Got Thyme

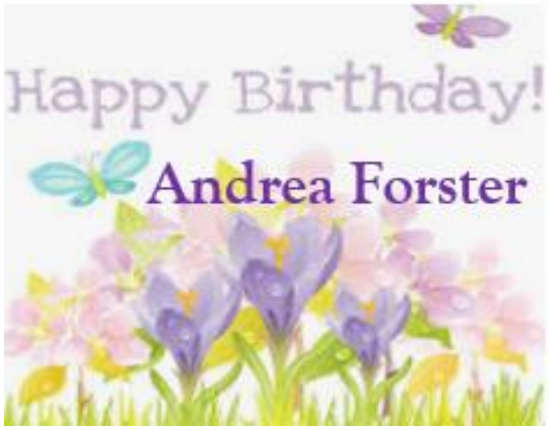
Seaside Herb Society
Ormond Beach, Florida

April 2022

Monthly Newsletter

Upcoming Meetings

Seaside Herb Society Zoom Meetings are on the third Saturday of every month until May 15th, 2021.
Apr 17, 2021 09:30 AM
May 15, 2021 09:30 AM
There are no SHS meetings in June, July, and August. Look for your invite by email from Andrea Forster a few days before each meeting. If not received, check your spam. If you did not receive it, send Andrea an email to request your invite.
Your friends and family are welcome to join our meetings as a guest—send Andrea their email for a Zoom invite.



Editor's Note

I so enjoyed the presentation of dill in March. I did not realize its versatility. It grows pretty wild in my back yard making it easy to share with the pollinators. But now I realize its health benefits, I am using it more in my salads and recipes.

Our spring sale was very exciting & successful - thanks to all our members' efforts. We had a massive selection of baked goods. Thanks to Donna, there were many herbs delivered from Salingers Nursery. Fortunately or maybe unfortunately, we sold out early. At the education booth, I heard many requests for more herbs. It was thrilling to see how engaged everyone was in learning about the many benefits of growing herbs.

Sue Fowler brought her herb scissors from home. She demonstrated their use, indicating she uses them a few times every day in her own cooking. John was so impressed he purchased a pair that night on Amazon.

Sue is right; they are wonderful. I notice an increase in favor when I cut my herbs into finer pieces. I even mentioned them in the lecture I provided this month for the Palm Coast Garden Club.

And now, we are looking forward to this month's trip to the Yaupon Brothers Tea Growers & Cafe in Edgewater. Hope to see you there.

Our Mission is: We gather in the spirit of friendship and cooperation to learn more about herbs, and to use this knowledge to educate and benefit others.

MEET OUR MEMBERS

Our April Featured Member is Kathleen Cruger- one of our newest members.

This Irish Heritage poem is a favorite of hers - A wish every day for you will be happy from the start- And may you always have good luck and a song within your heart.

She enjoys reading books by Nora Roberts and anything mysterious.

Kathleen is an *east coast Valley Girl* – that is, she grew up in a small town called Pleasant Valley, just 90 miles northeast of NYC. There her family of three brothers and two sisters lived in a country home on 6 acres. Her Dad worked for IBM. Their stay-at-home mom taught Kathleen to cook and sew, something she still loves to do.

Her nursing career began as a Nurses Aid in 1974, caring for Mr. Smith (famous Smith Brothers Cough Drops). In 1984 she graduated from Suny NY with an RN nursing degree. Her first RN position at Sharon, Conn hospital is where she cared for the Wizard of Oz wicked witch of the West. How cool?

After relocating to Charleston, SC, to be near a beach in 1991, she graduated from the Medical University of South Carolina with a bachelor's degree in Health Care Management. She loved the business of health care and received her Masters in Health Care Administration from Webster University. She's worked in nursing for over 35 years and over 20 years as Director for the health care giants Humana and Centene.

Recently retired from a Director position, she now works part-time as a health care auditor. She now has time to spend with her husband, sons, and grandchildren. She and her husband moved to New Smyrna Beach three years ago, where they have 2.5 acres with a 1-acre pond. They have renovated their home and landscape and are now looking forward to adding a garden with many Herbs. "I also love antiques. My husband and I redo furniture as well."

