

# GRASSMERE HISTORIC FARM HEIRLOOM GARDENS

*Master Gardeners*  
OF DAVIDSON COUNTY, TN

1986 | 2016



The Heirloom Gardens  
at Grassmere Historic Farm  
are designed and maintained by the  
Davidson County Master Gardeners  
since restoration in 1997.



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# HEIRLOOM ROSE GARDEN

The Grassmere historic garden has a variety of heirloom roses. These roses were known in gardens before 1867 and are also referred to as “antique” or “old garden” roses. The major classes of heirloom roses include: *Albas*, *Bourbons*, *Chinas*, *Damasks*, *Gallicas*, *Hybrid Perpetuals*, *Noisettes*, *Rugosa*, and *Teas*. Many heirloom roses bloom just once per year, but when they do, they put on a real show. Don't miss it!

## *Rosa alba*

*Alba* is Latin for white; flowers are white to light pink. These roses are represented in paintings of medieval gardens and growing on castle walls. *Alba* roses are some of the oldest roses grown. They are thought to have been brought to England by the Romans. They are once bloomers, and tend to have a sweet fragrance. They are quite hardy. We have one *Alba* rose in the garden.

*R. Alba*, ‘Small Maiden’s Blush’ (1600) (1) — rambler, white with pink edges—‘Maiden’s Blush’ was originally known as ‘Thigh of the Nymph,’ but that was considered too risqué for Victorian gardens, and the name was changed to the more delicate ‘Maiden’s Blush’, and became a standard for cottage gardens. It is one of the best known *Albas*. It has a graceful habit, lovely soft coloring- the petals do seem to blush- from white to light pink, and is very fragrant. It is known in two forms: ‘Great Maiden’s Blush’ and ‘Maiden’s Blush’. We have the smaller variety.



## *Rosa bourbon*

*Bourbon* roses are thought to be a cross between a *Damask* and a *China* rose. They are a varied class; most are repeat bloomers that grow between two and fifteen feet tall, have an arching habit, and are usually fragrant. They were popular from the mid to late 1800's. We have two *Bourbons* in the garden.



*R. Bourbon*, ‘Madame Isaac Pereire’ (1881) (2) — large bush, deep violet — Named after the wife of a French banker, ‘Madame Isaac Pereire’ has large, cabbagey flowers. The fruity-scented blossoms are possibly the most fragrant of all roses. It produces scattered blooms in the spring and throughout the summer and peaks in the fall.



*R. Bourbon*, ‘Queen of Bourbons’ (1834) (6) — cupped rose pink flowers with mauve veining — Blooms in both spring and fall, and has a good crop of rose hips to follow the flowers. This rose was planted in memory of Barbara Sullivan, one of the pioneers of the Grassmere historic gardens.

## *Rosa chinensis*

The *China* roses are the original repeat bloomers, going all summer and into the fall. They were cultivated in East Asia for centuries and brought to Europe in the late eighteenth century and became the parents to all later repeat blooming varieties. Most *China* roses have stems too weak to support the small blooms, which give them a nodding habit. We have two *Chinas* in the garden.



*R. China*, ‘Le Vesuve’ (1825) (5) — shades of lilac and pink — ‘Le Vesuve’ is vigorous growing but can be maintained as a compact bush. A fragrant repeat bloomer that has fully double flowers with swirled centers.

*R. China*, ‘Green Rose’ (1845) (7) — green, spicy pepper fragrance— The unusual blooms of the ‘Green Rose’ may



be hard to detect, but once you know what you are looking for, you'll find the bush is literally smothered. The ‘Green Rose’ is nearly always in bloom and is popular for floral arrangements or dried in bouquets. It has a spicy fragrance with a hint of pepper.

## *Rosa damascena*

Known for their intense, heavy fragrance, *Damask* roses were brought back by the crusaders from the near and middle east between 1250 and 1275. Grassmere has one *Damask* rose.



*R. Damask*, ‘Kazanlik’ (1850) (13) — deep pink, very fragrant— ‘Kazanlik’ is perhaps the most sought-after of the old *Damask* roses. The flowers are deep pink with 30 shaggy petals around golden stamens.

## *Rosa gallica*

*Gallica* roses are one of the oldest of rose classes. They bloom once on small bushy plants which are covered in very fine thorns. Bloom time may be as short as three weeks or as long as six weeks. They are known for their fragrance, but more for their intense colors. Because of this they were known as ‘Mad Gallicas’. They were very popular from the early to mid-1800's. We have two *Gallicas* at Grassmere.



*R. Gallica*, 'Charles de Mills' (also called 'Bizarre Triomphant') (1846) (12) — magenta pink shrub — 'Charles de Mills' puts on one of the best displays every year. The shrub is compact, with neat, dark green foliage and nearly thornless canes. The flowers are unique, often so perfectly flat across the top that they might have been sliced open with a sharp blade to display the neat arrangement of petals. Color ranges from maroon to purple in a fat, full and fragrant rose.



*R. Gallica*, 'Cardinal de Richelieu' (1847) (14) — purple shrub — 'Cardinal de Richelieu' offers the most extraordinary coloring; Graham Thomas has been quoted as saying that it has "the sumptuous bloom of a dark grape." They are smallish flowers, but the color

makes up for the size. There are usually about three blooms per cluster, sometimes more. The bloom begins as a dark crimson purple bud, then quickly opens to a dustier purple color that "ripens" in the sun, eventually turning an almost deep grey-purple. It is not to everyone's liking, but looks lovely when next to a pale pink.

#### *Rosa rugosa*

Native to eastern Asia, *Rugosa* roses have thorny branches and attractive, distinctively wrinkled leaves. The species takes its name from the Latin word *rugosus*, meaning "full of wrinkles". They grow well in mixed borders, hedges, and as specimens. They are tolerant of harsh conditions, including salt spray, wind, and poor soil. They are a repeat bloomer from June until frost. We have two *Rugosas* in the garden.



*R. Rugosa* 'Rubra' (1796) (16) — violet pink-red shrub — 'Rubra' is the original pink form of the species that founded the *Rugosa* Class. This shrub rose has wrinkled dark green leaves on densely thorned stems. It is known for its large red hips and leaves that turn bright yellow in the fall.



*R. Rugosa* 'Alba' 'Memorial Rose' (1780) (4) — white, rambler — Single, papery white blossoms that open from light pink buds and have contrasting yellow stamens. The heavily-scented flowers are followed by reddish-orange hips.

#### *Rosa polyantha*

Literally "many-flowered" roses, from the Greek "poly" (many) and "anthos" (flower). Originally derived from crosses between two East Asian species (*Rosa chinensis* and *Rosa multiflora*), polyanthas first appeared in France in the

late 19th century alongside the hybrid teas and are not considered an heirloom variety. We have one Polyantha rose in the garden.



*R. Polyantha* 'Orange Triumph' (1937) (17) is a moderate climber with blooms that are a striking coral-red in color instead of an orange as you might expect. The bright, semi-double flowers are borne in clusters throughout the season and are quite a show against the dark, glossy green leaves.

#### *Hybrid Perpetual Roses*

A dominant class of roses in Victorian England called perpetual because they are repeat bloomers. They were popular because they were more cold tolerant than teas. They have exceptional fragrance and a tall growing habit requiring full sun and good air flow.



'Reine des Violettes' (1860) (11) — a rosy purple bloom that fades to violet, quartered petals with a button center — The undersides are more silky than the velvety upper surfaces. This thornless rose has qualities of the *Bourbon* and *Gallica*. It is a compact bush requiring hard pruning.



'Paul Neyron' (1869) (15) — warm rose flushed with lilac — This rose has large blooms six to seven inches wide like a cabbage rose, probably your grandmother's cabbage rose. The canes grow vertically from four to six feet tall.

#### *Noisette Roses*

The Noisette rose was created by John Champneys of Charleston, South Carolina in 1811 and is the only class of heirloom roses that originated in the United States. Noisettes are large, repeat-blooming, rambling plants that grow up to 20-feet tall, with pliable canes. The blooms are usually produced in clusters. They were also crossed with tea roses which produced large, single blooms, instead of clusters. We have one Noisette in the garden.



*R. Noisette*, 'Blush Noisette' (1818) (3) — blush pink, repeat bloomer — Just after 1800, John Champneys crossed a pink China Rose with the Musk Rose and obtained a large-growing shrub with clusters of lightly fragrant pink blossoms, 'Champneys' Pink Cluster'.

Champney's neighbor, Philippe Noisette, planted its seeds and grew a plant which was similar but smaller, and which had larger clusters of double flowers. 'Blush Noisette' blooms from early spring, throughout the

season, and peaks in the fall.

### Tea Roses

Not to be confused with today's modern "hybrid tea" roses, the old fashioned R. tea roses are small to medium sized plants known for their large blooms on weak stems. They are believed to be an early cross between the R. China roses and the wild R. *rosa gigantean*, where the alleged "tea" scent comes from.



*Gloire de Dijon*, 'Old Glory Rose' (1853) (8) — Climbing Tea rose with apricot, yellow and peach blooms — There is a lot of argument about this rose; it is placed in the *Noisette* or *Bourbon* or *China* or *Hybrid Tea* class by some. This rose was introduced by Jacotot in 1853.

It is one of the most popular of the old rose climbers. Flowers are a rich creamy-buff yellow, with pinkish and salmon tints, with a strong tea scent. 'Gloire de Dijon' is common on warm cottage walls in Aberdeenshire in eastern Scotland, where it survives very cold winters and cool summers; in southern areas it is recommended for north-facing walls and is one of the hardiest of all Teas.

