# Got Thyme

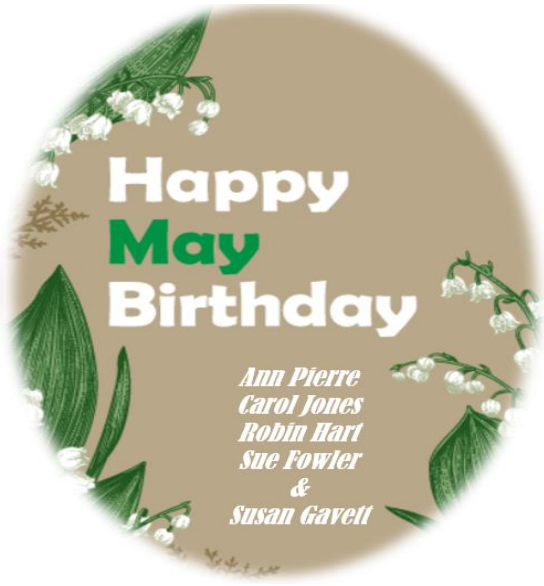
Seaside Herb Society
Ormond Beach, Florida
Seasideherbsociety.com

May 2021

# Monthly Newsletter

## Upcoming Meetings

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

The Seaside Herb Society is coming to a season's end. I will miss seeing all of you during the summer. This May meeting is our last one until September. A June newsletter containing our two May lectures will be sent the usual second week of the month. After that, our following newsletter will come in October- covering our September lecture.

I will post on our webpage ways for members to contribute to next season's newsletters. Please share your experiences from this summer with members. Pictures of gardens you visit and gardening tips, even problems you experience, are helpful for other members to learn from.

During our last meeting, I brought up the topic of pest control in the Ormond Beach area. Many good suggestions included using organic hot pepper mixed with garlic and companion planting using herbs that repel bugs and animals.

One afternoon I first saw a rat run in front of me inside my garden. Next, I saw a garden snake sunning itself on my patio. Its long thin body obviously had no rodent inside. It showed no indications of being hungry; therefore, I put little faith in that snake protecting my garden. I turned away for a moment and never saw it again.

Overhearing this zoom meeting, John recommended a more aggressive but less humane approach-- buckets of water with lids that tip the rodent into the water. The creatures attacking my crops walk onto the swinging cover, fall into the bucket of water, and drown. This works well, but I dread checking the buckets each morning and, even worse, disposing of the dead rat.

This summer, I plan to use all the suggestions, including the buckets, to reduce my food bills and eat healthily. I look forward to seeing all of you at our May zoom meeting. -- Rebekah

**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 May Featured Member
### Patricia Craven

A person dies twice. Once when he takes his last breath and again when his name is spoken for the last time.
--- Unknown genealogist

I was born in Brooklyn and raised in the Bronx. Following graduation from Barnard College, I left New York to attend graduate school at the University of Pittsburgh. There I earned a Ph.D. in Biochemistry. While a grad student at Pitt, I met my husband of 50 yrs, started a family, and became interested in gardening. After grad school, I joined the faculty and had a career in medical research that lasted 30 yrs. I retired as a Research Professor of Medicine at the University of Pittsburgh and a Career Scientist at the VA. During this time, we were also very fortunate to have two wonderful children, who now have their own families and have given us 4 beautiful grandchildren.

After retiring from the university, we moved to a small town, Indiana, PA, about 60 miles east of Pittsburgh, where we raised alpacas. Cherry Ridge Farm was on a mountain ridge with 40 acres of cherry and oak forest, miles of trails, and natural ponds. I learned to spin and weave my alpaca fiber and had a small business. I also had a large vegetable garden that included a small herb patch. We lived in a log cabin built from the trees on the property. I became involved in the alpaca industry by joining the board of directors of the Alpaca Research Foundation, which awards grants to qualified investigators for alpaca research. I continue to serve on that board.

After 12 years of a truly idyllic life on the farm, we needed to find a less demanding place to settle down. My husband had a stroke, and access to the farm could be treacherous in the winter due to a mile-long steep uphill driveway. Meanwhile, my 93 yr old mother, who was on her own in OB, fell and ended up in the hospital, followed by rehab for 6 months. So we sold the farm and moved to OB to be closer to her. My mother is still alive at 103 years old, but sadly, my husband passed in 2017.

I continue to be interested in gardening, but only in pots. I built a villa in the Halifax Plantation after my husband died. There is no space for a garden. Attending the Seaside Herb Society meetings helps me to continue my interest in gardening. I am also interested in genealogy and serve as president of the Halifax Genealogical Society in Ormond Beach. Due to my background in science, I am especially fond of DNA and enjoy teaching our HGS members how to use DNA to find ancestors.

## *What's on My Bookshelf*

No information about books or other reading material was shared this month.

