GOT THYME

SEASIDE HERB SOCIETY
JANUARY 2023

Monthly Newsletter

Revised Newsletter

Seaside Herb Society Meet on the third Saturday of every month, September through May. Our Next meeting is on January 21, 2023, at 9:30.
Friends and family are welcome to join our meetings as a guest

Please "Like" our Seaside Herb Society page

Ginger is the Herb Of 2023 & is our January herb of the the month

Stacey Matrazzo from the Florida Wildflower Association will be our guest speaker.

EDITORS NOTE

We celebrated the end of 2022 with a fabulous Christmas Party and Yankee gift swap. Each member brought a favorite cultural dish representing each of our heritage.

And now, we look forward to another exciting year of learning about herbs and sharing our expertise.

Since the original January Newsletter was so short and the February will be too long with this presentation added, I'm sending this revised January newsletter. It contains the Edible Wildflower Presentation by Stacey Matrazzo of the Florida Wildflower Foundation.

Please check out the reference page; it is full of great books to read.

Happy New Year

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.

December Holiday Party

Delicious Food followed by a Yankee Gift Swap

Some of the Foods Served at Our Christmas Party

Betsy	Red beans & Rice	Louisiana
Rebekah	Black Forest Cake	Pennsylvania Dutch, Welsh
Joan	Pickles, Olives, crackers & cheese	
Gin	Italian Cheese Log w/ Cracker	
Kirsten	Greek Danish	Greek
Pat	German Potato Salad	German
Lari	Swedish Meatballs, Glogg, Lingonberries	Sweden
Sharon	Potato Salad	Irish, Welsh, English, French
Jennifer	No Bake Peanut-butter Cookie	Irish, English
Trish	Liver Dumpling Soup	Czech
Sue	Deviled Clams	"Swamp Yankee"
Susan	Potato Salad	German
Denny	Shepherds Pie	English
Amanda	Quiche	French, German, Polish,
Andrea	Scones	English
Doris		Hungarian, German
Kathleen		Irish

January Wildflower Presentation

ground rules

1. Before you eat any plant, do your research and be certain of what it is.

"All plants are edible, once!"

2. Know the area from which you are harvesting as well as how it is managed.
3. Be considerate of others and of the wildlife that rely on the plants you are harvesting.

NOTE: References to medicinal properties have not been evaluated by the FDA and are not intended to diagnose, treat, cure or prevent any disease.

common landscape plants

"The garden is the poor man's apothecary."

— *German proverb*

Brought to you by

the State Wildflower License Plate

With donations made by the sale of each State Wildflower license plate, the Foundation funds research, education and planting projects statewide.

Since 2000, more than $4 million in license plate donations have supported projects that build awareness and knowledge of native wildflowers and plants and their roles in Florida's ecosystems.

Meadow garlic (*Allium canadense* var. *canadense*)

Family
Alliaceae (Lily)

Wildlife
- **flowers** attract pollinators, particularly moths

Meadow garlic (*Allium canadense* var. *canadense*)

Edible parts
- **leaves** • **bulbs**
- **flowers** • **seeds**

Medicinal properties
- digestive aid
- heart/blood conditions
- anti-bacterial, anti-fungal
- anti-inflammatory
- colds/respiratory/ENT
- and much more!

Nutritional properties
- high in vitamins A & C, iron, calcium, folate, magnesium, potassium

Cocoplum (*Chrysobalanus icaco*)

Family
Chrysobalanaceae

Wildlife
- **plant** provides food and cover for small wildlife
- **fruits** are eaten by birds and small mammals
- **flowers** attract pollinators, especially bees

Edible parts
- **fruit**

Beautyberry (*Callicarpa americana*)

Family
Lamiaceae (Mint)

Wildlife
- **plant** provides food and cover for small wildlife
- **fruits** are eaten by birds and small mammals
- **flowers** attract butterflies

St. John's mint (*Clinopodium brownei*)

Family
Lamiaceae (Mint)

Wildlife
- **flowers** attract small pollinators

Edible parts
- **leaves**
- **stems**

Medicinal properties
- digestive aid

Beautyberry (*Callicarpa americana*)

Edible parts
- **fruit**

Medicinal properties
- **leaves** can be used as an insect repellant

Firebush (*Hamelia patens*)

Family
Rubiaceae (Coffee)

Wildlife
- **flowers** attract hummingbirds, butterflies (especially longwings)
- **fruits** are eaten by birds, small mammals

Firebush (*Hamelia patens*)

