SEASIDE HERB SOCIETY

January-February 2013 Ormond Beach Florida

HERB FAIRE–March 23rd

We gather in the spirit of friendship and cooperation to learn more about herbs, and to use this knowledge to educate and benefit others–Jay Cortright

Message from our President

...Carol Chillemi

Welcome to the first newsletter of 2013. Happy New Year, again. More importantly, Happy Valentine's Day. Be good to yourself. If you don't or won't love yourself then who can you love!!! (You thought that Dr. Phil had all the words of wisdom.)

The next few months are going to be busy for us, getting ready for the Spring Herb Faire, this year on March 23rd. Everyone should have a 'job' the day of the faire. If we all work, we can lessen the load for everyone. Be thinking about what task or tasks you would like to assume before and during the Faire. Stephanie will have sign up sheets this Saturday. We will also have our breakfast goods and bake table. Please start thinking about what you want to make for the Faire. Last year, I made 2 spinach pies. They were sold before they hit the table. (I wasn't always this humble.) I also made toffee bars. If you don't bake, find someone who does and barter. The breakfast food and baked goods table was highly successful last year.

Think about new and inventive ways we can advertise the faire. Speaking of advertising, on Saturday March 2nd the herb society is responsible for "decorating" one of the main display cases as you walk into the adult section of the Ormond Beach Library at the corner of Granada and Beach Street. This display gives us an opportunity to help the public become aware of herbs, the Seaside Herb Society and the Spring Herb Faire. We will set up starting at 8 am and must be finished before 9 am when the library opens. You can bring books, 'herb' items, etc. The display comes down the end of March. If you are not available to help and have something you think would enhance our display, please let Stephanie or me know.

Wes Winters of Green Winters Nursery will be our speaker this coming Saturday. He will tell us how to deal with salt and heat tolerant herbs.

The herb for February has changed. It is fennel. We made a host team decision to change since there weren't a great many recipes for sassafras.

Temporary signs are being made for the garden. If they are done by the meeting, I will bring them.

That about wraps this message up. Thank you once again for your work to make The Seaside Herb Society a viable nonprofit for Ormond Beach. See you Saturday. Stay well. Be happy. Should I break out in song?

Upcoming Meetings & Events

February 16, 2013

The herb for this month is fennel, a change from sassafras as originally listed in the schedule.

Our program on heat and salt tolerant herbs will be presented by Wes Winters of Green Winters Nursery.

March 2, 2013

Members are needed to decorate the display cases in the Ormond Beach library. See the details in the above message from Carol Chillemi.

March 16, 2013

This will be our final meeting before the Herb Faire and will be packed with last minute plans and updates. If you haven't signed up for a work station before this meeting, please do so. Any who do not sign up will be assigned to help where needed on the day of the Faire.

The herb for the March meeting is oregano.

RECENT HAPPENINGS

September Tastings

November Tastings

December

Our annual Christmas party on December 15th was well attended. It was held as a luncheon at the home of Carol Chillemi's son whose large sunroom is an ideal place for such a gathering. Members had signed up to take a dish so there was a great selection of main dishes, salads and desserts along with beverages.

Prepping before the feast

Lots of food

...and conversation

January

Our meeting on January 19th was before a packed house of more than 30 folks, almost half of whom were guests or "old" members returning for a visit. Several of our guests have joined the Herb Society, so our membership is growing.

Meg Vandereedt, a regular vendor at our spring Herb Faire, explained her methods for determining the herb and spice blends she sells and the best uses for each.

SENDING BIRTHDAY WISHES

...to our Herbie members who celebrate a birthday early in the year:

Deb Sanfilippo	January 6
Evelyn Andress	January 13
Jackie Rodriquez	January 28
Pat Reedy	February 17
Jane Peterson	March 8
Violet Miller	March 10
Virginia Thompson	March 23

WELCOME TO OUR NEW MEMBERS

...sending a warm Herbie welcome to:

Donna Bennett
Debbie McKenna
Jackie Rodriquez

NEWS & NOTES

Our Website

Remember our new website is at http://www.seasideherbsociety.com/
Check it out for information between meetings, and remember the private side (for members only) can be accessed by typing h3rbi3 as the password.
Sue Fowler is maintaining the site and has asked if you have any suggestions to contact her at vicsue@hotmail.com

Newsletter Articles

Our newsletter could use your input! What have you planted in your winter herb garden...tell us about your summer successes or failures...pass along tips or suggestions ...tell us about your biggest herb challenge over the summer...did you take some photos to share?

Don't forget the World Beyond Our Herb Gardens: if you have some travel plans that involve herbs or gardens, near or far, write about the special events, places visited, people met, herbs you tasted in the food enjoyed. If you have a photo of sights seen that would be an added bonus to your story.

Send your articles, photos or stories to me at pelicanpatrol@mindspring.com

A WORD ABOUT HERBS

...Susan Sauro

Chervil

Chervil is a hardy biennial growing in clumps about 1-2 feet tall with sweet-scented, bright lacy foliage. It produces clusters of small white flowers in spring and summer, followed by large seedpods. This herb which resembles parsley is often grown as an annual. It grows in the wild but as chervil may be confused with poisonous hemlock it is safer not to harvest from the wild.