**A Moment in History: As our current leaders are retiring this year after many years of generously serving Seaside Herb Society, looking back 23 years ago, SHS was preparing for its new leadership then.**

5-21-98

**Herb group harvests officers**

The Seaside Herb Society recently met for election of officers and a monthly business session.

Officers for the coming year are Kathie Kosak, president; Pauline Copello, first vice president; Rachael Jackson, second vice president; Gail Lincoln, secretary; Betty Taylor, treasurer.

The herb of the month was artemesia and refreshments included mint tulip tea, sassafras tea, basil quiche and galloping garlic dip. The club will meet at 9:30 a.m. June 20 for installation of officers and the annual tea party with the theme, "A Seaside Affair."

school year. Leaders include: Karen Hurd, new m
bers; Lisa Contino, community services; Kimbe
Shores, family events; Sandy Landford, field trips,
anna Holt, correspondence; Cheryl Ferrymen, spo
activity days.

A trip to Wild Waters is planned for June 5 a
committee leaders meeting will be June 2 to m
plans for the next school year.

THE ORMOND BEACH KIWANIS CLUB
meet at noon today at Homer's Original Smorgas

# Paprika

Presented by Patricia Craven & Audrey Hartz

## Paprika
## By Audrey Hartz

Paprika is a spice made from dried and ground red peppers. It is traditionally made from dried peppers from the Capsicum annuum varieties in the Longum group, including sweet and hot peppers. Although chili peppers are in this group, they are not used in paprika. It is considered a world spice because it is used in many types of dishes in diverse cuisines. Paprika can range from mild to hot. The flavor also varies from country to country. The sweet variety is the most common. What you find in your grocery store labeled as paprika is the sweet variety.

The type of paprika will determine how it is used in cooking. A basic, mild-tasting version will add color without overwhelming the dish's flavors and can be added to marinades and rubs or sprinkled over a finished dish like hummus. Paprika with more flavor, like Hungarian, takes a starring role in recipes such as chicken paprikash and Goulash, with significant flavor and a deep red hue. Spanish smoked paprika affects a dish as the smokiness becomes the predominant flavor, like a slow-cooked chicken and vegetable recipe or broiled mahi-mahi. Replacing one type of paprika for another significantly alters the taste of the dish.

***A bit of history:.*** Peppers originated in North America. They grow wild in Central Mexico and, for centuries, have been cultivated by the people of Mexico. They were introduced to Spain in the 16th century, when trade expanded to the Iberian Peninsula, then into Africa, Asia, and central Europe. The plant used to make the Hungarian version was grown in 1569 by the Turks at Buda, now part of Budapest, the capital of Hungary. Central European paprika was hot until the 1920's when a breeder found a plant that produced sweet fruit.

Paprika can vary greatly depending on the country in which it is made. The most well-known paprika-producing countries are Spain and Hungary. The most basic version can be made of peppers from California and South America, and other regions.

Hungary is a significant source of commonly used paprika, sweet or mild-tasting being the most common. Hungary has 8 different grades, from sweet with no heat to hot.

Spanish Paprika Pimentos has a distinct smoky flavor and aroma. It is typically dried by smoking the peppers over an oak wood fire. It is available in three versions mild, mildly spicy, and spicy.

There is one that is not smoked. Traditionally it is dried in the sun or in kilns.

Most recipes call for simply adding the spice directly to the mix. Still, for paprika to fully release its flavor, scent, and color, it should be quickly cooked in a bit of oil first. It can go from heavenly to bitter and unpalatable if it is overcooked for even a few seconds too long. I have always just added it to the recipe.

Paprika vs. Chili Powder. Chili powder is often mistaken for paprika. Chili powder has ground chili pepper as well as cumin, garlic powder, salt, and paprika. If possible, buy paprika in a tin container versus a glass bottle and check expiration dates; the flavor will diminish over time. Store your airtight container in a cool, dark spot. The refrigerator is acceptable. It will stay fresh for six months.

## There's a Big Difference Between Sweet, Smoked, and Hot Paprika.
## By Arielle Weg (2017) Submitted by Patricia Crav

Every time I found a recipe that called for smoked or hot paprika, I shrugged and sprinkled in the regular stuff instead. I thought the different varieties didn't really make a difference, so there wasn't a need for me to keep three different versions of the same spice on hand. Turns out, I was wrong. In its simplest form, paprika is made from ground sweet pepper pods to create the iconic bright red powder. But depending on the variety of paprika, the color can range from a bright orange-red to a deep blood red. The flavor can be anything from sweet and mild to bitter and hot. Be careful to purchase the right kind of paprika for your dishes and store the spice in a cool, dark place for up to six months.

**Sweet Paprika**

Typically, just labeled as paprika, this spice adds vibrant color to any dish. It can be sprinkled as a garnish over deviled eggs or potato salad or used as a flavoring for meat rubs. It has a sweet pepper flavor without any heat. If a recipe doesn't specify the type of paprika, I recommend using this kind.

