



# Anne B. Kratzer Educational Gardens

at The Page-Walker Arts & History Center

CARY, NORTH CAROLINA



Although an herb garden has complemented the smokehouse since 1977, the Page Educational Gardens were formally dedicated on this site in April 1995. In 2015, the garden was renamed in honor of a beloved founder of the Friends of the Page-Walker Hotel and creator of this green space, **Anne B. Kratzer**.

The gardens share the knowledge and lore of past generations through plant materials. Frank Page, who arrived in this area in 1854, was responsible for incorporating Cary in 1871. The smokehouse is the only structure that remains from the original Page homeplace, which was located on the site of the present Town Hall. In 1991, the smokehouse was moved from its original site, a hundred yards to the west, to this site.

During the 18th and 19th centuries, each household commonly maintained an herb garden. Many of the herbs have been cultivated since ancient times. The word “herb” denotes a plant with specific culinary, medicinal, industrial and ornamental uses. The Anne B. Kratzer Educational Gardens have been organized in similar groupings. However, many herbs have multiple uses covering all four categories. The plant material listed here played an important part in the daily lives of Cary’s earliest settlers.

### Codes used

- |               |                  |                                |
|---------------|------------------|--------------------------------|
| A – Annual    | M – Medicinal    | T – Tree                       |
| B – Biennial  | O – Ornamental,  | TP – Tender Perennial (Zone 7) |
| C – Culinary  | fragrance, craft | I – Industrial household       |
| P – Perennial | S – Shrub        |                                |

### Hours

The Anne B. Kratzer Educational Gardens are open from dawn until dusk for self-guided tours. For group reservations with guided tours or volunteer opportunities, contact the Supervisor of the Page-Walker Arts & History Center, (919) 460-4963.

### Please note

The Anne B. Kratzer Educational Gardens are for display only. Please do not pick or use any plant material. Any medicinal uses mentioned for the plants listed here are traditional uses, and we make no claims as to their effectiveness or safety.

**WARNING: SOME PARTS OF THE PLANTS MAY BE TOXIC. A DOCTOR SHOULD ALWAYS BE CONSULTED BEFORE USING ANY PLANT REMEDY FOR A MEDICAL CONDITION. THE TOWN OF CARY AND THE FRIENDS OF THE PAGE-WALKER HOTEL, INC., MAY NOT BE HELD LIABLE IF PLANTS ARE USED FOR ANY PURPOSE.**

**Alum root** (*Geranium maculatum*) P. 2', M

Small purple-green flowers May-June. Used by Native Americans as a healing plant; astringent for dysentery, hemorrhaging and wounds.

**Anise Hyssop** (*Agastache rupestris*) P. 18-24", C, O

Sunset orange tubular flowers summer through fall. Licorice-scented foliage. Flowers attract butterflies and hummingbirds.

**Artemisia, Silver King** (*Artemisia ludoviciana* var. *albula*) P. 18-24", O

Yellow flowers in June. Wreaths, dried arrangements, ornamental in gardens.

**Artemisia, Silver Mound** (*Artemisia schmidtiana*) P. 1' M, O

Feathery silver leaves form mounds up to 2' across. Stomach ache remedy in Japan.

**Basil** (*Ocimum basilicum*) A. 1-2', M, C, O

Bushy appearance, fragrant leaves, white flowers July-August, member of the mint family. Treatment for stomach cramps, headaches and anxiety; flavoring for Italian, Mediterranean and Thai cuisines; used in potpourri.

**Bay** (*Laurus nobilis*) S. 10-40', C, O

Inconspicuous flowers in spring. Food flavoring; wreaths.

**Beebalm** (*Monarda didyma*) P. 2-3' M, C, O

Brilliant scarlet flowers cluster in whorls July-August. Infusion for coughs, sore throat, nausea; tea blends, food seasoning; potpourri, wreaths; attracts hummingbirds, bees and butterflies.

**Betony** (*Stachys officinalis*) P. 3' M, C, I

Red-violet tubular flowers July and August. Relieves sore throat, diarrhea, headaches; tea; chartreuse dye.

**Black-eyed Susan** (*Rudbeckia fulgida*) P. 2-3', O

Golden flower with black center, blooms mid-summer to fall. Attracts butterflies.

**Borage** (*Borago officinalis*) A. 2' M, C

Blue star-shaped flowers in mid-summer. Relieves depression, fevers, bronchitis, inflammations; cucumber flavor enhances foods.

**Bugleweed** (*Ajuga reptans*) P. 5" M, I

Popular as groundcover. Blue-purple or white spikes in spring. Leaves used for black dye. Similar properties to digitalis; wound healer.

