Hononegah utilized native nuts, fruits, and tubers. The vegetables, flowers, and herbs in this pre-1850s garden are heirloom plants, not hybridized plants. Volunteers plant and weed this garden using "long lifter" (straw and pine needles), the standard of the time. No fertilizer is used. Snakes and toads eat the bugs. This is a living history garden so there will be weeds and ragged edges.

PERENNIALS

Asparagus (Asparagus recemusus): (Asia) antioxidant, anti-inflammatory, anticancer, improve blood pressure, reduce blood sugar.

Tansy (Tanacetum vulgare): (Europe) treat sore throat and fever.

Mint (Mentha): (Europe) antiseptic, antiparasitic, antiviral, treat nausea and improve concentration.

Strawberry (Fragaria vesca): (S. America) anemia, fever, soothe sunburn, tea for calming, diarrhea.

Thyme (Thymus vulgaris): (Europe) nervous conditions, digestive problems, respiratory.

Sage (Salvia officinalis): (Europe) flavoring, help digestion, antiseptic, nerve and blood tonic, chew leaves to whiten teeth, kills bacteria. Do not use during pregnancy.

Comfrey (Symphytum officinale): (Europe) use boiled leaves and roots to treat bruises, broken bones, tissue damage, sores, bites, and burns. Antibiotic topically use only.

Chives (Allium schoenoprasum): (Asia) aid digestion, mild laxative, antibiotic.

Blackberry lily (Belamcanda chinensis): (Asia in 1730’s) roots-sore throat, cough, asthma, antifungal, antibacterial, antiviral, poultice-sprains, confusions. Avoid pregnancy, possibly toxic.

Horsperadish (Armoracia rusticana): (Europe) clear sinuses, antibiotic, treat inflamed gums, lung and urinary infections, leaves—yellow dye, disease resistance for nearby plants.

Lovage (Lavisticum officinale): (Europe) digestive, reduce water retention, deodorizer, mouth ulcers, sedative, anticonvulsant. Avoid use during pregnancy or if there are kidney problems.

Hops (Humulus lupulus): (N. America) induce sleep, calming, use for beer making, preservative, treat pain, ease pain, ease digestion.

Black currant (Ribes nigrum): (Europe) food, leaves-astringent, cooking, lower blood pressure, treats diarrhea, colds, sore throat, wound dressing.

Feverfew (Tanacetum parthenium): Digestive, reduce inflammation, mild sedative, reduce headache and arthritis.

Rhubarb (Rheum officinale): (Asia) laxative, acidic leaves-insecticide, toxic, yellow dye.

Onion (Allium): (Asia) purify blood, antibiotic, flavoring.

False Indigo (Baptista australis): (N. America) immune system booster.

Apple tree (Albemarle pippin) & (Johnny apple seed)-(Malus): (Central Asia) came to America’s with the Europeans.

ANNUALS

Sorghum: (Africa) antioxidant, good for stabilizing metabolism and the immune system.

Leek (Allium porrum): (Asia) antibiotic.

Squash (Cucurbita): (America) flowers eaten, seeds eater-oil, roasted, keep worms.

Soldier beans (Phaseolus vulgaris): (America) reduce blood pressure, useful in diabetes, cooking water-pollute, clean woolers.

Green pepper (Capsicum annuum): (America) vitamin C, digestive stimulant.

Hot pepper (Capsicum annuum): (America) stimulate circulation and sensory nerves.

Tomato (Lycopersican esculentum): (America) flavoring, digestive, prevent premature aging, cleanse acne. Toxic green parts deter bugs.

Prairie flax (Linum usitatissimum): (Europe) stems-linen and flax, seeds-oil for cooking.