**Hot Paprika**

Hot paprika is the Hungarian variety of paprika and is generally accepted as superior to the rest. In Hungarian cuisine, paprika is used as a primary flavoring method instead of simply adding color to a dish. It is most commonly found in classic dishes like Goulash, a stew made from red meat, onions, potatoes, and vegetables. It is served over egg noodles and creamy paprikash. This similar stew uses lighter meats and sour cream.

This version adds a peppery, spicy kick to any dish. Paprika Rubbed Sheet Tray Chicken blends both hot and smoked paprika for a truly fiery bite. In contrast, Breakfast Hot Dish subs combine hot paprika and spicy Aleppo pepper. You can sub sweet paprika into dishes that call for hot paprika and sprinkle a touch of cayenne pepper in to compensate for the heat. I do not recommend using smoked paprika in place of hot.

**Don't confuse Hot Paprika with chili powder.** *Chili powder* is usually used as a seasoning spice made with a combination of chili pepper base and made up cumin and garlic powder. *On the other hand, paprika is purely made of chilies or a mixture of chilies and sweetness*. Taste-wise, chili powder is usually hotter than paprika.

**Smoked Paprika**

Smoked paprika, often called *pimenton* or smoked Spanish Paprika, is made from peppers that are smoked and dried over oak fires. This process gives the red powder a rich, smoky flavor. You can find this smoked variety in mild, medium-hot, and hot. True Spanish *pimenton* is produced using traditional techniques and comes from specific areas in Spain, as per the European Union's laws.

This variety has a smoky flavor you might find by grilling outdoors or charring a red pepper. The flavor is still sweet and cool without adding any heat to the dish, unless you purchase a hot, smoked variety. You can sample the smokey undertones in our Roasted Sweet Potatoes With Smoked Paprika-Honey Butter or dig into a bowl of Smoky Lentil Stew. You can sub in sweet paprika into dishes that call for smoked, but it will drastically change the flavor of the dish by removing the smokiness.

## Nutritional & Medicinal Properties of paprika
## By Patricia Craven

Now let's talk about the nutritional and medicinal properties of paprika. Paprika is loaded. 1 tablespoon contains 19% of your daily requirement of the Vitamin A precursor, beta carotene, 13% of the daily requirement of vitamin E, 9% of the daily requirement of vitamin B6, and 8% of the daily requirement of iron. Notably, the very high levels of vitamin C in fresh peppers are lost on paprika preparation. Suppose you would like to eat a Tb of Paprika to obtain all the retained nutrients during its preparation. In that case, I suggest that you make that mostly the sweet variety and add hot and smoky paprika to taste.

Paprika also contains 30 different carotenoids with antioxidant properties. All varieties of paprika contain in addition to beta carotene, capsanthin, lycopene, Zeaxanthin, and lutein. The hot variety contains capsaicin in addition. The carotenoids are all fat-soluble, so if you take in too much, such as by using an oral supplement, they will accumulate in the body and not be washed out.

Consuming large amounts of carotenoid antioxidants can lead to a pro-oxidant effect and increase oxidant stress in the body due to the build-up of metabolites of the antioxidant's pro-oxidant effects. So it is recommended that you should consume carotenoids in your diet rather than take a supplement. When making this point, writers frequently refer to a study of lung cancer patients given a supplement of carotenoids. The lung cancer actually progressed faster in patients given the supplements. Nevertheless, some studies in humans have found significant reductions in abdominal fat, LDL, and total cholesterol with carotenoid supplementation. Notably, in a study of 2000 women, those with the highest blood levels of beta carotene, lutein, Zeaxanthin were 25% less likely to develop breast cancer.

The nutritional content of peppers and the particular carotenoids they contain is dependent on the degree of ripeness. Red peppers are born green due to the presence of chlorophyll. As they ripen, the chlorophyll content declines. The number of carotenoids increases by as much as 35x, resulting in a color change. Capsanthin, which is the predominant carotenoid, is mainly responsible for the red pigment. Yellow peppers are genetically incapable of

making capsanthin and contain a much lower content of carotenoids than red peppers. Interestingly, chocolate brown fruits used in the making of Mexican mole are genetically incapable of breaking down the chlorophyll. So their color is a mixture of green and red, the red coming from capsanthin.

So let's talk about the individual carotenoids present in paprika. Beta carotene is a precursor to vitamin A, and 1 molecule of beta carotene is converted to 2 molecules of vitamin A in our bodies. Vitamin A is of course essential for healthy vision and a healthy normal immune system. There is also good evidence that eating b carotene, not taking the supplement, can reduce the risk of certain cancers, including Hodgkin's lymphoma, cervical, lung, and bladder cancer. The active form of vitamin A is only found in animal products, whereas B carotene is only found in plants. So eating food rich in b carotene is essential to maintain vitamin A levels in strict vegetarians.