Edible parts
- **fruit**

Medicinal properties
- **leaf extract:**
  - analgesic
  - diuretic
  - anti-inflammatory
  - anti-fungal
  - anti-bacterial

Wax myrtle (*Myrica cerifera* or *Morella cerifera*)

Family
Myricaceae

Wildlife
- **plant** provides cover and food for wildlife
- **seeds** are eaten by birds
- **larval host** for Banded and Red-banded hairstreak butterflies

Yaupon holly (*Ilex vomitoria*)

Family
Aquifoliaceae (Holly)

Wildlife
- **plant** provides food and cover for small wildlife
- **fruits** are eaten by birds
- **flowers** attract bees and other small pollinators

Edible parts
- **leaves**
- **stems**

Medicinal properties
- contains caffeine

Wax myrtle (*Myrica cerifera* or *Morella cerifera*)

Edible parts
- **leaves**
- **fruit**

Medicinal properties
- ground up **roots**:
  - painkiller
  - emetic
  - diuretic
  - headache
  - stomach ache

Dotted horsemint (*Monarda punctata*)

Family
Lamiaceae (Mint)

Wildlife
- **flowers** attract many pollinators, especially bees and wasps

Edible parts
- **leaves**
- **flowers**

Medicinal properties
- antiseptic
- ringworm/hookworm treatment
- contains thymol

Pricklypear cactus (*Opuntia humifusa*)

Family
Cactaceae (Cactus)

Wildlife
- **plant** provides food for wildlife
- **flowers** attract variety of insects, especially native bees
- **nectar** plant for Meske's and dotted skipper butterflies

Pricklypear cactus (*Opuntia humifusa*)

Edible parts
- **"pads"**
- **seeds**
- **fruits**

Medicinal properties
- **fruits** help stabilize blood sugar levels

Nutritional properties
- high in vitamin C, calcium, magnesium, copper

Pine (*Pinus* spp.)

Edible parts
- **needles**
- **inner bark**
- **roots**
- **sap**
- **buds**
- **twigs**
- **pollen**
- **catkins**
- **cones**
- **nut**

Medicinal properties
- expectorant, decongestant
- antiseptic (oil)
- "guy food": 200+ elements including proto male hormones

Nutritional properties
- **catkins:** high in protein
- **needles:** high in vitamins A & C

Wild pennyroyal (*Piloblephis rigida*)

Family
Lamiaceae (Mint)

Wildlife
- **flowers** provide early source of nectar and pollen for bees and butterflies

Edible parts
- **leaves**

Medicinal properties
- digestive aid

Blue porterweed (*Stachytarpheta jamaicenses*)

Family
Verbenaceae (Verbena/Vervain)

Wildlife
- **flowers** attract hummingbirds and butterflies
- **larval host** for Tropical buckeye butterfly

Edible parts
- **leaves**
- **flowers**

Pine (*Pinus* spp.)

Family
Pinaceae (Pine)

Wildlife
- **plant** provides habitat for many birds, mammals, reptiles and amphibians
- **seeds** are eaten by birds and small mammals

Spiderwort (*Tradescantia ohiensis*)

Family
Commelinaceae (Dayflower)

Wildlife
- **flowers** attract pollinators, mostly bees

Edible parts
- **leaves**
- **stems**
- **flowers**

Medicinal properties
- skin conditions

Common blue violet (*Viola sororia*)

Family
Violaceae (Violet)

Edible parts
- **leaves**
- **stems**
- **flowers**

Medicinal properties
- headaches, boils, sore throats, abrasions, coughs, inflammations, dysentery, kidney/ bladder issues, colds

Nutritional properties
- high in vitamins A & C

Spanish needles (*Bidens alba*)

Edible parts
- **leaves**
- **flowers**

Medicinal properties
- blood sugar / blood pressure reduction
- anti-inflammatory
- immune booster

"weeds"

"What is a weed? A plant whose virtues have not yet been discovered."

