

Kitchen Garden Plant List for the St. Clare Garden

**St. Clare's Garden at Santa University
Santa Clara University, Santa Clara, California
Nancy Lucid, September 2005**

<http://www.scu.edu/stclaregarden/>

This is a list of the plants in the kitchen garden bed at the St. Clare Garden. St. Clare and her religious sisters would have cultivated these and others (such as onions and fava beans) in the small garden at San Damiano. The garden's produce supplemented the bread the women were given by local begging friars and generous neighbors. Leeks, kale, chives, and parsley were important sources of vitamin C in the medieval diet. Parsley is known to have been one of St. Francis' favorite foods.

There are some modern substitutions on this list. Kale was not grown in medieval Italy, but it looks more like the leaf cabbage of the middle ages (Colewort) than today's modern head cabbage. Cabbage and Kale are closely related members of the Brassica family.

BOTANICAL NAME

COMMON NAME, MARY GARDEN NAME

WWW.MGARDENS.ORG

Salvia officinalis 'Icterina'
Satureja Montana
Thymus vulgaris 'argenteus'

Sage, Mary's Shawl
Winter Savory
Thyme, The Virgin's Humility

ANNUALS

Allium porrum
Allium schoenoprasum
Beta vulgaris
Brassica oleracea
Ocimum basilicum
Petroselinum crispum
Satureja hortensis

Leek
Chive, Our Lady's Garleek
Beets (or Swiss Chard)
Kale
Basil
Parsley, Our Lady's Lace
Summer Savory