Got Time

Seaside Herb Society, Ormond Beach FL

March 2021

Monthly Newsletter

Upcoming Meetings

Seaside Herb Society Zoom Meetings are the third Saturday of every month until May 15, 2021.
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 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

Dear Seaside Herb Society Members,

A few weeks ago, our President Deb shared with me a scrapbook collection of news articles about our Seaside Herb Society dating back to when SHS began in 1995. It has a fountain of information about the history of our herb society and herbs in general. Thank you, Deb, so much for sharing and passing this on to me.

I want to keep the updates going. Any members who see articles about our Seaside Herb Society, please snail mail or drop them off to me to be added to our historical scrapbook. Also, any club members who have published crafts, artwork, and stories about our group would appreciably contribute to this collection.

On another note, our February Zoom was another successful and very uplifting meeting. It was delightful to see everyone's happy faces, and as always, in the spirit of our mission, we shared so many valuable ideas. Isn't our spirit of sharing knowledge and friendship great? Each month I look forward to the third Saturday—seeing the smiling faces of so many friends while learning a lot about different herbs is exciting. It's wonderful how we are still as enthusiastic about our mission as were the founders of SHS 26 years ago.

Happy gardening to all—Rebekah Mead

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.

Seaside Herb Society History Corner

March 21, 1997

Seaside Herb Society members (from left) Betty Wells, Florence Hemann, Muriel Nicastro and President Linda Wever put their hands in the dirt in preparation for Saturday's event.

JOURNAL photo/Tomoko Hirose

Herbal A' Faire welcomes everybody to new season

ORMOND BEACH — "A Celebration of Herbs" is the theme of the Seaside Herb Society's second annual Herbal A' Faire from 10 a.m. to 3 p.m. Saturday.

Society members hail from throughout Volusia County.

The free event, on the grounds of the Riverbridge Meeting House at the northeast corner of Granada Boulevard and Beach Street, will feature the sale of handmade herbal crafts, gourmet food items and a variety of other herbal products.

Money earned from the sale of products will be used to plant and care for an herb garden at the Riverbridge Meeting House, said Linda Wever, society president and chairwoman of the festival.

The city of Ormond Beach donated soil to help with the garden project.

Jerry Millen, Washington Oaks State Park ranger and owner of Sunshine Gardens in Ormond Beach, designed the garden and donated some of the plants to the society.

The Seaside Herb Society meets at 9 a.m. the third Saturday of each month at the Riverbridge location. The group was founded in September 1995 and, according to Wever, is the only one of its kind in Volusia County. New members are always welcome. For more information, call Wever, 677-0748.

Guest speakers, topics and events at Saturday's second annual Herbal A'Faire in Ormond Beach include:

- 10:45 a.m. Mitch Booth, of Love Whole Foods Market, herbs and nutrition
- 11:15 a.m. author Monica Brandes, "Herbs of Florida," book signing
- 12:15 p.m. Teresa Money of Maggie's Herbs, growing and caring for herbs
- 1:00 p.m. Janet Macarrow, balancing a woman's body by nature
- 1:20 p.m. Pauline Erlich, of Wittbold's Nursery, herbal creations

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MEET OUR MEMBERS

Ann Jacoby is Our March Featured Member

No one knows what it takes for another person to open the door. -- Pema Chodron

My friend Susan Sauro introduced me to the herb society over ten years ago. I have always found the meetings interesting and still do even now when we have to meet via Zoom.

I used to plant a large vegetable garden when I lived on N. Ridgewood. My current backyard is very shaded and full of tree roots, so I garden in pots on my patio. I always like to have fresh parsley and basil for cooking.

I am a "Jersey Girl" born in Philadelphia, PA, and grew up in South Jersey. I attended Lenape Regional HS in Medford, NJ, and then graduated from Douglass College in New Brunswick, NJ.

I married my high school sweetheart, Jake Jacoby. We moved to Hartford, CT. My daughter Kristin was born in Hartford. Tired of the snow and cost of living in New England, we moved to Ormond Beach, FL. Jake went into business with my Dad. So this is the second time I am living in Ormond Beach-- Moved back here in 2007 when Jake retired. He was working in DC, and we lived in Point of Rocks, MD. My companions are two cats, Tomas (from Mexico) and Ms. Kitty, who strayed into my life when I lived on N. Ridgewood.

I have been a widow for 10 years as of this April. COVID isolation has been difficult since I was so active with different groups before everything stopped. I am looking forward to getting back to my church quilt group and the craft group at the Casements and meeting in person for the SHS meetings.

I also would like to travel again. I am looking forward to visiting my sister, Linda, in Denver, CO, my friend Carol in Portland, OR, and my family in Lithuania. I am looking forward to life after this pandemic.

