GOT THYME

Seaside Herb Society
Ormond Beach, Fl.
May 2022

Monthly Newsletter

Upcoming Meetings

Seaside Herb Society Meetings are on the third Saturday of every month September – May.
There are no SHS meetings in June, July, and August.
May 21, 2022 is our final meeting until September.
Our friends and family are welcome to join meetings as a guest.

Editor's Note

Our April field trip to the Yaupon Brother's American tea company in Edgewater was a real treat. We were given a tour of the plant and educated about the organic origins of this organic holly tree.

I also got to perform a lecture at the Ormond Beach Methodist Church's women's group this past month. I love talking about the environmental benefits of home gardens in addition health (both mental and physical) benefits and how to cook with herbs.

Since moving to Florida in 2016, I've met so many friends who share my interest in gardening. Recently my neighbor shared pictures of the garden her eight year old grandson has made all on his own. His mom is recovering from stomach cancer whereas his garden has helped keep his mind off his fears of losing his mom. Another friend who has suffered with chronic pain and impaired mobility has experienced a great improvement in her health since starting an organic garden. This is when it occurred to me that gardening is good for our mental health as well as physical wellness.

Our spring sale sold out of herbs quickly, which may be another indicator that home gardens are back and Victory gardens.

Today, I am thankful to see so many people growing and experiencing the joys of gardening.

-Rebekah Mead

Our Mission Statement: 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 Is Rita Vogl

Growing up in the mid '50's I loved the cold blustery winters of upstate New York. I loved playing out in that cold, ice skating, hiking, sledding for hours. Hard to believe that I've been enjoying life in Florida for the last six years. Gratefully retired, I am looking forward to new adventures, always adding more to the list.

Our blue-collar neighborhood was a world of Polish and Italian kids, all offspring of Immigrants that came in the late 1890's. We either attended "the Polish school" or the "Italian school", but we shared holidays together – and with that, knowledge of how to cook everything on the table; from our own gardens, the butcher a street over, or the farmstand on a country road. My mom and dad were both great cooks. We were served a big variety of foods, rarely ate junk food and all 3 of us kids developed cooking skills and enjoy our varied palates.

I am a late bloomer and a life -long learner. Although I did not attend college when I graduated from high school I worked until I could pay my tuition for a two-year degree in Secretarial Science. Fast forward 15 or so years and I continued my education and earned a BS in Organizational Management and an MS Human Development from the Rochester Institute of Technology while working at Xerox in Rochester NY. I worked at Xerox for 24 years.

In the meantime, I met my husband, Howard, in my mid 30's. Once I finished my MS, he went back to school and earned his MA in Digital Printing Technology. He transitioned from Newspaper man to Professor at Rochester Institute of Technology and here is where our life became even more interesting!

While Howard taught at RIT, he had the opportunity to teach in China for a month. I tagged along to help students with English writing and speaking. His next opportunity was a teaching position at Cal Poly, San Luis Obispo, California. Moving to California meant I could leave Xerox and start anew! I called myself semi-retired and secured a job managing a dental office. Quite a change. I could not believe how it felt to have perfect weather every day, a four-day work week without 10 pm overseas conference calls and gorgeous, plentiful wineries. We stayed for six years and felt the need to come back to the E Coast to be closer to our beloved, aging family. Not a bad gig. Not all of our family is aged, we enjoy being grandparents to two talented grandsons that live in Buffalo, New York.

I may have a far too many interests and hobbies but find myself becoming more selective as the time races on. I've given up on China Painting and teaching the art, which after years of devotion suddenly seemed too confining and cumbersome. I gave away a few sewing machines in the cross-country moves, still want to tinker in soap making, plan to try some fermenting. In California, I earned a certificate in Hospice care, I will pursue that here in Florida, after I have checked off some of our travel destinations curtailed by the Pandemic. I love everything healthy cooking – love reading cookbooks and will search high and low for that specific ingredient. Seaside Herb Society is an enriching way to spend my time. My neighbor, Patricia, was kind enough to invite me to a meeting when I first moved here.

I am part of the best book club ever. We are four or six women (snowbirds) who enjoy great reads. We challenge ourselves in our beliefs, our intelligence, our time management.

Another passion of mine is Genealogy. I am membership chair for the Halifax Genealogy Society, and I take advantage of all the education available. I have quite a few roadblocks in my research due to language barriers. Since my grandparents were young when they passed away none of those story telling conversations ever happened. The digital age and DNA sites are crucial in getting all the pieces of the puzzle in place. Here is something I do know: I am 100% Polish.

My biography is a work in progress, always will be. I keep a list of what regrets I would have if I found out this is my last day of physical wellbeing. The goal isn't completing that list, instead, keeping it a challenge.

Lecture at the Ormond Methodist Church Women's Group

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

WHAT'S ON MY BOOKSHELF

By Martin Teitel & Kimberly Ann Wilson; Park Street Press, 1999 - Agricultural Biotechnology

In 1999, the authors of this book revealed the threat to our food supply from genetically engineered technology owned by a few global corporations. It was an expose and educational primer on the controversial *Genetic Engineering technology* that was just starting to invade the American diet

It warns of the dangers of these foods to ourselves and our environment. The authors recommend a comprehensive guide urging Americans to take to safeguard our food supply

- ✓ Picture a world where the french fries you eat are registered as a pesticide.
- ✓ Where corn plants kill monarch butterflies.
- ✓ Where multinational corporations own the life forms that farmers grow and legally control the farmers' actions.

