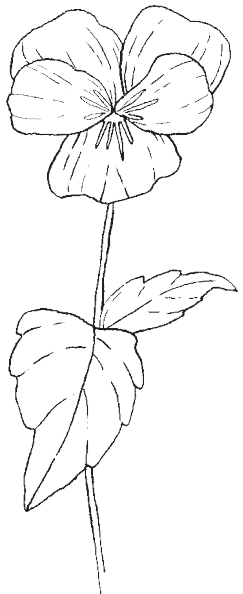
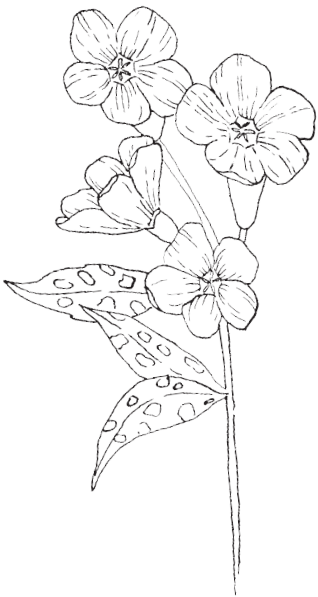
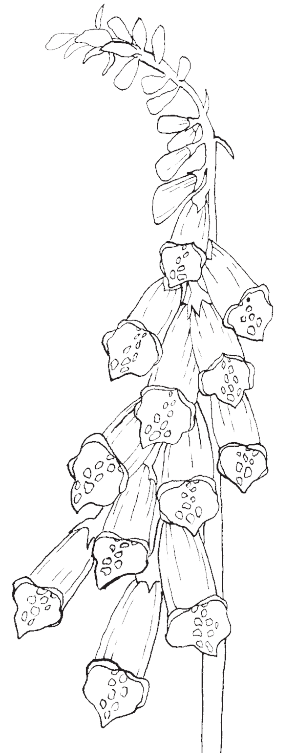
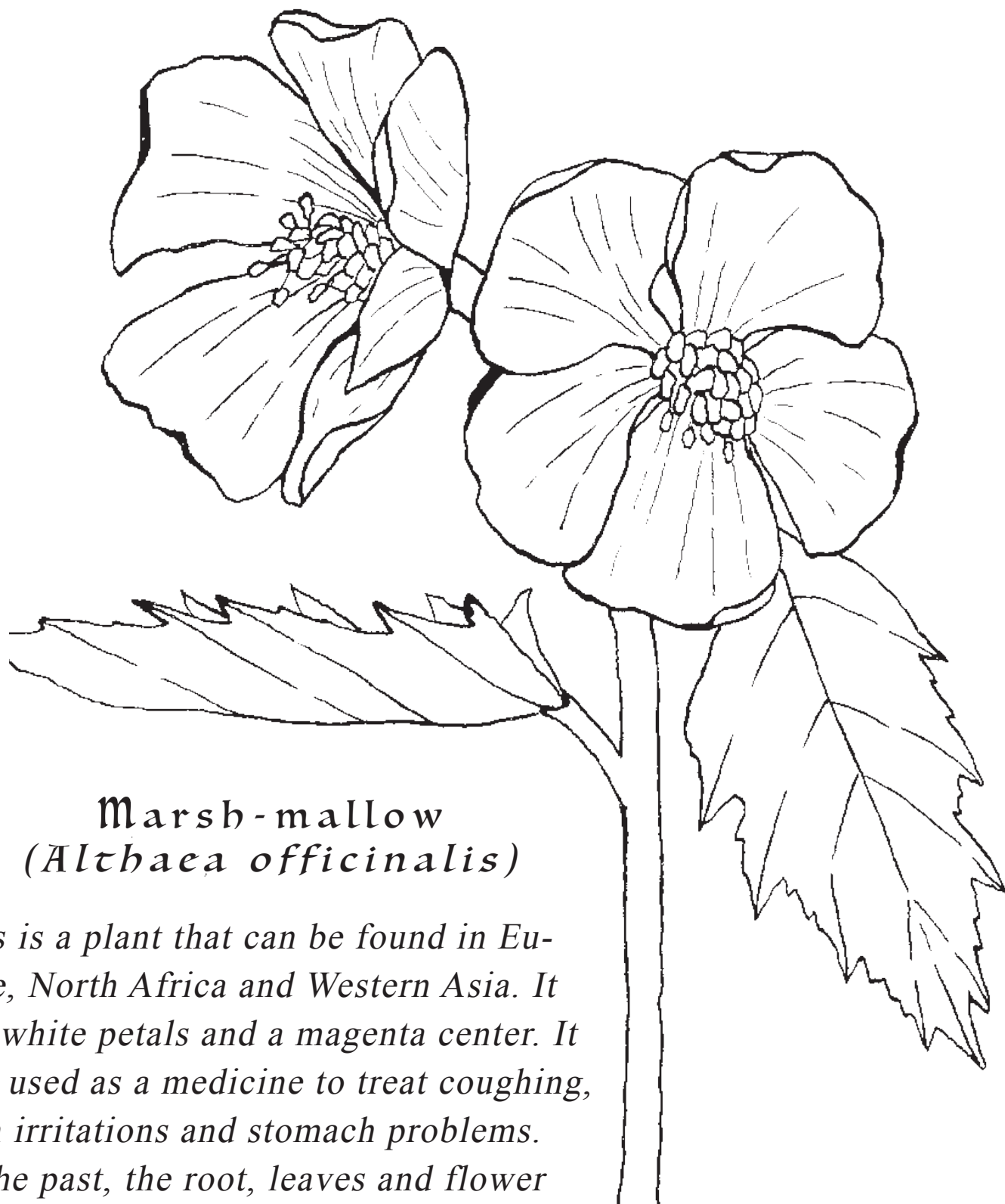


