



Kitchen Vegetable and Herb Garden



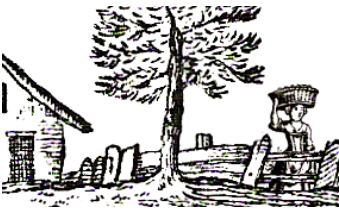
Introduction



“[it] would help... the Colony, that women should go over...get husbands among the soldiers, and be an inducement to those soldiers to settle in the Colony”
John Lord Percival, 1st Earl of Egmont

Georgia’s Trustees agreed that “woman’s work” was in the home. Tending herb and vegetable gardens daily occupied the conscientious Frederica housewife.

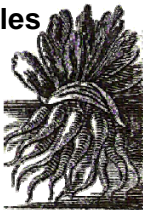
Kitchen Garden



During colonial times, the kitchen garden would have been located in the yard, near the house. Each person was given a 60 x 90 foot plot of land on which to build their home, outbuildings and plant a garden. There was more land outside the town for larger crops.

Today, Fort Frederica’s staff and volunteers have planted a representation of a kitchen vegetable and herb garden. These vegetable and herb varieties are representative of what we think was grown at Frederica. The plants are heirloom varieties purchased from Landreth Seeds in Baltimore, Maryland.

Vegetables



Carrots

- **Dwarf Horticultural Bean** may have originated in Italy in the 1700’s.
- **Early Yellow Crookneck Squash** was introduced around 1700.
- **Oakleaf Lettuce** dates back to the 17th century. Good for warm weather.
- **West India Burr Gherkin** was introduced in the 1700’s. Used for pickles and relishes.
- **Danvers Half Long Carrots** originated near Danvers, Massachusetts.
- **Dwarf Grey Sugar Peas** are edible podded peas and were introduced before 1773.

Herbs



Basil & Rosemary

- **Basil** in the mint family, used as a digestive aid and added flavor to various dishes.
- **Catnip** medicinal plant: soothes digestion, calms nerves, and relieves coughs.
- **Chamomile** used in tea and hair rinses.
- **Peppermint** used to flavor tea. Used to control coughs and soothe digestion.
- **Rosemary** was a symbol of fidelity and remembrance. Its culinary and medicinal uses are numerous.
- **Lavendar** is a fragrant herb used to scent soaps and sachets. During the 18th century, doctors used it to cure a myriad of illnesses.