# GOT THYME

Seaside Herb Society
Ormond Beach, Florida

February 2023

# Monthly Newsletter

**Seaside Herb Society Meet on the third Saturday of every month, September through May. Our Next meeting is on February 18, 2023, at 9:30. Friends and family are welcome to join our meetings as a guest**

**Please Visit & "Like" our Seaside Herb Society Facebook page: SeasideHerb SocietyVolusia/Flagler Counties**
**https://www.facebook.com/search/top?q=seaside%20herb%20society%20volusia%2Fflagler%20counties**

**February Presentations**

## EDITORS NOTE

I thoroughly enjoy creating our monthly newsletters. I feel honored to have this opportunity; it's one of my ways of upholding our mission. Our SHS members share their time and creativity in so many ways that are not as visible but ever so crucial to our existence, not to mention educating our community.

This past month has been busy and fun, with two presentations on behalf of SHS. Thank you, Sue Amon, for all your help in making these presentations successful. Also, Amanda and I have been putting together a book of our past 2020 – 2021 season presentations. Trish is working on a cover picture for us. Hopefully, we will have a first-edition book at our Spring Herb Sale.

This approaching month of March has a lot coming up. We are decorating a display case for the Ormond Beach Library- this is one way we educate our community about the value of organic herbs.

And don't forget our Herb Sale! At each of my presentations this month, multiple attendees inquired about the date and said they were looking forward to our sale!

At the last meeting, a few people requested Lari's Swedish Meatball Recipe. As promised, it's posted with our ginger recipes. Thank you Lari!

I hope everyone had a great Valentine's Day, and I look forward to seeing you at our upcoming meeting. ----- Rebekah

**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

## Sue Amon

*Stay Calm & Keep going*

Sue has been a member of the Seaside Herb Society (on & off) for three years. She met Deb Sanfilippo, our previous SHS president, met at the Master Gardener training, where Deb invited Sue to attend a Seaside Herb Society meeting as a guest.

"I enjoyed spending time with a few of my fellow Master Gardener classmates, meeting new friends, and learning about herbs, so I joined."

Sue recently volunteered to be a lecturer for our group. In preparation, she attended a few lectures given by Rebekah.

Sue has been gardening for many years but had to rethink how and when to plant seeds. Growing a garden and flowers in Florida is very different than techniques used in Ohio, where she and her husband and daughter lived before coming to Florida thirty-five years ago.

Throughout Sue's childhood, her family frequently moved from state to state quite. According to Sue, "My favorite place as a child was California. It wasn't so populated then, and the weather was perfect."

She is widowed, but her daughter lives nearby. Sue was a registered nurse administrator for two surgical centers before retiring. She still works part-time.

Sue has a small garden of herbs and flowers. She enjoys cooking with the herbs she grows. Her other favorite pastime is reading Preston and Child's thrillers.

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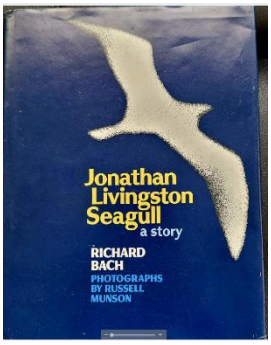
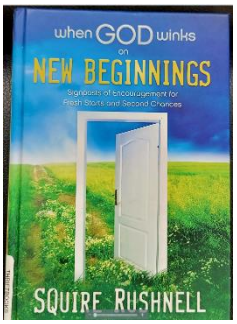
# What's on My Bookshelf

## By Rebekah




It's about thinking for and being yourself. Johnathan Living Seagull was an eccentric free spirit- I admire that with feelings that it's okay to be unconventional.
The pictures throughout the book portray peace and tranquility.

This is my most indispensable garden tool! I've yet to find garden labels that don't wash off, leaving me with unidentified plants! This booklet keeps track of what I planted, where, and when. It's saved many plants from being tossed before their time.
**Any creative ideas would be welcome- Maybe a craft lesson in the future!!!**




One of my doors slammed shut this past summer. This book helps me see the signs that he is still with me, making all of his promises to me come true.

*I'd love to know what's on yours!*

Please share information about your volunteered time & gardening experiences with other members who want to hear about what you are doing!

It's important to let others know all about the fantastic things we do! Publishing your work and ideas in our newsletter is a way of saving our history.

- Send pictures of each volunteer activity with a short (or long) blurb
- Do you have any gardening tips that saved you time or $$$?
- What book have you recently read- what was your takeaway? Why did you read it?
- Any comments about the Newsletters? What do you like or don't like? Would you like to author a featured column monthly?