What's on Our Bookshelves?

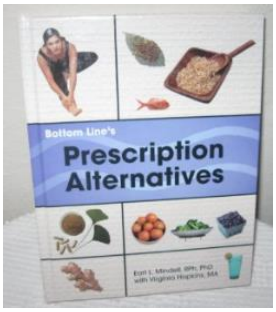
It appears I am the only member with books and other resources to share. Thank heavens I have a personal library full of gardening books to fill this part of our newsletter for the next few years!!

Herbs serve many purposes in my life: Cooking, bug control (attracting and repelling), crafts, landscaping, and most importantly to me, healing. This month I chose four of my favorite books about how herbs can protect our health and heal us and our cherished buddies- our dogs.

Because these books were all written before GMO, they lack modern food warnings but continue to be excellent resources.

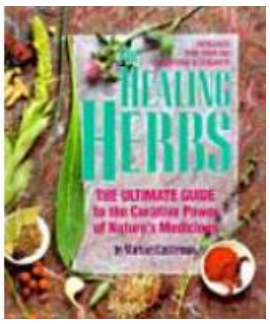
When in doubt about a recommendation from these books, what I do is look-up evidence-based-research on my computer that supports the validity of these claims, or I simply look up the references from that book. Usually, there is a ton of research with lots of additional information, all of which can be printed out and shared with your medical provider to improve your health regimen.

Bottom Line's Prescription Alternatives by Earl L. Mindell, RPh, Ph.D. with Virginia Hoptkins, MA (2003): This guide covers ways to minimize damage caused by surgery and medications maximize recovery using alternative therapies.

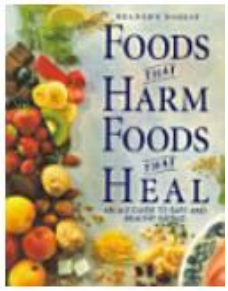


It explains how our body absorbs various medications and the impact food and supplements have on their effectiveness.

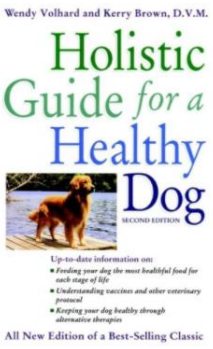
The Healing Herbs: The Ultimate Guide to the Curative Power of Nature's Medicines by Michael Castleman (1991): This resource describes ancient and modern remedies for over 200 conditions & diseases. It explains how to gather & prepare herbs for use and how to grow & preserve your home-grown herbs. It has many tea concoctions with a discussion about dose safety. This reference book is full of beneficial information.



The Reader's Digest Foods" That Harm Foods that Heal: An A-Z Guide to safe and healthy eating (1997): "More than ever, people realize that what they eat does make a difference in how they look and feel, but also in the length and quality of their lives." This book explains how a few uncomplicated changes in our diet can keep us vibrantly healthy for the rest of our life lives.



Holistic guide for a Healthy Dog second edition by Wendy Volhard and Kerry Brown, DVM (2000): What we eat affects our health; well, the same goes for our pets! And today, more than ever, pet food is loaded with harmful non-organic chemicals that wreak havoc with the quality and longevity of our pet's life span. The authors advocate good nutrition and lifestyle changes to remedy many conditions. They also describe vaccines and other vet protocols, and alternative therapies that can help reduce veterinary fees.



Presentation by Carol Chillemi and Rita Vogl

The curry leaf tree (Murraya Koenigii) is a small tropical tree cultivated across India and Southeast Asia. It is part of the citrus tree family. The glossy leaves are vibrant green and teardrop-shaped, about one-and-a-half inches in length. Also called "sweet neem leaves," these aromatic leaves have a lemon scent and a distinct taste comparable to anise and lemongrass.

If there is one ingredient synonymous with the region it is from; it is the curry leaf. This herb is a signature flavor from South India and an essential element in Southeast Asian cuisine like curries, dals, and soups. Curry leaves are not a dominant taste in cooking, but their subtle flavor is unmistakable, giving meals a more decadent, robust flavor.

Talking Points

Curry Leaf should not be confused with curry powder. They are very different ingredients.

Curry leaves have many compounds, such as antioxidant protection, that promote overall good health and reduce heart disease, cancer, and high cholesterol triglyceride levels.

