SEASIDE HERB SOCIETY

Bailey's River Bridge Gardens March/April 2014

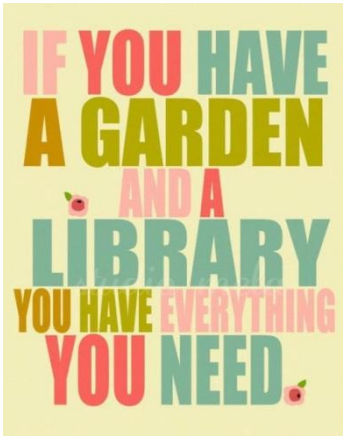
Man is the only critter who feels the need to label things as flowers or weeds. (unknown)

Our mission is to gather in the spirit of friendship and cooperation to learn more about herbs and to use this knowledge to educate and benefit others.

A Message from our President… Carol Chillemi

I just realized that this will be my last President's message. I want to thank all of you who have helped make my position so enjoyable. I have learned a great deal about herbs since I joined the herb society and plan to continue learning. This year I have used some herbs that are new to me. My hope is that you have learned more about herbs and will continue to do so.

We had another successful Spring Herb Faire. Thank you to all of you who participated in the various preparations and activities during the faire. The more all members participate in the faires and the tastings the easier it will be for all of us. I do think that we need to start in the fall to recruit speakers and vendors. By doing this, we will have more time to advertise the speakers and vendors who will be participating in the faire.



Just a reminder, we will have a booth at Maggie's Herb Festival on May 10th. They have been a vendor for our Spring Faire for years. If you interested in assisting at the booth, please contact Stephanie or me.

At this month's meeting,. we will have elections for Vice President and Secretary. Stephanie will become President and Debbie will continue as Treasurer.

Thanks for the great ride!

Carol Chillemi

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Coriander-Cilantro

Coriandrum sativum, also known as **cilantro**, **Chinese parsley** or **dhania.**

The health benefits of coriander include its use in the treatment of skin inflammation , high cholesterol levels, diarrhea, mouth ulcers, anemia, indigestion, menstrual disorders, smallpox, conjunctivitis, skin disorders, and blood sugar disorders, while also benefiting eye care.

It is an herb that is extensively used around the world as a condiment, garnish, or decoration on culinary dishes.

Unbeknownst to many people, coriander is packed with potential health benefits that most people completely miss when they toss this garnish into the garbage after eating their meal. It has eleven components of essential oils, six types of acids (including ascorbic acid, better known as vitamin-C), minerals and vitamins, each having a number of beneficial properties.

There have been very few dangers associated with coriander, but as with almost any food, there is some danger of allergic reaction to it, and in some cases, it can be irritating to the skin. One of the more unusual side effects is that some patients complain of sunlight sensitivity, and that excessive coriander intake makes them more susceptible to sunburn, which could subsequently lead to skin cancer over the long term.

HEALTH BENEFITS OF CORIANDER

Organic Facts
www.organicfacts.net

Nutrients*
Dietary fiber 11%
Protien 4%
Calories 1%
Carbohydrate 1%
Fat 1%

Minerals*
Manganese 21%
Potassium 15%
Copper 11%
Iron 10%
Calcium 7%

Vitamins*
Vitamin K 388%
Vitamin A 135%
Vitamin C 45%
Folate 16%

- Clears up skin disorders such as eczema, dryness & fungal infections
- Helps reduce swelling due to kidney malfunction or anemia
- Prevents nausea, vomiting & stomach disorders
- Beneficial for people suffering from diabetes
- Heals ulcers & freshens breath
- Keeps bone healthy & prevents salmonella based illness
- Cures diarrhea & stimulates digestion
- Protects eye from conjunctivitis
- Reduces blood pressure
- Prevents & cures smallpox

CAUTION:
MAY CAUSE ALLERGIC REACTIONS & SKIN IRRITATION

*% Daily Value per 100g. For e.g. 100g of Coriander provides 388% of daily requirement of Vitamin K

From the Kitchen hosted by Jackie, Peggy, Linda K, Christine

MOONG DAL
3 cups dried yellow split peas
4 cups of water
2 teaspoons salt
2 teaspoons grated fresh ginger
1 cup diced tomatoes
1 teaspoon turmeric
1 teaspoon cumin seeds
2 cloves garlic
1 cup chopped fresh cilantro
Soak the peas over night, drain. Add 4 cups water, salt and bring to a boil. Reduce heat and cook until thickened. Add more water if necessary. Stir in tomatoes and turmeric.
Heat some oil in a small saucepan and add cumin seeds, ginger and garlic, sauté briefly. Stir mixture into split peas and add cilantro. Mix well. Garnish with fresh cilantro.

