



## Kitchen Garden

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### Colonial Gardens

John Lord Percival, one of the most supportive of the twenty-one Trustees, issued a charter for Georgia's government. In the early colonial records and in Percival's writings, he was commonly described as the first Earl of Egmont. In his *Journal*, this man of letters wrote that it "would help the people, the Colony, that Women should go over, who would soon get husbands among the soldiers, and bean inducement to those soldiers to settle in the Colony" after completing their military service.



His words harmonized with the designs of Georgia's Trustees. They agreed that "woman's work" was in the home. Tending herb and vegetable gardens daily occupied the conscientious Frederica housewife. Today, at Frederica we have planted a demonstration culinary and medicinal herb garden. Additionally, the garden contains fruit trees, woody shrubs and vines actively cultivated by early settlers. This garden provides an historical sampling of plants nurtured by early Georgia colonists.

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### In our Garden

Notice the conical shaped glass domes? These are called *cloches*, french for bell. Developed in the 1600's they were used by gardeners to prolong growing seasons (by trapping warm moist air) and to protect young plants from damaging weather. Crushed shells were used on the ground to provide nutrients to the soil and to prevent weeds. Raised beds were used to increase air circulation in, and provide better drainage in the soil.

During colonial times, the kitchen garden would have been located in the yard, near the house. Each family was given a 60x90' plot of land on which to build their home, outbuildings, and plant a garden. There was more land outside town for larger crops.

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## Herbs

- **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 18<sup>th</sup> century, doctors used it to cure a myriad of illnesses.

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## Vegetables

- **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 17<sup>th</sup> 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.



Basil



Sugar Peas



Lavender

Yellow Crookneck Squash