What Evidence-Based Research Indicates:

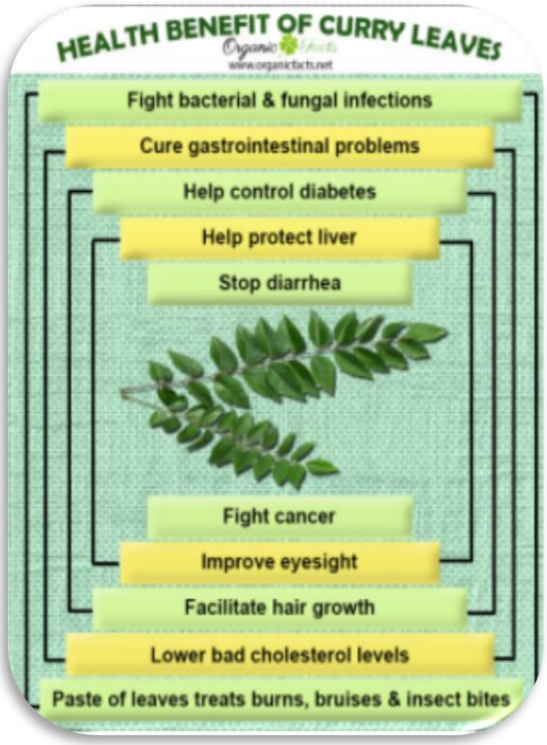
- **Evaluation of Bioactive Compounds, Pharmaceutical Quality, and Anticancer Activity of Curry Leaf (*Murraya Koenigii* L.) By** Ali Ghasemzadeh, Hawa Z. E. Jaafar, Asmah Rahmat, and Thiyagu Devarajan Evid Based Complement Alternat Med. 2014; 2014: 873803. Published online 2014 Feb 16. Concluded: The curry leaf showed high antioxidant activity. Among the three studied locations, Kelantan plants with high phenolic acid levels and flavonoids also exhibited significant anticancer activity. Has substantial amounts of effective flavonoid compounds, which showed potency in the growth inhibition of breast cancer cells. Subsequently, our MTT assay indicated that curry plants are grown in the North of Malaysia (Kelantan) are a potential source of anticarcinogenic therapeutic compounds.
- **Estimation of salivary and tongue coating pH on chewing household herbal leaves: A randomized controlled trial** Gayathri Ramesh, Ramesh Nagarajappa, A. S. Madhusudan, Nagarajappa Sandesh, Mehak Batra, Ashish Sharma, and Srikant Ashwin Patel Anc Sci Life. 2012 Oct-Dec; 32(2): 69–75. The purpose of the study was to evaluate saliva and tongue coating pH and assess the degree of tongue coating in healthy subjects before and after chewing herbal leaves (tulsi, mint, and curry leaf). Conclusion: Chewing traditional medicinal plant leaves can be considered a safe, effective, and economical alternate option for maintaining good oral health.

Curry leaves can also protect your nervous system (i.e., Alzheimer's & nerve pain), reduce high blood sugar levels, prevent kidney damage, reduce inflammation and antibacterial properties by inhibiting bacteria's growth. It can also prevent hair loss, aid in digestion & reduces nausea.

Informational Resources & Videos

Food52.com
https://advicefromtheherblady.com/plant-profiles/trees-shrubs/curry-leaf/
https://pipingpotcurry.com/curry-leaves-use-store.
https://thefeedfeed.com/rachelgurjar
Pinchofseeds.com
https://permacultureeducationinstitute.org/
www.webmd.com
www.netmeds.com
www.healthline.com
https://www.youtube.com/watch?v=UCG3fkHvwKw

Health Benefits of Curry Leaves



Curry leaves are a healthy source of fiber, calories (energy), and protein that contains minimal fat. They have phosphorous, magnesium, copper, iron, calcium, nicotinic acid, antioxidants, amino acids, and flavonoids and are high in Vitamins A, B, & C.

Curry leaves are used in Ayurvedic medicine, an Indian holistic approach to healing, for over 3,000 years. Evidence-based research reveals its many benefits:

- They have natural antibacterial and anti-inflammatory properties when boiled or ground up for a tea or a tonic.
- It has anti-diabetic qualities that reduce blood sugar levels and helps regulate cholesterol. Evidence-based research by Laxmi Singh (2010) Effect of Neem, methi, and curry leaves on diabetic patients (type-II).
- Reduces breast cancer cell growth: https://pubmed.ncbi.nlm.nih.gov/23302496/
- Possibly protects against sepsis: https://pubmed.ncbi.nlm.nih.gov/29719125/

The Difference Between Curry Leaves and Curry Powder

Do not confuse curry leaf with curry powder. Despite their similar names, curry leaves and curry powder are two different ingredients with vastly different flavors.

- Curry leaf is an herb grown on the curry leaf tree.
- Curry powder is a spice mix made up of coriander, cumin, turmeric, and cayenne.
- Curry leaves originated in and is primarily found in Southern India and Sri Lanka
- Curry powder was invented by the British to add flavor to Indian dishes.

How to Grow

The curry leaf trees are native to warm and humid climates. They grow hardy in zones 9 through 11. They prefer semi-shade with 6-8 hours of direct sunlight or a morning sun and afternoon shade location. They should be grown in a sheltered area that is out of natural winds.