## January Herb of the Month & 2023 Year

## Ginger (*Zingiber officinale* Roscoe, Zingiberaceae)

**Presentation By: Rebekah Mead, Denny Snyder, & Kirsten Vignati**

**Historical Facts**

**Ancient**

- Indians and Chinese are believed to have produced Ginger as a tonic root for over 5000 years to treat many ailments
- Yang herb- Traditional Chinese Medicine considers Ginger to have warm characteristics that help to improve the spleen and digestive systems to increase Spleen Qi and yang. Especially during winter, eating a little ginger can help raise your Qi and yang energy.
- Medicinal & spiritual uses
- Figging enslaved women historically in Greece as a form of punishment

13th Century

- Marco Polo brought back all kinds of spices from his famous journeys to the east, whetting everyone's appetite. Europe was hooked as Marco Polo changed the world by opening trade routes to East India and China.

14th Century

- One pound of $Ginger = one sheep – like most spices, Ginger was once a costly commodity
- Ward off the plague
- So popular on the table like Salt & Pepper

15th Century

- Brought to the New World
- Used heavily as a digestive aid

16th Century

- Queen Elizabeth I
- Gingerbread man

18th Century

- Madame Du Barry- Mistress of Louis XV, served Ginger to her lovers to increase sperm, viability, motility, increase blood flow and enhance testosterone production

19th Century

- British sprinkled it in beer 'ginger ale.'
- Also Made Tea
- Gingering, or gingering the tail, is making a horse carry its tail high and encouraging it to move in a lively fashion by applying Ginger, an irritant, in the horse's butt.

20th Century

- Canada Dry was patented and became the most popular drink during prohibition in 1907

21st Century

- Some of our popular brands of Gingerale contain no ginger- it's been replaced with artificial flavoring.

**How to Grow and Harvest Ginger**

Ginger is grown in steamy climates. To be successful in Florida, duplicate tropical conditions. Ginger grows best in full or partial shade, in rich soil that holds water without getting soggy. Ginger will die when temperatures drop below 55 degrees.

It is tempting to try growing this edible rhizome if the above conditions can be duplicated.

In our zone, zone 9, plant rhizomes in February or March. Purchase a "hand" of ginger 4 to 5 inches long. Cut pieces 2-3 inches in size with well-developed "eyes" or growth buds. Each "finger" can be planted to produce a plant. Place a finger in a wide shallow pot or under the shade of

tall plants in the ground. Fill the pot with soil that holds water without getting soggy. Organic matter in the soil is recommended. (half sand and half manure). Cover the finger with no more than 1-2 inches of soil. Keep the soil moist. Sprouts will emerge after 2 weeks. Do not overwater, which will cause the ginger rhizome to rot. The plant has narrow leaf blades and reaches only 2-3 feet tall.

**Harvesting Ginger**

Ginger takes about 9 to 10 months to mature. However, pieces of the rhizome can be harvested without killing the plant. Carefully dig around the base of the green plant to pull up a rhizome from its "mother." Ginger can be dehydrated and ground in a coffee or spice grinder. Or sliced with or without the peel to be used in recipes.

**Varieties**

Ginger, turmeric & cardamom are of the same family.

There are many types of Ginger. The various species are known for their ornamental features and medicinal properties.

- **Common Ginger** (*Zingiber Officinale) is* ground for spice and medicinal purposes
- **Beehive Ginger** (*Zingiber spectabile)* is commonly known as "beehive ginger" due to its unusual inflorescences resembling a beehive. It has many medicinal uses
- **Bitter Ginger (**Zingiber zerumbet) Hawaiians traditionally used Awapuhi ginger-scented liquid taken from the plant's flower as shampoo, body wash, and conditioner.
- **Myoga Ginger** ( Zingiber Mioga) Japanese use the shoots and buds of this plant for cooking and as an ornamental garden plant.
- **Hidden Ginger** belongs to the genus Curcuma and is not edible. This unique species bloom before the foliage grows in the spring allowing the ornate flower spikes to be clearly seen.
- **Butterfly Lily Ginger** (Hedychium) is widely used in Ayurveda to treat nausea, vomiting, poor appetite, halitosis, and hiccups. Its fragrance promotes inner peace, calm, and balance. Ginger Lily is great for calming inflamed skin and softening hair.
- **Shell Ginger (**Alpinia zerumbet) bears colorful funnel-shaped flowers. They are grown as ornamentals, and their leaves are used in cuisine and traditional medicine.