**Butterfly Bush** (*Buddleia davidii*) P. 8' O

White or various shades of purple flowers in summer. Attracts butterflies.

**Butterfly Weed** (*Asclepias tuberosa*) P. 3' M, O

Orange flowers in late summer. Treatment of pleurisy; attracts butterflies; flowers used in dried arrangements.

**Calendula** (*calendula officinalis*) A. 18" M, C, I

Yellow-orange flowers spring-fall. Treats headaches, toothaches, red eyes, bruises; substitute for saffron, colors butter and custards; yellow dye.

**Catnip** (*Nepeta cataria*) P. 1-3' M, C

Tubular long white flowers with purple spots July-September. Sedative for people, stimulant for cats, treatment for colds and cancer; used in salads

**Chamomile, Roman** (*Anthemis nobilis*) P. 9" M, O, I

Yellow daisy-like blooms in late spring to late summer. Oil used to treat inflammation, indigestion and infections; tea used for headaches; apple fragrance, used as strewing herb; used as insect repellent, yellow dye.

**Chastetree** (*Vitex agnus-castus*) S. 10'-15' M

Blue flowers June-September. Contains a main ingredient in medications for the regulation of women's hormones.

**Chervil** (*Anthriscus cerefolium*) A. 2' M, C, O

White flowers May-July. Diuretic, expectorant, cure for high blood pressure and kidney stones; seasoning for foods, drinks; potpourri, tussie-mussies.

**Chives** (*Allium schoenoprasum*) P. 18" M, C, O

Purple flowers in June. Antibiotic, combats high blood pressure and stimulates the appetite; flavoring for foods; flower arrangements.

**Chives, Garlic** (*Allium tuberosum*) P. 18" M, C, I

White fragrant flowers in summer, leaves are flat. Antiseptic; mild garlic flavoring for foods; contains calcium, phosphorus, iron; repels insects, particularly aphids.

**Clematis** (*Clematis* sp.) P. vine, M, O

Blooms spring, summer. Used for eye infections and ulcers; diuretic.

**Columbine** (*Aquilegia canadensis*) P. 1-2' M, O

Scarlet and yellow flowers in April. Effective against swelling of the spleen and liver; ornamental in gardens.

**Comfrey** (*Symphytum officinale*) P. 3-5', M, C, I

Blue, yellow or white flowers May-frost. Heals infections, relieves bronchial problems and gastric ulcers, source of calcium and B 12; leaves used in salads, teas; brown dye.

**Coneflower** (*Echinacea purpurea*) P. 1-2' M, O

Cone-shaped brown flower head surrounded by red-purple petals. Summer blooms. Roots contain antibiotic properties and relieve pain of bee stings and other wounds; used for cold remedies.

**Coriander** (*Coriandrum sativum*) A. 2-3', M, C

White to pink flowers spring or mid-to-late-summer. The seed of coriander helps upset stomach, rheumatism; used in Oriental cuisine and baked goods; the pungent leaf, known as cilantro, is used in Mexican dishes.

**Creeping Germander** (*Teucrium aroanium*) P. 12-18", M, O

It has been used in wreaths to freshen a room; has been used for joint inflammation, gout and coughs.

**Dill** (*Anethum graveolens*) A. 3' M, C

Yellow flowers July-September. Relieves colic and stomach pain; stimulates appetite, used for food flavoring.

**Elderberry** (*Sambucus canadensis*) S. 12', M, C, I

White flowers in summer. Berries used in jams, wine; yellow and violet dye from leaves and berries; skin softener.

**Elecampane** (*Inula helenium*) P. 4-6' M, C, O

Yellow sunflower-like flowers in summer. Treatment for bronchial and digestive ailments; roots used as flavoring for sweet candy; flower heads used in dried arrangements.

**Fennel** (*Foeniculum vulgare*) P. 4' M, C, I

Small yellow flowers July-October. Stimulant, soothes stomach; leaves, stems and seeds used in food flavoring; yellow and brown dye.

**Feverfew** (*Chrysanthemum parthenium*) P. 3' M, I, O

Yellow flower disks with white petals mid-summer to fall. Sedative, soothes open wounds, disinfectant; greenish yellow dye; dried flowers, potpourri.

**Foxglove** (*Digitalis purpurea*) P & B. 5' M, I

Yellow, white, pink, red or lavender flower spikes in summer. Heart stimulant; chartreuse dye.