The curry leaf tree is suitable for growing in containers that are brought indoors during the winter. Curry leaf plants do not like the cooler season and cannot survive freezing temperatures. If you live in an area where the winter temperature dips below 32 degrees F, you should not plant the curry leaf plant in the ground. For that reason, it is best to plant the curry leaf plant in a container or a pot that you can bring inside the house or store in the garage for the winter months.

When stored in a garage where there is no direct sunlight during the winter months, the plant loses most of its leaves. That's okay as long as you continue to lightly water the plant every 10 days or so. It will come back to life once you put the plant outside in the spring.

If you decide to keep your curry leaf plants inside your house during cold months, place them near a large window that receives plenty of sunlight most of the day. It will stay green and even put out new growth and new

baby plants during the winter months! To protect from bugs that may attack while indoors, you can spray the plant with a DIY natural pesticide made with neem oil to protect it.

A few secrets from Pinchofseeds.com to help your Curry Leaf tree grow lush and green:

- Apply an organic liquid fertilizer monthly from spring to late summer.
- Amend the potting soil with blood meal at the beginning of the season and re-potting the curry leaf plant.

At maturity, these trees grow to fifteen feet tall. In warm climates, they bloom variously throughout the year. The flowers are small and white, and very fragrant. They are self-pollinating. Each flower produces a berry with a single seed. The berries are edible but have a strong medicinal taste, so they are not generally eaten.

Cuttings or Seeds

From a branch: Remove leaves; 45 degrees cut on both sides of one end of the stem. May dip ends in rooting hormone, fungicide or not. Put into the soil: 70% potting soil and 30% compost. There are variations. Water evenly. Curry leaf trees like the sun.

If growing from seed, use the freshest seed still in the berry that you can find. The berry covering should not be dry or shriveled. Remove the pulp from the seed before planting. Keep the soil warm and evenly moist.

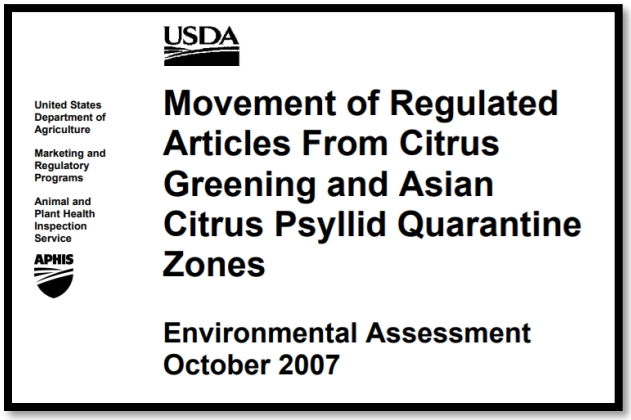
It takes about 2 years before trees are mature enough to harvest leaves.

To propagate curry leaf via cuttings, cut a 4-to-6-inch length from the end of a stem. Strip the leaves from the bottom half end of a branch. Strip the leaves from the bottom half before inserting it about 2 inches deep into your growing medium. Then cover the cutting and containers with a plastic bag that has slits in it for ventilation. Place the tented container in a warm (700F), sunny spot. Keep the soil evenly moist.

Again, it takes about 2 years before trees are mature enough to harvest leaves.

Warning if You Have Citrus Trees in Your Nearby Community

Curry Leaf Trees Can cause Green Leaf-Curling Disease in Citrus Trees



https://www.aphis.usda.gov/plant_health/ea/downloads/citrusgreening-ea-10-07.pdf

Like other citrus family members, the curry tree has a strong scent that deters many insect pests and even deer. However, a few pest species pose a threat to this hardy plant and other citrus plants. The import of these plants is associated with the citrus greening disease that has caused much harm to Florida and California citrus groves. https://homeguides.sfgate.com/curry-leaf-tree-pests-42348.html. When considering growing a curry leaf tree, make sure it is from a reputable source that complies with USDA regulations.

Infestations to Watch For:

Scale are tiny insects that appear as small, flat bumps on a leaf's surface—scales damage plants by sucking out their fluids, causing the leaves to yellow and wilt. While a few scales will not damage a curry tree, this insect reproduces rapidly, and a small population can quickly become an infestation. ***Scales can be controlled by introducing natural predators such as ants or applying l horticultural oil.*** Close monitoring of your curry tree can also help to catch scale problems before they become infestations.

