

# *Uses of Herbs in Colonial Times*

<u>Plant</u>	<u>Uses in Colonial Times</u>
Broom	Dried branch used as a broom; oil used for pain relief.
Catmint	Used for colds, headaches, fever, insomnia; cats like the leaves.
Chives	Onion flavor, used in cooking; colonists believed it drove away diseases and evil influences so they hung bunches in the home.
Costmary	Refreshing odor, leaf kept in the Bible to keep away drowsiness in church.
Lamb's Ears	Leaves make natural bandage; called the colonial Band-Aid.
Lavender	Fragrant in sachets, moth repellent
Lemon Balm	Used in soothing tea; used as furniture polish
Spearmint	Aids in digestion, used as a breath freshener (mouthwash).
Sage	Flavorings used in stuffing and sausage; used as a dye for hair and fabric; used as cough medicine
Southernwood	Strewn as a moth and flea repellent
Sweet Woodruff	Fragrant, used in mattress stuffing
Tansy	Insect repellent, used to wash floors
Thyme	Used in an ointment to remove warts; used in cooking
Yarrow	Used in tea and beer; leaves carried in a pouch as a natural first aid kit to stop bleeding; used to help toothache

# *Herbs Matching Game*

Match the herb with its use in colonial times. Place the letter on the line in front of the number. Use the Glossary on the other side to check your answers when you have finished.

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|-------------------|---------------------------|
| 1. Sage           | A. Sachet                 |
| 2. Broom          | B. Stops Bleeding         |
| 3. Lavender       | C. Insect Repellent       |
| 4. Thyme          | D. Prevents drowsiness    |
| 5. Chives         | E. Mattress stuffing      |
| 6. Catmint        | F. Mouthwash              |
| 7. Costmary       | G. Drives away evil       |
| 8. Sweet Woodruff | H. Pain relief            |
| 9. Lemon Balm     | I. Flavoring for stuffing |
| 10. Yarrow        | J. Removes warts          |
| 11. Tansy         | K. Cats like leaves       |
| 12. Spearmint     | L. Band-Aid               |
| 13. Lamb's Ears   | M. Furniture polish       |
| 14. Southernwood  | N. Washing floors         |