**Health Benefits**

Ginger is a proven potent anti-nausea agent and antioxidant. It is used to alleviate indigestion. It also helps ease arthritis pain and swelling. It effectively reduces cholesterol and improves lipid metabolism, making Ginger helps decrease the risk of cardiovascular disease and diabetes. Ayurvedic medicine does warn that pregnant women, people with high blood pressure, gallstones, skin diseases, or peptic ulcers should limit their ginger intake.

In Ayurvedic traditions, it is used for its taste (rasa), energy (virya), and post-digestive effects (vipāka).

- ♥ Reduce belly fat: The anti-inflammatory properties and antioxidant properties of Ginger work well in melting down fat, reducing bloating, fixing constipation, and improving digestion
- ♥ Ginger provides benefits for anxiety, depression, dementia, Alzheimer's disease, and post-traumatic stress disorder.
- ♥ Improve digestion- reduce indigestion
- ♥ Congestion and cold: Ginger juice has amazing antibacterial properties. Consuming ginger juice with dried pepper can help eliminate mucous and lung congestion. To cure a cold, mix equal quantities of ginger juice and honey and drink it warm at least twice a day. Drinking plain ginger juice can also help in clearing a sore throat.

- Pain reliever The fresh juice of Ginger is known for its anti-inflammatory properties and is known to act as a pain reliever. A very effective remedy for back pain is to mix a spoonful of ginger juice with some olive oil and massage it over your skin. Leave it overnight, and you will feel relieved the following day
- Migraine Headache & toothaches: Drink two tablespoons of ginger juice with honey for migraine headaches and toothaches. You can rub some ginger juice on your stomach to relieve sinus headaches
- Reduce blood pressure

**Cooking with Ginger**

- Ginger is used fresh, dried, pickled, preserved, crystallized, candied, powdered, or ground.
- Ginger peel is safe to consume
- Meat Tenderizer: When cooked slowly, it mellows and tenderizes, adding a husky warmth to all it touches. An enzyme in Ginger called protease digests protein, enabling it, in a marinade, to soften and tenderize meat

## Ginger Recipes

### Ginger Ice Tea

**Ingredients**

- Juice of a lemon
- 2 tablespoon honey
- ¼ – ½ teaspoon cayenne
- 2 tablespoon fresh ginger
- 20 oz boiled water

**Instructions**

Boil water. Add ingredients. Let cool. Strain and pour into a glass pitcher with ice

**MORNING METABOLISM BOOST DRINK**

**Ingredients**

1 piece ginger (4-inch piece), plus more if desired
4 cups filtered water
1 stick cinnamon
1/2 lemon, juiced
1 tbsp apple cider vinegar
pinch chili flakes to taste

**Instructions**

Make the infused water: Slice Ginger into thin slices and add to the water jug. Pour in the filtered water and add a cinnamon stick. Place in fridge to steep overnight.

Make the metabolism boost drink: In the morning, add the juice of 1/2 lemon to a juice cup. Add apple cider vinegar and 1 to 2 oz. of the infused water. Add a pinch of cayenne to taste.

### Bourbon Ginger Salmon

**Ingredients**

- 5 Tsp Truvia (Stevia blend) brown sugar
- 3 tablespoons bourbon
- 2 tablespoons soy sauce
- 1 tablespoon grated peeled fresh Ginger
- 1 tablespoon fresh lime juice
- 3 garlic cloves, minced
- ¼ teaspoon freshly ground black pepper
- 4 (6-ounce) skinless salmon fillets
- Cooking spray

**Instructions**

1. Combine the first 7 ingredients in a glass container with a lid. Add fish. Marinate in refrigerator for 1.5 hours.
2. Spray a large nonstick skillet with olive oil. Over medium heat, add fish and marinade to pan; cook fish for 5 minutes on each side or until fish flakes easily. Place 1 fillet on each of 4 plates; drizzle each serving with 2 teaspoons of sauce.

Serve on salad or rice.

### Ginger-Pineapple- Cashew Coleslaw

**Ingredients**

Creamy Ginger Sauce
1 cup cashew nuts- plain or maple coated
1/2 cup cashew milk
4 teaspoon lime juice
2 inches of fresh Ginger grounded
1/2 teaspoon red pepper flakes
Salt and pepper, to taste
Pineapple Slaw
1/2 head red cabbage, thinly sliced (5 heaping cups)
1/2 head green cabbage, thinly sliced (5 heaping cups)
2 red peppers, thinly sliced (4 cups)
3 cups pineapple, chopped into small chunks
1 cup fresh cilantro, roughly chopped
½ cup mayonnaise

**Instructions**

Blend together cashew milk and the sauce ingredients in a high-powered blender.
Add the cabbage, red peppers, and pineapple to a large bowl. Add sauce and mix well. Add cilantro and stir to incorporate.
Refrigerate overnight. When ready to serve, stir well and then add mayonnaise.