Herbal Remedies from Colonial Flushing

*Compiled by the Bowne House
Historical Society*

This booklet belongs to: _____





Marsh-mallow
(*Althaea officinalis*)

This is a plant that can be found in Europe, North Africa and Western Asia. It has white petals and a magenta center. It was used as a medicine to treat coughing, skin irritations and stomach problems.

In the past, the root, leaves and flower would be eaten. And yes, it was a treat in ancient times! However, even though it shares a name with the fluffy, white squares we eat in S'mores, it is no longer used as an ingredient.

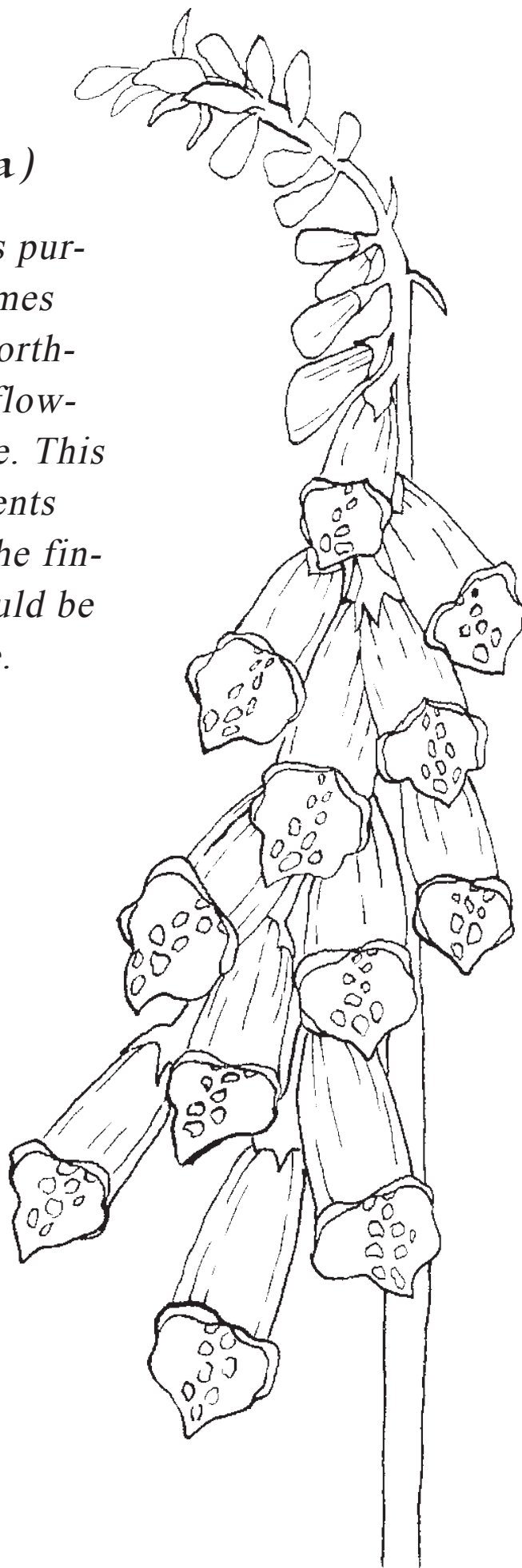


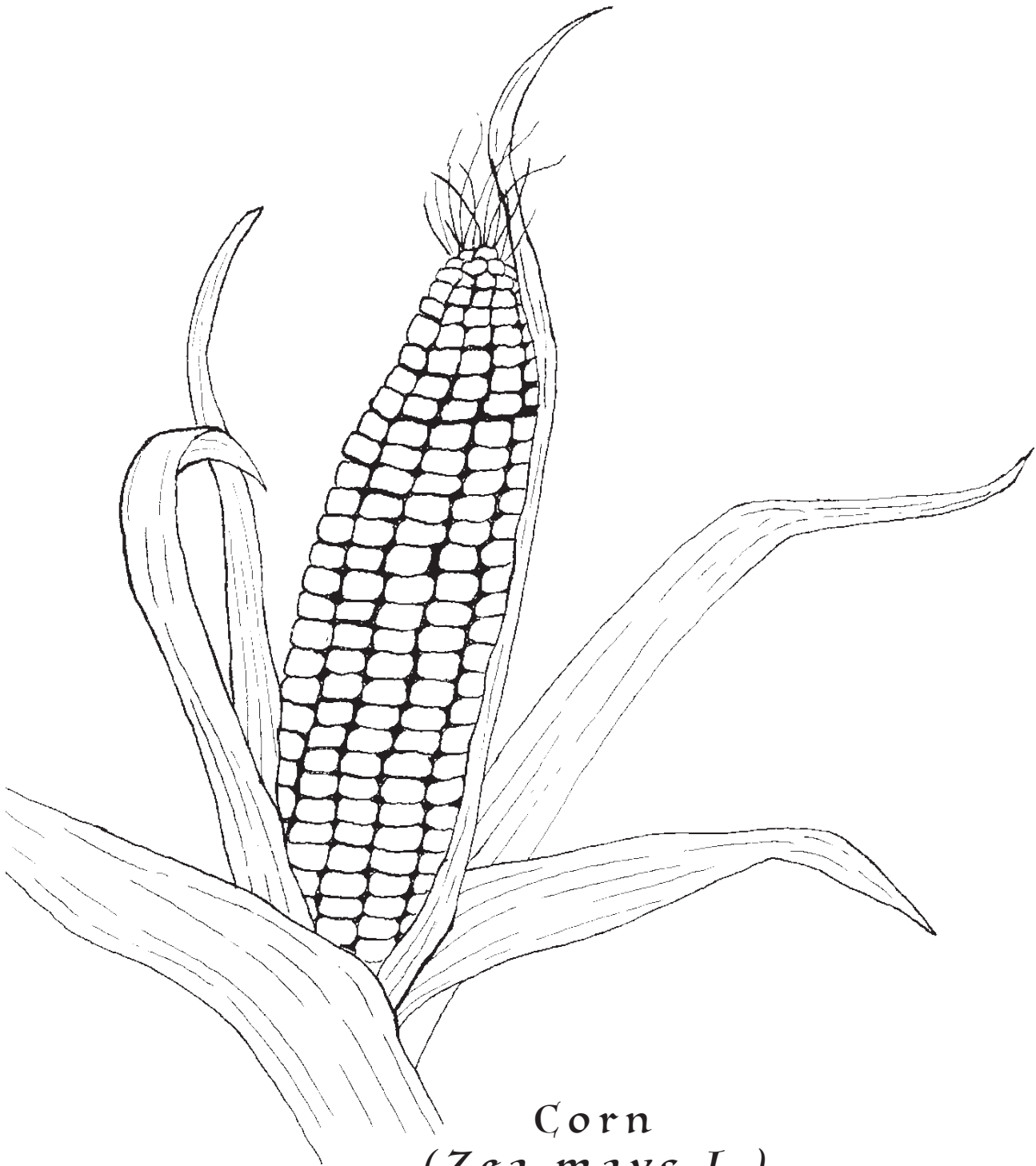
Johnny-jump-up
(*Viola tricolor*)