### Miscellaneous Shrub Roses



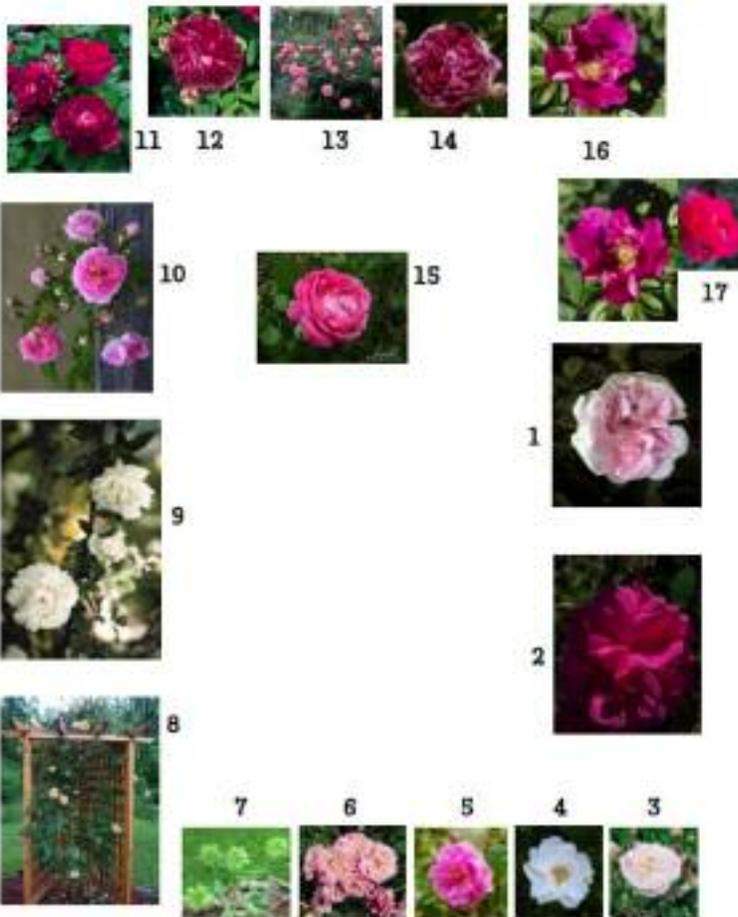
'Fortuniana' (1850) (9) — Rambler, white — Young Scottish undergardener Robert Fortune discovered this rose in newly opened China, in 1850, blooming in a Shanghai garden. It is believed to be a natural cross between two Rosa species, the 'Lady Banks' rose and the 'Cherokee Rose.' The nearly thornless canes have foliage that are graceful and open, like the banksias, but somewhat larger and glossier as befits the 'Cherokee Rose' heritage. The disease resistance, ease of culture, and graceful effect of this plant give it great value in the landscape.



*R. Multiflora* 'Seven Sisters' (1817) (10) — climber, pink blooms — This is the climbing rose most of our Grandmothers grew. The rose is once-blooming, but carefree and very fragrant. 'Seven Sisters' is named for the variety of colors that can appear in each cluster of flowers, ranging from carmine through

purple, mauve, pink, and cream as flowers fade.

## WHERE YOU FIND THE HEIRLOOM ROSES IN THE GARDEN



- 1 Small Maiden's Blush—1600—Rambler, white w/pink edges
- 2 Mime.Isaac Bourbon, large bush, deep violet
- 3 Blush Noisette—1818—Short shrub, blush pink, repeat
- 4 Rugosa Alba "Memorial Rose"—1780—Rambler, white
- 5 Le Vesuve—China rose—1825—lilac pink, repeat
- 6 Queen of Bourbons—1834—Bourboan—Rose pink flowers, spring and fall blooms
- 7 Green Rose—1845—China rose, green spicy pepper fragrance
- 8 Gloria de Dijon—"Old Glory Rose"—1853—climbing tea, apricot, yellow, peach
- 9 Fortunina—1850—Rambler, white
- 10 Seven Sisters—1817—Multiflora, platyphylla, pink
- 11 Reine des Violettes—1860—Hub.Perpet, rosy purple to violet
- 12 Bizarre Triomphant "Charles de Mills"—1846—Gallica shrub, magenta pink
- 13 Kazanlik—1850—pink
- 14 Cardinal de Richelieu—1847—Gallica shrub, purple
- 15 Paul Neyron—1869—Hyb.Perpet., pink
- 16 Ruby Rugosa—1890
- 17 Orange Trumph, climber—1937, polyantha

# KITCHEN HERB GARDEN

Planting the herb garden near the kitchen made it convenient for the cook to snip fresh flavorings while cooking a meal. We have incorporated a few salad vegetables and flowering plants into the herb bed as companions, ornamentals, and beneficials.



## Herbs For Culinary Use:

- Basil** Use in tomato dishes, soups, salads, and dressings. Will discourage flies, hang near doors.
- Bay** Fragrant leaves for soups and stews. Remove leaves before serving dish. Will help keep insects out of kitchen if placed on shelves or counter tops.
- Borage** Tender young leaves can be eaten in spring as greens or salad, blooms can be used in salad or candied for confectionary decorations on cakes or cookies.
- Burnet, Salad** Use in salad, has the taste of cucumber.
- Calendula** Use as food coloring (poor man's saffron). Will discourage nematodes in soil.
- Chamomile** Use for teas.
- Chives** Chopped leaves used in seasoning fish, potatoes, eggs, sauces, and salads.
- Cilantro/Coriander** Green leaves used in relishes, Mexican dishes, Chinese dishes, salads. Seeds used in pastries, cookies, pickling spices and ruits.
- Dill** Leaves used in sauces, potato salad, potato dishes. Seeds for pickles, vinegars and pastries. Seeds can be chewed to sweeten breath. Tea for colic and gas.
- Lavender** Can be used as flavoring in sweets, such as cookies and ice cream. Fragrant, damp dish cloths spread over the bush to dry will pick up the sweet scent.
- Lemon Balm** Use with fruit, iced teas, salads, dressings, mushrooms. Tea has a calming effect.
- Lovage** Has taste of celery, can be used in place of celery in seasoning soups and stews.
- Marjoram** Use for soups, sauces, egg, chicken, and meat dishes.
- Mint** Use as flavoring for foods, beverages, and tea for indigestion.

- Oregano** Use in Italian, Spanish and Mexican dishes, in tomato sauces, and pizza. Tea for indigestion.
- Parsley** Use leaves to flavor stew, soup, salad, and potatoes. Chew leaves to sweeten breath. Tea for rheumatism and flatulence.
- Rosemary** Seasoning for meats, stews, vegetables and cookies. Fragrant.
- Sage** Use as seasoning for meat dishes, dressings, sausage, and cheese.
- Tarragon** Use with fish, chicken, and herb vinegars.
- Thyme** Use in sauces, savory dishes, and as a tea for colds.

## Salad Vegetables:

- Lettuce  
Onions  
Radishes  
Cherry Tomatoes



## Non-Culinary Herbs and Flowers:



- Bee Balm  
Catnip  
Dianthus  
Germander  
Hollyhock  
Mexican Sunflower  
Saint John's Wort  
Tansy  
Violets



*Compiled by Mary Duncan*

# MEDICINAL HERB TERRACE

## Medicinal Plants or Herbs for Healing

The fact that some plants have medicinal properties has been realized for over 5,000 years. The oldest existing accounts were written by Egyptians around 1,500 BC. There is a rich body of herbal lore also from China, India and Greece. This lore was also mixed with religious practice and until 500 BC illnesses were treated both with herbal medicines and religious ritual. Then developed cultures such as the Greeks, lead by Hippocrates, and Chinese began to consider illnesses as physical and not spiritual in nature. One of the more comprehensive pharmacopeias is Dioscoride's *De Materia Medica* written in 512 AD. It describes 600 healing plants and is the earliest surviving herbal with illustrations. For centuries herbs were a staple of daily life and eaten as part of a meal. Garlic is a prime example. Almost all cultures use garlic in food preparation. The medicinal effect is produced by the volatile oils in the cloves which have antiseptic and antibiotic properties. It also reduces cholesterol levels. John Evelyn in *Acetaria: A Discourse of Sallets*, 1699, describes the usage of every part of 73 salad herbs. Some of the first herbs used include myrrh, castor oil and garlic. Probably all Christians know the word myrrh from the Christmas story but how many know what it is? The myrrh, *Commiphora molmol*, is a spiny deciduous tree which can grow 15 feet tall and grows in warmer climates. The useful part is the resin that oozes from fissures or cuts in the bark. The resin is dried for storage and made into an infusion, tea, or oil. It is used around the world for sore throats, canker sores, and gingivitis. It is also used topically for mild inflammatory skin problems.

Medicinal and culinary herbs can be easily found in the markets. However, just to be exact, an herb is a plant with a soft stem like basil. There are also many plants that are woody, such as Rosemary and St. John's Wort, that have both medicinal and culinary properties. So more correctly, we should use the terms medicinal and culinary plants.

Another quite useful plant that has been used for several thousand years is the castor bean plant, *Ricinus communis*. It grows as a vine and the beans are squeezed to express the oil. Don't eat the seeds, they are poisonous. Castor oil is a strong laxative and until 100 years ago was used routinely as an intestinal purgative, the weekly physic.

**St. John's Wort**, *Hypericum perforatum*, grows wild throughout much of the world. It is a woody perennial growing about three feet tall and prefers a sunny location. The Europeans have used it for centuries as a tonic for nervous problems such as anxiety, tension, insomnia, and depression. The useful parts are the fresh flowers that appear in late summer and early autumn which are dried and made into an infused oil or tincture. More recent research has shown that the entire plant is effective against many viral infections.



We can't talk about useful plants in North America without mentioning the **flax or linseed plant**, *Linaceae*. It is an herb growing up to three feet tall and has a lender stem, lance shaped leaves and oily brown seeds. The fibers (flax) from the leaves were/are used to make the cloth, linen. The linseed is rich in mucilage and unsaturated fats and when consumed whole makes a valuable remedy for many intestinal problems. If the seeds are split before being swallowed, they provide a source of essential fatty acids. One can also buy linseed oil prepared to treat wooden furniture and soften leather. You probably don't want to drink this preparation.

Spices are also recognized for their medicinal properties and have been used in food preparations for millennia. Spices originated in the East Indies around 2600 BCE and were shipped to Great Britain and the Eastern Mediterranean area in the CE through the East India Co. and similar merchants. In the 21st century spices are being re-recognized for their medicinal properties. For instance, epidemiological research has shown that the Spanish have low levels of bad cholesterol that is attributed to the high usage of saffron in their diet. Consider that some spices, as herbs, have healing properties. A very thorough presentation can be found in the book "Healing Spices" (Aggarawal, 2011).

