GOT THYME

February 2022

Seaside Herb Society
Ormond Beach, Florida

Monthly Newsletter

Upcoming Event

Seaside Herb Society Meetings are the third Saturday of every month, September through May.
Our next meeting is on February 19th, 2022, at 9:30.
Friends and family are welcome to join our meetings as a guest

Happy Winter Days to Fellow S.H.S. Members,

It seems like we were planning our fall herb sale only yesterday, and now we are already preparing for our spring sale. Time certainly passes quickly here in the Sunshine state.

I'm amazed by (and quite proud of) how much community services our small organization provides. A few members maintain a community garden, while others offer educational lectures. Another member welcomes Habitat for Humanity recipients with meaningful herbs. Next month, we decorate an Ormond Beach Library display window with information about SHS and promote herb gardening.

Luckily, Phil, the Groundhog, saw his shadow on February 2nd, promising spring is only weeks away. My garden produces lots of tasty spinach, lettuce, and beans despite this current cold spell. There are also many green Everglade tomatoes proving they are heat and cold tolerant. As promised, I am transplanting those growing in weird places in my yard to give out when each plant is strong enough to share.

I'm looking forward to seeing y'all at our February meeting with Joan sharing information about composting (don't forget to bring your saved coffee grounds) and our February Sorrel herb presentation.

See you soon, Rebekah Mead

Seaside Herb Society Mission: We gather in the spirit of friendship and cooperation to learn more about herbs and use this knowledge to educate and benefit others.

MEET OUR MEMBERS

Geraldine McNamara

Since childhood, Geraldine McNamara has been interested in herbs, having learned the old ways from immigrant parents. She suffered from multiple allergies throughout her life and was frustrated with the medical world offering no relief. However, Geraldine returned to her old immigrant herbal remedies.

Geraldine earned a Bachelor of Arts in C.A.T. from Loretto Heights College in Denver, CO. Her journey through the world of herbs has been quite an education leading to multiple certifications and diplomas: ND (Naturopathic Doctor), H.H.P. (Nd Certified Holistic Health Practitioner, H(Herbologist), CNHC (Certified Natural Health Consultant), Certified Clinical Weight Loss Coach, Certified Adv Hypnotherapist, and I forget the rest of them. Geraldine says, "When you live in various states, there are distinct costly requirements requiring additional education.

Many of her friends call her a walking encyclopedia. Geraldine started writing an herb book and then got sidetracked. "Hippie Herbs" is the title –"if I ever get back to it."

Having lived in F.L. for almost nine years, Geraldine currently resides in Palm Coast, FL, where she owns G.M.'s Airports Transport. and makes time for her paintings. Geraldine says," A Thyme for Art, for which I am an artist, balances me out. I blended and created the blue paint from pigment & mica in the first one. The beauty of my artwork is that if you get tired of looking at it one way, you have three other sides to choose from, and you'll have a "new" painting. I haven't named them all yet

Ocean Earth
10" x 20"

Herbal Remedy Corner

Bugleweed

By Geraldine McNamara

Bugleweed was used extensively in Medieval times when it was used for its astringent and sedative properties.

Prepared as a tea, you would use the stems, flowers, and leaves. It's still used today to help relieve stress and keep calm.

It has been shown to help moderate estrogen levels and reduce prolactin, which as you know can help reduce breast pain. It also works on painful premenstrual symptoms.

Just prepare a warm cup about an hour before bedtime and you should sleep through the night. Of course, it's not recommended for pregnant or nursing mothers.

It's a pretty plant with purple-blue leaves and looks a little spiky.

Tomatoes, spinach, lettuce, and dandelion greens are all from my garden. The pansy and violet is from the plants Joan and Donna gave out at our last meeting

QIGONG

Qigong is a mind, body, and spiritual practice encompassing posture, movement, mediation, breathing, and martial arts. The procedure started about 4,000 years ago in China. A balance of Qi (chi) or life energy is the focus of Qigong. There are many different practices of Qigong.

