Seaside Herb Society
Ormond Beach, Florida

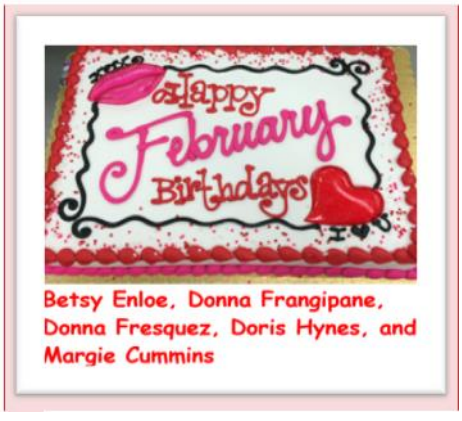
GOT THYME?

February 2021

Monthly Newsletter

Upcoming Meetings

Seaside Herb Society Zoom Meetings are the third Saturday of every month until May 15, 2021.
Feb 20, 2021, 09:30 AM Eastern Time (U.S. and Canada)
Mar 20, 2021 09:30 AM
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 this 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.



Betsy Enloe, Donna Frangipane, Donna Fresquez, Doris Hynes, and Margie Cummins

The Herb Garden at Riverbridge
By Ricky Johnson, 1998

In a corner of the city,
In a corner of the park,
Lies a fragrant little garden
to enjoy from dawn to dark.

This garden got its beginning
On a special February morn,
For on this date many years ago,
First President George Washington was born.

With loving hearts and willing hands
The earth was dug and tilled.
The herbs and flowers planted gently
Until all hands were stilled.

As each day passed the garden grew,
River breezes spreading the scent
of rosemary, sage, thyme, and rue,
tarragon, basil, and others too.

This garden is for everyone--
For all to see and smell.
Come by and gain an inner peace
Where herbs and flowers dwell.

http://www.seasideherbsociety.com

The Seaside Herb Society

Webpage has been updated

Many thanks to Sue Fowler

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.

Happy SHS Herb Garden Anniversary
Seaside Herb Society History Corner

Amanda found the book 'Herbal Delights' at a library sale. Tucked inside was the booklet 'Herbs too, Volume 1' by the Seaside Herb Society (copyright 1999) and Ricky Johnson's poem on page one. Apparently, SHS first met at the Casements in the society's early days (1993), before our current location at the 'Riverbridge Meeting House.' As mentioned in the poem on page one, *The Herb Garden at Riverbridge*, this month is our SHS garden's anniversary. It was unclear if the garden was dug in 1997 (the year it was designed per a reference in the book 'Herbal Delights (2003) or if the garden was first tilled in February 1998.

What's in My Garden

Bok Choy from Sue Fowler's garden

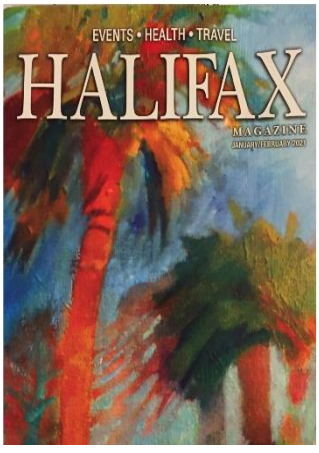
Meet Our Members
Member of the month
Trish Vevera

I Grew up in Brookfield, Illinois-- a Chicago suburb where my affinity for fresh herbs began. Both of my Grandmas and Mom used them in cooking, especially dill, parsley, caraway. I still prefer freshly picked herbs over dried ones because they have much more flavor.

I tried growing dill and caraway here in Florida with limited success; however, I grow parsley, oregano, and basil. Through Seaside Herb Society, my palette is growing. I discovered fennel and basil pesto through them.

I miss the in-personal meetings with tastings but have tried recipes in the newsletter. I loved the almond cinnamon cake and coated nuts.

My other interest is art, specifically painting abstracted landscapes. I had been doing weekend outdoor art shows and could not join SHS, but I sold my tent a couple of years ago and joined the group. I still paint, exhibit work, and teach art classes locally. One lesson is with the Florida Women's Art Association, Artist Workshop in New Smyrna Beach, Flagler County Art League, and Pineapple Gallery Flagler Beach.



