

(continued from page 1)

By the 16th century, dried petals from the **Apothecary's Rose** were steeped in wine as a cure for hangovers. Druggists dispensed remedies containing the **Apothecary's Rose** that reportedly aided indigestion, sore throats, skin rashes and eye maladies. It was proven in the 19th century that roses contain essential oils, potassium and iron that benefit the skin.

Rose hip is the round portion of the rose flower just below the petals which contains the seeds of the rose plant. Dried rose hip and the seeds are used together to make medicine. Orally, rose hip is also used for stomach disorders including stomach spasms, stomach acid deficiency, preventing stomach irritation and ulcers, and as a "stomach tonic" for intestinal diseases. Rose hip is also used for diarrhea, constipation, gallstones, gallbladder ailments, lower urinary tract and kidney disorders, fluid retention (dropsy or edema), gout, back and leg pain (sciatica), diabetes, high cholesterol, weight loss, high blood pressure, chest ailments, fever, increasing immune function during exhaustion, increasing blood flow in the limbs, increasing urine flow and quenching thirst.

Speedwell is considered to be a diuretic, expectorant, stomachic, tonic. As with most astringent, bitter herbs, an infusion of speedwell can be used as a wash for troubled skin. Recent studies have shown Speedwell tea may be an effective preventative treatment for ulcers. It is most often used for coughs and congestion.

Bee Balm leaves, flowers and stems are used in alternative medicine as an antiseptic, carminative, diaphoretic, diuretic and stimulant. A medicinal infusion is used internally in the treatment of colds, catarrh, headaches, and gastric disorders, to reduce low fevers and soothe sore throat, to relieve flatulence, nausea, for menstrual pain and insomnia. Steam inhalation of the plant can be used for sore throats, and bronchial catarrh (inflammation of the mucus membrane, causing an increased flow of mucus). Externally, Bee

Balm is a medicinal application for skin eruptions and infections.

Gayfeather leaves and root are anodyne, antibacterial, astringent, carminative, diaphoretic, diuretic, emmenagogue, expectorant, stimulant and tonic. The plant is said to be extremely efficacious when used as a local application in the treatment of sore throats and gonorrhoea.

Nicotiana leaves are used in making preparations taken by mouth to induce vomiting and diarrhea, to relieve pain and to sedate. Preparations are used externally as a poultice in the treatment of joint swelling from arthritis, of skin diseases and of insect bites.

Medicinal use of **French Marigold**: The whole herb is aromatic, digestive, diuretic and sedative. It is used internally in the treatment of indigestion, colic, severe constipation, coughs and dysentery. Externally, it is used to treat sore eyes and rheumatism.

Spiderwort roots are laxative. They are also used as a tea in the treatment of kidney and stomach ailments, and women's complaints. A poultice of the leaves is applied to stings, insect bites and cancers.

Internal ailments treated with **Shasta Daisy** have included whooping cough, night sweats, asthma, nervous affections, jaundice, menstrual problems and fevers. A wash or poultice of the flowers and leaves has also been used to treat ulcers, bruises, lacerations, conjunctivitis, dandruff and vaginal yeast infections.



Anchusa italica possessed many pharmacological effects, including anticancer, antioxidant, antiviral, central nervous, endocrine and many other effects.

As you can see from this short list, early settlers were very self-reliant and well versed in herbal cures for many ailments. The beauty and practical uses for the plants in their gardens are a testament to their self-reliance and practicality.

The Formal Garden at the Historic Sappington House



Established by the
Crestwood Area
Federated Woman's
Garden Club
1966

Sappington House Formal Garden

The development of the Formal Garden at the historic Thomas Sappington House began in 1965. The Crestwood Woman's Club searched for a project and, at the suggestion of the Conservation Department of the Club, permission was requested from the City of Crestwood to assume the responsibility for the planning and maintenance of a formal garden for the Sappington House. A Restoration Committee was formed and retained Edith Mason, a noted landscape designer, to plan the Garden. In January, 1966, permission to establish and maintain the Garden was given to the Club by the City of Crestwood.

The white picket fence, the brick work, and the sundial were purchased by the Club. Club members do all seasonal planting and maintain the Garden year round.

This is an ongoing project for the Club and is a much appreciated addition to this historic home since it does give visitors an idea of the type of flowers that were used in gardens of that period. In addition to the maintenance of the Garden, some members of the Club also serve as tour guides for the Sappington House and as librarians in the Library of Americana.

Over the decades the gardeners have been presented with challenges, including changes in growing conditions due to maturing trees casting shade on areas that were formerly sunny. The herb garden was originally in the brick circle at the north end of the house, but increasing shade necessitated its move to the south several years ago. The area with the circle has now been incorporated into the Formal Garden, allowing for plants to be moved there to reduce crowding. Also, some "heritage" plants are not readily available. The result is a garden that is ever-changing and adapting to its environment, much as the Sappington family would have had.

Just What the Doctor Ordered!

The Formal Garden was designed to reflect the beauty and variety of plants and herbs that

were available to gardeners in the early 19th century. The beauty of a plant was, of course, a great reason to choose a plant but early settlers chose plants that could be used for medicinal purposes as well.

Yarrow has been used to reduce inflammation (especially in the digestive tract), to treat skin wounds and minor bleeding, and as a sedative to relieve anxiety or insomnia.

Purple Cone Flower (echinacea) is widely used to fight infections, especially the common cold and other upper respiratory infections. It is also used against the flu, urinary tract infections, vaginal yeast infections, genital herpes, bloodstream infections (septicemia), gum disease, tonsillitis, streptococcus infections, syphilis, typhoid, malaria, and diphtheria.

(continued on page 2)



Above—Garden volunteers in 1966.
Below—Original garden plan.