**Galium** (*Galium verum*) P. 3' M, C, O, I

Bright yellow honey-scented flowers in summer. Also known as

**Lady's Bedstraw** (*Galium verum*) P., 3', M, I

Plant yields yellow and red dyes; used in pillows to help sleep; soothes feet in footbath; used in rock gardens and bouquets; once used to curdle milk.

**Garlic** (*Allium sativum*) P. 18" M, C, O

Cluster of white or pink flowers in early summer. Normalizes blood pressure, treats yeast and bacterial infections; food seasoning; dried flowers used in wreaths.

**Ginger** (*Hedychium*) P. 5-6', O

Our ginger collection was part of Mrs. Rachel Dunham's plant collection and was donated by Tony Avent to the garden. This variety is not the ginger that one uses in cooking. It is purely ornamental.

**Golden Oregano** (*origanum vulgare 'aureum'*) P. C, O

A robust creeper with tiny, rounded leaves 1/2 to 1 inch wide. Small, pink or lavender to purple flowers stand out above the foliage

**Helleborus** (*Helleborus niger*) P. 9-12", M, O

Used in Russia to combat weight loss; however, parts of it are toxic.

**Hollyhock** (*Althaea rosea*) B or P. 6-8' M, O

Wide range of flower colors July-August. Treats coughs, asthma, gastritis, cuts, skin disorders; ornamental in gardens.

**Horehound** (*Marrubium vulgare*) TP. 2-3' M, C

White flowers July-September. Cough treatment; syrup, candy and tea.

**Horseradish** (*Armoracia rusticana*) TP. 3' M, C

White flower stalk in summer. Pain-relieving compress, diuretic; sharp tasting white root used as condiment.

**Hyacinth Bean** (*Dolichos lablab*) P. 10-30' O, I

Purple flowers and seed pods in summer. Ornamental vine; forage and green manure for crops in tropics.

**Hyssop** (*Hyssopus officinalis*) P. 2-3' M, C, I, O

Blue or violet tubular flowers June-August. Strewn on floors for cleansing; oil used in tea to cure jaundice, and in liqueurs; as a poultice, promotes healing of bruises; flavors salads and stews; used in perfumes.

**Lambs Ears** (*Stachys byzantina*) P. 1-2' M, O

Purple spikes in early summer. Leaves used as bandages for minor wounds, antiseptic properties; ground cover.

**Lavender** (*Lavandula angustifolia*) P. 3' M, C, O

Purple blossoms June-July. Relieves congestion and fainting spells; embalming; sachets and wreaths; flavors tea, desserts, vinegar, jelly.

**Lemon Balm** (*Melissa officinalis*) P. 2-3' M, C, I

White flower dusters July-September. Sedative, skin cleanser; tea and food flavoring; insect repellent, furniture polish, potpourri.

**Lemon Grass** (*Cymbopogon citratus*) TP. 3' M, C, I

Loose clusters of grasses in summer. Used In Southeast Asian cooking, flavorings; oil used in perfumes; mosquito repellent.

**Lemon Verbena** (*Aloysia triphylla*) TP. 3-4' M, C, I, O

Lavender flowers late summer-fall. Aids digestion, reduces fevers; tea and food flavoring; cologne; potpourri.

**Lily-of-the-Valley** (*Convallaria majalis*) P. 10" I, O

White, fragrant bell-shaped flowers in spring. Perfumes, yellow dye; ornamental in gardens.

**Lovage** (*Levisticum officinale*) P. 3+', M, C

Leaves are used in salads and soup, and roots are eaten as a vegetable. Seeds are used as a spice. In the UK, it's mixed with brandy for a winter drink. Medicinally, it can increase blood flow to the kidneys.

**Madder** (*Rubia tinctorum*) P. 4' I

Greenish-white to pale yellow blossoms in early summer. Orange and red dye.

**Marjoram** (*Origanum majorana*) TP. 1' M, C, I, O

White flowers August-September. Asthma, indigestion, rheumatism; food flavoring; green dye; strewing herb, dried arrangements, wreaths.

**Mexican Marigold** (*Tagetes lucida*) P. 18", M, C, I

It is a different form of tarragon, and also repels pests (e.g. nematodes and moles) in the garden. An infusion has been used to treat colds and gastritis.

**Mint** (*Mentha spp.*) P. 2' M, C, O, I

Purple, pink or white flowers July-August. Treats indigestion, flatulence, colic; beverage, candy and food flavoring; perfumes and soaps; insect repellent; sachets, potpourri.

**Mullein** (*Verbascum thapsus*) B. 3-6' M

Lemon spike flowers June-September. Coughs, congestion, tuberculosis.

**Nasturtium** (*Tropaeolum majus*) A. 1' C, O

Red, orange or yellow flowers summer-frost. Peppery taste, used in salads; ornamental in gardens.