Johnny-jump-up is a beautiful little flower with a lot of benefits! It is known by other names: heart's ease, heart's delight, tickle-my-fancy, Jack-jump-up-and-kiss-me, come-and-cuddle-me and most commonly, the wild pansy. It is made up of purple, white and yellow petals and can be found in Europe, Asia and North America. Johnny-jump-ups were used to ease chest problems like bronchitis, asthma and lung inflammation and was also used to treat skin conditions like eczema and acne. It is also rumoured that it was used in love potions!

Foxglove (*Digitalis purpurea*)

This is a very pretty plant that has purple, white and pink flowers. It comes from Europe, Central Asia, and North-western Africa. The shape of the flowers look like the fingers of a glove. This plant was used to treat heart ailments and is very powerful. It irritates the fingers when touched, so gloves should be worn when dealing with Foxglove.





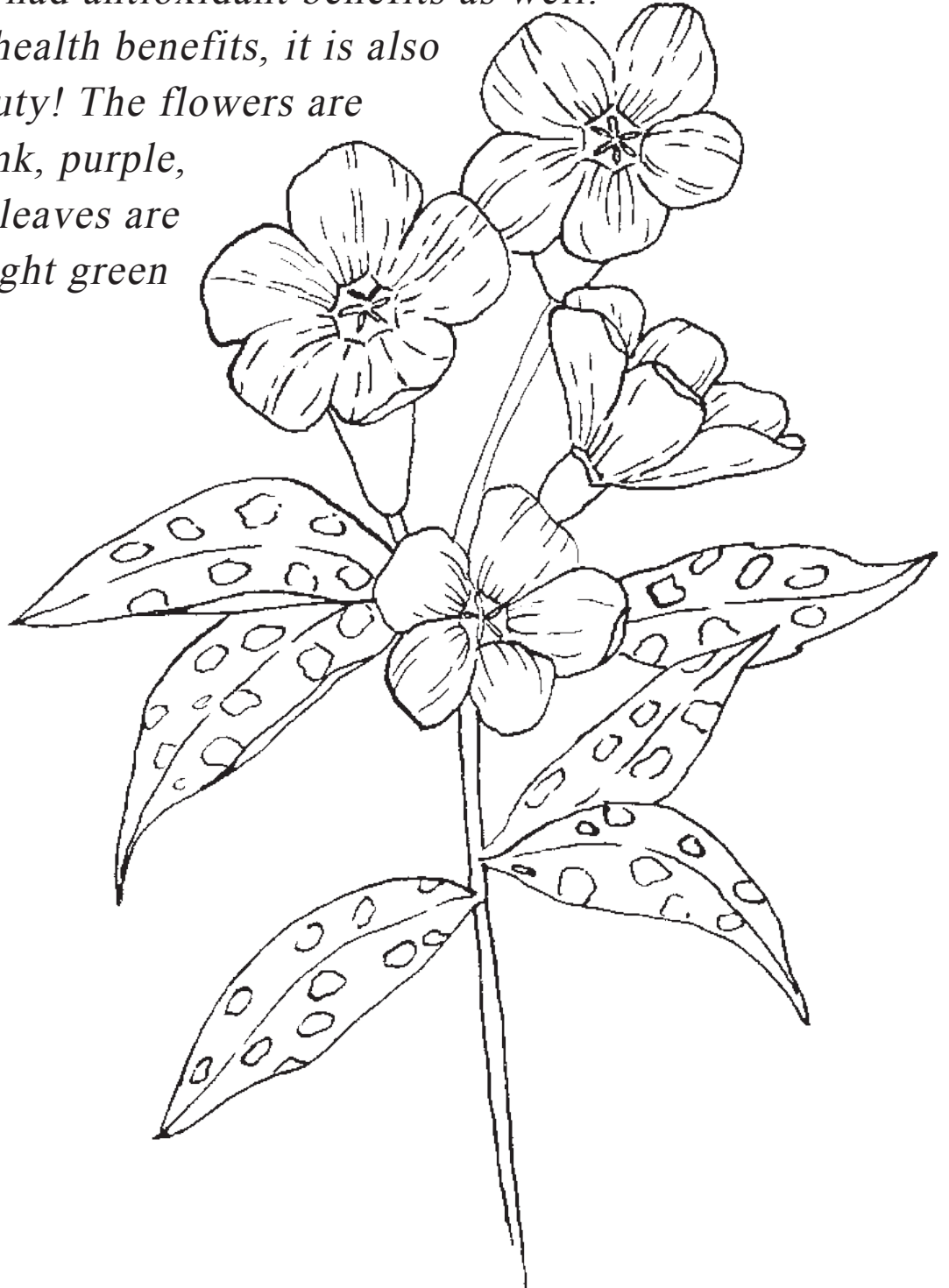
Corn
(*Zea mays* L.)