Kathleen learned about Seaside Herb Society through friends with Andrea Forster (Co-directors for Humana) and Sharon Barbaro, "our fantastic realtor who sold us our home."

Kathleen asks, "Any advice to share? Just bought a herb garden a few weeks ago and already enjoying cooking with them. Loved the community and the sense of pride and ownership the SHS brings. Can't wait to learn more and be able to apply what I learn. Love learning about the medicinal use of herbs and how they've been used in the past and present."

Sarsaparilla (Multitude of Varieties)
By Geraldine McNamara

Compounds in sarsaparilla bark can prevent the spread of cancer. Believe it or not, this is a good liver detox. The root improves perspiration and helps with relieving fluid retention, puffiness, or swelling, and stomach bloating.

When I was young, I had a friend who lived out in the backwoods, and they would tell me that as soon as winter hit, their father would take them out to the Saparilla tree, cut back the bark and make each one lick it off the tree. They never got sick all winter long.

Different species of sarsaparilla trees are found in New York down to Jamaica. Do not confuse Sarsparilla with Sassafrass, which is a whole 'nother story.

Lecture at the Palm Coast Garden Club at the VA- April 11th

Rebekah presented information about the benefits of herbs- how they impact the environment, how to cook with them, and their health benefits.

Seaside Herb Society 2022 Spring Faire

Herb Sale

Demonstration By Sue Fowler- How to Cut Herbs

Bake Sale – Wide Variety & Sold Out

Education Booth Attracted Many People

A Big THANK YOU to the members who made this a very successful Herb Sale

Dill Presentation

By Dee Stephanie and Holly
Notes from presentation by R. Mead

The earliest known use of dill as a medicinal herb was found in Egypt 5,000 years ago when the plant was referred to as a "soothing medicine." Around 3,000 B.C.E., the Babylonians were known to have grown dill in their gardens. Dill was also a widely used and familiar plant in Greek culture.

Its distinctive flavor of dill, *Anethum graveolens*, resembles a combination of anise, fennel, and celery. The feathery leaves of this delicate and attractive herb are often used to season savory dishes, including fish, salads, and soups. Its seeds are also used in cooking.

Growing Dill

Growing dill can be tricky. It does not transplant well, and nearby plants can enhance or diminish its flavor. Companion planting with the right plants, dill is a great helper plant to many crops in a garden. Reasons to use dill for companion planting are many. It can increase the flavor of both the dill and its companion plant. Dill attracts pollinating bees and butterflies while repelling harmful pests. And dill can even increase the growth of other plants. *Often, plants, in general, are grouped based on their resource utilization. Each plant draws differing nutrients from the soil to not compete with each other's needs.*

Pests such as cabbage worms and cabbage loopers are repelled by dill, so it's good to grow dill amongst your brussels sprouts, cabbage, broccoli, collards, and kohlrabi. Dill attracts predatory insects that feast on bugs that bug asparagus, corn, cucumbers, lettuce, and basil.

The relationship between dill and tomatoes is complicated. On the one hand, immature dill repels the dreaded tomato hornworm and is said to improve the growth of tomatoes. On the other hand, however, once the herb matures, it can actually impede the growth of tomato plants.

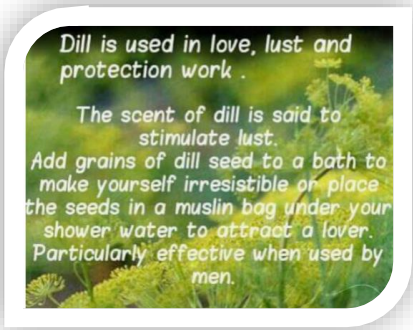
Dill attracts hoverflies, ladybugs, praying mantises, bees, butterflies, and parasitic wasps. Plants that benefit from these bugs make good companions for *dill.* An added bonus is their feathery appearance amongst other plants. Dill can grow 2 to 4 feet tall.