18-Movement or Shibashi Qigong (Presented at our January Meeting)

1. Waving Hands
2. Opening the Heart
3. Dancing with Rainbow
4. Separating the Clouds
5. Floating Silk in Air
6. Rowing the Boat
7. Raising the Sun
8. Glancing at the Moon
9. Lotus Leaves Rustling in the Wind
10. Waving Hands Like Clouds
11. Scooping Ocean Looking at Sky
12. Pushing Waves
13. Doves Spreading Wings
14. Dragons Coming Out of the Sea
15. Flying Wild Goose
16. Windmill Turning in Breeze
17. Stepping and Bouncing Ball
18. Gather the Fragrance of the Earth

Message Board

COMPOST PRESENTATION

Please save your used coffee- grounds for our February meeting!

Joan will be presenting information about composting. "Please start saving those coffee grounds in a Ziploc bag or something. You can store them in your refrigerator and bring them to the next meeting.

Thank you,
Joan

Volunteers & Supplies Needed

to rejuvenate our community

Garden.

Herb garden beds made in 2016

need supplies to rebuild

Needed: Artifacts for the Ormond Beach Library display case in March

Herb of the Month

January – Violet

February – Sorrel

March - Dill

April - Chive

May - Stevia

September - Cilantro / Culantro

October - Carraway

November - Banana

December - Herbs from our country/culture

Violets & Pansies

Presentation by Doris Hynes, Donna Vella, and Joan Palmer, edited by R. Mead

"Do you think amethysts can be the souls of good violets?" -- L.M. Montgomery said in her novel "Anne of Green Gables,

"Forgiveness is the fragrance that the violet sheds on the heels that have crushed it." – Mark Twain

Uses in foods

The first recorded mention of edible flowers being used was in 140 B.C. The Romans were known to use violets and roses in their food. The flower petals were most commonly eaten in salads or as garnishes. Flowers were believed to be cleansing for the body, and many varieties have medicinal properties.

The ancient Greeks used violet petals in their wine and in a popular dessert with rice pudding, almonds, and cream. It is said that violet sugar was king Edward I's favorite sweet, simply achieved by layering the flowers in jars of caster sugar. (If you try this at home, make sure the violets are free of chemicals and pesticides. The longer you leave them in the sugar, the stronger the flavor will be).

The Tudors and Victorians loved to use violets to garnish salads. The Elizabethans favored candied violets to flavor creams, curds, and tarts. By Edwardian times, violets were being enjoyed paired with a new ingredient, chocolate. The combination of floral sweetness and chocolate is popular to this day.

Flowers arise on leafless stalks and appear most often in shades of blue-purple or violet. However, yellow and white wild varieties exist. They all have irregular flowers with five petals. Wild violets produce two kinds of flowers. The pretty ones that we use as colorful garnishes to decorate and brighten any dish are sterile. The plant, however, produces another petal-less flower that is secretly hidden but produces seeds.

Harvesting

The leaves are best to harvest from early spring to summer, whereas the flowers are best harvested in spring.

The harvest is easy with hands or a pair of scissors. Harvesting just the blossom doesn't hurt the plant, but it does reduce nectar for pollinators. For that reason, never take more than half of the available blooms and leaves from one plant (generally just one or two), and only harvest from well-established and abundant plants.

Edible Uses

Use freshly picked flowers and leaves in salads.

Infuse white wine vinegar with flowers for about two weeks, then strain off the flowers and keep the jewel-colored vinegar for homemade Vinaigrettes.

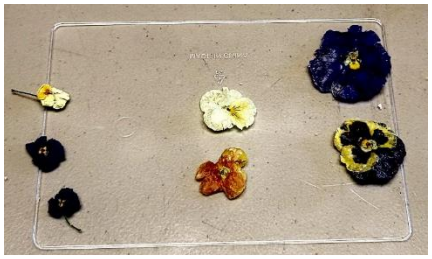
Many people make syrups and jelly with either the flowers alone or the flower and the leaves. It's tough to keep the temperature low enough while preparing to maintain Vitamin C. However, you can still use it for a cold and cough syrup or gentle laxative for young kids.