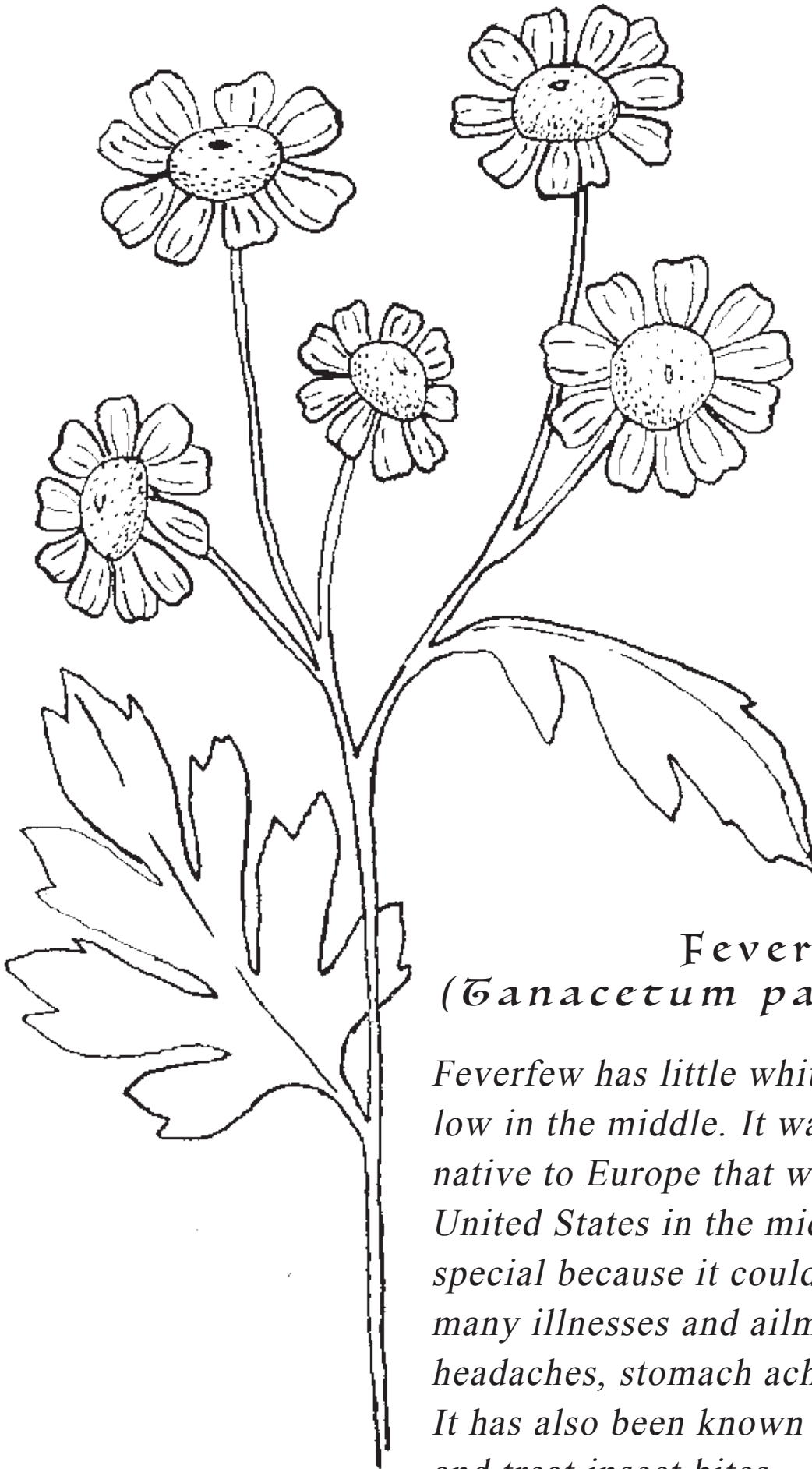
This important plant was new to the Dutch and English who came to live in North America. Corn used to be a mix of red, yellow, purple and blue. The Matinecock Native Americans that lived in Flushing at the time were experts at farming it. Corn is rich in iron, fiber and antioxidants. The last family members to live at the Bowne House talked about the corn crops that grew just a few blocks away from the house.