Aphids are tiny pear-shaped insects that may appear in a range of colors, including yellow, green, brown, or white. **Aphids suck the juices from a plant, causing the leaves to mottle and curl and** introduce mold fungus. Aphids tend to feed in dense clusters and are slow to react when disturbed. ***This insect pest can best be controlled by introducing natural predators such as ladybugs.***

Citrus Mealybugs are soft pinkish-white insects with a waxy appearance. Mealybugs lay large clusters of several hundred eggs on a leaf's surface then hatch into yellow nymphs, which feed on plant sap. In addition to causing leaves to shrivel, large infestations of citrus mealybugs can cause a tree's fruit to drop prematurely. ***Mealybugs can best be controlled by introducing natural predators such as ladybugs or mealybug destroyers.*** If mealybugs are found on your curry leaf or other citrus trees, pick all infested flowers and destroy them.

Asian Citrus Psyllids are mottled brown insects that feed directly on the leaf of the curry tree. This causes damage to the leaves and stems and can also *introduce* bacteria to the tree. Infestations of Asian citrus psyllid spread quickly and cannot be effectively controlled through traditional pesticides or integrated pest management. ***This dangerous species can only be combated through the detection and destruction of infected trees.***

How to store Curry Leaves

The first step after buying curry leaves is to remove them from the stem and wash them. Then spread them on a kitchen towel in a single layer and gently pat dry. You can also leave them for a couple of hours on the kitchen towel to air dry.

Now, follow one of the methods below to preserve them for longer. Choose whichever one works best for you- you can even choose to divide up the leaves, keeping some in the fridge and storing the rest in the freezer or as dried leaves.

In the Refrigerator

When storing curry leaves in the fridge, wrap them in a paper towel to absorb extra moisture, and then put them in an airtight container.

Check on them whenever you use them in your cooking. If any leaves are turning black, then remove them. If water droplets form in the container, wipe them away and change the paper towel. Doing this ensures that the moisture does not rot the leaves quicker than usual, and the leaves will stay good for over 2 weeks.

In the Freezer

You can store the leaves in a box or Ziploc bag in the freezer. The leaves may change color, but the taste remains the same. Whenever you need them, you can just take them out of the freezer and use them as is.

Dried Curry Leaves

If you have an abundance of curry leaves and don't plan on using all of them within the time, they are fresh, you can dry them- dried curry leaves stay good for 2-3 months!

Spread the curry leaves on a plate or baking tray. Let them air dry for 2-3 days on the counter or in the refrigerator. Once they are dried, they will look wilted and feel crispy. Now, these can be stored in an airtight container or glass jar as is.

They can also be crumbled to a coarse or fine powder and then stored in a glass jar. Either way, you can use them in the same way you use fresh curry leaves.

I also enjoy adding these dried curry leaves to my tea sometimes. It instantly enhances the flavors & aromas. Fresh chai with curry leaves tastes so good!

Substitute for Curry Leaves

People will often try to find substitutes for curry leaves, but I feel there is no good substitute for them, so if you can't find them, it is acceptable to leave them out in a recipe.

Once again, curry powder and curry leaves are absolutely not the same and cannot be substituted!

Ways to Use Curry Leaves in Cooking

To find fresh curry leaves, look no further than on a local Asian or Indian grocery store's shelves. If you have a green thumb, you can try growing a curry leaf plant yourself (Murraya koenigii), but make sure it's not the Mediterranean curry plant (Helichrysum Italicum).

1. Sauté in ghee. Sauté and soften the curry leaves in ghee (clarified butter). To get the leaves to release their delicious flavor, they need to be cooked at high heat. Stir them for three to five minutes and add the oil and leaves to any dish.
2. Make tadka. The most popular way to use curry leaves is to make "tadka"—an aromatic base used throughout Indian cuisine. This mixture of curry leaves, mustard seeds, and cumin (and any other favorite Indian spices) are sauteed together in ghee or a similar oil that can withstand high heat. The other ingredients can be added and cooked in the tadka, or the tadka can be poured over a dish as the final step.
3. Dry them. Air dry curry leaves in an open basket in an area away from direct light, which should take three to five days. Crumble them over any dish to add flavoring. Dried curry leaves can last up to a year when kept in a vacuum-sealed bag.

4. Flavor oil with curry leaves. Heat the oil in a pan, add the curry leaves, and sauté. Remove the leaves and use the oil as a flavor in other foods. Alternatively, put the oil over flatbread, or rub it over fish as a glaze before cooking it.
5. While curry leaves are best when used fresh, any leftovers can be sealed in airtight plastic containers and frozen. They can be thrown into your next dish without being defrosted.

Where to buy

Amazon.com
Etsy (for live plants and dried leaves)
Local Indian Grocers:

Indian Spices
1456 Western International Speedway Blvd
Daytona Beach, FL 32114

Seven Star Indian Food Store
681 Mason Ave
Daytona Beach, FL 32117

* Note: Supply is seasonal. Plants dry up in the winter months. I could not purchase fresh leaves, and the shop's proprietor told me not always readily available. "Grow your own."