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### **Aloe Vera – *Aloe Barbadensis***

There are approximately 350 species of aloe throughout the world. They are native to the arid areas of Southern Africa and have been treasured since the fourth century BCE. The gel is the effective component for treating burns, cuts, and wounds and is obtained by breaking the leaves and squeezing them. It is applied topically and soothes the wounds and encourages skin regeneration. For large areas slice the leaves and apply the interior side tightly to the affected area with a bandage.

### **Angelica – *Angelica archangelica***

Angelica is a biennial aromatic herb that can grow to be six feet tall and a square yard at the ground. It has bright green leaves and greenish-white flowers and prefers light shade and moist soil. Folklore in Europe describes it as a panacea for all ills. It has been used for colds, indigestion, colic, and respiratory problems. The leaves, seeds, stems or roots are used to make a tonic. The extract of the root contains an anti-inflammatory component.

### **Asparagus – *Asparagus officinalis***

Asparagus is native to temperate regions and is cultivated worldwide as a vegetable. A decoction is made from the roots and shoots. The Greek physician Dioscorides used it to improve urine flow and treat kidney problems and jaundice.

### **Bee Balm/Bergamot – *Monarda didyma***

Native to North America, bee balm seed was exported to Europe around 1500. Several Native American tribes used an infusion of wild bee balm as treatment for colds and bronchial complaints. Now infusions of the leaves are used to relieve nausea, flatulence, menstrual pain, and insomnia.

### **Betony – *Stachys officinalis*,**

member of the mint family

Betony grows throughout most of Europe and Asia. The aerial parts are collected in summer when the plant is in bloom. A tea/infusion is made to treat indigestion and headaches and is a mild sedative. A poultice has mild astringent properties.

### **Borage – *Borago officinalis*, boraginacea**

Borage is a common Mediterranean weed and is cultivated for its seed oil. The oil is used to treat rheumatic and chronic skin conditions. The aerial parts and flowers are also useful. The leaves have high mucilage content and are used in a juice to treat respiratory problems. Legends from Homer say it makes a wine of forgetfulness that can dispel melancholy and give courage.

### **Calendula – *Calendula officinalis*, Pot Marigold**

Calendula is one of the most well known and versatile plants in the Western Hemisphere. The blossoms resemble those of the marigold and are harvested as they open and dried in the shade. Infusions and creams are made from the dried petals. It has both antibacterial and antiviral properties. Creams and ointments are used to treat cuts, wounds, skin inflammations and minor burns. They are also useful for fungal conditions such as athlete's foot. Infusions help inflammatory problems of the digestive system and detoxify the liver and gallbladder.

### **German Chamomile – *Chamomilla recutita* – German**

Chamomile is very aromatic, has a bitter taste and is a common herbal tea. The flower heads, fresh or dried, are made into an infusion or tincture. The tea was taken for many digestive problems, including gastritis and colic, since the first century AD.

### **Roman Chamomile – *Chamomile nobile***

Roman chamomile is cultivated across Europe and in other temperate regions. The flowers are harvested as they open in summer. It is also used for digestive problems and has a much more pronounced and bitter flavor than the German variety.

### **Clove Pink – *Dianthus caryophyllus*, caryophyllaceae**

Clove pink is a short-lived perennial known to the Greeks and Romans as the flower of love. The flower petals are infused in wine to make a nerve tonic.

### **Comfrey – *Symphytum officinale*, knitbone**

Comfrey is an indigenous European plant and grows in the temperate region. It thrives in moist soil and is difficult to eradicate. It is a tall plant with reddish blossoms. Its leaves contain several vitamins and minerals and has been claimed to be a miracle worker for a thousand years.

Infused oil made from its leaves has been used to treat stomach ulcers, irritable bowel syndrome, and some respiratory conditions. Its mucilaginous secretions promote the healing of broken bones, bruises, and fractures.

#### **Coneflower – *Echinacea angustifolia & purpurea***

The coneflower is native to North America and is mostly used as a perennial garden plant. Research has shown that a decoction or tincture made from the root can raise the body's resistance to bacterial and viral infections by stimulating the immune system. The flower has been used for centuries to clear skin infections.

#### **Costmary/Bible Leaf – *Chrysanthemum balsamita, Tanacetum balsamita***

Costmary is a perennial of medium height with insignificant yellow flowers. Its large balsamic leaves are very fragrant and used to make a tea for treating colds, catarrh, upset stomachs and cramps. Catarrh is an inflammation of a mucous membrane; especially one chronically affecting the human nose and air passages. Lay crushed fresh leaves to ease the pain of bee stings. Since colonial days the leaves were used to mark pages in the bible. Sleepy churchgoers sniffed and chewed the leaves to stay awake during long, boring sermons.

#### **Dill – *Anethum graveolens***

Dill is native to the Mediterranean region and was another item used to pay tithes in the Hebrew temples and the ancient Egyptians used it as a soothing tonic. Dill is a stalk of medium height with a cluster of tiny aromatic blossoms in midsummer. The seed contains the medical component and seed heads are collected after the flowering head turns brown. Bruise the seed heads and make an infusion. Use this tea or dill water to treat indigestion, flatulence, hiccups, stomach cramps, insomnia, and colic.

#### **Fennel – *Foeniculum vulgare, umbelliferae***

Fennel is grown in the temperate regions and is one of the oldest cultivated plants. Roman gladiators mingled it with their daily food to keep healthy. All parts of fennel are edible; the bulbous rootstalk is finocchio. Fennel is tall with an umbel of small yellow flowers. An infusion from the seeds is an aid to digestion and eases constipation. Chew the seeds to ally hunger and ease indigestion.

#### **Feverfew – *Tanacetum parthenium***

Feverfew is a perennial, two feet in height, with daisy like flowers which bloom all summer. It has mum-like leaves and is common throughout Europe and the English speaking countries. A tonic made from the aerial parts is used as a mild sedative, treatment of migraine headaches, and treatment for loss of appetite and muscle spasms. Eating the raw leaves also mitigates migraines.

#### **Flax – *Linum usitatissimum, linaceae***

Flax is native to temperate zones of Europe and Asia and has been cultivated worldwide for 7,000 years for its fiber, seeds, and seed oil. The seeds are harvested in late summer or early autumn. Seeds when eaten whole are a good laxative. A seed infusion helps pulmonary infections. A poultice of seeds or linseed flour is used to treat boils and inflammations.

#### **Garlic – *Allium sativum & Garlic Chives – *Allium schoenoprasum****

Garlic is grown worldwide and is an ideal herbal medicine, being known to be safe for home use. Garlic cloves contain an antibiotic and are simply eaten. They contain an antibiotic and are used to clean blood, reduce blood pressure, and clear catarrh. In the past they were taken as a protection against common colds, worms, typhoid, and dysentery. The leaves of the chives are chopped and sprinkled on foods to stimulate appetite, promote digestion, and be a mild laxative.

#### **Ginger – *Zingiber officinale, Zingiberaceae***

Ginger is a perennial of medium height with lance shaped leaves, and stalks of white or yellow flowers. Ginger is an ancient crop and in ancient Europe was thought to have been derived from the Garden of Eden. The tuberous root or rhizome is the effective component. Drink a tea to cleanse the body's systems, ease a cold and to bring warmth to the body. Recent research confirms that an infusion is excellent to settle the stomach.



#### **Goldenrod – *Solidago virgaurea***

Goldenrod is a short perennial native to Europe and naturalized to North America. It has many yellow blossoms and the aerial parts with flowers have antiseptic properties. Infuse as a tea for catarrh and kidney and urinary infections. Sufferers of hay fever and allergies may also benefit.

#### **Horsetail, Bottlebrush – *Equisetum arvense***

This resilient perennial of medium height looks similar to bamboo without leaves. The stems contain vitamins and minerals and a tea gives strength and enriches the blood. A decoction is an astringent and a poultice helps heal wounds.

#### **Horehound – *Marrubium Vulgare***

Horehound is common throughout North America and Europe and grows wild. It is used to treat coughs and throat problems and is an expectorant. Finely chop the leaves and either make a tea or mix with honey. It is a component of commercial cough medicines.

### **Hyssop – *Hyssopus officinalis***

Hyssop is a hardy evergreen subshrub of low height with clusters of pink or purple flowers. Make an infusion of the flowering top for treating throat and lung complaints, bronchial catarrh, and poor digestion or appetite. A poultice of the leaves can be used to heal wounds and bruises. Hyssop is a plant mentioned in the Bible and was used for purifying temples and cleansing lepers and considered to be a virtual cure-all. It has been discovered that mold on the leaves produces penicillin and that leprosy is a bacterial disease. So the use of it in the temples to cure leprosy is not just folklore.

### **Joe Pye Weed, Gravel Root– *Eupatorium Purpureum, Compositae***

Joe Pye Weed is hardy herbaceous perennial that is native to North America. The dried leaves and flowering top were used as a tonic for biliousness and as a laxative. A tincture or infusion of the dried root helped to induce perspiration, relieve gout, and promote the flow of urine. The latter was to help remove stones in the bladder, hence the name gravel root. The Native Americans used it as a diuretic and for conditions affecting the genitourinary system.

### **Lamb's Ear – *Stachys Lanata***

Lamb's ear is a cousin of betony and is a low growing perennial, six inches high with large soft leaves and is mainly found in perennial gardens. It has no medicinal properties but was used as a toilet paper substitute before toilet paper was invented and used as a bandage during the Civil War.



### **Lemon Balm – *Melissa Officinalis, Labiatae***

Lemon balm now grows throughout the world and has been praised since ancient times as a balm that lifts the spirits and strengthens memory; an "elixir of life" whose tea should be consumed every morning. The fresh leaves can be applied to soothe insect bites and sores. The flowers are very small but still attract pollinating bees.

### **Mint – *Mentha***

There are at least a dozen varieties of mint: lemon, black, peppermint, etc. There are biblical references to it. The Pharisees collected tithes in mint and the Hebrews scattered it on the synagogue floors. The leaves of the spearmints and peppermints have medicinal value. Infuse as a tea to help digestion, colds, and influenza. To treat migraines, rheumatic and muscular aches, macerate leaves in oil and apply to affected areas.

### **Mullein – *Verbascum Thapsus, Scrophulariaceae***

Mullein is a tall biennial native to temperate regions of Europe and Asia. It grows on open and uncultivated land. The leaves are collected in the first season and flowers are collected as they open. A hot tea made from the leaves and flowers is used to relieve persistent coughs, respiratory mucus, and hoarseness.