Lungwort (*Pulmonaria officinalis*)

Lungwort can be found growing in damp habitats and coastal areas of Europe, Asia, North America and Africa. When made into tea, Lungwort was used to treat a variety of respiratory ailments such as coughing and bronchitis, reduced inflammation and had antioxidant benefits as well.

In addition to its health benefits, it is also valued for its beauty! The flowers are a lively mix of pink, purple, and blue, and the leaves are dark green with light green spots.



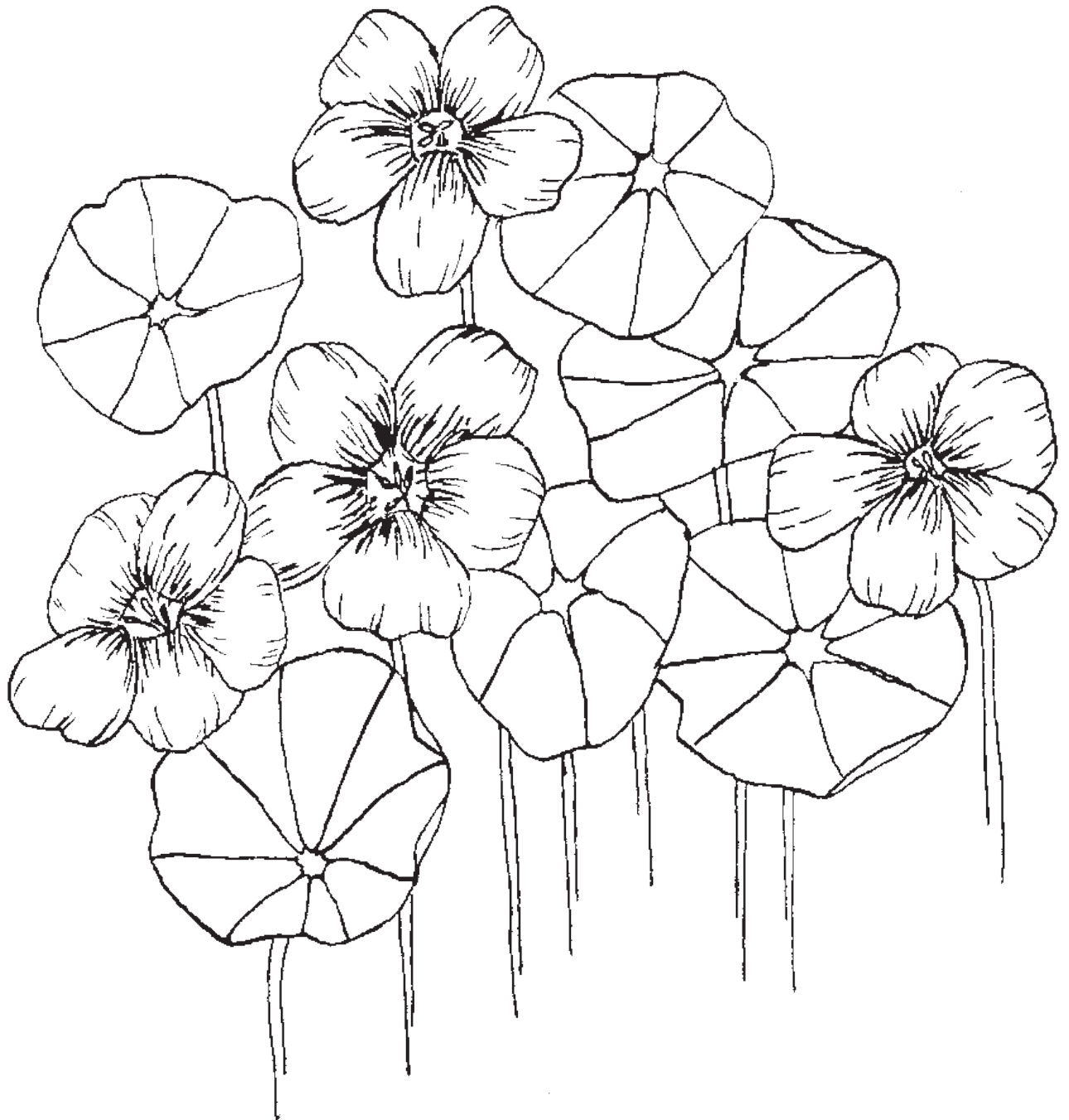


Feverfew
(*Tanacetum parthenium* L.)

Feverfew has little white petals and is yellow in the middle. It was a medicinal plant native to Europe that was brought to the United States in the mid-1800s. It was very special because it could be used to treat many illnesses and ailments such as fevers, headaches, stomach aches, and toothaches. It has also been known to repel mosquitos and treat insect bites.

