

## COLONIAL HERB USAGE



Almost every home in early 19<sup>th</sup> century Emmaus had an herb garden. Herbs were used in culinary, medicinal and every day household applications.

Peppermint tea was used to calm an upset stomach and relieve headaches. Sage was valued for its antiseptic properties. It was utilized to cleanse wounds and to treat sore throats and colds.

The white sap from dandelions was applied to skin to remove warts. Feverfew was employed to reduce fevers. Troubled sleep was treated with chamomile and valerian. Lambs ear was valued for its styptic properties. It was applied to a wound to stop bleeding and promote healing.

Colonists made use of pennyroyal, lavender, tansy and lemon balm to repel insects. Rosemary and chamomile were applied to hair as brightening rinses (rosemary for dark hair, chamomile for light hair).

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### Lavender Scones:

2 cups flour	½ cup walnuts, chopped
½ cup rolled oats	1½ tablespoons lavender flowers, fresh
1 tablespoon baking powder	1 egg, beaten
½ teaspoon baking soda	1/3 cup honey
½ teaspoon salt	½ cup buttermilk
¼ cup butter	1 teaspoon vanilla

Preheat oven to 400 degrees. In a large bowl, combine flour, oats, baking powder, baking soda and salt. Cut in butter until the mixture resembles coarse crumbs. Add walnuts and lavender, mixing until combined.

Make a well in the center of the flour mixture. Add the egg, honey, buttermilk and vanilla. Stir to combine, mixing to form a soft dough. With floured hands, pat the dough into a round about 1 inch thick and cut into smaller rounds using a large cookie cutter.

Place scones on a non-stick cookie sheet and bake for 12 to 15 minutes, or until lightly browned. Remove from heat and serve warm or let cool before serving.

### Herbal Tea:

If you are using fresh herbs remember to bruise the herbs slightly and use twice as much fresh herbs as dried herbs. For dried herbs add 1 teaspoon per cup of tea and add 1 teaspoon for the pot. Bring water to just UNDER a boil. Add water and herbs to the teapot and steep as desired.



By Janice Stavrou