MARCH

Seaside Herb Society
Ormond Beach, Florida
2024

Newsletter

Seaside Herb Society Meets on the third Saturday of every month, September through May. Our Next meeting is on March 16, 2024, at 9:30.

Friends and family are welcome to join our meetings as guests.

Please visit and "Like" our Seaside Herb Society page

EDITORS NOTE

Dear Herbies.

This was another month full of activities. If you haven't visited the Ormond Beach Library since March 1st, please do come see our display window. Lari and I put it together "in the spirit of friendship… to educate and benefit others."

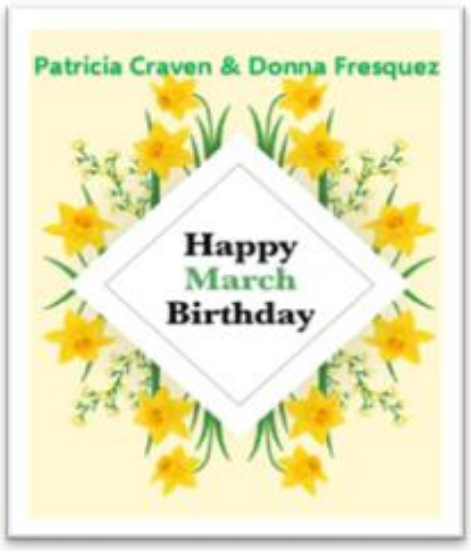
Our new garden beds are complete, waiting to be filled with herbs. This is another way we fulfill our mission "to learn about herbs and share this knowledge to educate and benefit others." Our committee has met few times to plan which plants will be put into each bed.

As a united group of Herbie enthusiasts supporting our community garden beds, we've not clarified how these beds serve our community. Do we allow visitors to take small samples, or is picking forbidden? Will we encourage people to take seeds from these plants as they form? If so, how do we relay this to visitors?

This may be a good time to update our bylaws with clarity as to the purpose of our garden beds.

Our March meeting will address the upcoming April Spring fair needs- please volunteer to make this another successful sale.

Happy Spring -- Rebekah



Mission Statement: We gather in the spirit of friendship and cooperation to learn more about herbs and to share this knowledge to educate and benefit others

Meet Our Member

Carol Ann Chillemi

Carol was born in Chicago, Illinois. She moved to Vestal, upstate New York, in 1943. She attended college in Pennsylvania in 1958. After college she was a college professor teaching communications before starting up her own communications company- training people.

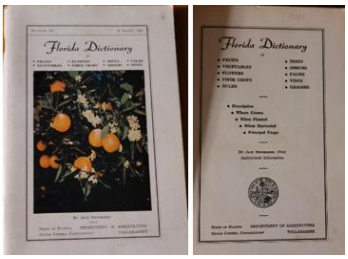
Carol visited Ormond Beach with her family for many years, then retired here permanently in 2011. "Before that we were seasonal."

One of our longest members of the Seaside Herb Society, Carol, came to the 2005 Seaside Herb Spring Fair. Wanting to learn more about herbs, she joined that following January 2006. In 2011, she served as vice president before assuming the position of president in 2012. Carol wrote the newsletter for many years and gave many presentations on behalf of our Seaside Herb Society.

Some of her fondest memories are of past field trips, preparing for the fairs and the many friendships formed during meetings. One of her favorite herbs is rosemary, because she enjoys its scent and beauty. Lessons learned since moving to Florida, "be mindful of location, soil, and watering."

This is one way we fulfill our mission to educate others!

What's on our Bookshelf?



Florida Dictionary of plants published in 1961 by the Fla. Dept. of agriculture, is from Lari's collections of herb books. This belong to her mom. It is full of valuable information about Florida plants.