I am proud to have been named the "2018 Flagler County Artist of the Year." My painting is the cover of this month's Halifax Events-Health-Travel

Parsley—Herb of the Year 2021

January Herb of the Month presentation
By Ann Jacoby, Sue Sauro, and Sue Fowler

Parsley is typically grown in Florida as a cool-season annual thriving from September to May. However, it can be grown year-round in favorable conditions. It is officially a biennial herb. If planted in light shade, you may have success in prolonging your parsley's life for a second season. When planted in the fall, parsley will do well during winter and then flower, produce seeds and die in late spring.

There are numerous parsley varieties, including Hamburg, whose white roots resemble young parsnips in appearance and use; 'Neapolitan' (or celery leaf), grown for its leaf stalks eaten like celery; and 'Dwarf,' suitable both for ornamental and culinary purposes. The most familiar and grows plentifully here in Florida are 'Curly Leaf and the 'Italian, which look very much like cilantro and is more flavorful than the curly leaf variety.

The easiest way to grow parsley in your garden is to buy a potted plant and transplant it into the ground or a container. It is not difficult to propagate by planting seeds but not always successful. The small seeds germinate better if soaked overnight before planting. Seeds should be sown very shallowly, about ¼-inch deep, and covered with a thin mulch layer until the seedlings appear. Seed germination may take from 7 to 12 days.

Newly planted seeds will require watering every day until the set of mature leaves emerges, then taper back three times a week. Thin seedlings to 6 inches apart, and be sure to carefully weed. Seedlings may be transplanted into the garden or in containers-- water twice a week for in-ground plants and three to four times a week for parsley containers. Parsley prefers moist but well-drained soil.

Space plants 2 to 3 inches apart. For most home gardens, only a few plants are all that is needed. A complete fertilizer at planting time followed by monthly feeding with a nitrogen fertilizer is best for most Florida soils.

Parsley takes 70-90 days to mature and can be harvested without harming the plant. You can start gathering when the leaf stems have three segments. Check this by examining one of the leafy stems that branch off the main stem. You'll see pieces that each have a set of leaves. Once there are three of these, pick away. Or if that sounds complicated…just wait till your plants start getting bushy with lots of leafy stems branching out—then harvest.

Parsley will grow back quickly after you harvest, but you need to do so without harming the plant to allow it to keep producing. Cut or break off outer stems while leaving the inner stalks and leaves to continue growing. Pick the stems at their base, either where they connect to the central stem if there is one or right at soil level. Picking this way encourages the plan to put out more stems and leaves. If you just pull individual leaves off, the plants won't be as vigorous, and you won't get as good a yield. Give your parsley about a week or two to recover after you harvest from it. Once the inner stems look mature with larger leaves, and you notice new stems shooting out, you can harvest again. Remember to leave half to two-thirds of the plant intact when harvesting.

One day you may notice an absence of leaves on your plants. Your parsley has become home to the caterpillar that will become the Eastern black swallowtail butterfly. The caterpillar is distinctive with its black and yellow-banded body that can be seen eating your parsley plants bare. If you wish to let the caterpillars feast on your plants, the parsley should recover from the loss of leaves if the plants are healthy.

To stop the caterpillar invasion and eradicate them use an organic biological insecticide with Bt. You may also use water and dish soap in a spray bottle and lightly spray the plants affected. This will kill the caterpillar but not harm the plant. As a preventative measure, spray your parsley plants about once a week to kill any caterpillars while they are still small and before they eat all your parsley.

After harvesting during the cooler months and the hot weather comes, your plants will start to lose vigor, and leaves will begin turning yellow. You can let your plant go to flower at this time, allowing it to set seeds. If planning to sow them the following fall, store these seeds in an airtight container or bag in the crisper of your refrigerator.

The parsley that comes up from these planted seeds is claimed by some to be the best. Or as mentioned earlier, parsley is a biennial herb. It can last all summer with plenty of water and shade in the heat of the day, awaiting the cooler weather to start its second productive season.

HISTORY OF PARSLEY USES

According to legend, parsley first germinated in the blood of Archemorus (which means the forerunner of death). Archemorus was the son of the Nemean King, Lycurgus, and his wife, Eurydice. He was named Opheltes, but his name was changed to Archemorus after being killed by a dragon. The legend story is that he was left alone by his nurse, and a dragon killed him.