Both the leaves and flowers are perfect for tea-making. There is something magical about having teatime with flower tea.

When steamed or added to a casserole or breakfast dish, the fresh leaves make a nutritious and delicious vegetable.

Preserving Violet Flowers

Dry blossoms and leaves separately unless used for tea. Spread the violet flowers evenly on parchment paper, tray, colander, or tea towels and set them to dry out of direct light. Sift through the herbs with your fingers daily to promote even drying. Once dry, transfer to a closed glass jar. Use dried flowers in salads and cookies.



Making CANDIED VIOLETS by gently brushing wild violet blossoms with egg white and sprinkling fine sugar is a creative way to preserve violet blossoms and use them later as a delicate, edible flower garnish for desserts, fruit platters, or cheese trays.

Freezing fresh violets in ice cubes - and use them to dress up your infused water, tea, or cocktails.

However, you enjoy your violets this season, remember to leave some for the bees and a bit more besides to be sure they multiply. Once you start eating them, you'll need more and more each year to fill your cravings!

Donna Helen's Pansies

Pansies & Violets

Pansies and violets both belong to the genus Viola. Almost all of these flowering plants are perennials often treated as annuals. Violets are hardy in the U.S.D.A. hardiness zones 1 to 10. Pansies grow in USDA hardiness zones 6 to 10.

Their flowers have a long bloom time, usually from spring through frost in cold regions, and can bloom all through winter in warm areas such as Florida.

Pansies and Violets have many similarities, but they also have some differences. Pansies have a more compact growth than violets. Pansy flowers are usually larger, about 2 to 3 inches in diameter, with distinct markings that look like a face. The flower petals differ as well. Pansies have four petals that point upward and one that points downward. Violets have three petals pointing upward and two pointing downward. Violet flowers are usually a white and blue-violet to yellow color.

Violets feature green or yellow-green leaves that are 1 to 3 inches long. Pansy leaves are smaller, measuring 1 to 1 1/2 inches long.

Viola Flower vs. Pansy Propagation

Violets produce two kinds of flowers. The first is colorful flowers that rise above plant foliage; they are pollinated and set seed. The second is short-stemmed flowers that produce numerous seeds without pollination. The new plants are identical to the parent plant. Many violets produce above-ground runners.

Pansies are generally propagated by seeds; however, some are propagated by cuttings. For

example, 'Arkwright's Ruby,' which has blood-red flowers, can be propagated by cuttings.

Flower Temperature Tolerance

Both violets and pansies are cold-hardy; however, neither flower can withstand high heat and humidity. The plants do not bloom well in regions with hot summers and take on a ragged appearance. Encourage blooms on both types of these plants by picking off their faded flowers. If you leave faded flowers on the plants, they put their energy into seed production.

Pansies and Violas Tips

Violets and pansies require similar growing conditions, except violets need partial-to-full shade. In contrast, pansies withstand full sun to partial shade. Violets are native to deciduous forests, so they need sunlight during the flowering season to produce blooms. Violets attract pollinators, including bees and butterflies. These plants can be invasive.

Pansies are used to provide mass color for borders and edgings and as cover for spring-flowering bulbs. Violets are used most often for rock gardens and as woodland plants. Deer enjoy eating pansies and may cause damage to your flower garden.

Both pansies and violets are edible. Violet leaves can be cooked or added to a salad. According to North Carolina State University Cooperative Extension, they are prized for their high vitamin C content and once used by the Cherokee to remedy headaches and colds. The flowers of pansies are also edible. They may be used as cake decoration or candied.