Native to the Middle East and southern Russia, records indicate chervil was first cultivated around the first century in Syria. There it was eaten as a vegetable, while ancient Romans used it as a flavor-enhancing herb. Its value during the Middle Ages was for its medicinal qualities for cleansing the liver

and kidneys. It was traditionally eaten during Lent because of these cleansing qualities, and thought of as a "spring tonic," a welcome change after a heavy winter diet of few, if any, fresh vegetables.

Chervil is widely cultivated in warm and temperate climates, preferring light, moist soil, needing warmth and shelter in the winter and some shade in summer. The plant runs to seed rapidly so sow a little, often--about every six weeks--in a cool, sunny, moist bed. This will provide an ongoing supply, ready for harvesting in about six to eight weeks, and should be cut just before flowering. But it will self-seed if left alone. Chervil does not transplant well but makes a pretty and edible houseplant.

In France and much of central Europe, it is often considered the gourmet cook's parsley. It has never gained such popularity in Britain or North America. The delicate leaves of the chervil plant are used in fish and egg dishes, in salads, soups and vinaigrettes and as a garnish. With its delicate aniseed flavor it is best used fresh rather than dried. When cooked it should be for only a short time so the subtle flavor is not diminished. It is especially valued in France where it is an essential ingredient, along with chives, tarragon and parsley, of "fine herbes."

Food We Have Enjoyed at the Meetings

Please remember to include **your name** if you hand me a printout of your recipe so I can credit you in the newsletter or so I can contact you if I have a question about the recipe. You can give me a printout of your recipe or send it to me in an email (or as an attachment)–that saves me having to retype! Thanks!

My address is (and if my spamblocker blocks you, don't worry, I will be notified): pelicanpatrol@mindspring

Our herb in January was **cardamom**:

Oatmeal Cranberry Cookies
1 c unsalted butter
3/4 c granulated sugar
3/4 c brown sugar
2 large eggs
1 tsp vanilla extract
1 ½ c flour
½ tsp salt
1 tsp baking soda
1 tsp cinnamon
½ tsp nutmeg
1/4 tsp **cardamom**
3 c rolled oats
1 c dried cranberries

Preheat oven to 350*. Cream butter and sugars until fluffy. Add eggs and vanilla. Combine dry ingredients. Add to butter mixture and stir until well blended. Add cranberries.
Drop by tsp onto parchment-covered baking sheet.
Bake 10-12 minutes, or until golden brown. Cool.
Makes 5 dozen cookies.

Strawberry Cardamom Coffee Cake
Streusel:
1 c flour
2/3 c brown sugar
1/4 tsp **cardamom**
1/4 tsp salt
½ c unsalted butter

Strawberry mixture:
Mix 1 ½ c cut up strawberries with 2/3 c strawberry jam.

Cake:
2 ½ c flour
1 tsp baking powder
½ tsp baking soda
1 tsp **cardamom**
1 tsp cinnamon
½ tsp salt
3/4 c unsalted butter
1 c sugar
3 large eggs
1 c sour cream or plain yogurt
1 tsp vanilla extract

Preheat oven to 350*. Coat a 10" non stick angel food cake pan with cooking spray.

Make streusel: whisk flour, brown sugar, cardamom, salt in a medium bowl. Cut in butter with pastry blender until mixture resembles coarse crumbs.

Make cake: sift flour, baking powder, baking soda, cinnamon, cardamom and salt; set aside. Put butter and sugar in another bowl and mix until fluffy. Reduce speed and add eggs, one at a time. Add flour mixture in 2 batches, alternating with sour cream. Mix in vanilla extract.

Spoon half of the batter into prepared pan. Mound berry mixture in ring. Top with remaining batter. Sprinkle streusel on top of batter.

Bake until golden brown and cake tester comes out clean, 60-65 minutes. Cool 15 minutes, then remove cake from pan, inverting onto a baking sheet then re-inverting onto cake plate.

Moroccan Couscous
Makes 8 servings

1 1/4 tsp gd cumin
½ tsp gd ginger
1/4 tsp gd cloves
1/8 tsp gd cayenne pepper
½ tsp **gd cardamom**
1/4 tsp gd coriander
1/4 tsp gd allspice
1 Tbs olive oil
1 red onion, cut in half and thinly sliced
1 red, green or yellow bell pepper, cut into 1" pieces
2 zucchinis, halved lengthwise and cut into 3/4" pieces
½ c golden raisins
1 tsp kosher salt
grated zest of one orange
1 (14.5 oz) can low sodium garbanzo beans, rinsed & drained
1 ½ c chicken broth
½ c orange juice
1 ½ c couscous
3 Tbs chopped fresh mint

Place a large, heavy bottomed pot over medium heat. Stir in the cumin, ginger, cloves, cayenne, cardamom, coriander and allspice; gently toast until fragrant, about 2-3 minutes. Stir in oil and onion, cook until softened. Stir in the bell pepper, and zucchini; cook for 5 minutes. Stir in the raisins, salt, zest and garbanzos.
Pour in the chicken broth and orange juice; turn heat to high and bring to a boil. When the mixture is boiling, stir in the couscous and remove from heat; cover, and let stand 5 minutes. Fluff with a fork, and fold in chopped mint.