Lutein and Zeaxanthin are very similar in chemical structure and are easily interconverted. They accumulate in the macula part of the retina. They are well known to fight age-related changes in the eye including macular degeneration and cataract formation. But let's look at some of the studies that were done. Supplementation of the diet with lutein and Zeaxanthin were only shown to reduce the risk of macular degeneration in people who did not have an adequate intake of these carotenoids. The supplements also reduced the risk of progression from early to late-stage macular degeneration. However, supplementation of the diet with lutein and Zeaxanthin had no effect on the risk of developing macular degeneration in the general population. With respect to cataracts, epidemiological evidence involving 1800 women shows that those who consumed large amounts of lutein and Zeaxanthin had a 32% reduced incidence of cataracts over a 15 yr study period. In addition, two meta-analyses confirmed the correlation between high dietary lutein and low risk of cataracts. So how much lutein and Zeaxanthin do you need in your diet to protect your eyes? The answer is about 10 mg/day. The average daily intact in the American diet is 1-3 mg/day. Suppose you want to know how much paprika you would have to consume to get 10 mg/day. In that case, the answer, according to my calculations, 1 Tb of Paprika contains about 1 mg of lutein/zeaxanthin or 10% of that required to achieve protection. The lutein content of unripe green peppers is actually a lot higher than it is in mature red peppers, so consider consuming fresh green peppers rather than paprika for this nutrient. Or you can buy roasted green bell pepper powder, but it is not called paprika.

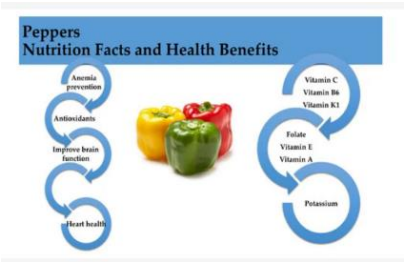
Lycopene, which is in part responsible for the red color of paprika, is a powerful antioxidant. It is generally found in cell membranes and is thought to protect cell membranes from oxidative stress, thus maintaining their strength and fluidity. Robust fluid cell membranes allow nutrients in and keep toxins out. Lycopene is also believed to help prevent heart disease by inhibiting free radical damage to LDL cholesterol, responsible for plaque formation. Lycopene ay also limits tumor growth in vitro and in experimental animals.

Now we get to capsaicin, which is only present in hot peppers. Capsaicin is used in the treatment of neuropathic pain and also arthritic pain. However, it is only used topically. There are creams and patches. The patches are more effective because they deliver a higher dose. Capsaicin works by firing up the nerves and causing a burning sensation followed by a prolonged refractory period when the nerves don't respond to pain. There has been a lot of speculation about the potential benefits of oral capsaicin. Still, studies have been thwarted because of GI distress, including nausea, stomachache, diarrhea, etc.

## Science-Backed Health Benefits of Paprika

Paprika offers a variety of beneficial compounds, including vitamin A, capsaicin, and carotenoid antioxidants. Evidence-based research suggests these substances may help prevent inflammation and improve your cholesterol, eye health, and blood sugar levels, among other health benefits.

**Paprika is full of nutrients.** One tablespoon of paprika has micronutrients and beneficial compounds:




- Calories: 19
- Protein: 1 gram (g)
- Fat: 0.9 g
- Carbs: 4 g
  - Fiber: 2 g
- Vitamins
  - A: 19% of the Daily Value (DV)
  - E: 13% of the DV
  - B6: 9% of the DV
- Iron: 8% of the DV
- The primary antioxidants in paprika belong to the carotenoid family, which include:
  - Beta carotene
  - Capsanthin
  - Zeaxanthin,
  - Lutein

**Antioxidants** fight cell damage caused by reactive molecules called free radicals. Free radical damage is linked to chronic illnesses, including heart disease, cancer, and poor vision. Eating foods rich in antioxidants may help prevent and reverse these conditions. Many studies link a high dietary intake of these nutrients to a decreased risk of age-related macular degeneration (AMD) and cataracts. (Huang, 2018).

A study of 1,802 women determined that those with the highest dietary intakes of lutein and Zeaxanthin were 32% less likely to develop cataracts. (Moeller, 2006). Another study of 4,519 adults ages 60 -80 found that higher intakes of lutein/zeaxanthin were independently associated with a decreased risk of Age-related Macular Degeneration. (San Giovanni, 2007).

**Paprika may reduce inflammation.** Certain varieties of Paprika, particularly hot varieties, contain the compound capsaicin. Beware that the carotenoids and capsaicinoids concentrations of paprika are significantly affected by their preparation methods. The natural convection drying methods retain the highest carotenoids and capsaicinoids concentration. (Topuz, 2011). It's thought that capsaicin binds to receptors on your nerve cells to reduce inflammation and pain. Therefore, it may protect against various inflammatory and autoimmune conditions, including arthritis, nerve damage, and digestive issues. (Ji-Sun Kim, 2016).