Hair Loss & Gray Hair Remedies
Curry leaves for hair health-
healthline.com

1. In a pan on the stovetop, warm 2 tbsp. Coconut oil.
2. Turn off heat and add 10 to 12 **curry leaves**.
3. Allow sitting for 20 minutes.
4. When cool enough to touch, massage into **hair** and **leave** on for 45 minutes to 2 hours.
5. Shampoo and rinse thoroughly.
6. Repeat once or twice per week.

Recipes Using Curry Leaves

If you're just starting out experimenting with curry leaves, try cooking one of these four easy recipes to really bring out their flavor.

1. **Yellow dal with curry leaves**. This lentil stew is a signature dish in Indian cuisine. Put two cups of rinsed red lentils into a pan with two inches of water. Add tomatoes, onion, ginger, 25 curry leaves, turmeric, chilis, and salt. While that boils for half an hour, make tadka: ghee (or vegetable oil) with curry leaves, mustard seeds, cumin, and onion. Pour the tadka over the lentil dish and let it seep in for fifteen minutes before serving.
2. **Rasam.** This tomato dish is a flavorful blend of Indian herbs and spices and can be eaten as a soup or dip—heat oil in a pan. Add mustard seeds, followed by plenty of curry leaves, garlic, chile, cumin seeds, coriander seeds, asafoetida, charnushka, paprika, and sugar. Mix for just a few minutes before adding three pounds of puréed tomatoes. Simmer for twenty minutes.
3. **Basmati rice with curry leaves**. This simple rice dish can be paired with any curry or soup (try rasam). Cook a cup of basmati rice. In another pan, make tadka: heat a pan with ghee (or vegetable oil), add mustard seeds, curry leaves, and chile. Add the rice and blend together. For a slightly thicker dish, add a can of coconut milk, highlighting the curry leaves taste.
4. **Karivepaku Kodi Kura**. This dish, curry leaf chicken, is one of the most popular dishes from Andhra Pradesh, a state in the south of India. Sauté curry leaves, black pepper, and cashews in ghee. Remove from heat, add a little water, and mix into a paste. Sauté onion, ginger, and garlic, then add the chicken, salt, and coriander. Add the curry leaf paste and cover until chicken is cooked through.

South Indian Curry Leaf Rice

By Dhanya Samuel- From Food52

Rice is one of the most common leftovers in our refrigerators; this dish is a beautiful, fresh, herby celebration of leftover rice with another staple of our fridges - fragrant, aromatic curry leaves.

Serves 3-4

For the rice:

- **6 cups leftover white rice**
- **1/2 teaspoon mustard seeds**
- **1/2 teaspoon urad dal (vigna mungo/dehusked black gram)**
- **1/2 teaspoon chana dal (split Bengal gram)**
- **1/2 teaspoon cumin/jeera seeds**
- **2 red whole dry chilies for tempering**
- **1/2 teaspoon turmeric powder**
- **Cashew nuts roasted for garnishing.**
- **to taste Salt**
- **2 tablespoons sesame oil (this oil makes a great difference to the taste)**
- **1 tablespoon vegetable oil**

Curry leaf spice blend:

- **1 1/2 cup washed curry leaves firmly packed.**
- **8 whole red chilies**
- **1 teaspoon peppercorns**
- **1 teaspoon coriander seeds**
- **1 teaspoon fenugreek seeds**
- **a small marble tamarind**
- **a pinch of Asafoetida/Hing powder**

1. Heat 1 tbsp vegetable oil and roast the curry leaves till dry and lightly crisped up; remember to do this on low heat, or the leaves will burn.
2. Cool the leaves and grind with the rest of the ingredients under spice blend. It might get a little pasty due to the tamarind; add a few drops of water, bringing all the ingredients together.
3. In a wok or large pan, heat mustard oil, crackle the mustard seeds and then add the lentils, dry red chili, cumin, cashew nuts, and turmeric. Add the ground curry leaf spice blend and mix well for a minute. (If you prefer less heat, add only half of the curry leaf spice mixture).
4. Add the rice and stir through till well mixed.
5. Serve hot with raita/yogurt dip.

Lime and Curry Leaf Posset with Peanut Crumble

A posset is a British pudding that uses clotted cream. The chef gives it a South Asian flair by adding fragrant curry leaves.

Serves 4. Prep – 10 mins. Cook time 25 mins.

2 ¼ cups heavy cream
¾ cup granulated sugar
8 fresh curry leaves, bruised.
5 TBSP lime juice
Peanut crumble, recipe below
Curry leaves, fried for garnish (optional)

Step 1

In a medium saucepan, bring cream and sugar to a boil over medium-high heat, s constantly stirring to dissolve the sugar, about 2 minutes. Remove from the heat and add bruised curry leaves. Steep for 12 minutes.