### Crystallized Ginger / Candied Ginger Recipe

**Ingredients**

2 cups fresh Ginger, peeled and sliced 1/8 inch thick
4 cups water
1 cup sugar
Pinch of salt
Extra sugar for coating

**Instructions**

1. Place the sliced Ginger in a medium pot and cover with water. Bring to a boil and simmer for 30 minutes. Reserve ½ cup of the ginger water and then grain the ginger slices
2. Place the sliced Ginger back in the pot with the reserved ginger water, sugar, and a pinch of salt. Bring to a boil, reduce the heat to medium, and simmer uncovered for 35-40 minutes or until the temperature on a candy thermometer reads 225 degrees F.
3. Drain the Ginger in a colander over a bowl to catch the syrup
4. Lay the ginger slices on a cooling rack over a cookie sheet, separating the slices the best you can. Let cool for 2 hours (you want them sticky but not wet so that the sugar will adhere without dissolving)
5. Toss the ginger slices in a bowl of sugar, so they are coated all over. Place the ginger slices back on the cooling rack to sit overnight. (You can dry the candied Ginger in a food dehydrator or in the oven set to the lowest temperature (you may need to crack the oven door open.)
6. Store in an airtight container in a dark, cool place. It will keep for several months)
7. Store in a sealed container. Reserved ginger syrup liquid can be used in Tea or desserts.

**Matcha Green Tea Cookies**

**Ingredients**

2 3/4 cups all-purpose flour
1 tsp baking soda
1/2 tsp baking powder
1 cup softened butter
¾ cus Truvia Blend Stevia
1 egg
1 tsp vanilla extract
2 1/2 tsp matcha green tea powder
Truvia Powdered Sugar
Nonpareils

**Instructions**

Preheat oven to 375°F (190°C). In a small bowl, stir together flour, matcha green tea powder, baking soda, and baking powder. Set aside.
In a large bowl, cream together the butter and sugar until smooth. Beat in egg and vanilla. Gradually blend in the dry ingredients. Roll dough into balls about one inch in diameter and place onto ungreased cookie sheets.
Bake for 8 to 10 minutes in the preheated oven.
Remove from baking sheet and cool.
Mix powdered sugar with a few drops of water to make the icing. Dip cookies in icing and sprinkle with nonpareils.

**Spicy Hot Gingersnap Cookies**

**Ingredients**

- 2 cups all-purpose flour
  - 2 tablespoons all-purpose flour
  - 2-3” fresh Ginger
  - 1 ½ teaspoons ground cinnamon
  - 1 ½ teaspoons baking soda
  - ½ teaspoon fine salt
  - ¼ teaspoon ground cloves
  - ¼ teaspoon ground black pepper
  - ⅛ teaspoon cayenne pepper
  - 12 tablespoons unsalted butter, softened
  - 1/3 c Truvia Stevia blend
  - ⅓ cup finely minced candied Ginger
  - A chunk of fresh hot pepper
  - ¼ cup molasses
  - ½ teaspoon vanilla extract
  - 1 large egg, beaten
  - ½ cup Truvia or white sugar, or as needed for rolling cookies

**Instructions**

1. Whisk 2 cups plus 2 tablespoons * flour, cinnamon, baking soda, salt, cloves, black pepper, and cayenne in a large mixing bowl until thoroughly mixed.
2. Cream butter and 1/3 cup Truvia in a separate bowl until pale yellow and creamy, about 2 minutes.
3. In a nutribullet or blender, mix finely chopped candied Ginger, 2-3” chunks of Ginger, molasses, vanilla, and egg. Whisk this mixture into the butter-sugar mixture until well blended. Gradually add flour to the butter mixture and stir until the flour disappears. Cover the dough with plastic wrap and refrigerate until chilled, about 1 hour.
4. Preheat the oven to 350 degrees F. Line a baking sheet with parchment paper. Pour 1/2 cup Truvia Stevia into a shallow dish for rolling cookies.
5. Form dough into 1 TBSP ball and roll in Truvia Stevia. Place cookies on the prepared baking sheet. Slightly flatten cookies to
6. about 1/4-inch thick; sprinkle with a pinch more sugar.
7. Bake in batches in the preheated oven until cookies are your desired crispiness or chewiness, 10 to 15 minutes.