Capsaicin has elicited enormous interest for several centuries due to its conspicuous culinary and clinical applications. Despite its adverse effects, capsaicin is an active principle in several pharmaceutical formulations for treating various human ailments. It is best known for its relief of arthritis pain; there is a growing interest in research for the use of high-dose capsaicin in painful neuropathic conditions. But much research also demonstrates its valuable pathological actions on cancer, obesity, skin disorders, inflammation, cardiovascular diseases, upper respiratory reflexes, and regulation of innate and adaptive immune responses. Advanced studies are needed to identify capsaicin analogs with less or no toxic effects. Despite these challenges, harnessing the therapeutic potential of capsaicin will help develop new strategies for the treatment of a plethora of diseases. Several studies show that topical creams and over-the-counter patches containing capsaicin help reduce pain caused by arthritis and nerve damage, but research on capsaicin tablets is more limited. (Basith, 2016). In one study of 376 adults with gastrointestinal diseases, capsaicin supplements helped prevent stomach inflammation and damage (Mózsik, 2014). In another study, researchers observed an immunomodulatory effect of an early preventive diet concept. Oral capsaicin was given to mice ten days before immunization. Reduced inflammation of the sciatic nerve and small intestines were significantly detectable. This report studied the immunomodulatory effect of the common nutrient capsaicin in an experimental model for autoimmune neuropathies. (Motte, 2018).

Research shows that dietary intake of paprika can improve plasma lipid profiles. Administration of purified dietary Capsanthin in Paprika for two weeks given to young male rats resulted in a significant increase in plasma high-density cholesterol (HDL-the healthy cholesterol). Animals receiving diets containing two different capsanthin concentrations exhibited dose-dependent increases in their HDL-cholesterol and increased levels of their liver enzymes responsible for regulating triglycerides and lipid droplets. (Aizawa, 2009). In a 12-week study in 100 healthy adults, those who took a supplement containing 9 mg of paprika carotenoids per day had significantly lower LDL (bad) and total cholesterol levels than those who got a placebo. (Ryo Kakutani, 2019)

**Paprika may protect against cancer.** In a study in nearly 2,000 women, those with the highest blood levels of beta carotene, lutein, Zeaxanthin, and total carotenoids were 25–35% less likely to develop breast cancer. (Tamimi, 2005). There is persuasive epidemiological and experimental evidence that dietary phytochemicals have anticancer activity. Capsaicin is a bioactive phytochemical abundant in red and chili peppers. Data strongly indicates anticancer benefits. Capsaicin altered the expression of several genes involved in cancer cell survival, growth arrest, and metastasis. It targets multiple signaling pathways and tumor-suppressor genes in various types of cancer models. The use of capsaicin with other dietary or chemotherapeutic compounds is proven to be beneficial. (Clark, 2016).

**Paprika may improve blood sugar levels.** The capsaicin in paprika may improve insulin sensitivity in diabetes by influencing genes involved in blood sugar control and inhibiting enzymes that break down. (Sanati, 2018). In a 4-week study in 42 pregnant women with diabetes, taking a daily 5-mg capsaicin supplement significantly decreased post-meal blood sugar levels compared with a placebo group. (Yuan, 2016)

Animal and some human studies have indicated that chili-containing meals increase energy expenditure and fat oxidation, which may help reduce obesity and related disorders. A 4-week study in 36 adults found that a diet with capsaicin-containing chili pepper significantly decreased blood insulin levels after meals compared with a chili-free diet. Lower insulin levels typically indicate better blood sugar control. (Ahuja, 2006).

**Paprika is rich in iron and vitamin E, two micronutrients vital for healthy blood**. Iron is a crucial

part of hemoglobin, a protein in red blood cells that helps carry oxygen throughout your body. At the same time, vitamin E is needed to create healthy membranes for these cells. Deficiencies in either of these nutrients may lower your red blood cell count, leading to anemia, a condition marked by fatigue, pale skin, and shortness of breath. The findings in one study of 200 young women suggest that focused education and awareness strategies are needed to improve nutritional habits by encouraging the consumption of rich dietary iron sources and raising awareness of the food and drinks that facilitate or hinder the bioavailability of iron. (Alzaheb, 2017).

Paprika is high in iron, and vitamin E, both of which help create healthy red blood cells and may work to stave off anemia; hence, promoting meals and drinks made with paprika can help remedy anemia.

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## Easy ways to add paprika to your diet

Paprika is a versatile spice that can be incorporated into a multitude of dishes. Sweet paprika can be used as a seasoning for meats, potato salad, and eggs. Hot paprika offers a spicier kick when added to soups and stews, such as Hungarian Goulash. Smoked paprika works best with rice, lentil, and bean dishes. Add paprika to everyday meals by sprinkling a dash on hard-boiled eggs, chopped veggies, dips, cooked rice, roasted potatoes, and salads.