March Library Window

Created by Lari Knochenmus & Reekah Mead
Items also provided by Andrea Forster

Please stop by to see our Seaside Herb Society Display

Nasturtiums in Bloom

How to make Lemoncello
By Lari Knochenmus

Lemoncello

1 750 ml bottle vodka
Peels from 10 lemons (no pith)
2.5 cups sugar and 3 cups water

Preparation- makes about 2-750 ml bottles of Lemoncello:

1. Put vodka into glass with lid and add the lemon peels.
2. Store in dark place for about two weeks until vodka turns yellow, and peels lose their color.
3. When the vodka is ready, prepare the syrup by dissolving the sugar in the water. If syrup is hot, let it cool until warm.
4. Combine vodka and syrup and allow to sit until room temperature. Strain peels and place in sterile bottles with lids.
5. Store in refrigerator.

Herb of the Month
Horseradish
Presented by Amanda Hale and Mary Ereinger

Horseradish has been used as an aphrodisiac (something associated with youth) and a treatment for rheumatism (something associated with old age). Horseradish is chosen to represent bitterness in life at Passover seders and yet is happily used to flavor savory dishes on holidays and other times. It's also surprisingly old and was valued greatly for both its medicinal and gastronomic qualities for the millennium.

History

Horseradish was known to the Egyptians as far back as 1500 B.C. Early Greeks knew and used it both as an aphrodisiac and as a relief of lower back pain. Jews still use it during Passover seders as one of the bitter herbs. Some used horseradish syrup as an expectorant cough medicine; others were convinced it cured everything from rheumatism to tuberculosis. Legend has it the Delphic oracle told Apollo,

"The radish is worth its weight in lead, the beet its weight in silver, the horseradish its weight in gold."

The origin of the name horseradish is confusing. The herb itself seems to have come to the English speaking world from Central Europe "radik" is Latin for root and is where our word for radish comes from. In German, horseradish is called *"meerrettich*" which is a compound word consisting of Meer or the sea, and Rettich which comes from that Latin word "radik" for root, so in German horseradish means "sea root" which reflects where it supposedly grew well. Now you can hear how the rettich in German and Latin radik sound like our English word Radish. Can you here how meer pronounced with a German accent sounds like mare—which is an English word for a female horse. Those similar sounding words are one theory of how horseradish came by its name. There is another theory, that the size of the root (e.g. radik)

was simply large like a horse and pungent like a radish. Honestly, we don't really know where the word came from. Just for the record, horses do NOT eat it!

For the record, the Latin botanical name for Horseradish is Armoracia rusticana, (syn. Cochlearia armoracia). It is a perennial plant of the family Brassicaceae (which also includes mustard, wasabi, broccoli, cabbage, and radish). It is a root vegetable, cultivated and used worldwide as both a spice and as a condiment. The species is probably native to Southeastern Europe and Western Asia.

Interestingly, some Asians refer to horseradish as western wasabi, while some Westerners refer to wasabi as Japanese horseradish. True wasabi is more difficult to cultivate, and some simply fake wasabi by substituting horseradish for it.

As to how horseradish reached the English speaking world, the following comes from Horseradish.org (edited):

> During the Renaissance, horseradish consumption spread from Central Europe. By the late 1600s, horseradish was the standard accompaniment for beef and oysters among all Englishmen. The English, in fact, grew the pungent root at inns and coach stations, to make cordials to revive exhausted travelers. Early settlers brought horseradish to North America and began cultivating it in the colonies. It was common in the northeast by 1806, and it grew wild near Boston by 1840.
>
> Sales of bottled horseradish began in 1860, making it one of the first convenience foods.

Today, approximately 6 million gallons of prepared horseradish are produced annually in the U.S. — enough to generously season enough sandwiches to wrap 12 times around the world.

As regards that horseradish cordial mentioned above, the Germans still brew a horseradish schnapps, and of course prepared horseradish is a time honored element of a Bloody Mary cocktail.

Horseradish is considered a "hot" taste, but unlike chili peppers, it stimulates the NOSE more than the tongue. The "hotness" from horseradish comes from isothiocyanate, a highly active compound that, when exposed to air and saliva, generates the "heat" that some people value for clearing out their sinuses. Accordingly, it is understandable how in some parts of America, horseradish carried the nick-named "sting nose".

