family, commonly called purple coneflow-



ers often used to attract hummingbirds, butterflies and bees. Although Native American tribes did use Echinacea for cold symptoms. The dried root was used as was a tea made from all parts of the plant.

Bee Balm - A member of the mint family, bee balm has a brilliant red flower. Bee balm tea can treat



oral diseases and other infections in the mouth. During the winter, it can be used to help treat the common cold and other flu symptoms. Headache and fever symptoms can also be reduced by drinking bee balm tea made from the flowers of the plant.

Mullein Pink - A plant with its distinctive grey-white foliage and brilliant magenta flowers . Also called Rose Campion, it originated in Southeastern Europe.



Common Mullein - Mullein tea is a traditional treatment for respiratory problems, such as chest colds, bronchitis and asthma. A member of the snapdragon family, first-year plants form a rosette of large, velvety leaves up to 1 foot long. In the second year, a velvety flower spike grows to 8 feet tall. Mullein flower oil (made by steeping the flowers in warm olive oil) also has been used for treating ear-aches.



Rhubarb is a herbaceous perennial growing from short, thick rhizomes. It produces large poisonous leaves that are somewhat triangular, with long fleshy edible stalks and small flowers . Rhubarb is grown primarily for its fleshy stalks and commonly it is stewed with sugar or used in pies and desserts. Rhubarb root produces a rich brown dye similar to walnut husks. In traditional Chinese medicine, rhubarb roots have been used as a laxative for several millennia .