So, parsley and death became intertwined, and parsley was also associated with evil. All sorts of superstitions arose about parsley. Because seeds took a month or more to germinate, it was told that the seeds traveled to the devil multiple times before germinating. The male head of the household could only plant parsley on Good Friday.

Parsley, a biennial plant originated in the Mediterranean as early as the third century B.C. Parsley also has an exhaustive list of medical claims. Virtually every organ of the body and every disease could be affected by parsley.

Parsley has always been popular in European and Mediterranean cuisine. A favorite of King Henry VIII, he loved a parsley sauce on a prepared rabbit. Parsley was introduced to the Americas in the 17th century and has become the most widely used herb in the U.S.

Ancient Greeks held parsley sacred, and it was never placed on tables. Parsley decorated tombs and was made into wreaths to bestow on winners of the Isthmian Games. Ancient Romans used parsley to cure indigestion after banquets. Parsley was placed on tables and worn around the neck at feasts to absorb food odors.

Modern use as a garnish comes from a time when parsley was chewed at the end of a meal to freshen the breath. Parsley is used in the celebration of Passover. It symbolizes a new beginning because it was one of the first herbs to come up in the spring. It is mentioned as bitter herbs in the Bible. Exodus 12:8 and Numbers 9:11 It seems that parsley started to be used as an edible herb in the Middle Ages in Europe. Some historians credit Charlemagne for popularizing it since he grew parsley on his estate. The Romans introduced parsley to England during their rule, and early immigrants introduced it as a culinary herb in America.

IS PARSLEY HEALTHY?

YES! In fact, parsley is considered to be one of the most nutritional and powerful disease-fighting plants!

Over the years, it's been used to treat high blood pressure, allergies, and inflammatory diseases. Parsley is low in calories, carbs, and fat but very high in Vitamins A, B, C, & K and antioxidants.

- **Vitamin A** helps protect your eyes.
- Studies found that high intakes of **Vitamin B reduced** heart disease risk by 38%, while very low intakes **increased** heart disease risk by 55%.
- **Vitamin C** supports immune health and protects against diseases like Osteoarthritis and rheumatoid arthritis. Studies show that taking 100 mg of vitamin C daily reduces overall cancer risk by 7%. Taking 150 mg per day may lower prostate cancer risk by up to 21%.
- **Vitamin K** is **needed for blood clotting and bone health.** So, **it's beneficial for osteoporosis and may reduce the risk o**f bone fractures by 22%. But caution to those on blood thinners as parsley interferes with its actions.
- **The antioxidants in Parsley help** prevent cellular damage. Dried parsley has 17 times more antioxidant content than fresh parsley.
- **Flavonoids** lower the risk of colon cancer, type 2 diabetes, and heart disease.
- **Carotenoids** prevent age-related macular degeneration and help mitigate night blindness.

Evidence-Based Benefits of Parsley

Relieves Respiratory Distress

Beta-carotene, found in parsley, is linked to lowering asthma risk. The other infection-fighting vitamins and compounds(found in the tea) help loosen phlegm and

mucus and neutralize the underlying bacterial infection that may be causing the congestion.
https://fdc.nal.usda.gov/fdc-app.html#/food-details/170416/nutrients
https://thorax.bmj.com/content/thoraxjnl/64/7/610.full.pdf

Prevent Formation of Tumors & Anticancer

Myristicin is one of the volatile compounds found in parsley oil released in small quantities while brewing parsley tea. This antioxidant has been linked to the prevention of tumor formation, specifically in the lungs, where cancer occurs frequently.

Parsley tea has flavonoids and chemoprotective compounds that can neutralize carcinogens before they damage tissues and stimulate apoptosis or cell death in healthy cells. This can significantly lower your risk of cancer, in conjunction with the other antioxidants found in this tea.

https://www.cambridge.org/core/services/aop-cambridge-core/content/view/S000711459900080X

Boosts Immunity

Parsley leaves are used in traditional Turkish medicine to reduce blood glucose levels. Furthermore, it reduced other degenerative changes brought on by diabetes.