Step 2

Remove the curry leaves with a slotted spoon, then return to pot to a boil, constantly stirring for 2 minutes, adjusting heat as needed to prevent boiling over.

Step 3

Remove from heat, then stir in lime juice and cool for 10 minutes.

Step 4

Stir again and divide the mixture between 4 (8 ounces) small glasses or ramekins. Cover and chill until set, at least 4 hours or overnight.

Step 5

To serve, scoop 2 tablespoons of crumble onto the posset and garnish with fried curry leaves.

Peanut crumble

½ unsalted roasted peanuts
½ cup of all-purpose flour
¼ cup light brown sugar
3 tablespoons unsalted butter
½ tsp kosher salt

Step 1

In a food processor, pulse peanuts until coarse. Add to a bowl with the flour, sugar, butter, and salt, then rub until all the butter is coated with flour. (it should feel like a streusel topping.

Step 2

Add the mixture to a skillet over medium heat and cook without stirring for 4 minutes to begin browning the crumble. Stir, then keep cooking, occasionally stirring until golden brown, about 4 minutes more. Transfer to a sheet pan to cool completely. Once it cools, it will become crunchy. Makes about 1.5 cups.

Curry Leaf Shortbread with Peanuts and Grapefruit

Ingredients

- 2 cups all-purpose flour
- 1/2 teaspoon sea salt
- 1 cup (2 sticks) unsalted butter, at room temperature
- 3/4 cup coconut palm sugar (feel free to substitute another kind of sugar in its place)
- 1 tablespoon grapefruit zest (from 1 large grapefruit)
- 1 tablespoon minced fresh curry leaf.
- 1/4 teaspoon ground cardamom
- 2 handfuls roughly chopped salted peanuts.
- Demerara sugar, for sprinkling

Directions

1. In a small bowl, whisk together the flour and the salt.
2. In the bowl of a stand mixer with the paddle attachment, cream the butter, sugar, grapefruit zest, curry leaves, and cardamom until light and fluffy, 2 to 3 minutes.
3. Reduce speed to low and add slowly add the flour mixture until just incorporated. Add the peanuts and mix for just a couple more seconds so that they're evenly distributed.
4. Divide the dough into two and dump each half onto a swathe of plastic wrap. Use the plastic wrap to form the dough into logs. Put the two
5. logs in the refrigerator for at least 1 hour to firm up.
6. When you are ready to bake, preheat the oven to 350° F and line two baking sheets with parchment paper or silicone mats.
7. Slice the logs into 1/4-inch-thick rounds and place the cookies on the baking sheets, separating them by at least 1/2 inch. Sprinkle the tops with demerara sugar, pressing down gently to help it stick.
8. Bake for 15 to 17 minutes until golden around the edges. Let the cookies cool slightly on the baking sheets, then transfer to a wire rack to cool completely.

Curry Leaf Tea

Best consumed on an empty stomach for indigestion, morning sickness, and acid stomach.

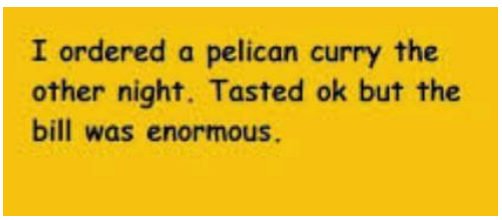
Directions

1. Take around 30-40 curry leaves from the plant.
2. In a pan, add a glass of water and bring to boil.
3. Now add curry leaves to this water and let the leaves soak for a few hours.
4. Strain this tea.
5. Add honey and lemon as per taste.
6. Mix well and enjoy your tea.

Curry Chickpeas

1 tablespoon virgin coconut oil or vegetable oil
2 teaspoons black or brown mustard seeds
6 fresh curry leaves
3 dried Kashmiri or guajillo chiles, broken into pieces, seeds removed
¼ teaspoon asafetida (optional)
2 15-ounce can of chickpeas
Kosher salt
¼ cup freshly grated coconut
Lime wedges (for serving)

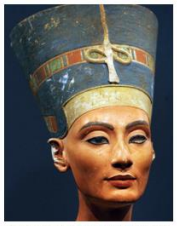
Heat oil in a large skillet over medium-high. Cook mustard seeds, swirling pan occasionally until oil begins to sputter. Add curry leaves, chiles, and asafetida (if using) and cook, occasionally stirring, until curry leaves are slightly darkened, about 45 seconds. Add chickpeas; cook, tossing often, just until warmed through, about 3 minutes. Let cool, season with salt. Scoop into a bowl; top with coconut. Serve with lime wedges.