Interestingly, the bite and aroma of the horseradish root are almost nil until it is ground or grated, crushing the root cells, and thereby releasing that volatile compound. Interestingly vinegar stops this reaction and stabilizes the flavor. This means you can create a milder horseradish by adding vinegar immediately to your fresh ground horseradish.

In this country, horseradish is celebrated annually in May at the International Horseradish Festival in Collinsville, Illinois. Collinsville calls itself "The Horseradish Capitol of the World." On top of the culinary events, they even have a horseradish root toss contest. The Guiness World record for tossing a horseradish root is 80-1/2 feet!

Spring is the best time for obtaining fresh horseradish. If you do acquire some, keep it tightly covered and in the refrigerator to protect freshness. Unrefrigerated horseradish loses flavor quickly, so "To keep it hot, keep it cold." You can also grate it and freeze it in an air-tight container where it will keep for several months.

Ideas of how to tweak your existing recipes with a little horseradish--"sea radish"

HORSERADISH HAIR TREATMENT (SCALP)

Did you know that horseradish makes a wonderful hair treatment? Horseradish roots increase blood flow to the skin and prevents hair loss. It is best to use fresh horseradish roots. Yogurt is added for a smoother consistency.

Yield one treatment: Ready in 5 minutes

- ¼ cup freshly grated horseradish root (or bottles horseradish root)
- ¼ cup plain yogurt

Mix both ingredients together to form a smooth paste before massaging this mixture into your hair and scalp.

Wrap your hair in a plastic wrap or use a plastic shower cap and leave the conditioner on your hair for 15 minutes.

Shampoo your hair as usual. Rinse well and dry with a clean towel.

- Add a splash to tomato juice for an early morning eye opener.
- Slip a spoonful into a skillet of scrambled eggs.
- Try horseradish on breakfast sausage.
- Give store bought deli items, like cole slaw, potato salad and baked beans, an exciting new taste.
- Mix it with apricot preserves and a little mustard for a great ham glaze.
- Create your own horseradish butter, horseradish mayonnaise, horseradish sour cream dip and horseradish barbecue sauce.
- Make familiar "comfort foods" even more indulgent. Add horseradish to mashed potatoes, meatloaf, applesauce served with pork roast, sour cream on your baked potato.
- A spoonful added to any meat stock adds a delightful flavor and surprisingly delicate horseradish taste to soups.
- For a gourmet appetizer, blend horseradish with softened cream cheese. Spread the mixture on thin slices of rare beef tenderloin and wrap around crisp-tender asparagus spears.
- Cut down on cholesterol by using horseradish instead of butter and salt to top vegetables.
- Season pizza sauce with horseradish before baking for a new twist on an old favorite.
- Follow the example of famed European chefs who use horseradish liberally as an herb. Try adding a spoonful of horseradish to hollandise sauce and serve with salmon or asparagus.
- For tangy deviled eggs, mix together 4 minced, hard cooked egg yolks, 1 tsp. Prepared horseradish, 1 tsp. Minced onion, 1 tsp. Worcestershire sauce, 1/4 C. mayonnaise, 1/2 tsp salt. Spoon mixture into egg-white halves.
- Fill celery stalks with a mixture of 1 cup mashed avocado, and 2 tsp. prepared horseradish. Sprinkle with paprika. Chill
- Blend cream cheese with prepared horseradish for a nippy taste. Spread on thinly sliced ham. Roll up and place, seam side down, on plate. Chill. Cut into bite-size pieces.
- Give corned beef brisket a new taste twist with a horseradish-orange glaze: 2 tbsp. Prepared horseradish, 2 tbsp. Worcestershire, 1/2 C. orange marmalade, 1/2 C. mustard.
- Baste ribs on the grill with a nippy combo of 2 tbsp. dry white wine, 2 tbsp. prepared horseradish, 1 tbsp. vegetable oil and 1/2 tsp. hot mustard.
- Spark up beef stroganoff with a dollop or two of horseradish.
- To a home-made or made-from-a-package pasta and cheese dish, add 1 1/2 C. chopped, cooked ham and 2 tbsp. horseradish mustard. Bake in moderate oven until heated through.