— *Ralph Waldo Emerson*

Peppergrass (*Lepidium virginicum*)

Family
Brassicaceae (Mustard/Cabbage)

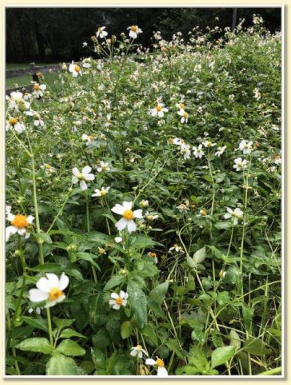
Wildlife
- **Nectar** for butterflies and bees
- **larval host** for Checkered white and European cabbage white butterflies

Edible parts
- **leaves**
- **flowers**
- **fruit/seeds**

Spanish needles (*Bidens alba*)

Family
Asteraceae (Daisy)

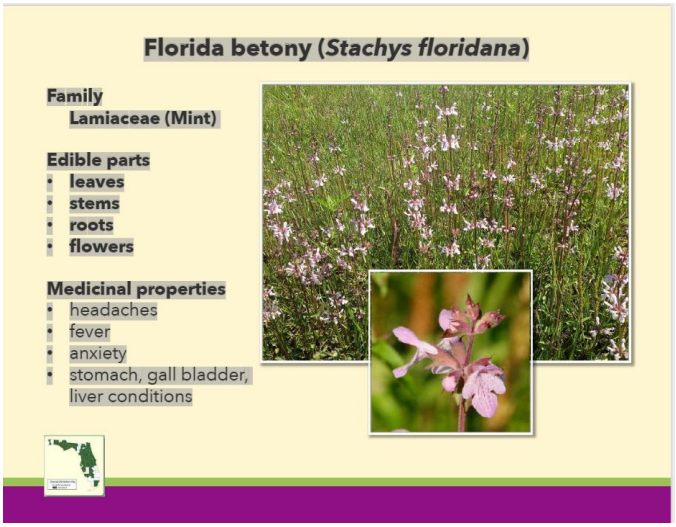
Wildlife
- **flowers** attract bees, butterflies and other pollinators
- **larval host** for Dainty sulphur butterfly

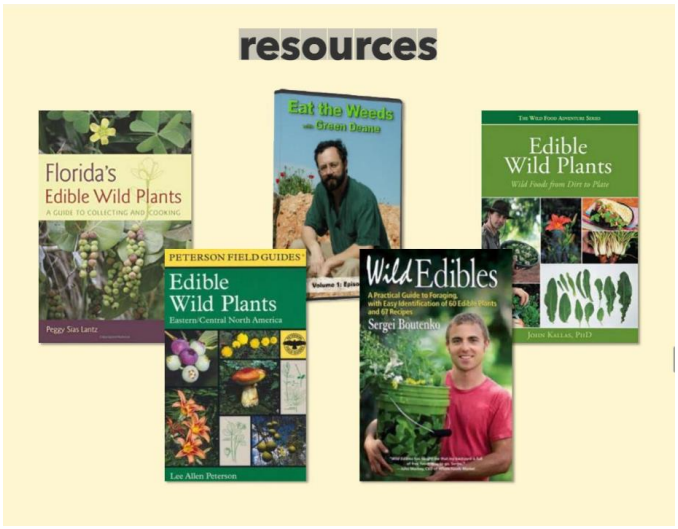


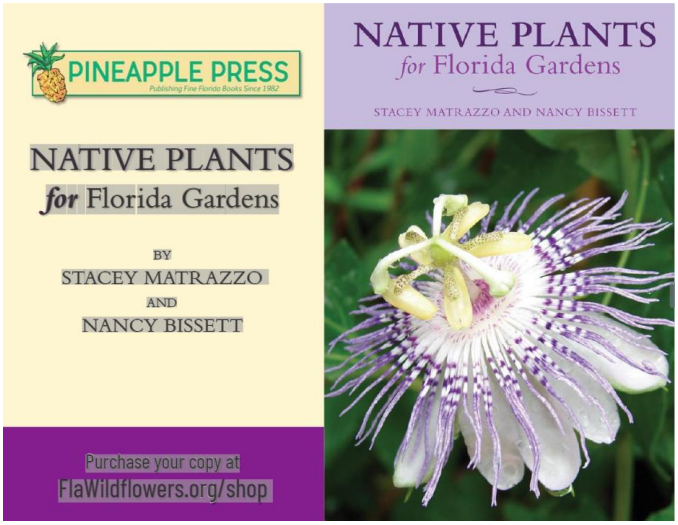
Woodsorrel (*Oxalis corniculata*)

Family
Oxalidaceae (Woodsorrel)

Edible parts
- **root**
- **leaves**
- **flowers**







A webinar for the Foundation by Stacey Matrazzo
Florida Wildflower Foundation

https://www.youtube.com/watch?v=xfRmwQ8PSR0

A webnar presentation on foraging native plants by Betsy Harris for our January webinar,
https://www.youtube.com/watch?v=lkcb1lBmx2g