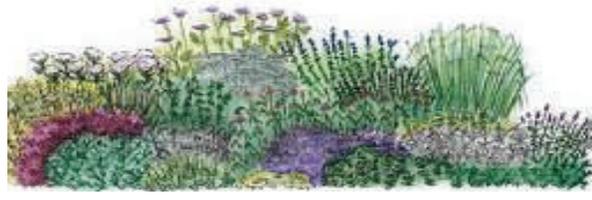


Tansy- The seeds were used to reduce children's fever. The root was used to treat gout. In a tea, tansy was said to lessen or cure many "woman" problems and "hysteria". Too much could be fatal. It was used as a face wash to lighten and purify the skin. A concoction with vinegar and honey removed intestinal worms. Meat was frequently rubbed with or packed in tansy leaves to repel insects and delay spoilage.

Marigolds- Planted around the garden periphery to repel mammals and insects. Freshly picked flowers promote sweating and bring out the pox. Dried flowers or fresh leaves boiled in lard make a salve.

False Indigo- It was used as a blue dye. It is not a true indigo plant, hence the name. As a cold tea it prevented vomiting and as a hot tea was a purgative and relieved the pain of a sore tooth.

Tarragon- This herb was used for digestive problems and intestinal worms. An external rub was used for joint pain. Was also used in salads and to flavor foods and vinegar. Putting it in one's shoes before a long trip was supposed to give one strength.



Lambs Ear- These fuzzy leaves were used as a natural band-aid. They were also made into a tea to cure a sore throat. The textured leaves also made a good washcloth.



"Keeping History Alive!"

HISTORIC FORT STEUBEN
120 S. 3RD STREET
STEUBENVILLE OH 43952
 740-283-1787
 WWW.OLDFORTSTEUBEN.COM

Visit us on Facebook

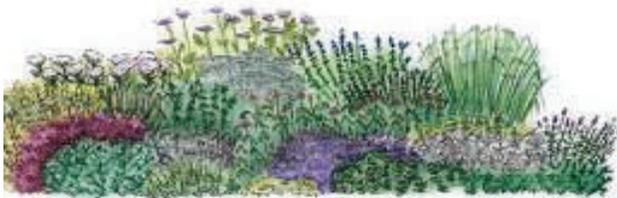
Historic Fort Steuben Herb Garden



As pioneers journeyed west, they depended on nature to "fix" problems and sickness. Many also carried old world superstitions and beliefs with them.

Fort Steuben did not have an herb garden - although other forts and settlements of the time did - but dried herbs were commonly used.

Please do not sample or taste herbs as not all are edible.



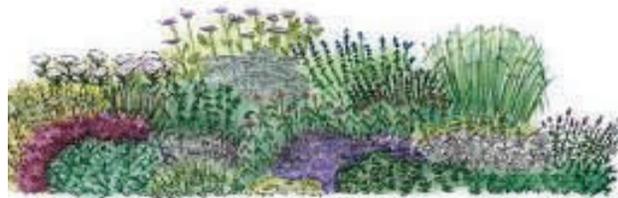
Sage- As a tea it aided digestion, gas pain and assisted the passing of kidney stones. It was also used for healing colds, fevers, epilepsy and constipation. Chewing the leaves cleaned and whitened teeth. It was said to promote health, strength and longevity. When grown in the garden, it promoted business.

Comfrey- A skin healing herb, the leaves helped to reduce skin inflammation, soothe irritation and improve skin texture. The leaves were also used to draw out a boil. The roots were used to cure dysentery and whooping cough. It was said to bring protection during travels and luck in money matters.

Rue- External uses were for ringworm, warts, and poisonous bites. Internal uses were for colic and epilepsy. It was used to treat eyestrain and sore eyes. It also was considered an insect repellent.

Oregano- Used in hot bags as an application for rheumatic swelling; good for stomach aches, promoted perspiration, and encouraged phlegm from lungs. Also used for scorpion and spider bites and to relieve itchy skin.

Lovage- A tea warmed a cold stomach and aided digestion. Added to bathwater it relieved skin problems.



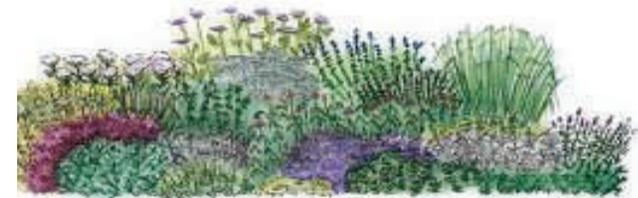
Distilled in water, it cleared the sight and when used as a face wash cleared freckles, spots, and redness. Roots eased bloating and flatulence. Chewing on a piece of dried root kept one awake.

Sweet Woodruff- Used in potpourrie. The leaves packed between woolens and linens deter moths. A salve on the wounds helped to prevent infection.

Lungwort- Since the speckles on the leaves look like a diseased lung, it was thought that this plant could cure lung ailments such as bronchioles of the grippe (pneumonia). The wrong dosage was often fatal.

Jacob Cline Monarda- aka "Scarlet Beebalm"- As a poultice it was used for skin infections and minor wounds. As a tea it helped mouth and throat infections as well as headaches and fevers.

Yarrow- The stalk was used in a treatment for pain relief, the leaves in a steam inhalant for headaches, and as a tea for digestive disorders, to reduce fever and aid in restful sleep. A poultice closed up wounds, staunched bleeding and healed burns. Chewing the leaves relieved tooth pain. The whole plant, especially the flower heads, served as a natural dye.



The Mints- A bunch was added to bathwater for its fragrance. As a tea it helped settle the stomach and aid digestion. The most popular, spearmint, was taken as a tea to comfort the nerves. They were also used in a variety of recipes. The leaves in the shoes freshened and cooled the feet.

Loosestrife- A bunch hung around the necks of a team of horses, oxen, or mules was said to ensure a pleasant journey by relaxing the animals (loosening the strife).

Chives- Used in cooking as well as medicine. Considered a preservative against pestilential air, it was said to cure ringworm and scabbed heads. Good for the "falling sickness" but bad for those oppressed with melancholy. Bunches of chives hung in the home drove away diseases and evil.

Southernwood- A popular tea for liver, spleen and stomach problems and used to kill intestinal worms. The smoke was believed to drive away snakes. As an incense it guarded against troubles. Churchgoers kept some leaves on them so that the strong scent would keep them awake.