The Curry Leaf Kohl

By Rebekah Mead

Curry leaf kohl dates back to the era of the pharaohs and ancient Egypt. It was used by both men and women to protect against eye ailments; it was considered to be an essential preventative health aid (like taking vitamins today). Kohl was a beauty enhancer used for medicinal and religious purposes.



The famous bust of Nefertiti. Image courtesy-The Guardian

Kohl is still used today as eyeliner to contour and darken the eyelids and as mascara for the eyelashes. In India, mothers apply kohl to their infants' eyes soon after birth to "strengthen the child's eyes." Some believed it could prevent the child from being cursed by the evil eye.

Kohl was used in many Ayurvedic Medicines and traditional practices. Like many other natural remedies, its healing properties have been doubted by modern medicine, but evidence-based research supports its effectiveness. As such, many big cosmetic companies have cashed in on selling kohl.

Here is a classical homemade solution for you to try and see for yourself. Zero chemicals, zero worries.

The Curry Leaf of Kohl

Essential Ingredients:

- A container to store
- Organic sesame and coconut/castor oil
- Diya lamps/Oil lamps(preferably old ones)
- Cotton wicks
- A plate (made of mud or copper)
- Matches
- Curry leaves

Process of making your homemade curry leaf, kohl:
The whole process may take up to 3 hours.

1. Pour 2 Tbs of sesame oil into each of the lamps. (Sesame oil is loaded with zinc and vitamin E, which are great for healthy eyes.)
2. Put cotton wicks in the oil and leave it aside so that the wicks are adequately soaked and absorb the oil. Grind the leaves with a stone mortar. Since a stone mortar uses manual force, it takes time to churn the leaves. Grind the leaves for 10 minutes to ensure a paste-like consistency. You can also use an electric mixer.

3. Now take the lamp which has cotton wicks in it and fill it with the ground leaves. Make sure the paste is mixed well with the oil.
4. Light one of the lamps and check if it burns well. If it does, the cotton is correctly soaked with oil. Use the flame of the burning lamp to light the other lamps.
5. Bring all the lamps together and let the flames combine to amplify the burning effect.
6. Place a lid on top of the lamps. Make sure you leave space for air circulation as oxygen plays a vital role in combustion. Make sure to check on the fire; it should keep burning. A good tactic to check without opening the lid, again and again, is to keep a plate that reflects light. In case the fire goes off, fill the lamps with oil and rekindle the flame. While checking for the fire, make sure you do not lift the cloth with bare hands. Use a cloth since mud is a good conductor of heat.
7. After about 3 hours, open the lid and check the covered side. It should be filled with dark ash, which is formed due to the vapors of burning oil. Use a spoon to extract the ash into a small plate.

The minute particles together constitute a thin layer of kohl, which has a mild herbal scent of curry leaves.

Fruits of labor…your homemade kohl is ready! And finally, to make it usable, mix it with a few drops of pure coconut or castor oil. Sesame oil is good but should not be used for mixing, as it may cause irritation in the eyes.

If you want your kohl to be smudge-free- mix it with homemade beeswax. However, this will lighten the darkness pitch slightly.

Making curry leaf kohl does need patience, but its health benefits make it an excellent substitute for chemically infused products.

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What's Growing in My Garden?

Nature's Solutions
By Rebekah Mead

Spring is just around the corner, and bugs are already invading my home. I regularly advocate that we must repel, not kill, bugs because that can offset our environment's balance. Though caterpillars may consume some of our herbs, they become beautiful pollinating butterflies that help other garden crops flourish later in the season. And killing an entire population of mosquitos will result in polluted ponds and lakes and the extinction of many animals and reptiles that rely on mosquitos for nutrition.

BUT, my kitchen was becoming overrun with fruit flies. I put bouquets of citronella and mint plants on my countertop that successfully repelled them to my refrigerator, stove, and dining room… augh!! I was so frustrated I almost resorted to a chemical bug bomb… then I woke up one morning with an epiphany! Ah-ha. The carnivorous pitcher plants hanging in my den were looking might hungry lately. Some of their hanging pitchers were shriveling up and dying. I relocated these plants to my kitchen and dining room—And literally!!! Overnight all the fruit flies disappeared. Over the next few days, my pitcher plants perked up, looking happier and healthier as ever—they must have been starving there in my den.

Isn't nature wonderful? Somehow, even the most annoying things to humans have their purpose in the scheme of our environment.

A word of warning about these plants, though—I seldom place any of my carnivorous plants near my garden because they will consume the good pests as well as the bad ones.

How members can share their experience in our newsletter:

Meet Our Members: Each month, a different member tells us a little bit about his 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.

Craft Ideas: How to make crafts and artwork using herbs or with herb theme.

Puzzles: Please feel free to submit a puzzle with the answers on the side.

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