The threat of those organisms to human and environmental health caused them to be banned in Europe. Whereas our U.S. government approved their application and made labeling GMOs illegal because it could alert consumers to what they are eating.

Genetically Engineered Food: Changing the Nature of Nature was the first book to take a comprehensive look at the ramifications of this dangerous science. The authors pointed out what the future holds, intending to give the information needed to preserve the independence and integrity of our food supply.

Its been 23 years since this book was published. The good news is that evidence based research was correct. The bad new is that we do have an increase in chronic illness cause by the GMO foods and impact on the environment and climate change can be directly attributed to a handful of chemical companies.

SHS Field Trip to Yaupon Broter's American Tea

504 Pullman Rd, Edgewater, FL 32132
(386) 243-0241

Yaupon Brothers American Tea Company was founded in 2015 by two brothers, Bryon and Kyle White and former mentor-turned-business-partner, Mark Steele.

Kyle and Byron White, co-founders of Yaupon Brothers American Tea

"We Care About the Environment.

Our regenerative agriculture model focuses on Yaupon Holly as a sustainable native crop. Native plants require fewer inputs, like pesticides, fertilizers, and herbicides. Fewer inputs means less pollution in our soil and in our waterways. Our wild-crop operations harvest Yaupon in sustainable amounts that preserves the health of the trees, and we destroy invasive plant species like the Brazilian Pepper in our wild-crop areas. All Yaupon Brothers growing and processing operations are certified organic."

In April, SHS members met at the Yaupon Brothers Tea company in Edgewater, Fl. We toured the plant and enjoyed samples of their tea. Some of us bought a yaupon plant in a pot.

Yaupon tea is an herbal tea made from the leaves of the yaupon plant, a type of holly native to southeastern North America. Its berries are poison to humans but safe & a good source of food for wild birds.

Traditionally, Native Americans brewed it into medicinal tea and prepared it as a “black drink” that was consumed during purification rituals

Yaupon tea is rich in antioxidants. It is among the few plant’s native to the United States that contain caffeine. With its mild, earthy flavor and unique health benefits, yaupon tea has become increasingly popular.

How to make it

Yaupon tea is flavorful, nutritious, and easy to make at home.

The Yaupon Brothers Tea can be purchased at their company.

If you’re making it from fresh yaupon, start by arranging the leaves in a single layer on a tray and roasting them in the oven for 15–20 minutes at 350°F (177°C).

You can also use loose leaf yaupon tea, which is usually already roasted for added convenience.

Next, add 1 teaspoon of toasted yaupon leaves to 1 cup (237 mL) of boiling water.

Steep the leaves for 5–10 minutes, depending on how strong you like your tea. Brewing tea for a longer amount of time results in a stronger, more concentrated flavor, while steeping for shorter periods gives the tea a subtler, milder taste.

Finally, strain the yaupon leaves from the tea and enjoy.

You can also experiment with other methods to make yaupon tea using tools like a coffee maker, French press, tea ball, or percolator.

Smokey Sweet Tea Old Fashioned

☆☆☆☆☆
No ratings yet

This Yaupon Tea Old Fashioned is one of our FAVORITE COCKTAILS EVER! Made with High West Campfire Whiskey and Fire Roasted Yaupon Tea Simple Syrup, it tastes like a smoked sweet tea Old Fashioned!

Prep Time
10 mins

Servings: 1

Ingredients

For the Fire Roasted Yaupon Tea Simple Syrup

- 1 cup water
- 1/2 cup raw sugar
- 1 Fire Roasted Yaupon Tea Bag

For The Cocktail

- 2 oz CampFire High West Whiskey
- 1/2 oz Fire Roasted Yapoun Simple Syrup
- 2 Dashes Angostura Bitters
- 1 orange peel

Instructions

For The Yaupon Fire Roasted Simple Syrup

1. Add 1 cup water in a small pot, turn the heat to med-high, and wait for the water to simmer. Add ½ cup raw sugar and 1 Fire Roasted Yaupon tea bag. Turn the heat to low, and stir, until the sugar has dissolved and water looks light brown. Let cool and refrigerate until ready to use.

For The Old Fashioned

1. Add all ingredients into a mixing glass with ice, stir a few times. Then strain into a cocktail glass with a large ice cube. Garnish with orange peel and enjoy.

YAUPON PEAR CIDER

Makes 4-6 glasses // Prep Time: 30 minutes // Active Time: 10 minutes

Ingredients

- 2 cups filtered water
- 2 rounded tsp loose leaf or 2 sachets/bags green yaupon or medium roast yaupon. We recommend using American Green Yaupon by Yaupon Brothers
- 2 cups sparkling pear cider
- 3 cups pear juice
- 1 tsp vanilla extract
- 5 whole cloves
- 1/2 cup brandy (optional)
- 3 tbsp orange liqueur, like Triple Sec or Cointreau (also optional)
- Pear slices/rounds and cinnamon sticks for garnish

How to make Yaupon Pear Cider

Heat water to 212°F and steep tea for 3-5 minutes then remove (strain) tea.

In a large saucepan bring the pear cider and juice, vanilla extract, and cloves to a boil over medium-high heat. When it starts to boil, reduce heat to low and let simmer (uncovered) for 5 minutes. Then remove from heat, and stir in brandy, orange liqueur, and yaupon tea.

Strain into a large pitcher and serve in individual mugs. Top with an extra splash of pear cider, garnish with a pear round and cinnamon stick. Enjoy!