Onlinelibrary.wiley.com/doi/abs/10.1002/ptr.1598

Increases Circulation

Parsley is rich in iron. It is an excellent way to improve circulation in the body and prevent "weak blood," also known as anemia. Iron is a critical part of red blood cell production, helping bring oxygenated blood to cells that need nutrients and oxygen for repair and function. The high calcium level in parsley helps the body use iron, further assisting circulation.
https://www.sciencedirect.com/science/article/abs/pii/0005272871902404

Finally, ***chewing on a sprig of parsley*** acts as a natural breath freshener because of its antibacterial properties. I found many Internet links detailing the health benefits of parsley.

Potential Side Effects

Although parsley and parsley tea is associated with several benefits, you should consider the potential side effects as well.

- Pregnant women are advised to avoid consuming large amounts of parsley, as it ***may induce uterine contractions.***
- Parsley is high in vitamin K, an essential fat-soluble vitamin involved in blood clotting. ***If you're taking a blood thinner*** like warfarin (Coumadin). It may be best to drink parsley tea in moderation. High amounts of vitamin K may interact with these medications.
- Parsley tea is not recommended for those ***taking diuretics***, as it may cause excess water loss.

COOKING WITH PARSLEY

Parsley is a bright green color with a mild, slightly bitter flavor. It can be used fresh or dried.

Many people are unsure when to use "French" Curley or "Italian" Flat Parsley. Both can be used for cooking. Curly Parsley leaves are a little tougher with a milder taste, so they may be undetected in food. Because of this, it's most often used as a garnish.

Flat Parsley:

- Has a more robust flavor
- It is easier to wash
- It is less tough and has a smoother texture
- It is used to make dried parsley

I use a lot of parsley in my cooking, so I like to have it handy. I pick long stems of parsley, rinse them and store them in water in decorative jars with other herbs on my table.

I also keep some in the fridge – washed, thoroughly dried, wrapped loosely in a paper towel, and stored in a Ziplock bag in the vegetable drawer. It usually stays very fresh for at least a week.

And don't throw the stronger flavored **stems** away! You can chop them for soups and stews or use them to add extra crunch to dishes like potato salad.

The stronger flavor of **dried parsley** is **also** useful in soups, stews, and tomato sauces.

Fresh parsley can be used in home-made salad dressings and marinades. I personally use whole parsley leaves in my green salads. And both fresh or dried parsley go great with seafood dishes like baked fish and Shrimp Scampi.

Thank-you Ann for sending everyone who attended our last meeting parsley teabags. Delicious!!

Parsley Recipes

Which dinner plate looks more appetizing?

If you selected the second platter, that's because culinary-artists have known for more than a century that adding parsley, mint, and other green décor makes a meal look healthier.
But that's not the only reason for its use— Parsley cleans the pallet and settles the digestive system after meals!

Pesto with Basil and Parsley

2 cups basil leaves
½ cup fresh parsley
¼ cup parmesan cheese
½ cup olive oil
4 garlic cloves
¼ cup pine nuts
Salt to taste

Combine ingredients with pestle and mortar or food processor until you have a creamy paste. Serve tossed with pasta or spread on bread. It can be frozen. Pine nuts are the best, but I have substituted walnuts.

MEDITERRANEAN TUNA SALAD

1 6 oz can chunk light tuna in water drained well.
¼ c chopped fresh parsley (more or less to taste)
1/8 c chopped pitted Kalamata olives (or more to taste)
¼ c finely diced red onion.
2 Tbs extra virgin olive oil
1 Tbs fresh lemon juice
½ tsp finely grated lemon zest
Salt & freshly ground pepper to taste.
Romaine lettuce leaves, torn.

6-8 grape or cherry tomatoes, halved; or medium tomato, halved and sliced. Combine the tuna parsley, olives, red onion, oil, lemon juice, and zest. Salt and pepper to taste. Toss romaine and half of the tomatoes, top with half of the tuna salad. **Makes 2 servings**
To use tuna salad in a sandwich: pita bread, halved or wrapped bread, or tortilla.
Pita: Place lettuce in pita half and top with half of tuna salad and tomatoes.
Wrap: Place lettuce leaves on a wrap. Top with 1/3 c tuna salad & tomato. Fold about 1" over each end of filling, then roll-up. Wrap in foil and refrigerate, and it's ready for on-the-go eating.