**Nigella** (*Ranunculaceae*) A. 12-18" O, C, M

White, pink, blue summering flowers, dried for use in bouquets, seeds of some varieties used in Middle Eastern cuisines as well as for digestive issues

**Oregano, Greek** (*Origanum vulgare hirtum*) P. 1-2' C

White flowers July-September. Best for food flavoring.

**Oregano, Italian** (*Origanum x majoricum*) P. 1-2' M, C, O

Rose-purple to white flowers July-September. Indigestion, coughs, headaches; food flavoring; flower arrangements.

**Orris Root** (*Iris x germanica florentina*) P. 30" I, O

White flowers with lavender veins and yellow heads May-June. Used in perfume, soap; root used as fixative for potpourri.

**Osmanthus** (shrub on west side of smokehouse) S. O, M

Flowers have sweet fragrance, oil used in perfumes, compound improves complexion.

**Parsley** (*Petroselinum crispum*) B. 1-2' M, C, I, O

Greenish-yellow flowers in early summer. Breath sweetener, vitamins A, C, B, calcium, potassium and iron; food flavoring; shampoo, perfume, skin lotion, edging plant.

**Pennyroyal, English** (*Mentha pulegium*) P. 1' I

Bluish-lilac flowers in late summer. Insect repellent.

**Peony** (*Paeonia officinalis*) P. 2-4' M

Flower blooms in spring, summer. Bark of root helps muscle cramps, reduces fever.

**Peppermint** (*Mentha piperita*) P. 2' M, C, O, I

Purple, pink or white flowers July-August. Tea for headaches and indigestion; food flavoring; sachets; repels animal and insect pests.

**Pink Yarrow** (*Achillea millefolium*) P. 2-3', M, O

Attractive to bees, butterflies and birds. It is considered an ornamental herb but also is used medicinally to stop bleeding.

**Rose** (*Rosa rugosa*) S. 3-6' M, C, I, O

Red blossoms May-frost. Tonic for sore throat, stomach disorders; rosehips; high in vitamin C, B, E, K; perfume, soap; ornamental in gardens.

**Rosemary** (*Rosmarinus officinalis*) TP. 2-5' M, C, I, O

Pale blue flowers in spring. Treats intestinal disorders, rheumatism and wounds; food flavoring; yellow-green dye; sachets.

**Sage** (*Salvia officinalis*) P. 12-30" M, C, I, O

Pink, purple, blue or white flowers in June. Treatment of sore throats, cuts and bruises, lowers blood sugar; food flavoring; perfume, insect repellent, yellow and green/gray dye; wreaths.

**Sage, Pineapple** (*Salvia elegans*) TP. 2-3', C, O

Brilliant red flowers mid to late summer. Drinks and food flavoring, ornamental in gardens.

**Sage, Purple** (*Salvia purpurea*) TP. 18" C, O

Compact, aromatic, purple foliage. Use in stuffing, sausage, omelets, soups and stews.

**Salad Burnet** (*Poterium sanguisorba*) P. 1' C, O

Small pink flowers May-June. Cucumber-like food flavoring; ornamental in gardens.

**Savory, Summer** (*Satureja hortensis*) A. 12-18" c, M

White or pale pink flowers mid summer-frost. Tea used for stomach and throat problems; food flavoring for soup, vinegar, butter and vegetables.

**Savory, Winter** (*Satureja montana*) P. 6-18", M, C

White or lilac flowers July-September. Food flavoring for game meats; rub on wasp stings.

**Scented Geranium** (*Pelargonium species*) TP. 3' C, M, O

Pink flowers in summer. Food flavoring; fragrance, potpourri; used in aromatherapy and for dry skin.

**Sneezewort** (*Achillea ptarmica*) P. 1-2', M, C, I, O

Dried leaves are used as a sneezing powder; although the plant is poisonous to horses and cattle, leaves are chewed to relieve a toothache. (I wouldn't try this!) Its leaves act as an insect repellent and contain an oil that is used medicinally.

**Soapwort** (*Saponaria officinalis*) P. 1-2' I

Pink or whitish flowers July-September. Roots and leaves make suds to wash old fabrics and cleanse skin.

**Sorrel, French** (*Rumex scutatus*) P. 18-24" M, C

Yellow-green flowers in spring. Diuretic; food flavoring.

**Southernwood** (*Artemisia abrotanum*) P. 5' M, I, O

Yellow-white flowers in August. Antiseptic, worming medicine; insect repellent, yellow dye; wreaths, ornamental in gardens.