### **Nightshade-*Atropa belladonna***

Nightshade is native to Europe and Asia and is now cultivated worldwide. It thrives in shade and chalky soils, and a temperate climate. The leaves, berries and roots contain alkaloids which are the effective components. The leaves are harvested in summer and the roots in autumn. A tincture is made and used to calm or reduce involuntary activities of the body. This reduces production of saliva, intestinal and bronchial secretions, and activity of the bladder and intestines. It also increases heart rate and pupil dilation. Use with caution, the plant contains atropine.

### **Onion – *Allium cepa***

Believe it or not the onion has been used throughout the world for treating colds, preventing oral infection and tooth decay. The juice can be dropped into the ear for earaches and a baked onion can be used as a poultice to drain puss from sores.

### **Pennyroyal-*Mentha pulegium***

Pennyroyal is a member of the mint family and has similar medicinal properties as other mints. However, it has a strong and bitter minty taste. So, less needs to be used than garden mint. It enhances uterine contraction and should not be taken during pregnancy. Pennyroyal has insecticidal properties and hence has been used as a strewing herb to repel ants, moths, etc.

### **Primrose – *Primula vulgaris***

Primrose is usually a garden plant with long leaves and pale yellow flowers. An infusion made from the entire plant is used as a cough remedy or sedative. An infusion from the root or flower can be used for headaches.

### **Rosemary – *Rosmarinus officinalis***

Rosemary is a woody shrub which can grow to be three feet tall and is well known for its culinary uses. Tinctures are made from the leaves which contain a high amount of oils. External application of the oils stimulates blood flow to the head thereby improving memory and concentration and reducing headaches. It also is good for aching joints and rheumatic pains.

### **Rue – *Ruta graveolens***

Rue is a perennial shrub with small yellow flowers that grows mainly in the Mediterranean area but now cultivated in many parts of the world. Infused as a tea, rue

acts to stimulate menstruation, appetite, and bile activity. It is also used as a tonic to supplement the diet with iron and mineral salts.

### **Sage – *Salvia officinalis***

Native to the Mediterranean, sage is a hardy perennial and many varieties are now cultivated worldwide. It has been used for its medicinal value since medieval times. A tea made from the leaves is used to treat sore throats, colds, poor digestion, menstrual cramps, and diarrhea. It is a general tonic.

### **Saint John's Wort – *Hypericum perforatum***

Saint John's Wort is a fragrant hardy shrub of medium height and grows wild throughout most of the world. Its leaves are pale green and oblong with tiny perforations called oil glands. Lemon-scented yellow flowers appear in summer. An oil infusion made from the flowers has been used as a pain-reducing sedative tea for anemia, rheumatism, headaches, and nervous conditions. The oil in the flowers contains hypericin which is thought to have strong antidepressant and antiviral properties.

### **Sorrel—*Rumex acetosa***

Sorrel is a native plant of Europe and Asia and was brought to North America by the pilgrims. Its leaves change in color from green to red as the plant matures. The leaves have an acidic flavor and in medieval times were used to curdle milk. A tea infusion made from the leaves can be used to treat liver and kidney ailments and contains vitamin C. Also, it can be used to improve the quality of blood by increasing the hemoglobin content.

### **Sweet Annie, Roman Wormwood –**

#### ***Artemisia pontica***

This is a small annual plant whose leaves are feathery and aromatic. The plant cuttings or sachets made from the leaves are hung in closets to repel moths. It is also used to flavor vermouth.

### **Sweet Woodruff – *Galium odoratum*,**

#### ***Asperula odorata*, *Rubiaceae***

Sweet woodruff is a native of Europe and is a groundcover that has star shaped flowers appearing in spring. It is very aromatic and was used as a strewing herb. A tea made from the leaves is a tonic, refreshing and relaxing and can relieve stomach pain. It also has diuretic effects.

### **Swiss Chard—*Beta vulgaris subsp. cicla***

Swiss chard contains a variety of phytonutrients. Virtually all of these phytonutrients provide antioxidant benefits, anti-inflammatory benefits, or both. In addition, many provide health benefits that are more specific and of special importance to particular body systems. Best researched in this area are phytonutrient benefits provided by chard for our body's blood-sugar regulating system.

The word "Swiss" distinguishes it from the French spinach.

### **Tansy – *Tanacetum vulgare* –**

#### ***Chrysanthemum vulgare***

Tansy is a tall cousin of feverfew and produces large seed pods. It seems to flourish in the northern hemisphere. An infusion of the dried leaves and flowers can be used as a wash for bruises, rheumatism, and sprains. Don't use on sensitive skin.

### **Teasel – *Dipsacus fullonum*, *dipsacaceae***

Teasel is common throughout Europe and Asia and thrives in open areas. It is related to thistle. The root is unearthed in late summer. A decoction of the root was used to treat conditions such as warts, fistulae, and cancerous sores. It is no longer used for medicinal purposes.

### **Thyme – *Thymus vulgaris***

There are many varieties of thyme; they are low growing and some can be used as a ground cover. They are very fragrant and are written about in poems from Virgil to Kipling. They are native to the Mediterranean regions and are now grown worldwide. *Thymus vulgaris* is also called Garden Thyme. All of the aerial parts are harvested in midsummer when the plant is in bloom. It was used as a strewing herb. Infuse the leaves as a tea for a digestive tonic and treating coughs, colds and sore throats. The infused oils are topically used for treating bites and stings and helping to relieve pain from sciatica and rheumatism. The wild English thyme, *thymus serpyllum*, has the strongest medicinal properties.

### **Valerian – *Valeriana officinalis*, *Valerianaceae***

Valerian, a hardy herbaceous perennial that is native to Europe and northern Asia. It grows in wild and damp conditions. The root is dug in late autumn and dried. A decoction is used as a sedative and to treat headaches, insomnia, and intestinal cramps.

### **Wormwood — *Artemisia absinthium***

There are about 10 varieties of artemisia but the absinthium has the most general use. It grows wild in temperate regions of Europe and eastern US and sends out rhizomes for spreading. A tea is made from the leaves which is very bitter and so is consumed in small doses for digestive ailments and anemia. It has also been used for eliminating worms. There is a growth inhibiting toxin on the leaves which gets washed onto the ground from rain.

## USEFUL COMPONENTS OF HERBS

As we know plants have several parts: roots, stems, leaves, flowers, and seeds. Some parts of each plant contain volatile oils, and chemicals that have been found to have healing value. Below is a brief summary on how to extract and use these components.

### Preparing for Use

There are several ways to prepare the herbs to be used.

Three are described below.

1. An infusion is basically a tea made from the leaves and flowers of a plant. Simply place the herbs in a strainer, place the strainer in a cup, and pour freshly boiled water into it and wait for 5 to 10 minutes. Cover the cup because the medicinal components are mainly volatile oils which can dissipate. Discard the herbs. One can also make a pot of tea.

2. When the medicinal components are in the twigs, bark, roots or seeds, a decoction is made. Cut the material into small pieces, place them in a saucepan, and cover with cold water. Bring the water to a boil and let simmer for 20 to 30 minutes. Strain the liquid through a sieve while pouring it into a jug. Pour some into a cup and store the remainder in a covered container.

3. When the active ingredients are fat soluble, they are extracted by infusing with sunflower, olive, or vegetable oil. Stir the chopped herb and oil together in a glass bowl and place over a saucepan of boiling water. Cover and let simmer for 2 to 3 hours. Remove the glass bowl and allow cooling. Pour the mixture into a wine press with a straining bag. Collect the strained oil in a jug and then press the liquid out of the herbal material and collect also.

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<http://www.herbsociety.org/herbs/profiles-and-guides.html>

*Compiled by Rich Shiavi*

## GROWING HERBS

PLANT	Location			Soil			Height	Type		
	S	PS	SH	D	N	M	feet	A	B	P
Aloe	x	x		x			1, 2			x Zone 10, tender perennial
Angelica		x				x	6		x	
Artemisia	x			x			3			x
Asparagus	x	x			x		4			x
Bee Balm	x	x				x	3			x
Betony	x	x	x		x		2			x
Borage	x				x		2	x		
Calendula	x	x		x	x		1.5	x		
Chamomile, German	x				x		2	x		
Chamomile, noble	x				x		1			x
Clove Pink	x				x		1			x prefers alkaline soil
Comfrey	x						4			x needs a nitrogen rich soil
Coneflower	x				x		2			x
Costmary	x			x			3			x
Dill	x				x		3, 5	x		don't plant near fennel
Fennel	x				x		5			x
Feverfew	x			x			2			x
Flax	x			x			1,4	x		
Garlic	x				x	x	1			x
Ginger		x			x		3			x
Goldenrod	x						2			x
Horehound	x	x			x		1,2			x tender perennial
Horsetail		x		x			3			x
Hyssop	x				x		2			x
Joe Pye Weed	x	x			x		3, 6			x prefers alkaline soil
Lemon Balm	x					x	3			x
Mint	x	x			x		1, 2			x tender perennial, needs alkaline soil
Mullien	x				x		7		x	
Nightshade			x		x		5			x needs chalky soil
Primrose	x	x				x	0.5			x
Rosemary	x				x		4			x needs excellent drainage
Rue	x	x		x			2			x evergreen shrub
Sage	x				x		2			x evergreen shrub
Saint John's Wort	x	x		x	x		3			x evergreen shrub
Sorrel	x	x				x	2			x
Sweet Annie				x	x	x		x		
Sweet Woodruff		x				x	1			x
Tansy	x	x		x	x		5			x
Teasel	x				x		6			x
Thyme	x				x		1			x prefers alkaline soil
Valerian	x	x				x	6			x

**Legend:**

Location: S—Sunny, PS—Part Shade, SH—Shade

Soil: D—Dry, N—Normal, W—Wet or moist A “normal” soil is considered fertile and well-drained.

Type: A—Annual, B—Biennial, P—Perennial

Height in feet

# ORCHARD

## Grapes

The grape trellis was constructed during the winter of 1998 with the grapes planted the following spring. They continue to produce and with the aid of layered sprouts, new plants are added to the arbor from time to time. The original planting was four each of the following:

- Muscadine Fry**, *Vitis rotundifolia*, 'Late Fry'
- Muscadine Cowart**, *Vitis rotundifolia*, 'Cowart'



## Small Fruits

**American Elderberry**, *Sambucus canadensis*—We have three of these native small trees. Local deer tend to damage them each winter but they flower and fruit each summer. The beautiful white blooms of midsummer are followed by purple-black fruit. The berries can be used for jams or wine.