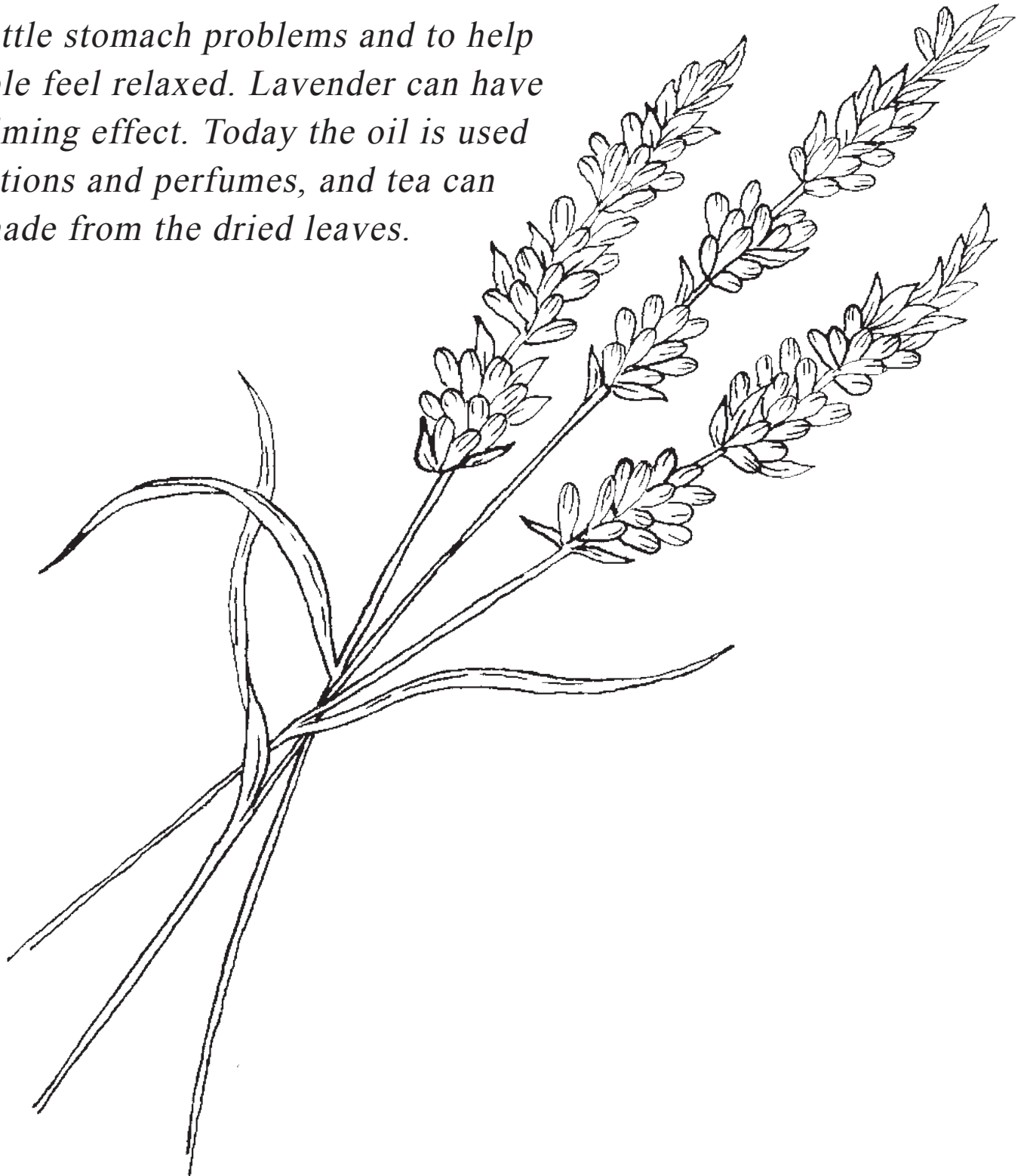
Nasturtium
(*Tropaeolum majus*)

Nasturtium is a bright orange flower originally found in the South American Andes mountains but now grows all over the Americas. It was often used as a disinfectant for wounds, and its leaves have antibacterial and antifungal properties. Surprisingly, it is edible and has a wonderful, peppery taste similar to watercress! In addition, their seeds can be pickled and used in place of capers.



Lavender (*Lavandula officinalis*)

This lovely smelling purple plant is native to the Middle East, South Europe, and Russia, but is now grown in many parts of the world. Lavender was used to settle stomach problems and to help people feel relaxed. Lavender can have a calming effect. Today the oil is used in lotions and perfumes, and tea can be made from the dried leaves.





Comfrey
(Symphytum officinale)

This lilac or magenta herb originally comes from Europe, Asia and Siberia. The roots and leaves were used for treating bruises, sore muscles and on sprained ankles if made it into an ointment. You can remember it by thinking “the comfrey will make you comfy”.

Bee Balm (*Monarda didyma*)

Bee Balm is a very beautiful, scarlet red flower that often attracts hummingbirds and bees. It is native to the United States and can also be found in some parts of Europe and Asia. Bee Balm is also known as Oswego Tea, because the Haudenosaunee Native Americans of Oswego, New York used it as a tea to treat stomach aches, colds, and sore throats. It was even known to be used as mouthwash! Beebalm grows best when enjoying plenty of sunlight.