BLACK BEAN AND CORN SALAD
1 can black beans, rinsed and drained
1 can whole kernel corn, drained
1 small red onion, diced
1 red bell pepper, diced
2 tablespoons chopped cilantro
2 tablespoons lemon juice
1 tablespoon oil
jalapeno, if desired--salt and pepper to taste.
Mix all ingredients

LIME CILANTRO RICE
2 cups water
1 tablespoon butter
1 cup rice
Cook until rice is tender. Stir in before serving:
1 teaspoon lime zest
2 tablespoons fresh lime juice
1/2 cup chopped cilantro

Lemon Verbena

Aloysia citrodora is a species of flowering plant in the verbena family Verbenaceae, native to western South America. Common names include **lemon verbena** and **lemon beebrush**. (Wikipedia)

Lemon verbena is a perennial shrub or sub-shrub growing to 2–3 m high. The 8 cm long glossy, pointed leaves are slightly rough to the touch and emit a powerful scent reminiscent of lemon when bruised.

Plant lemon verbena in loose, well drained soil rich in organic matter. Drainage is a key to success with this herb, which will die if the roots stay continuously wet.

Although the plant likes full sun in most regions, here in Florida they enjoy afternoon shade.

Harvest the leaves often and it will supply you with all the leaves you might need. Cut it back to prevent the leggy side of this plant from showing.

Lemon Verbena can be used in recipes that call for lemon zest. Although, the leaves are tough and leathery, a food processor can make the leaves ready for consumption.

From the Kitchen

Hosted by Deb, Sharon & Kitty Lynn, Marsha

Lemon Verbena Scones

2 cups AP Flour
1½ cups Rolled Oats
2 tsp. baking powder
½ tsp. salt
¼ cup brown sugar
¼ cup cold butter
¼ cup finely chopped fresh lemon verbena
1 egg beaten
½ cup plain yogurt
¼ cup milk

In a large bowl, combine flour, oats, baking powder, baking soda, salt and brown sugar. Cut in butter with fingers or pastry cutter until the mixture resembles coarse crumbs. Add lemon verbena leaves; mix until combined. Make a well in the center of flour mixture. Add the egg, yogurt, and milk, stirring well. Mix in with the flour mixture to form a soft dough. Coat a 12 inch cast iron skillet with a non stick cooking spray. With floured hands, pat the dough into skillet. Cut with a sharp serrated knife into 8 wedges. (You can also pat the dough into a circle this same size on a baking sheet and then cut into wedges.)
Bake 15 minutes or until lightly browned. Serve warm. Makes 8 servings.

These were so tasty!!! My English DNA was enjoying them so much I thought I was going to start talking with a British accent! Delicious!

Lemon Verbena Sauce

*serve with fresh fruit or cake

1 cup sugar
1 Tbl Flour
¾ cup boiling water
¼ cup fresh lemon juice
20 lemon verbena leaves
2 Tbl butter

Combine sugar and flour in a small saucepan. Stir in the boiling water and cook several minutes over moderate heat. Add the lemon juice and lemon verbena leaves and bring to a boil. When the sauce has thickened, remove the leaves with a fork. add the butter and stir until it is melted. Remove the sauce from the heat and cool to room temperature or chill before serving. Yields approximately 1 cup.

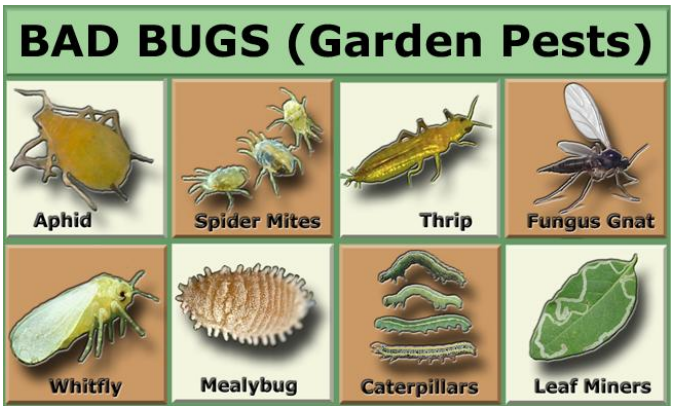
Herbal Humor!