At our November meeting we featured **marjoram**.

Pineapple Marjoram Cocktail
...Ann Jacoby

2 Tbs **marjoram** (chopped)
1 pt (600 ml) pineapple juice
½ pt (300 ml) sparkling mineral water
a dash or two of bitters
(for the version with alcohol: a measure of vodka per person; optional)
marjoram flowers for decoration

Stir the chopped herbs into the pineapple juice and chill for several hours. When ready to serve, strain and stir in the mineral water. Add dash of bitters.
Float marjoram flower on top to decorate
(Note: we had the non-alcohol version)

Pineapple Walnut Cookies with Marjoram
...Ann Jacoby

½ c brown sugar
½ c granulated sugar
½ c shortening
1 egg
½ c crushed pineapple
2 c sifted flour
1/4 tsp salt
1/4 tsp baking soda
2 tsp baking powder
1 tsp dried **marjoram**
1 tsp lemon extract
2/3 c chopped walnuts

Cream sugars, shortening and egg. Add pineapple. Then sift flour, salt, soda, baking powder together. Stir in marjoram. Add to sugar mixture. Add lemon extract and walnuts.

Drop by teaspoonfuls onto a greased cookie sheet and flatten with the bottom of glass dipped in sugar.
Bake at 350F for 12-15 minutes or until lightly brown around edges.
Hints: Grease bottom of glass to start. Use baking parchment instead of greased cookie sheets.
Makes 5 dozen cookies.

Easy Crescent Veggie Pizza
...Marian Huey

2 cans (8oz each) refrigerated crescent dinner rolls
1- 8oz pg cream cheese, softened
½ c sour cream
2 tsp **marjoram**
1/8 tsp garlic powder
½ c small fresh broccoli & cauliflower florets
½ c chopped red & yellow bell pepper
(may also use chopped onion)
1/3 c quartered cucumber slices
1 plum (Roma) tomato, seeded, chopped
1/4 c shredded carrot

Heat oven to 375*
Unroll both cans of crescent dough; separate dough into 4 long rectangles. In ungreased 15x10x1" pan, place dough; press in bottom and up sides to form crust.
Bake 13 to 17 minutes or until golden brown. Cool completely, about 30 minutes.
In small bowl, mix cream cheese, sour cream marjoram and garlic powder until smooth. Spread over crust. Top with vegetables.
Serve immediately, or cover and refrigerate 1 to 2 hours before serving.
Cut into 8 rows by 4 rows.
Makes 32 servings.

Zucchini Squares
...Marsha Smyth

3 c thinly sliced zucchini
1 c bisquick
½ c grated parmesan
½ c diced onion
2 Tbs parsley

1 ½ tsp **marjoram**
salt & pepper
1 garlic clove, chopped
4 eggs
½ c canola oil
½ c. grated mozzarella

Heat oven to 350*. Grease a 13x9x2" pan. Mix all ingredients and spread in pan. Bake until golden brown, approximately 25 minutes (a few minutes under the broiler may help to get that golden brown).
Cut into squares.

Tomato and Rice

12 round, large tomatoes
3/4 c rice (medium grained will be fine/not short grained)
1 clove garlic
5 Tbs olive oil
3 Tbs freshly grated Parmigiano
Salt & pepper to taste
1 c dry white wine
fresh shredded basil or **marjoram**

Boil the rice in lightly salted water and when it reaches the al dente stage drain it and run it under cold water to keep it from cooking further.
Meanwhile, wash & dry the tomatoes, then cut around their caps and scoop out the pulp with a spoon, being careful not to puncture the tomatoes. Do the scooping over a bowl so as to catch all the liquid that drips from the tomatoes as well; then blend the pulp and juice. Then combine the blended tomato pulp with the remaining ingredients except the wine.
Preheat oven to 375*
Stuff the tomatoes with the filling without tamping down too hard; replace the caps and put them in a lightly oiled oven proof dish. Pour the wine into the dish and bake the tomatoes until done, about 45 minutes. Serve your tomatoes stuffed with rice, either hot or cool.

Toasted Pita Salad
...Susan Sauro

2 (6") pitas, split in half horizontally
3 c chopped tomato (about 4 medium)
1 ½ c chopped English cucumber
1/4 c finely chopped red onion
1/4 c chopped fresh **marjoram**
2 Tbs chopped fresh flat-leaf parsley
2 Tbs fresh lime juice
1 tsp gd cumin
4 tsp extra-virgin olive oil
½ tsp salt
½ tsp freshly ground black pepper
½ tsp honey

Preheat oven to 350*
Place pitas on a baking sheet; bake at 350) for 10 minutes or until crisp. Cool completely; break into small pieces.
Combine tomato and next 4 ingredients (through parsley) in a large bowl. Combine lime juice and remaining ingredients in a small bowl, stirring with a whisk. Pour juice mixture over tomato mixture; toss gently. Add pita pieces to bowl; toss gently. Let stand 10 minutes before serving.

Flowering marjoram