While dill herb makes a good companion for many plants, there are also those with which it **should not** be grown. It should not be grown near its cousin plants – fennel, caraway, celery, and carrots. Fennel can easily cross-pollinate with dill, producing a bitter-tasting hybrid. Mature dill can stunt the growth of nearby carrots. It should not be planted near peppers, eggplant, potatoes, or lavender.

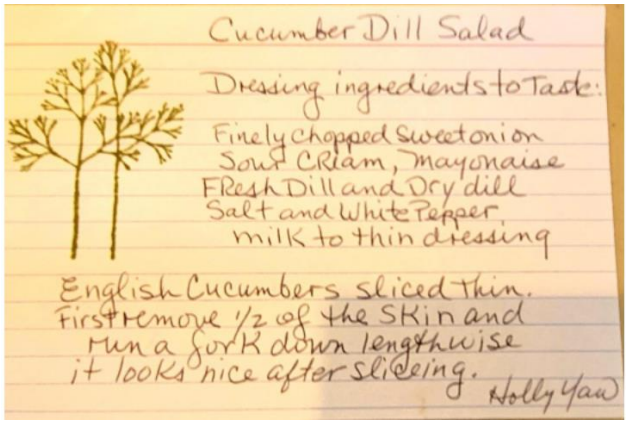
Dill is an alluring host plant for butterflies, providing ample food and protection for their eggs and larvae. Be sure to plant enough dill in your garden to meet your needs as well as those of the butterflies. You won't be sorry when you enjoy the black swallowtails in your garden while eating the veggies they helped pollinate!

A "Subgroup analysis suggested that using *A. graveolens* in higher doses and long-term duration had beneficial effects on lipid profiles. Dose-response analysis also showed a significant reduction in fasting blood sugar at doses of 1500 mg/d. The present meta-analysis indicated that *Anethum graveolens* could positively affect insulin resistance and serum LDL." (Mousavi, 2021)
Mousavi, S. M. (2021). The effects of Anethum graveolens (dill) supplementation on lipid profile and glycemic control: a systematic review and meta-analysis of randomized controlled trials. *Food Science and Nutrition*

Dill was believed to provide protection from witchcraft due to its strong smell. People thought that if a witch casts a spell on you, the cure could be found by drinking a cup of dill water. Conversely, dill was also believed to be used by magicians and witches casting their spells.
Charms were made from dill sprigs to provide protection from witchcraft; they were hung around the house or worn on clothing.



Dill was also added to love potions and aphrodisiacs to make them more effective. It was believed to bring happiness and good fortune to marriages. In Germany and Belgium, brides would attach a sprig of dill to their wedding gowns or carry it in their bouquets, hoping that happiness would bless their marriage.
Dill means "good spirit" or "to lull" in the language of flowers. European monks believed that dill could hinder fertility and that it had the power to chase off incubus or male demons that preyed sexually on sleeping women



Culinary Uses for Dill Around the World

Sweden: (The Swedish people use dill to make gravlax (similar to lox), consisting of salmon pickled in salt, sugar, and dill. Gravlax is often served as an appetizer with a dill and mustard sauce.
Sri Lanka: The immature flower heads are added to salads.
French: Dill is sprinkled on pastries and baked goods
North Africa: Dill fruits are used in a variety of meat dishes.
Poland: Polish cooks have traditionally preserved dill for winter use by chopping it finely, packing it between salt layers in stone crocks or jars, and storing it in a cool place.
Middle East: Dill is added to rice, beans, meat, spinach, salads, and vegetables.
Greece: The Greeks make dolmadakis, which are essentially grape leaves filled with a mixture of dill weed, rice, garlic, and pine nuts.
Holland: Dill is steeped in hot milk to help induce sleep.
Turkey: Dill is mixed with pureéd beans and other spices and served as a salad.
India: Dill has used to flavor a dish called dhansak.
Russia: The herb is used to make Russian Borscht and pickles.
Germany: Dill is often used for dill pickles & creamed cucumbers.