**Spearmint** (*Mentha spicata*) P. 3' M, C, I, O

Sharply pointed, lance-shaped leaves. Helps insomnia; reduces fever and pain; soothes skin; repels animal and insect pests.

**St. John's Wort** (*Hypericum perforatum*) P. 2' M

Used as treatment for depression. Some standardized extracts are sold over-the-counter.

**Sunflower** (*Helianthus annuus*) A. 12' M, C, I, O

Large yellow-rayed flowers in summer. Seeds ground into meal for breads, puddings, soups; oil seasons food and makes paint; infusions for snake bites and chest pains; juice applied to wounds.

**Sweet Flag** (*Acorus calamus*) P. 3' I

Greenish-yellow flowers in mid-summer. Strewing material, oil used in perfumes.

**Sweet Woodruff** (*Galium odoratum*) P. 8"; C, I, O

White flowers in May-June. Flavors May wine; tan dye from stems, red dye from roots; wreaths, sachets.

**Tansy** (*Tanacetum vulgare*) P. 2-3' I, O

Yellow flowers July-September. Insect repellent, yellow-green dye; dried flowers.

**Tarragon, French** (*Artemisia dracunculus*) P. 2-3' C

Greenish-white flowers in summer. Anise-flavored leaves for food flavoring and vinegars.

**Thyme** (*Thymus vulgaris*) P. 1' M, C, O

White to pale pink flowers in June-July. Also called Common Thyme, English Thyme. Eases coughs, digestion aid, antiseptic, anti-fungal, oils for aches, pains, depression; food flavoring; sachets, soap, toothpaste, mouthwash. (NOT to be given to pregnant women.)

**Valerian** (*Valeriana officinalis*) P. 3-5' M, O

White flowers June-September. Sedative, painkiller; ornamental in gardens.

**Yarrow, White** (*Achillea millefolium*) P. 3' M, I, O

White flowers June-September. Heals wounds, reduces fever, colds, flu and pain; yellow dye; flower arrangements.



## Trees of special interest

Three common native trees of special interest are located on the grounds of the Page-Walker and Cary Town Hall.

The young **White Oak**, *Quercus alba*, located to the east of the Page-Walker entrance, is a seedling from the famous Henry Clay Oak that grew near the intersection of North and North Blount Streets in Raleigh, until it died of disease in 1991. It became famous after it reportedly shaded noted politician and presidential candidate Henry Clay on his 1844 campaign visit to Raleigh, where he wrote his "Raleigh letter" to the media opposing the annexation of Texas. Prior to the tree's death, acorns were collected and seedlings were distributed to schools and others for planting on public property. This tree was provided by the Capital Trees Program to honor the long service of Page-Walker volunteer and board member, David Grant.

The memorial brick courtyard of the Page-Walker Arts & History Center is shaded by a massive **Willow Oak**, *Quercus phellos*. The tree was given a Capital Trees award in 2000 for its location on the historic Cary site. The tree contributes important ambiance and cooling shade to the site.

A new Cary landmark is the **Eastern Red Cedar**, *Juniperus virginiana*. It received Capital Trees Program recognition in 2002, and is the centerpiece for the annual holiday tree-lighting ceremony. The cedar was moved from a local pasture to the Town Hall Campus in the late 1980s for the purpose of establishing the town holiday tradition.

Capital Trees Program information: [www.tjcoq.dst.nc.us/members/captrees.htm](http://www.tjcoq.dst.nc.us/members/captrees.htm)

## Acknowledgements

The major reference used to compile the information in this brochure: Kowalchik, Claire and William H. Hylton, eds. *Rodale's Illustrated Encyclopedia of Herbs*. Pennsylvania: Rodale Press, 1987. With grateful appreciation to Mrs. Rachel Dunham who shared her love of herbs with fellow gardeners. Her vast knowledge of plant materials was invaluable in establishing the first herb garden around the smokehouse in 1977. The gardens are maintained by Page-Walker garden volunteers. If you are interested in volunteering, please call (919) 460-4963.

## Sponsors

The Town of Cary and the Friends of the Page-Walker Hotel sponsor the Anne B. Kratzer Educational Gardens by contributing funds and support. This project is also funded in part by a grant from Cary's Cultural Arts Committee and through the Friends of Page-Walker's annual Herbfest.

**TOWN of CARY**  
PARKS, RECREATION &  
CULTURAL RESOURCES

[www.townofcary.org](http://www.townofcary.org)



**FRIENDS OF THE  
PAGE-WALKER HOTEL**

[www.friendsofpagewalker.org](http://www.friendsofpagewalker.org)