**Black Currents**, *Ribes, odoratum*—Four plants were acquired from Rachel's Garden at the Hermitage fourteen (14) years ago. This is one of the most fragrant blooms in the entire garden.



**Blueberries**, *Vaccinium ashei*, 'Rabbit Eyes' - Four of these small deciduous shrubs were planted nine (9) years ago. It is grown for its fruit and prefers an acidic, well-drained soil.

**Gooseberries**, *Ribes, hirtellum* 'Pixwell' - Five of these small shrubs produce fruit below the thorny branch structure. Our plants are eight (8) years old.

**Ground Cherries**, *Physalis pruinosa*—Our variety, 'Aunt Molly' is sown as an annual in early spring. The small fruit is encased in a paper-like shell and are best eaten when fully ripe.

**Raspberries**, *Rosaceae rubis idaeus L. ssp strigosus*, 'American Red Raspberry' - Six three year old bushes.

## Trees in the Orchard

Variety	Age	Number
<b>American Native Plum</b> , <i>Prunus americana</i>	15	1
<b>American Persimmon Plum</b> , <i>Diospyros virginiana</i>	15	1
<b>Bartlett Pear</b> , <i>Pyrus communis</i>	15	1
<b>Damson Plum</b> , <i>Prunus domestica</i>	15	1
<b>Fig</b> , <i>Ficus 'Marseilles'</i>	3	1
<b>Johnny Apple-seed</b> , <i>Malus domestica</i> (grafted)	5	1
<b>Pawpaw</b> , <i>Asimina triloba</i>	10/2	2



Spring blooms of Bartlett Pear

Compiled by Cathie Long

# PERENNIAL TERRACE

## American Beautyberry **E**, *Callicarpa Americana*

A genus of deciduous shrubs native to southeast United States. The fruit is a berry, 2–5 mm in diameter. The berries last well into winter and are a food source for birds after other sources are depleted. The berries can be made into wine and jelly.

## Anemone, *Anemone coronaria*

A member of the buttercup family, Ranunculaceae with about 120 species. It has basal leaves with long leaf stems. Plant these bulbs in a rich soil with compost in a location that is full sun for colorful blooms in the summer. The blooms grow on strong stems that sway in the breezes and is thus called the windflower. These blooms make good cut flowers. Dig up bulbs after the fall frost kills the tops.

## Artemisia\*, 'Silver Mount'

A large, diverse genus of plants belonging to the daisy family Asteraceae. Recognized as an herb, it grows in dry or semi-dry temperate climates. Common names are wormwood, mugwort and safebrush. Most have strong aromas and bitter tastes to discourage herbivory. The small flowers are wind pollinated. Artemisia species are used as food plants by the larvae of a number of Lepidoptera (moths and butterflies) species.

## Aster **E**

A genus of flowering plants also in the family Asteraceae. Aster is from the Greek word meaning star referring to the shape of its flower head. It is a popular garden plant because of its colorful flowers.



## Autumn Joy Sedum,

*Sedum telephium*

A low maintenance succulent perennial, grown in partial to full sun and is drought tolerant. It blooms from August to November and attracts butterflies with pink to bronze blossoms.



## Bachelor 's Button\*, *Ragged Robin*, *Centaurea Montana*

A self-seeding perennial that likes full sun and fertile, well drained soil. Blooms from July to August and works well in dried arrangements.



## Bee Balm\* **E**, *Monarda*

Butterflies and hummingbirds love these tubular flowers that bloom early through late summer. The plant grows 2–4 feet tall in full sun in rich, well-drained soil. A 2-inch layer of mulch helps to retain moisture. Divide the plants in spring every few years.

## Begonia—Angel wing, *Begoniaceae*

Plant in bright, indirect light or diffused sun, protected from wind. Add peat moss or other moisture retaining organic material. This is a shallow-rooted plant and likes an evenly moist soil but one that drains well. Support tall plants with bamboo or plastic stakes and prune during the active growing season to keep plants bushy and full. Plant will die if it freezes to the ground as there is no tuber or bulb to support it over the winter.

## Blackberry Lily, *Belamcanda chinensis*

Also known as leopard lily, is a member of the iris family. The foliage grows to 18" tall and has tall flower stems. The flowers are followed by pear-shaped seed capsules that fade from green to tan. After these open, the shiny black seeds appear that look like blackberries. These seed heads are long lasting in the garden and are a unique addition to dried flower arrangements.

## Black-eyed Susan, *Rudbeckia hirta*

One of the most common of north American wildflowers. The brown, domed center is surrounded by bright yellow ray florets. Reseeds and thrives in full sun. Bloom time is June—August.



## Blanket Flower, *Gaillardia*

A drought tolerant perennial that can be started from seeds. Likes full sun and well-drained area to form a thick bed of brilliant red flowers with yellow rims that bloom from May to September.



## Blue Fescue, *Festuca ovinia v glauca*

This blue ornamental grass likes well-drained soil in a sunny to partial shade site. The small form of 6–12 inch height looks good in the front of a border. It can be propagated by division of the root ball.



## Burning Bush, *Euonymus alata*, *winded euonymus*

An outstanding show of the fall season with its brilliant red leaves that appear to be on fire. It has a small red-orange fruit that is food for the birds. The branches have "wings" that flare along the edges. The bush can be pruned or left natural and will grow to a height of 15 feet.



## Butterfly Bush, *Buddleja*

This flowering plant was named after the Reverend Adam Buddle who was a botanist and a rector in Essex, England.

\*This plant is sometimes treated as an herb.

**E** — Parts of this plant are considered edible.

The flowers are produced in dense panicles 3—20" long. These tubular flowers attract butterflies, bees and moths. The leaves are opposite, lance shaped blue-green borne on long arching stems. The bush likes well drained, average soil. Pruning keeps the bush compact and promotes blooming on new wood. It is easy to root from cuttings in warm weather.



**Butterfly Weed\***, *Asclepias tuberosa*

This native North American perennial plant is found in dry fields and sandy soils. The alternate, sessile leaves are lanceolate to oblong, a darker green above than beneath. Bright orange flowers grow in terminal, flat-topped umbels from June to September, later producing long, edible seed pods. Produces a very deep taproot making transplanting difficult.



**Candytuft**, *Iberis sempervirens*

This small 6—8" tall flower is a strong early bloomer with white flowers that seem to glow in the dark. It is a hardy perennial and makes an excellent plant for the front of the border.

**Chinese Lantern\***<sup>E</sup>, *Physalis alkekengi*

A member of the nightshade family (Solanaceae) and is used for both culinary and medicinal purposes. It grows easily from seed and has spread rhizomes. It takes full sun or partial shade and can be invasive. It has white flowers in mid summer and orange lanterns in fall that can be used in dried arrangements.



**Caperspurge\***, **mole plant**, *Euphorbia lathyris*

All parts of the mole plant are poisonous. It is believed to repel moles. The plant grows 1.5m tall with a glaucous blue-green stem. The flowers are green to yellow-green, the seeds are green ripening brown or grey, produced in global clusters of three.

**Cardinal climber or cypress vine**, *Ipomoea quamoclit*

An easy growing vine with scarlet-red flowers and feathery leaves that attracts hummingbirds. It is deer resistant and all parts are poisonous. This self-seeding annual likes full sun and blooms from mid-summer to early fall.



**Chives, garlic\*** <sup>E</sup>, *Allium tuberosum*

A hardy perennial with white blooms that appear in summer. The long flat stems and blooms are edible and have a mild garlic taste. Chives have been cultivated since the Middle Ages and make a good companion plant for

roses as they discourage insects.

**Chrysanthemum**

First cultivated in China in the 15th century, this plant is a member of the Asteraceae family. The garden variety is a hardy plant that over winters. The blooms are composed of many individual florets and come in a wide range of colors.



**Cinnamon Fern**, *Osmunda cinnamomea*

The cinnamon fern prefers a moist, shady location. It has two types of fronds: big green ones and smaller ones that start out green and then turn a cinnamon color. These colored fronds have sori on them that makes spores, much like seeds on other plants. In addition, they have rhizomes, an underground root system that spreads and forms a large colony of ferns in one place.

**Clematis**, *Etoile violette*

A deciduous, small-flowering, semi-woody vine with profuse deep purple flowers on current year's growth. Likes fertile, moist but well-drained soil and full sun but mulch to provide for shady, cool roots. Etoile means "star" in French.

**Columbine\***, *Aquilegia Canadensis*

A herbaceous perennial that has bell-shaped flowers. Each petal forms an elongated nectar spur. They are food plants for some Lepidoptera caterpillars. It is a good garden plant for the shade.



**Coral bells**, *Heuchera sanguinea*

Coral bells begin to bloom in June and continue all summer. Deadheading promotes the blooming season. They like full sun but tolerate some shade, preferring a well-drained loamy soil with a pH of 7.0. Coral bells make a good border plant.

**Creeping Jenny Moneywort\***, *Lysimachia nummularia*

This prolific plant makes a good ground cover. Slender stems with round penny-sized leaves spread out from the center of the plant and root freely at the nodes. Creeping jenny belongs to the primrose family and has yellow, five-lobed flowers in the spring. It tolerates shade and some foot traffic.

**Crepe myrtle—lavender**,

*Lagerstroemia indica*

This is among the longest blooming of the deciduous trees. Big showy clusters of blooms are grown on new wood and continue to bloom all summer. The shape and height can be controlled by pruning in late winter. Suckers should also



\*This plant is sometimes treated as an herb.

<sup>E</sup> — Parts of this plant are considered edible.

be pruned away to prevent the plant from becoming a bush.

### **Crocus**

The genus crocus is a member of the iris family. The plant grows from corms and is very hardy. One of the first bloomers of the year, it sometimes pops out through the snow. Plant in a sunny, well-drained soil.



### **Daffodil, *Narcissus***

A spring blooming bulb of the Amaryllis family. Daffodil is the common English name. The flower has a central trumpet, bowl, or disc shaped corona surrounded by a ring of six floral leaves called the perianth.