Braciola

Serve with sauce and pasta. Or serve as a meat dish with just the sauce.
No quantities are given because it varies with the amount of meat you are using…generous amounts.
Sirloin/sirloin tip/flank steak sliced very thin, 1 or 2 slices (hint: if not about ¼" thick, take a thicker piece, about ½" and freeze slightly; then slice horizontally to make thin slices OR pound with a meat mallet)
Grated Romano or Parmesan cheese
Minced garlic & salt (or opt. use garlic salt)
Basil- preferably fresh, leaves chopped (can sub dried basil)
Fresh Italian parsley (chopped or sprigs, as preferred)
Cut meat into pieces about 2 ½" x 4."
Sprinkle each slice generously with Romano, garlic, and salt to taste. Top with basil and parsley.
Roll each piece of meat lengthwise; secure with thin string wrapped around the rolled meat (thread can be used, but it is very thin and harder to remove as it tends to sink into the meat.)
Fry in a little bit of oil, turning to brown lightly all around.

Remove from the pan with a slotted spoon and gently place in your pasta sauce. Let it simmer for several hours with the sauce, stirring occasionally. To serve, remove from sauce and unwind the string, serving with the pasta.

Kale & Berry Smoothie

- 1/2 cup (packed) flat-leaf parsley (leaves and stems)
- 4 kale leaves (center ribs removed)
- 1 cup frozen organic berries (such as strawberries or raspberries)
- 1 banana (cut into pieces)
- 1 teaspoon ground flaxseed

One of my favorite, easy recipes that I make at least once a month is – Sue

Parslied Chicken

- Chop one small Vidalia onion and crush 2 cloves of garlic
- Sauté in oven proof pan
- Generously coat 2 boneless, skinless chicken thighs or breasts with olive oil.
- Dredge oiled chicken in a mixture of ¼ cup Progresso Italian breadcrumbs and ½ cup freshly grated Parmesan cheese and ½ cup of chopped parsley
- Place chicken over half of sautéed garlic and onions.
- Top with the remaining half of onions and garlic and add any leftover parsley, breadcrumbs, or cheese mixture desired. Drizzle with olive oil.
- Cook at 350 until the chick is cooked (from 15 to 30 minutes)

Lastly, similar to an Italian Pesto, Chimichurri is an Argentine recipe used to marinate and grill meats. It's especially delicious on steak.

Chimichurri ingredients

- 1/2 cup olive oil
- 2 tablespoons red wine vinegar
- 1/2 cup finely chopped Parsley
- 3-4 cloves garlic, finely chopped or minced
- 2 small red chilies, or 1 red chili, deseeded and finely chopped (about 1 tablespoon finely chopped chili)
- 3/4 teaspoon dried oregano
- 1 level teaspoon coarse salt
- pepper to taste (about 1/2 teaspoon)

Mix all ingredients together in a bowl. Allow to sit for 5-10 minutes to release all of the flavors into the oil before using. Ideally, let it sit for more than 2 hours if time allows.
Chimichurri can be prepared early and refrigerated for 24 hours if needed.
Use to baste meats (chicken or steaks) while grilling or barbecuing. We don't use it as a marinade but choose to baste our meats with chimichurri instead. However, you can use it as a marinade if you wish. Also, add a couple of tablespoons over your steak to serve.

Ann Jacoby said:

☺ I use parsley in potato salad, both chopped up and as a garnish.
☺ I also like to use parsley in soups, stews, and stuffing.
☺ I have used parsley in pesto to reduce the strong basil taste.

Parsley tea
Add fresh parsley to the bottom of your cup and pour water over it, allowing it to steep for 5–10 minutes. Use a mesh strainer to remove and discard the parsley leaves before enjoying your hot drink.

Many thanks to everyone who contributed to this month's newsletter!

What's On My Bookshelf

These seed catalogues are worth requesting a hardcopy. They offer organic seeds and each If full of growing information.