Paprika supplements are available, but there's minimal research on their safety and efficacy. By consuming paprika in a fresh organic form, a wide array of nutrients accompany its ingestion.

### Taste Test of Assorted Paprikas
By Patricia Craven

I made about 4 cups of a simple tomato sauce by sautéing onions and garlic, adding a 12 oz can of chopped tomatoes, 1Tb of tomato paste, and cook for an hour. I then pureed it and divided it up into 4-1 cup portions. I added a tsp of each of the following paprikas to each of one-of-the-4 cups and mixed it in well. I purchased the Paprika from Spice House online. The varieties I tested were Sweet Hungarian, Sweet Spanish smoked (aka Pimenton), Hungarian half sharp, and Hot Spanish smoked. I used cubes of cooked, crispy tofu to sample the various paprika sauces. Here are the results:

***Sweet Hungarian:*** Rather tasteless in the tomato sauce.
***Sweet Spanish Smoked:*** This had a great smoky taste. Not hot at all.
***Hungarian Half Sharp:*** This was quite hot, but not too hot for my taste. I tried mixing 1/4 cup of sour cream into half a cup of the hot tomato sauce, and it definitely gave it a much milder flavor.
***Hot Spanish Smoked:*** This was my favorite. It was not as hot as the Hungarian Half Sharp, and it had a lovely smoky taste.

## PAPRIKA RECIPES

### Paprika Rubbed Salmon
**Patricia Craven**

I made a paprika rub by mixing 1 Tb of my favorite hot Spanish Smoked paprika with 1Tb of brown sugar and 1 tsp of ground cinnamon. I brushed an 8oz salmon filet with olive oil and then rubbed it in the paprika mixture. I cooked the salmon at 375 degrees for 15 min. It was quite good.

### Healthy Moroccan Chickpea Stew

**Ingredients**

- 1 small onion diced
- 1 garlic clove minced
- 1 tbsp olive oil
- 2 14-ounce cans of diced tomatoes
- 2 14-ounce can chickpeas
- 1 cup water
- 2 tbsp tomato paste
- 1 tsp each turmeric, paprika, and garam masala
- 1 tbsp cumin
- 1/2 tsp salt (plus salt to taste)
- 1/2 tsp black pepper
- pinch of cinnamon and cayenne pepper
- Jasmine rice or quinoa
- cilantro

**Directions**

- In a medium pot on medium heat, diced onion in olive oil for 3 minu often, onions should be soft, and e should be slightly brown when do garlic, chickpeas, salt & pepper, s cook for about a minute until frag
- Add diced tomatoes, water, tomat and simmer on low to medium he minutes. Liquids will reduce, and thicken.
- Before serving, taste and adjust if with a pinch of salt until the flavo right, serve over rice or quinoa wi chopped cilantro.

### Smoky Paprika Hummus
-Audrey Hartz

This hummus is delicious on sandwiches or served with fresh vegetables.

Ingredients

- 1 15oz can of chickpeas
- ¼ cup water
- 1 lemon
- 2 tbsp tahini (I only used 1)
- 2 tbsp olive oil
- ½ tsp minced garlic
- ½ tsp salt
- 1 tsp smoked paprika (you can substitute what paprika you prefer. I suggest starting with a ½ tsp and adding more to taste, I used 1 tsp.)

Instructions

1. Rinse and drain the chickpeas and add them to a microwave-safe bowl.
2. Microwave on high for 30 seconds until the chickpeas are warm.
3. Add the chickpeas to your food processor and blend on high for 30 seconds.
4. Juice the lemon into a bowl and add the water. Wisk together.
5. While blending on low, add in the water and juice mixture. You might need to scrape down the sides a few times.
6. While still blending, add in the tahini.
7. Continue to blend for 45 seconds until it is smooth.
8. Add the paprika and blend for a few more seconds until combined.
9. Transfer to a bowl and sprinkle a little more paprika on top (if desired) and serve.

I added pomegranates on top, which I loved the first 2 days but then felt it gave it a bitter taste.
You can, of course, use your favorite hummus recipe and try the paprika you prefer.

### Lamaze Dressing

*1 cup mayonnaise*
*1 cup chili sauce*
*¼ cup India relish*
*1 hard-cooked egg, chopped*
*½ pimiento, chopped*
*¼ green pepper, finely chopped*
*2 tablespoons finely chopped celery*
*1 teaspoon vinegar*
*1 teaspoon dry Mustard*
*½ teaspoon Shredded Green Onions*
*⅛ teaspoon Paprika*
*¼ teaspoon Black Pepper*
*½ teaspoon Season-All*
*⅛ teaspoon Turmeric*
*1 teaspoon A-1 sauce*

Combine all ingredients, mixing well. Chill before using. If full recipe is not used at once, keep in refrigerator in tightly covered jar. This dressing is especially good with shrimp, crab or lobster, and may be used on tossed salad and some sandwiches. *Makes about 3 cups.*

**Keto Lemon Butter Paprika Shrimp**

-Audrey Hartz

This is a quick meal to prepare and serve.