The three outer segments are sepals and the three inner segments are petals. The bulbs and the leaves are poisonous and should not be confused with onions.

### **Daisy fleabane, *Erigeron strigosus***

Another member of the aster family, this native plant has small clusters of daisy-like compound flowers and buds. The blooming period is late spring to mid-summer. It can be cultivated in full sun, dry conditions and even poor soil. It self-seeds and forms a loose colony. The alternate leaves are up to 4" long and 2/3" across. The tiny disk florets are yellow, while the ray florets are usually white.

### **Daylily **E**, *Hemerocallis***

Derived from two Greek words, beauty and day, this hardy perennial has flowers that open at sunrise and close at sunset. There are many blooms on the same stem of the flower so the show continues for several weeks. Each flower has three petals and three sepals. The center of the flower, called the throat usually has a different color. There are six or seven stamens, each with a two-lobed anther. After pollination, the flower forms a pod.



### **Dutchman's Pipe Vine, *Aristolochia***

This woody vine prefers a moist soil and can climb trees 20—30' tall. Has large, overlapping, heart-shaped leaves and an unusual shaped flower, 2" long, yellow-green, curved-trumpet shaped that resembles a Dutch smoking pipe. Blooms in mid to late spring. It is the larval food plant for the pipe vine swallowtail butterfly.



### **Elderberry\* **E**, *Sambucus canadensis***

A small tree or shrub, growing 5 to 12 feet tall, that produces blue-black berries that are a valuable food source for birds. Although the ripe berries are safe to eat and are sometimes used to

make wines and marmalades, the leaves, twigs, branches, seeds, and roots contain a cyanide producing glycoside. Ingesting any of these parts in sufficient quantity can cause a toxic build up of cyanide in the body.

### **False aster, *Boltonia asteroides***

This native plant grows 3—5' tall and blooms from late summer into fall. The alternate leaves are up to 6" long and 3/4" across. The upper stems terminate in showy panicles of abundant white flower-heads.

### **False Solomon's Seal **E**, *Smilacina racemosa***

Blooming from April to June, the False Solomon's Seal has a cluster of small star-shaped flowers at the tip of the stem. The ovate leaves are arranged opposite on a slightly zigzag stem and grows to one or two feet in height. The fruits are red berries which appear between August and October.

### **False Turtlehead, *Nothochelone nemorosa***

Host plant for butterflies, grows 24" to 30" high, likes moist soil and blooms mid-summer to September, full sun or partial shade. Deer resistant.

### **Firethorn, *Pyracantha***

A thorny evergreen shrub in the Rosaceae family. A native of southeast Europe. Has white flowers but is grown for the red-orange berries that mature in late autumn.



### **Flowering Quince, *Chaenomeles rosaceae***

A deciduous spiny shrub with alternately arranged leaves. The bright orange-red flowers bloom in early spring. This native of eastern Asia has a hard, astringent fruit that can be made into a marmalade after frost.



### **Forsythia, Forsythia (olive family)**

A deciduous shrub with rough grey-brown bark that can grow 3' - 9' tall. The yellow flowers that appear prior to the small opposite leaves (March-April) announce that spring is on the way and it is time to trim roses and perform other early spring chores.

### **Foster Holly, *Ilex opaca* v *Fosterium***

This broadleaf evergreen likes full sun to partial shade in a well-drained, slightly acidic soil. It has white flowers in the spring but the beauty of this shrub is its glossy green leaves and red berries of the female tree which last from fall through winter. It is drought tolerant and has no serious pest problems. The tall, pyramidal shape make it a good structure for a perennial bed.



### **Four O'Clocks, *Mirabilis jalapa***

The marvel of Peru has a habit of

\*This plant is sometimes treated as an herb.

opening its blooms late afternoon. It does well in full sun and is drought resistant and tolerates poor soil. It returns each spring from the tuberous roots.

**Ginger\***<sup>E</sup>, *Zingiber officinale*

A perennial reed-like plant with annual leafy stems that grows 3—4' tall. It has clusters of white and pink flower buds that bloom into yellow flowers. The rhizome has many culinary and medicinal uses.

**Goldenrod\*** <sup>E</sup>, *Solidago*

A flowering plant in the Asteraceae family, usually found in meadows and pastures. Its golden yellow flower heads bloom in late summer. Their alternate leaves are linear to lanceolate with sharply serrated margins. It is propagated by wind-disseminated seed or by rhizomes. Goldenrods can be used for decoration and making tea.



**Gooseneck loosestrife,**

*Lysimachia clethroides*

A mid to late summer bloomer from Japan. Prefers full sun in a moist fertile soil. Do not let it dry out. Spreads by underground rhizomes and can become invasive.



**Grape Hyacinth, *Muscari***

A deciduous plant native to Eurasia that produces dense, blue flowers that resembles grapes. One of the earliest blooming spring bulbs. They require little feeding or watering and grow in sun or light shade.



**Hearts A Bursting,**

*Euonymus americanus*

A loose, suckering shrub with dark green leaves, greenish purple flowers from May to June but its spectacular attribute is the fruits that appear in the fall. The red warty capsules burst open to reveal the scarlet seeds inside, thus the name "hearts-a-bursting." This shrub likes a rich moist woods and does best as an understory shrub. Birds like to eat the seeds of this shrub.



**Hollyhocks, *Alcea rugosa***

A drought resistant plant that does well in full sun. It re-seeds but is difficult to transplant because of a long tap root. It is a good companion plant in the vegetable garden as it attracts the bean beetle and provides a host that protects the beans from being eaten. Fall planting of seeds is a good idea to start the plant and have blooms the following summer, otherwise,



seeds planted in the spring will produce a plant with stem and root system that will bloom the following year.

**Hydrangea, *Hydrangea paniculata***

A deciduous small tree or large scrub. Paniculata means the blooms are panicle-shaped (cone shaped) rather than ball shaped. Needs several hours of sun to do well. Can be pruned into a tree form and tolerates pruning any time except bloom time. Requires moist, fertile soil.



**Ironweed\*, *Veronica altissima***

An upright perennial that gets its name because the stems are tough enough to stand up through winter. These stems were even used by kite makers. Bee keepers value ironweed as a source for making honey. Found in meadows, this tall plant makes a beautiful purple flower in the fall and has medicinal uses also.



**Iris\*, *Iridaceae***

From the Greek word "rainbow" the iris has a wide variety of flower colors. It is the state flower of Tennessee. Irises are herbs growing from a rhizome with sword shaped leaves that have an erect flowering stem. The iris is planted in shallow well-drained and unmulched soil. When crowding occurs blooms will be diminished and the iris rhizome needs to be divided by using a sharp knife. Early spring and fall are good times to divide and replant the iris.



**Jasmine, *Carolina* \*,**

*Gelsemium sempervirens*

A blooming vine that needs average water but does not like to dry out between waterings. Can be propagated by division of the root ball. Has glossy rich green oblong leaves with pointed tips. Produces small clusters of fragrant yellow tubular flowers in early spring.



**Lance-leaved Coreopsis, *Coreopsis lanceolata***

A native plant found throughout the eastern part of the United States. Returns each spring from the same roots, forming expanding clumps. Likes full sun to light shade and can tolerate dry conditions. Can grow to 3' tall. Produces yellow flowers in early to mid-summer.

**Lavender\*, *Lavandula angustifolia***

A member of the mint family, native is grown for use in dry arrangements, potpourris but especially to attract bees to the garden for pollinating other vegetation. Lavender is used as



an herb and for aromatherapy. It was one of the holy herbs used in the Biblical Temple to prepare the holy essence.

#### **Lenten Rose\***, *Hellebores*

A late winter bloomer with five sepals that likes a woodland setting, to avoid the afternoon sun of summer. The sepals stay on the plant for many weeks. Moist, but well drained soil is ideal. Deer and rabbits do not bother this plant. Carefully select a site for these beauties as they do not like to be moved.



#### **Lily of the Valley\***, *Convallaria*

A woodland native of the cool temperate northern hemisphere in Asia and Europe. It spreads underground on rhizomes. The flowering stems have two leaves and a raceme of 5—15 flowers on the stem apex. The white, bell-shaped flowers are sweetly scented and appear in late spring. As a Christian legend the flower is known as “Our Lady’s Tears.” All parts of the plant are poisonous.

#### **Lily Turf-Blue Stream**, *Liriope*

A most sustainable plant as it survives wet or bone dry conditions, full sun or deep shade. It fills out quickly and can be used to prevent erosion or to fill in bare spots in the garden. As the clump grows, it can be divided with a sharp knife and moved to other areas to prevent weeds. Sheer back in early spring to make room for new foliage. A member of the lily family.

#### **Lords and Ladies-Cuckoo Plant**,

*Arum italicum*

This woodland species, native to Europe, likes a moist, humus soil in part to full shade. New leaves appear in autumn and make a strong winter interest in zones 6 and greater. Its flowers appear in spring and are followed by bright orange-red berries. The leaves die back in the summer.



#### **Love In A Mist**, *Nigella damascene*

An annual belonging to the Ranunculaceae or buttercup family. A native of southern Europe, north Africa and southeast Asia, it has been grown in English cottage gardens since Elizabethan times. The plant blooms in early summer in shades of blue, white, pink or pale purple with 5—25 sepals. The fruit is a large inflated capsule. The capsule becomes brown in late summer. The plant self-seeds, making it a good addition to a perennial border.



#### **Moses In the Boat—Oyster Plant**,

*Tradescanti spathacea*

This beautiful succulent is a native. It prefers well-drained soil and is



\*This plant is sometimes treated as an herb.

drought resistant. Can create a dense ground cover as it reproduces by seeds, cuttings, as well as discarded plants. It flowers all summer with white or pink petals nestled in a boat-shaped purple bract.

#### **Naked Ladies**, *Amaryllis Belladonna*

A native of south Africa, the amaryllis is a bulbous plant with several strap-shaped green leaves. The leaves are produced in early spring and die down in late spring. The bulb is dormant until late summer when it produces one or two leafless stems, each with a cluster of 2—12 funnel shaped flowers at the top. Each flower has six tepals: three outer sepals and three inner petals. The bulb requires a dry resting period between leaf growth and flower spike production.