Health Benefits & Uses

Violet is used internally as a blood cleanser, respiratory remedy, and lymphatic stimulant. It's been used as a pulmonary remedy for dry hacking cough for centuries in Europe. It helps treat bronchitis and whooping cough, along with the roots of marshmallow (*Althaea Officinalis*) and licorice (*Glycyrrhiza glabra*). Violet is also used as a tonic for chronically swollen lymph nodes. As with many other herbs with an action on the lymphatic system, it has a long traditional use in cancer treatment.

One research study shows that extract of *Violets* can inhibit the growth of tumors, reduce metastatic rate in the lungs and liver, and affect antioxidant enzyme activity and apoptosis in breast cancer. Consequently, *V. Odorata* extract may be considered a potential therapeutic agent in breast cancer." (H. Alipanah, 2018)

Violet leaves contain a good bit of mucilage or soluble fiber and thus help lower cholesterol levels (similar to oatmeal). Soluble fiber is also helpful in restoring healthy populations of intestinal flora, as beneficial bacteria feed off of this type of fiber. The leaves are high in Vitamins A and C and *rutin*. In animal and in vitro studies, rutin is an antioxidant, anti-inflammatory, and blood thinning. (Aditya Ganeshpurkara, 2017) Foods high in rutin can remedy hemorrhoids and varicose veins. (Wilson, 2017).

Topically, violet is used as a poultice, compress, infused oil, and salve for dry or chafed skin, abrasions, insect bites, eczema, varicose veins, and hemorrhoids. It is cooling, soothing, and anti-inflammatory. (Biggers, 2017)**.**

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Recipes

Sugared Violets

Variation 1:
16 edible flowers
1 tsp meringue powder
1 tbsp powdered sugar

Direction

1. Spritz flowers with water in a spray bottle to clean off any dust. Blot off excess water. Press edible flowers between 2 pieces of wax paper and set a heavy book on top for at least an hour. Longer is better.
2. Carefully peel off the top layer of wax paper. Some of the petals will stick. You can try to salvage them or just use those that didn't stick.
3. Mix 1 teaspoon of meringue powder with 1 tablespoon powdered sugar and add a few drops of water until you have a paste. That will be your glue for the flower petals.
4. Paint a small amount of the paste on the back of the edible pressed flower and place it on the cookie!

Variation 2:
16 edible flowers
1 tsp meringue powder
1 tsp water
powdered sugar

Direction

1. Spritz flowers with water in a spray bottle to clean off any dust. Blot off excess water.
2. Mix 1 teaspoon of meringue powder with 1 teaspoon water. Brush egg white onto petals. Sprinkle lightly with powdered sugar.
3. Place on paper towel and put n refrigerator for 24 hours. Apply the sugared flower to a wet glaze on the cookie.

Wild Violet Syrup

2 cups Purple Violets
1 1/4 cup of filtered water
1 cup Sugar or 2/3 cup Honey

Directions

1. Add 2 cups of purple violets to a glass bowl.
2. Heat water to boiling and pour over violets.
3. Let steep for 12-24 hours.
4. Strain out violets with a mesh sieve placed over a glass bowl with a spout. Press to release all of the juice and color from the violets.
5. Add the violet tea back to a saucepan.
6. Add the sugar or honey to the saucepan and gently warm to dissolve.
7. Pour the syrup into a glass jar and store in the refrigerator.

Use this syrup to create all sorts of beautiful purple recipes such as violet soda, violet cocktails with rum or vodka, violet margaritas, violet kombucha, violet water kefir; the options are endless!