Q: What can be invasive and wreak havoc over the land?
A: Govern'mint'!

Happy Birthday Wishes to:

Jane Peterson	Mar 8
Violet Miller	Mar 10
Virginia Thompson	Mar 23
Frances Massey	Apr 19
Andrea Forster	Apr 25
Peggy Law	Apr 26

SPRING
HERB FAIRE



OH! Those Pesky Insects!

Did you know there are a few plants that can be used for pest control, to flavor enhance vegetables and improve soil conditions, and some can even attract beneficial insects. Here is a list of some beneficial companion plants.

Asparagus: Helps Tomatoes

Basil: Plant near Tomatoes & Peppers; improves growth and flavor. Basil can be helpful in repelling thrips, flies & mosquitoes.

Bee Balm: Plant with tomatoes to improve growth and flavor. Great for attracting beneficial bees of course.

Calendula: Repels insect pests, but do attract spider mites & slugs

Catmint: Repels Aphids, Colorado Potato Beetle, Squash bugs

Chamomile: Improves cukes, Onions & Cabbage

Chives: Plant with tomatoes, cabbage

Dill: Improves cabbage, lettuce, onions, sweet corn. Good for swallowtail butterfly caterpillars feed on. No to tomatoes or fennel.

Echinacea: Attracts butterflies & pollinators, grow with Lavender & Yarrow

Fennel: Plant near Nasturtiums, Sunflowers & Calendula. Fennel also deters cabbage worms. I tried it this year and it worked very well!

Garlic: offends codling moths, among many other pests, a natural fungicide helping with disease prevention

Horseradish: Repels Colorado potato bugs & Blister Beetles

Lavender: Repels fleas & moths, nourishes many beneficial insects.

Parsley: Plant near Asparagus, Carrots, Chives, Onions, Roses & Tomatoes. Repels asparagus beetles, attracts hoverflies.

Lemon Balm: Repels many insects

Lemon Grass: Repels many insects, grow with Lemon Verbena

Lemon Verbena: Grow with Lemon Grass

Mints: (Peppermint) Attracts pollinators, repel white cabbage moths, aphids & flea beetles. Bees love it.
Nasturtiums: Plant around tomatoes, radishes, cabbage, cukes, and under fruit trees. Trap crop for insect pests, aphids. Also attracts predatory insects.
Petunias: Repel asparagus beetles, leafhoppers, aphids, tomato worms, Mexican Bean Beetle. Leaves make a good insect spray.
Rosemary: Companion plant to cabbage, beans, carrots & sage. Deters cabbage moths, bean beetles & carrot flies.
Sage: Plant near cabbage (deters cabbage worms), also beans (bean worms. Helps Rosemary & flowers attract beneficial insects.

Gardeners may be quick to grab a bottle of pesticide and lather up their plants, but this is a bad idea. Chemical pesticides are frequently toxic to mammals, fish, and wildlife and take a long time to break down and find their way out of your local eco system.

Diatomaceous Earth is a fantastic organic pesticide. DE as it's known, was used very effectively for about one hundred years before chemical pesticides were introduced. Since chemical pesticides tend to leave residue in our food supply and poison the heck out of mammals, bees, fish and any wildlife they come in contact with, DE is back in fashion in agricultural circles.

According to the Arizona Cooperative Extension, DE is effective on any critter with an exoskeleton-insects with six legs and arthropods with 8 or more legs.

That covers the majority of things that crawl in your garden that you might refer to as “bugs”: Fleas, Flea Beetles, Sawflies, Coddling Moths, Twig Borers, Thrips, Mites, Cockroaches, Slugs, Snails, Aphids, Scorpions, Earwigs, Silverfish, Ants, Bedbugs, Cabbage Root Flies, Pillbugs, Ticks, Gnats, etc.

How To Use Diatomaceous Earth

When you see signs of insects feasting on young plants, sprinkle DE (or use a bulb blower) around the base of the plants and the ground surrounding them. Make sure that dry weather (including low humidity) is predicted for 72 hours, because once DE comes in contact with high humidity or water, it cakes up and loses its effectiveness. Also, wear gloves when you handle it, as it may cause skin irritation. (Todd Heft, author)