Ingredients

- ½ lb. Uncooked Argentinian Red Shrimp
- ½ tsp Paprika
- 1 tbsp Lemon Juice
- 2 cloves Garlic
- 1 tbsp Butter
- 1 tbsp Extra Virgin Olive Oil
- ¼ tsp Salt

**Directions**

1. Peel and devein shrimp.
2. In a bowl, grate garlic. Add melted butter, paprika, olive oil, and salt.
3. Toss the shrimp in the butter sauce and allow to marinate for 10 mins.
4. Place shrimp on parchment covered sheet pan in a single layer. Roast at 400 degrees for 3-5 minutes, depending on the size of the shrimp.
5. Enjoy over cauliflower rice.

I tried this after our last meeting and thought it was great. You could substitute chicken.

## Chicken Paprika

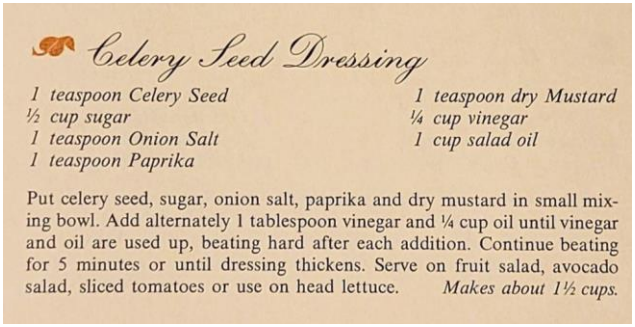
**-Rebekah Mead**

This is a recipe I was given by a friend in 1975

6 boneless chicken breasts
2 Tsp salt
1 tsp pepper
½ stick butter
2 minced garlic clove
2 tsp paprika
1 cup sour cream

**Directions**

Saute chicken & seasonings in butter.
Cover and cook for 30 minutes.
Add sour cream & stir constantly. Simmer 15 minutes
Sprinkle paprika over the top and serve.
Serve over rice



*Celery Seed Dressing*

*1 teaspoon Celery Seed*
*½ cup sugar*
*1 teaspoon Onion Salt*
*1 teaspoon Paprika*
*1 teaspoon dry Mustard*
*¼ cup vinegar*
*1 cup salad oil*

Put celery seed, sugar, onion salt, paprika and dry mustard in small mixing bowl. Add alternately 1 tablespoon vinegar and ¼ cup oil until vinegar and oil are used up, beating hard after each addition. Continue beating for 5 minutes or until dressing thickens. Serve on fruit salad, avocado salad, sliced tomatoes or use on head lettuce. *Makes about 1½ cups.*

## Chili

Audrey Hartz

**Ingredients**

- 1 lb. low-fat ground turkey
- 1 bell pepper (I prefer red)
- 1 yellow onion (I substitute a cup of chopped celery)
- 1 - 15 oz can of fire-roasted diced tomatoes
- 8 oz of chicken broth (I use Better Than Bouillon, roasted chicken base, reduced-sodium)
- 2 - 15 oz cans of your favorite beans (I use a variety, could be Black, Pinto, Cannellini, Garbanzos (Chickpeas), Great Northern, Kidney)
- 3 tbsp chili powder
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tbsp paprika (I've used sweet or smoked, but plan to try hot, will need to adjust other hot spices)
- ½ tsp cayenne
- salt to taste
- black pepper to taste
- 2 tsp brown sugar

**Directions**

1. In a large dutch oven, sauté the diced peppers and onion (celery, in my case) until translucent.
2. Add your ground meat and brown until it's just done. It's okay if it still has some pink because you will continue to cook it. Drain off the fat and discard.
3. Add your seasoning. Cook for 1 to 2 mins while stirring continuously.
4. Pour in your tomatoes and chicken broth.
5. Bring to a simmer and cook for about 15 mins. Add the drained and rinsed beans.
6. After heating, it is ready to serve.

I often make a big batch by tripling the recipe and will use 6 different kinds of beans. I sometimes add carrots. I keep out what I think we will eat in a week and freeze the rest in the same size containers. We like our chili on the hot side and will frequently taste to see how I need to adjust the spices. I don't always use the brown sugar; I have sometimes used balsamic vinegar, sometimes neither.

**Paprika Chocolate Chip Cookies**

Paprika Chocolate Chip Cookies are a fun, lightly spiced twist on a classic cookie recipe. Filled with dark chocolate chips and a hint of sweet paprika.