#### **Oakleaf Hydrangea**,

*Hydrangea quercifolia*

Native to the United States and thrives with little attention. Provides an interest in the border for four seasons. Large red to burgundy oakleaves in the fall with the flowers turned to bronze stay on the shrub most of the winter and when they are gone the structure of the shrub has beautiful defoliating bark. Spring brings bright green leaves and large panicles of creamy white blooms. It tolerates the hot summer and dryer locations.



#### **Obedient Plant**, *Physostegia virginiana*

You can bend the flowers in any direction in a floral arrangement, thus the name, Obedient. However, it has a mind to spread in the garden and can be invasive. The name, *Physostegia*, means false dragonhead as the flowers resemble snapdragons. Drought tolerant and doesn’t need fertilizing; this plant is easy to maintain.

#### **Passion Flower\*** **E**, *Passiflora incarnate*

Known as Maypop, this plant is native to the southeastern United States, Argentina and Brazil and is designated as the **Tennessee state wild flower**. The size and structure of the flower is ideal for pollination by hummingbirds. This climbing vine with tendrils is grown for its fragrance and beauty.

#### **Peonies\***, *Paeonia lastiflora*

The only genus in the flowering family *Paeoniaceae*. They are native to Asia, southern Europe and western North America. There are over 30 species of the plant named after Paeon. In Greek mythology, he was the Greek physician of the gods. The flowers are long lasting and sweet scented. They attract ants to their buds because the nectar is found on the outside of the bud. Peonies perform best



**E** — Parts of this plant are considered edible.

in full sun and need a cold winter to flower. Do not mulch in the winter. They must have well drained soil. Best time to plant is early fall. It may take a couple of years for the plant to grow and acclimate to the location.

**Periwinkle\***, *Vinca minor apocynaceae*

A Native to Europe and Western Asia, Vinca Minor has spring blooms of solitary violet-purple flowers in the leaf axils, which is rare for an evergreen ground cover to have. Also called "Creeping Myrtle" and "Periwinkle", Vinca matures at about 6" tall and up to 3' in diameter, spreading along the ground and roots along the stems. Makes an excellent ground cover.

**Phlox**, *Phlox paniculata*

This North American native was sent to England in the 1700's and was named the Perennial Plant of the Year in 2002. It prefers full sun and rich, moist, well-drained soil. The leaves are simple, opposite and lance shaped on a slender stem that grows to 36"—40" high and is a mid-summer heavy bloomer.



**Plaintain Lily**, *Hostas*

This long lived perennial is excellent for the shade garden. A well-drained, rich humus soil with a slightly acidic level of pH is preferred. Top dress with compost in early spring and then again in mid summer. Divide in early spring by separating and cutting the rhizomes with a sharp knife. Dark blue green foliage prefers the deeper shade areas. The bright green marked and variegated species can tolerate more morning sun. As sun-light increases, provide more water. The individual flowers have six tepals and may be white, lavender or violet. Unfortunately the Hosta is a favorite food for deer.

**Poppies\*E**, *Papaver orientale*

With one flower per stem this cultivar provides brilliant color in the garden or as a wildflower in a meadow. The center of the flower has a swirl of stamen surrounded by four to six petals. Starting as a tight bud, the petals lie flat before falling away.



**Purple coneflower**, *Echinacea purpurea*

A North America native growing to 3' tall with daisy-like flowers. A full sun, well-drained soil is preferred. Cut old flower stems in spring and mulch around but not on top of plant. Water well weekly when there is no rainfall. The leaves are broadly lanceolate with widely spaced teeth on the margin. The flower is 3—4" across, centered with a brown disk floret. The ray florets droop downward. Blooming periods are mid summer and again in early fall.

**Queen Anne's Lace E**, *Daucus carota*

Introduced from Europe as a medicinal plant, Queen

Anne's Lace is also a native of southwest Asia. The vegetable carrot was bred from this plant, though caution should be taken when wild food gathering, as it closely resembles the dangerous Water Hemlock. In the US, Queen Anne's Lace is the most well known name, so called because the flower resembles lace. It is said that while Queen Anne was making the lace, she pricked herself with a needle, resulting in a droplet of blood. The small red flower in the center, representing this droplet, attracts insects. Queen Anne's Lace is also known as wild carrot, bird's nest and bishop's lace (UK). A biennial and member of the family Apiaceae, Queen Anne's Lace usually flowers from June to August. The leaves can cause phytophotodermatitis, so caution should be used when handling the plant.

**Rose Campion, fuschia-**

*Lychnis coronaria*

Native to northern Africa, southern Europe and the Middle East, Rose Campion has rose-pink, purple or purple-red (rarely white) trumpet shaped flowers on long stems. The felt-like leaves were formerly used for lamp wicks, resulting in its Latin name, Lychnis, the Greek word for "lamp". The flowers bloom over a long spring and summer period, with flowers opening one at a time and lasting only a day. The flowers should be deadheaded to keep the plant flowering. Rose Campion is about 32 inches tall and 18 inches wide and is a wonderful flower for arrangements.



**Rose Campion, white**, *Lychnis coronaria*

Like its sister plant, this cultivar self seeds and makes a great addition to a colorful garden.

**Rose Maiden's Blush E**, *Rosaceae*

The name of this rose was changed in Victorian times from "Cuisse de Nymph" (Thigh of Nymph) to "Maiden's Blush", a more proper, English name. Originating from around the fifteenth century, Maiden's Blush has fresh, pink flowers with a strong, sweet fragrance, growing on a tallish shrub to 8 feet. This hardy rose blooms once during spring/summer and prefers full sun and well-drained soil.

**Rose Mallow**, *Hibiscus palustris*

The Swamp Rose Mallow's all-pink variety is often classified as a separate species, Hibiscus palustris. The large pink hollyhock-like flowers can sometimes bloom white, and sometimes have a red center. A member of the Mallow (Malvaceae) family, the plant enjoys salt or brackish marshes near the coast and are around 4-7 inches wide. The flowering time is July to September.



\*This plant is sometimes treated as an herb.

E — Parts of this plant are considered edible.

**Rose, 'New Dawn'**

This is a repeat blooming rose with soft pink blossoms. It is a vigorous growing climber that provides flowers with fragrance all season. It is located on the arbor of the NE entrance to the historic gardens.



**Rose of Sharon, *Althea officinalis-Hibiscus syriacus***

The national flower of South Korea, Hibiscus syriacus appears in Korea's national emblems and is compared to the country in the national anthem. Commonly known as "Rose of Sharon", "Shrub Althea", and "Rose of Althea", it is widely cultivated and native to much of Asia. Its long summer blooming period from July into September showcases attractive white, pink, red, lavender, or purple edible flowers. These flowers last only a day, though the shrub's new growth produces numerous flower buds. The shoots stay green for an extended period when cut, and are an attractive addition to indoor vase arrangements.

**Rose, 'Orange Triumph', 1937**

A polyantha climber located just outside of the heirloom rose garden. This orange-red rose with semi-double flowers against dark glossy green leaves makes a good focal point, blooming throughout the season.

**Rose, *Veilchenblau*, 1909,**

Often called 'The Blue Rose'. Is a Hyb-multiflora. Its small purple blossoms fade to a grey-blue color and produce an excellent fragrance. The branches form a nearly thornless rambler.



**Rue, *Ruta graveolens***

Rue is classified as a photo-sensitizer, meaning that the sun is necessary for the skin to be irritated after handling the plant. All parts are poisonous if ingested, and since most cats dislike the smell, it can be used as a deterrent. Native to southern Europe and southwest Asia, it is a favorite food of several species of the Swallowtail Butterfly. A drought-tolerant plant, Rue's yellow flowers bloom in mid-summer. Its green to blue-green leaves have a feathery appearance. This is a strongly scented evergreen, growing 18-24 inches tall.

**Shrub Verbena, *Lantana***

Lantana sellowiana Lantana's mauve/purple/violet/lavender flowers are appealing to bees, butterflies and birds. This 6-12 inch perennial prefers full sun, well-drained soil, and is often used as a ground cover. Handling the plant may cause skin irritation or allergic reaction, and it has potential to be a noxious weed or invasive.

**Smoke bush, *Cotinus coggygria***

The deciduous Purple Smoke Bush gets its name from the long purple plume-like flowers that cover the plant in late

summer, resulting in a smokey effect. Additional color is provided by its leaves, which turn a vibrant purple red in fall. Native to southern Europe, central China and the Himalayas, Smoke Bush has been cultivated for centuries. During the Civil War, its cousin, the American Smoke Bush (native to Tennessee and Alabama) was used extensively in the production of yellow and orange dyes, almost exhausting the species. The plant is drought tolerant and sun-loving.

**Snowdrops, *Galanthus***

The Latin name, Galanthus, means "milk-white flowers", and snow drops appear like three drops of milk hanging from a stem. Two species of snowdrops are commonly cultivated. One is Galanthus nivalis, usually known as the Garden Snowdrop. With an early spring arrival, it can arrive weeks before crocuses do, often poking through snow. Commonly 4 - 6", some cultivated varieties can grow up to 10" tall. Good for a variety of locations, such as rock gardens, the fronts of borders, under trees and shrubs and along woodland paths.



**Solomon 's Seal\* E,**

*Polygonatum x Hyberinum*

Is a hybrid cross between Common Solomon's seal (*Polygonatum multiflorum*) and Angular Solomon's seal (*Polygonatum odoratum*). It prefers cool, moist, rich soil. Blooming in spring and early summer, it does best in partial shade.



**Solomon 's Seal/variegate, *Polygonatum***

In some species of Polygonatum, the scar where the rhizome attaches to the stem takes the shape of the seal of King Solomon, ruler of Israel from 961 to 931 BC. The seal's symbol of two overlapping triangles symbolized the union of body and soul. A member of the lily family, Solomon's Seal's delicate one-inch long white flowers droop in pairs under the stem at the juncture of each leaf. Blooming in May, they can be easily missed. The single-seeded blue-black fruits follow in June. The attractive, soft green, variegated foliage turns yellow in fall. Solomon Seal stands around 18" and arches slightly at the top. Best planted in shaded, woodland gardens.

**Spice Bush E, *Lindera benzoin***

This native deciduous shrub has yellow flowers in early spring and has a berry like red fruit loved by the birds. It is also a favorite of the swallowtail butterfly. The larva can be found in the folded leaves making this a useful plant in the butterfly garden.