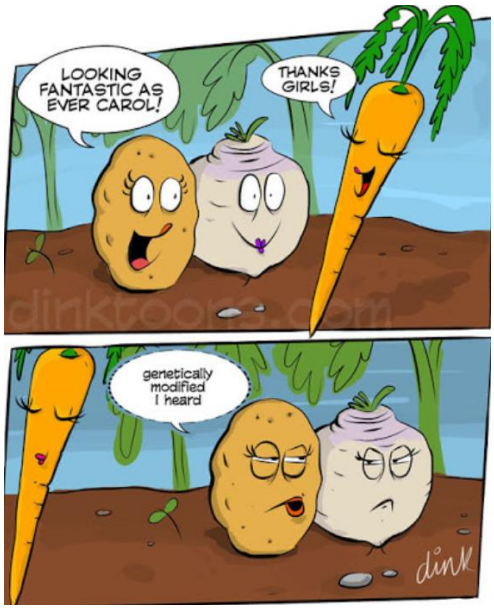
Seed Saver Exchange:
https://www.seedsavers.org/

The seeds are organic, and the majority of these seeds germinate and produce crops that taste like a blast from the past—naturally delicious.

Annie's Seeds:
https://www.anniesheirloomseeds.com/

This is also a great source of organic seeds. Annie's Seeds also sells hybrid seeds. The catalogue is full of valuable gardening tips.

Johnny's Seeds: https://www.johnnyseeds.com/
Johnny's seed catalogue has very valuable information including the temperature of the soil needed for various seeds to germinate. This company has the widest selection of organic onion seeds that I have found.



Maximizing Flavor of Your Herbs

By Amanda

Most cooks know that to release the maximum flavor from herbs, you should bruise or crush herbs to release their flavorful oils before adding them to your dish. This applies to both fresh and dried herbs, but some herbs/spices call for special techniques.

LEMONGRASS:

To release more flavor from this herb's tough, long, narrow leaves: Place the clean leaves on your cutting surface and use the BACK of your knife in a chopping action to bruise the leaves and immediately add to your simmering liquid.

SAFFRON:

Maximize these delicate strands' flavor by rolling them between your fingers to break & bruise them; it also helps the threads dissolve quickly in your cooking liquid.

BASIL, MINT, CILANTRO, PARSLEY (e.g., soft herbs):

You can make pesto in a food processor or blender, but be aware that whirring blades' grinding action doesn't create the richest tasting sauce. Try bruising the leaves before grinding/chopping: Place the leaves in a plastic bag or similar and bruise with a meat pounder or rolling pin.

How members can share their experience in our newsletter:

Meet Our Members: Each month, a different member tells us a little bit about him or herself for old and new members to be more acquainted with each other.

What's on My Bookshelf? Members recommend and critique favorite gardening books.

What's in My Garden? Share your gardening experiences: Tips about overcoming problems, where you get your plant(s), any info you care to share.

SHS Memories: Please share fond memories of past meetings. Who were the original members? How and why SHS got started? Pictures of events and

Please send your newsletter input to me at Rebekahsuemead@yahoo.com

Editor's Note

Dear Seaside Herb Society members,

SHS had a great January zoom meeting. Many members joined in to see members for the first time in months. It was great to see all of the smiling faces and to enjoy a very informative presentation.

One type of parsley that I have been using daily since the Covid virus first appeared is Lomatium, also known as Indian parsley and desert parsley. Historians claim Indians used lomatium to ward off the 1918 viral pandemic, in which their tribes experienced very few infections. Each morning John and I make a cocktail of tonic water with a dropper of lomatium. Our January presentation made me aware that parsley can reduced inflammation in the body and prevent respiratory ailments.

I enjoyed Ann's parsley tea so much that I bought a box for John and me to benefit from. I recommended it to friends to help with their allergies and inflammation because I was experiencing nasal stuffiness—when I drank the parsley tea, my symptoms were gone within days. What a relief!

I am now looking forward to our next meeting and learning more about curry. Until then, be healthy and happy.

- Rebekah

A Gardeners Door Mat

Solution to January Puzzle

INSEA	**A N I S E**
FABLAYE	**B A Y L E A F**
YACAWAR	**C A R A W A Y**
MAMADROC	**C A R D A M O M**
CLIMEMAHO	**C H A M O M I L E**
YUCRR	**C U R R Y**
SMALLRAWHOM	**M A R S H M A L L O W**
EVITAS	**S T E V I A**
STARNIPME	**S P E A R M I N T**
GRANTORA	**T A R R A G O N**

Unscramble all letters that fell on a red? mark to find a common garden phrase **HERBS AND SPICES**

Text your answers to me, and I will post who got them all correct in the February newsletter

NO ONE TEXTED OR EMAILED ME THE SOLUTION TO THIS PUZZLE