**Ingredients**

1 cup unsalted butter room temperature
3/4 cup brown sugar
1/2 cup granulated sugar
2 large eggs room temperature
1 1/2 teaspoons vanilla extract
2 3/4 cups all-purpose flour
2 teaspoons sweet paprika
1 teaspoon baking soda
1/2 teaspoon salt
1/4 teaspoon cinnamon
2 cups chocolate chips
1/4 cup granulated sugar reserved for rolling
2 teaspoons paprika reserved for rolling

**Instructions**

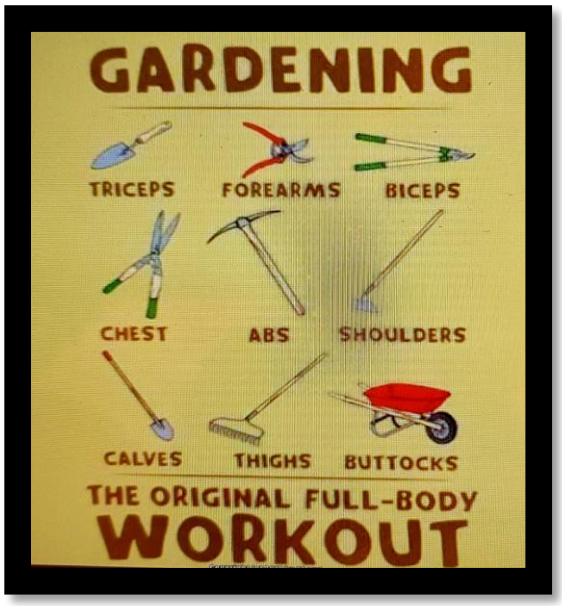
In a large bowl, cream together butter and sugars. Add eggs and vanilla extract. Beat until fluffy, about a minute.
In a separate bowl, sift together the flour, paprika, baking soda, salt, and cinnamon.
Gradually stir dry ingredients into butter mixture until just combined.
Add chocolate chips and stir until just combined.
Cover bowl or wrap dough in wax paper. Chill for at 1 hour (up to 24 hours) in the refrigerator. Refrigerating will help the flavors meld and also create a firmer dough to roll into balls.
Preheat oven to 350 degrees.
Remove dough from the refrigerator—scoop dough using a 1.5 tablespoon scoop or shape by hand into 1.5 inch balls.
In a small bowl, combine the reserved sugar and paprika. Gently roll balls in sugar mixture to coat. Place cookie dough balls 2 inches apart onto a parchment-lined baking sheet.
Bake for 10-12 minutes, or until edges begin to lightly brown. Allow cooling for 5 minutes before removing to a wire rack to cool completely.
Sweet paprika (may be labeled simply as ‘paprika’) is recommended for this recipe, not smoked or hot paprika.
Cookie dough will keep for 2-3 days in the refrigerator or up to 3 months in the freezer. Spice flavors will dull the longer your dough is frozen.

## Seaside Herb Society History-Corner -- 1997

2★ — THE DAILY JOURNAL Wednes

IN BRIEF

Special to the Daily Journal
Lynne Ferency holds the first 'Herbie' award presented by the Seaside Herb Society.



## Things to do in Volusia County

**Volusia County Orchid Society, Inc.**
**2021 ORCHID SHOW AND SALE**
May 8-9 from 9 am to 4 pm at the **Townsend Pavillion**, Volusia County Fair Grounds, Route 44, DeLand, Florida. Admission is $4.00. The facility is ADA compliant.

**I attended the Volusia County Orchid Show & Sale that our April newsletter announced**: The dealers were very enlightening. There were many varieties of orchids as well as growing supplies for sale.

I showed one orchid grower a picture of the orchid I have growing on my orange tree. I was told this is a "Phalaenopsis. Amazingly this orchid was on my dining room table the day that table caught on fire and burned up most of the content of our home.

I bought three orchids from different dealers and met one of the members, Chrissy, who said she would like to join our Herb Society. I hope she joins us.

## Interesting Facts About Orchids

- **Carnivorous" orchids** (Aracamunia): While orchids have flowers that are amazingly adapted to attract, fool, seduce, and ravage their animal pollinators, none are known to be carnivorous.
- Orchids are one of the oldest families of flowering plants. Orchid varieties have been found all over the world. This leads experts to believe they have been around since before the continents separated!
- Orchids are the largest group of flowering plants. With more than 25,000 species, there are more orchids on the planet than mammals and birds!
- The vanilla bean comes from a species of orchid. The Vanilla Orchid is the only commercially grown and harvested Orchid plant.
- Orchids take about 5-7 years to bloom once germinated. Plants sold in stores are already decades old! But orchids can live up to 100 years.
- Orchids have the tiniest seeds in the world. A single seedpod can have up to 3 million seeds inside! The seeds are so tiny they can only be seen under a microscope.