**Spider Flower, *Cleome spinosa***

A native of tropical America, Spider Flower is widely planted as a garden flower and often escapes to roadsides

\*This plant is sometimes treated as an herb.

and lake or river shores. Flowers are white, pink, or lavender and have four petals on long, narrow stalks. The flowers are beautiful and "spider-like". Stamens are quite prominent, 3 inches or more in length, and the stem is sticky and downy. The plant is 2 to 4 feet in height and blooms July to September.

**Star of Bethlehem, *Arnithogalum umbellatum***

Nicknamed "the one that got away", this plant can become a nuisance. It is a winter bulb of the lily family, native to the Mediterranean region. The small bulbs send up grass-like leaves in late winter, looking like garlic chives but with no odor. In April or May its flower stalks appear with 12 to 30 white six-petaled star-like blooms. They spread by means of abundant bulblets. Digging out the bulbs is the only practical method to rid the garden of this invasive plant.

**Surprise Lily, *Lycoris radiate***

A native of eastern and southern Asia, this bulb appears in early spring with long, slender leaves. After the foliage dies down two types of flowers grow on tall stems: those with very long filamentous stamens and those with shorter stamens not much longer than the tepals. The plant is the subject of Chinese and Japanese legends.



**Sweet Autumn, *Clematis***

A deciduous to semi-evergreen vine, Sweet Autumn Clematis has numerous, fragrant white flowers. Growing up to 30 feet high, this native of Japan is a popular choice for the four season landscape, as it blooms in late summer to early fall. It can be used as a ground cover or for draping over walls or scaling structures such as arbors. The vine enjoys well-drained soil, and grows best in full sun to partial shade. Plants have potential to become invasive if they are not trimmed after flowering.



**Sweet Shrub, *Calycanthus floridus***

Carolina allspice, is an eastern native shrub also called strawberry bush, sweet buddy, sweet Betsy and spice bush. It produces a spicy delightful fragrance from leaves to flowers. Colors of blooms are rich burgundy or maroon. It is not the same as the allspice used in cooking. It would make a good deer resistant foundation shrub as it is easy to maintain.

**Sweet Pea—perennial, *Lathyrus Latifolius***

Sweet Pea is a native to Europe, and in North America it is often considered a weed, as it is pervasive and sometimes difficult to remove. A perennial cousin to the annual Sweet Pea, its large clusters of white to pink, rose and lavender-mauve flowers are unfortunately not fragrant. However, it is sometimes grown as a garden

plant and considered attractive, with sprawling or climbing dark green leaves. It is useful on dry, sunny slopes and is excellent for cutting and can also be dried. Seed is poisonous if ingested.

**Sweet William E, *Dianthus barbatus***

A herbaceous biennial with green, blue-green tapered leaves and flowers produced in a dense cluster. The flowers have a spicy, clove-like scent and are edible. It is a good self-seeder. There are many legends as to how it acquired its name, from William the Conqueror to Saint William of York.

**Tiger Lilies, *Lilium tigrinum***

The Tiger Lily gets its name for its orange colored flowers marked with black. It grows up to 4 feet tall and produces multiple flowers. This perennial member of the Liliacea family prefers acidic soil and full sun with protection from the hot afternoon sun, helping the flowers to last longer. Flowers should be deadheaded once spent, and the plant should be cut back to within a few inches of the ground once the stems and leaves turn yellow. Spring and fall are the best time for transplanting.



**Trillium, Toadshade E, *Trillium cuneatum***

Native to parts of the southeastern United States, *T. cuneatum* is also known as "Sweet Betsy", since it has a unique fruity odor that most people find pleasant. Three broad, mottled leaves surround petals that are maroon, bronze, green, or yellow in color. The flowers bloom in early March to mid-April. This wildflower prefers to grow in rich soils, especially limestone soils, and reaches ten or twelve inches tall, capable of exceeding two feet tall with age. It is also known as whip-poor-will flower, large toadshade, purple toadshade, and bloody butcher.



**Tuberose, *Policanthus tuberosa***

Native to Central America, The Tuberose is an important plant in Indian culture and mythology. It is used for decoration, garlands, wedding ceremonies and various traditional rituals. Aztec healers called it "omixochitl" (bone flower), as its waxy, luminous white flowers contain antispasmodic and anti-inflammatory properties. The Tuberose grows in elongated spikes, producing clusters of aromatic white flowers which retain their scent even after picked. Popular in arrangements, they are commonly used in perfume production. They flourish in sunny places, can be grown outdoors in warm climates, and bloom in late summer.

**Verbena Purple Top, *Verbena bonariensis***

A tall, slender-stemmed perennial from Brazil and

Argentina. The fragrant lavender flowers grow in tight clusters on the end of the square stems. Bloom time is mid-summer to late fall. The plant prefers full sun and needs regular moisture. The leaves are ovate with a toothed margin and grow up to four inches. Can be propagated from seeds or herbaceous stem cuttings.

**Virginia Bluebell, *Mertensia virginica***

Belonging to the family Boraginaceae, the Virginia Bluebell is also known as "Virginia Cowslip", "Lungwort Oysterleaf", and "Roanoke Bells". Its beautiful bell-shaped flower is usually blue or violet in color and its height ranges from 12~24 inches. Butterflies frequent the Bluebell, since it requires pollinators that can reach the nectar. Growing best in moist, rich soil, the flower enjoys partial to full shade and blooms mostly mid-spring, with the flowers dying quickly.



**Wild Cranesbill Geranium, *Geranium maculatum***

Found in rich, moist woods the Wild Cranesbill Geranium is unrelated to the garden varieties found in nurseries. The leaves are palmately lobed and flowers of five purplish pink petals bloom from spring until mid-summer. In mid-summer, the seed pods explode, resulting in a shape similar to the bill of a crane, hence the name "Cranesbill". This perennial herbaceous plant grows from 1 to 2 feet high. The entire plant is covered in hairs.

**Yarrow\* E, *Achillea millefolium***

Used frequently in butterfly gardens, Yarrow is considered a useful companion plant, as it is thought to improve soil quality and attract beneficial insects. Since ancient times,



Yarrow was utilized to regulate bleeding and was often called by its folk name "nosebleed". The mythical Greek character, Achilles, reportedly treated his army's battle wounds with Yarrow. *Achillea*, its genus name, is derived from Achilles. In the present day, it is thought to fight off colds and flu and is an ingredient in many herbal cosmetics. White, bronze or yellow flowers bloom mid-summer. The flower heads are flat and 2" to 6" across on 2' to 5' stems.

**Yellow Rose of Texas, *Kerria japonica***

This easy to grow deciduous shrub from Japan and China is actually not a rose, though it does belong to the rose family. The typical form in cultivation is the double-flowered type and since it is sterile, it remains in bloom longer than the single-flowered form. The orange-yellow blossoms bloom repeatedly starting mid-spring and are about an inch and a half across. *Kerria* loves dappled sunlight, spreads quickly and is easy to propagate by crown division or hardwood cuttings. It makes an excellent choice for the winter garden, as its stems remain an intense yellow green. The leaves have small amounts of hydrogen cyanide and are poisonous if ingested.



**Yucca—Flaccida Lord's Torch or Candle**

This native perennial shrub is in the agave family. It has tough sword-shaped leaves and large terminal panicles of white flowers. This plant is pollinated by the Yucca moth. Grown as an ornamental the plant has edible parts: fruits, seeds, flowers, stems and roots.



\*This plant is sometimes treated as an herb.

E — Parts of this plant are considered edible.

# HEIRLOOM VEGETABLE TERRACE

The heirloom vegetables listed below are the ones being planted in the vegetable terrace for the spring and summer garden of 2017. Each year may vary depending on the availability of seed.

Name	Variety	Planting Season
Basil	Genovese	Summer
Basil	Genovese Red Freddy	Summer
Bean	Blue Lake Bush	Summer
Bean	Dragon's Tongue Bush	Summer
Bean	Henderson's Bush Lima	Summer
Bean	Red-Leaved Hyacinth	Summer
Bean	Kentucky Wonder	Summer
Bean	Cherokee Trail of Tears	Summer
Bean	Scarlet Runner	Summer
Beets	Early Wonder	Spring/Fall
Buckwheat	Buckwheat	Fall
Carrots	Danvers 126	Spring
Collards	Georgia Southern Creole	Spring/Fall
Corn	Country Gentleman	Summer
Cotton	Arkansas Green Lint	Summer
Crimson Clover	Crimson Clover	Fall
Cucumbers	Boston Pickling	Summer
Cucumbers	Early Fortune	Summer
Eggplant	Black Beauty	Summer
Gourds	Small Spoon	Summer
Gourds	Small Warded Mix	Summer
Kale	Blue Curled Scotch	Spring/Fall
Lettuce	Rocky Top Lettuce Mix	Spring/Fall
Mustard	Southern Giant Curled	Fall
Okra	Burgundy	Summer
Okra	Silver Queen	Summer
Okra	Star of David	Summer
Peas	Wando Garden	Spring
Peas	Blue-Podded	Spring
Potatoes	Yukon Gold	Spring
Onions		Spring
Peppers Hot	Craig's Grande Jalapeno	Summer
Peppers Hot	Peach Habanero	Summer
Peppers Hot	Tabasco	Summer
Peppers Sweet	Banana	Summer
Peppers Sweet	Jupiter Bell	Summer

Name	Variety	Planting Season
Peppers Sweet	Orange Bell	Summer
Peppers Sweet	Sweet Yellow Stuffing	Summer
Radishes	Early Scarlet Globe	Summer
Spinach	Bloomsdale Long-Standing	Spring/Fall
Squash	Butternut-Waltham	Fall
Squash	Crookneck Early Garden	Summer
Squash	Zucchini Black Beauty	Summer
Swiss Chard	Five Color Silverbeet	Spring
Tomatoes	Brandywine	Summer
Tomatoes	Cherokee Purple	Summer
Tomatoes	Fox Cherry	Summer
Tomatoes	German Pink	Summer
Turnip	Purple Top White Globe	Summer
Watermelon	Moon and Stars	Summer



*Grassemere Vegetable Terrace  
Okra blossom  
Box turtle*