Christmas 2022 Party

**By request, Lari has shared her recipe.**

**Swedish Meatballs (Kottbollar)**
**Christmas Recipe by Lari Knochenmus**

**Ingredients**
3 lb ground beef
1 lb ground pork
8 slices white bread (torn into small pieces or processed to fresh crumb)
1.5 to 2 c. milk
1 onion, finely minced
1 t. ginger
1 t. pepper
4 t. salt
1 t. allspice
¼ t. dried mustard (optional)

**Directions**
Soak bread crumbs in milk until milk is adsorbed; mix in meat, onion, and spices. Shape into **small** meatballs and chill til firm. Brown in butter in a saute pan. You can cool and freeze it until ready to use later or put it in an oven-safe casserole. Make brown gravy and pour it over the balls. Bake covered at 300 degrees for no more than 1 hour. Gravy: I use packaged brown gravy mix, but you can make homemade gravy. Need 2 cups for the recipe above. Makes about 20 meatballs per lb. meat. A 3 to 1-ratio of beef to pork is best. Traditional recipes used 1 lb. veal in place of 1 lg. Ground beef. I do not. Serve with lingonberries on the side.

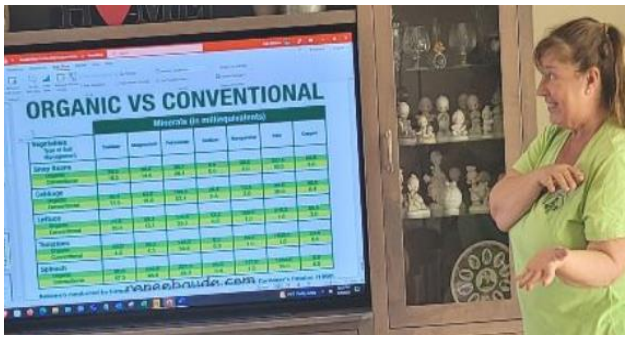
## Seaside Herb Society Lectures

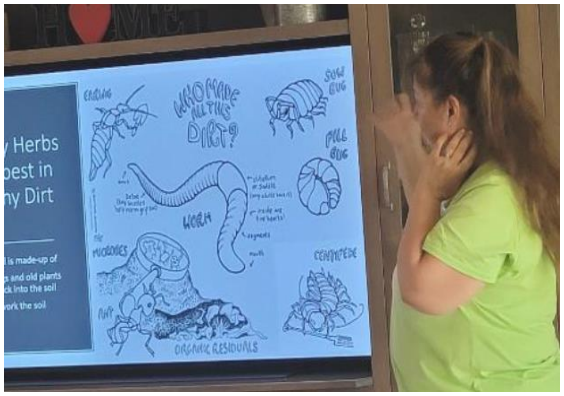
Two well-attended February Lectures were created and presented by Rebekah Mead, and Sue Amon assisted. Both clubs donated $25.00 each to our Seaside Herb Society.

## Growing herbs

## Venetian Bay Garden Club

## February 10

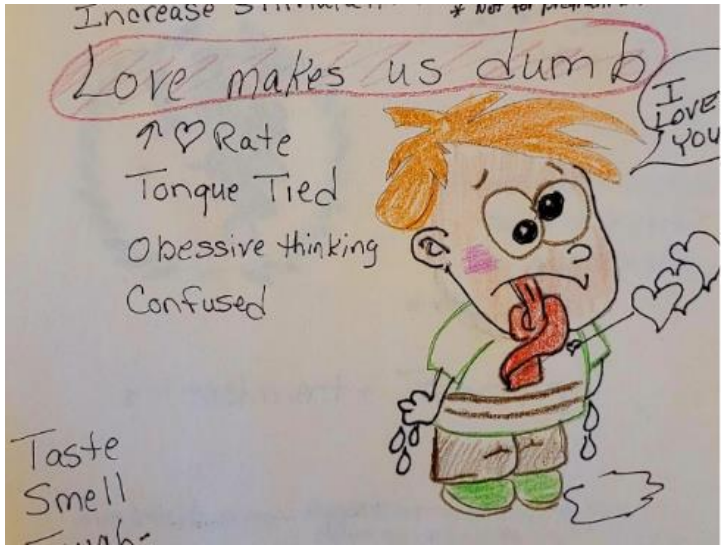


**Botanical Intimacy**

**Garden Club of the Halifax Country**

**Valentine's Day- February 14**

This is the oldest *Garden Club* in the State of Florida; they just celebrated their 100th anniversary and requested a presentation about herbs for their *Love Potion #9* meeting.

Upon request, Rebekah made a Bailey's Marshmallow Shooter- Love Potion that enhances the Libido, Ashwagandha & Turmeric Latte Potion that stimulates the body, and a bath soak ball to add a little romance to their bathing.