Violet Jelly

8 cups fresh violet blossoms
3-1/2 cups boiling water
1 package (1-3/4 ounces) powdered fruit pectin
1/2 cup lemon juice
4 cups sugar

Directions

1. Rinse and drain blossoms; place in a large heat-resistant glass bowl. Pour boiling water over the blossoms and let stand for 2 hours, stirring occasionally.
2. Strain and reserve violet liquid, pressing with a spatula to extract all possible color. Discard blossoms.
3. Measure violet liquid; add enough water to measure 3-1/2 cups (liquid will be blue-green). Stir in pectin, lemon juice, and sugar (the liquid will turn a violet color).
4. Pour into a large stainless steel saucepan; bring to a rolling boil, stirring constantly. Boil 1 minute.
5. Remove from the heat; skim off foam. Carefully ladle the hot liquid into hot sterilized half-pint jars, leaving 1/4-in. headspace. Remove air bubbles; wipe rims and adjust lids. Process for 5 minutes in a boiling-water canner.

Wild Violet Soda or Lemonade

1 part Violet Simple Syrup from above
3 parts Carbonated Water or Lemonade
Violet ice cubes, optional
Fresh violet flowers to garnish

Add 2 ounces violet simple syrup to a glass and add 6 ounces of carbonated water. Add violet ice cubes or fresh violet flowers to the glass for garnish.

Violet Shortbread Bars

Yields 2 dozen bars
Ingredients:
4 sticks (2 cups) unsalted butter, at room temperature, plus more for the pan
1 cup powdered sugar
3 1/2 cups all-purpose flour
1/2 cup cornstarch
3 tablespoon violet syrup (commercially made violet syrup can be purchased online at https://new.serioussips.com or through Amazon)
1 teaspoon fine salt (omit salt if using salted butter)

Options: Chopped dried violet petals or 1/2 cup of crystallized violets to add to the dough,
Before glaze sets, place a whole dried violet on top of each cookie or sprinkle dried violet petals.

Glaze:
1 1/2 cups powdered sugar
2 tablespoons violet syrup
2 tablespoons water

Directions

1, Position an oven rack in the center of the oven and preheat to 325 degrees F.
2. Butter a 9 by 13-inch pan, line it with parchment, and butter the paper.
3. Whisk together the flour, cornstarch, and salt in a bowl.
4. Beat the butter and sugar with an electric mixer on medium speed until light and fluffy, 5 to 7 minutes.
5. Add the violet syrup and beat until incorporated.
6. Slowly add the flour mixture and beat on low until the dough is combined; do not overwork.
7. Transfer the dough to the prepared pan, spreading it out as evenly as possible with a spatula.
8. Cut the unbaked dough with a sharp knife into approximately 2-by-2 inch bars. Use a fork to prick through each bar twice to the bottom of the pan.
9. Bake, rotating the pan from front to back halfway through, until lightly golden, 40 to 45 minutes.
10. Let stand for 5 minutes in the pan, then re-cut the bars along the previous cuts.
11. Let stand another 5 minutes. Grasping the parchment paper, carefully lift the bars from the pan. Lift the cut bars off the parchment with a small spatula and transfer them to a wire rack to cool completely.
12. Meanwhile, prepare glaze by whisking together the ingredients until well incorporated. Tip: Be sure to use a bowl that will allow you to dip the cookies in flat from end to end, so it should be at least 5-inches wide. That said, don't use too big a bowl, or your glaze will be too thin a layer, and you may bottom out when you dip.
13. Holding a cookie by the sides, dip the top of the cookie into the glaze to coat. Hold inverted and tip short end of cookie to allow the excess to drip off. Gently remove any drip at the end by running it along the edge of the bowl.
14. Place glazed cookie onto the rack. Once you've glazed about 6 cookies, decorate with a whole dried or sugared violet or a sprinkle of violet petals if preferred. Note that if the glaze sets too much that any decoration won't stick. Repeat until you have glazed and decorated all the cookies.
15. Allow cookies to stand until the glaze is set, about 1 hour.
16. Store in a flat single layer in an airtight container. These keep well stored at room temperature for about a week. Also freezes well.

Dried Violets - Organic Violet Flower Sprinkles from Germany (Viola Odorata) - Perfect addition to any salad, snack or smoothie bowl | Net...
Loose Leaves · 0.35 Ounce (Pack of 1)