Welcome to the Fulton Mansion herb garden! Right now, you should be standing near the same spot as the young lady in this old photo. Right behind the Mansion, in the front right corner of the garden, closest to the house, you will find our herb garden. The Fultons also would’ve called this their “kitchen garden,” because they used many of the herbs located here for cooking. These herbs were used for a LOT more than cooking though. In the 1870s when the Fultons lived here, there was no Walgreens, Wal-Mart, or H.E.B. They had to be pretty creative with what they had. They would have also used their herbs to make homemade cleaning and toiletry items like shampoo!
First...you need to know which herbs are useful around the house. Then, we will see if you know how the Fultons might have used them. Can you match these herbs with their name?

**Hint**-there are little signs in the garden to help you identify herbs.

Once you have identified these four herbs, choose ONE and take a sprig. You are going to create a rubbing as evidence of this completed mission! Make sure to put the page below in your Nature Challenge scrapbook.

(Instructions for rubbing on following page)
Name: _____________________________

Leaf Rubbings

Take a walk outside and find a leaf. Then put it under the paper and lightly rub over the leaf using the side of a crayon. Then glue or tape the real leaf beside it.

My Leaf:

My Leaf Rubbing:

Glue or tape your leaf here.

Where did you find your leaf? _____________________________

What color is your leaf? _____________________________

How long is your leaf? ________ inches
The Fulton’s didn’t have Clorox Cleanup, Febreeze, Windex, or other cleaning products we are familiar with. But, they would’ve used herbs from their garden to help with cleaning duties around the house. In the 1870s, cookbooks featured not only food recipes, but “household” recipes for do it yourself cleaning products since many Americans lived miles from a city or store. Here’s a modern take on an herbal cleaning product that you can try at home! You can save money and not inhale all those nasty chemicals while cleaning.

You should be able to find castile soap and thyme leaves at the supermarket.

“Cinderella” Cleaner

Use this all-purpose cleaner on washable walls, countertops—you name it! The herbs contribute both scent and antiseptic properties.

1 cup liquid castile soap  
6 cups water  
¼ cup lemon juice  
¼ cup thyme leaf tea, strained

Swish all ingredients together in a cleaning bucket, and use with soft, colorful cotton rags!

Go to http://www.frontiercoop.com/learn/hs_cleaningwithherbs.php to find more modern herbal cleaning recipes!
Many people assume that Victorians (people who lived from around 1840-1900 during the reign of Queen Victoria in England) were a smelly and dirty bunch. While they probably did not bathe as often as we do, they still worked very hard to keep up with personal hygiene. We know from letters that the Fulton family bathed every day, which was especially nice since their house had 2 and ½ bathrooms, indoor plumbing, and hot and cold running water! We also know that they had many recipes for homemade toiletries using herbs.

You may wonder how they washed their hair. They would use soap without any of the nasty chemicals and additives that we have today. We challenge you to the Victorian hair challenge...

Wash your hair every other day with this recipe for homemade herbal shampoo. Take pictures if you would like and add them to your scrapbook. Document how your hair felt...healthier? Greasier? Feel free to take rosemary from our garden to make this shampoo.

Castile soap and oils available at most drugstores or health food stores.

Ingredients:

1/4 cup hot water
1 tablespoon dried rosemary
1/4 cup liquid castile soap
2 tablespoons sweet almond oil
few drops of tea tree oil
1/4 teaspoon essential oil(optional)

Steep the dried rosemary in the hot water for a few minutes stirring occasionally to help release the fragrance. Combine everything else in a small spray bottle (The spray bottle helps regulate the amount used, since, it is so runny.) After the rosemary has steeped add the water to the mixture.

To use you may keep it in the shower. Just shake it up before spraying on your head. Massage scalp for a few minutes before rinsing out. Longer, thicker hair may need a conditioner to keep tangles at bay.

(Taken from: http://msdanie.wordpress.com/2013/07/26/how-to-homemade-rosemary-shampoo/)