Horseradish in Florida

Bottom line per the University of Florida: "Horseradish does not grow well in Florida." It CAN grow here, at least in the northernmost sections of our state, and at higher elevations in the more sub-tropical areas. But basically, like so many other plants, it does not do well in our heat, and our lack of dormant season and our moisture levels can leave these plants susceptible to health issues.

Knowing that, my description here will be brief. If you think you might start some horseradish, you should expect this to do best as an annual, and don't expect to leave it in the ground as a perennial: If it does survive as a perennial, the root will likely be too fibrous and dry for grating.

In a nutshell: You grow horseradish from roots or crown cuttings, not seeds. You basically need to start some root chunks in a location where they are protected from freezing; get these chunks budding/leafing out; Put these "starts" in the ground in rich soil, in good sun about now (mid-February); **water regularly** and expect to provide some shade as we warm up to our 80/90 degree days. Harvest as soon as you have viable roots, or you'll likely see them fade. Some sites say the flavor is best generally after a few frosts, so you can see if we are struggling to keep it going over the summer, and we happen not to have ANY frosts, the taste will likely suffer.

Where horseradish is grown, two general types are usually found: the common and the Bohemian. The common type has broad, crinkled leaves and high quality roots. The Bohemian type has narrow, smooth leaves, with root quality somewhat less than that for the common type. These two types have various cultivars, and my research says that the cultivars of 'Maliner Kren' and 'Big Top' are best for Florida.

I will provide you with both a link to a you-tube of a woman who started plants here in Florida from some grocery store horseradish, and I will provide detailed directions from UF about growing Horseradish varieties in northern Florida, in case you really want the details. Those links will appear in our newsletter next month.

In 2011, herb of the year was hosrseradish.

What Is Horseradish?

Horseradish (Armorica Rusticana) is a perennial crop that is a member of the Brassicaceae family, which is in the same family as mustard and wasabi; it is a cousin of broccoli, cauliflower, and Brussel sprouts.

The root is typically grated and preserved in vinegar, salt, and sugar for use as a condiment. This is known as prepared horseradish. Prepared horseradish is a condiment made from the large, white root of the horseradish plant. The leaves are also edible. (Ku, 2015).

The root is harvested to use as culinary horseradish and offsets are replanted for next year's crop. The grated root can be used fresh, or it can be dried or powdered. You will often find horseradish added to condiments such as mustard or mayonnaise to lend them an extra bite. Horseradish sauce may simply be grated horseradish in vinegar, or it can be a creamy version.

Nutrients

Water	85.08 g
Energy	48 kcal
Protein	1.18 g
Total lipid (fat)	0.69 g
Carbohydrates	
Carbohydrate, by difference	11.29 g
Fiber, total dietary	3.3 g
Total Sugars	7.99 g
Minerals	
Calcium, Ca	56 mg
Iron, Fe	0.42 mg
Magnesium, Mg	27 mg
Phosphorus, P	31 mg
Potassium, K	246 mg
Sodium, Na	420 mg
Zinc, Zn	0.83 mg
Copper, Cu	0.058 mg

How to Grow

Horseradish is a pungent root vegetable that is commonly used to impart a zesty, hot flavor to foods. Horseradish is a hardy perennial, and can be grown in cold climates, full sun, or light shade. Planting horseradish in your home garden will supply you with an abundance of this herb. It can be grown in your garden as a perennial in hardiness zones 2 through 9.

Horseradish planted in a garden or landscape can improve overall ecological diversity. Landscapes with high plant biodiversity are more productive and stable compared to those with a low species diversity, Thus, low plant biodiversity results in less ecosystem productivity and supplementary plant species additions, such as horseradish, to a home or urban landscape will improve species biodiversity, leading to greater ecosystem productivity. Plant traits related to size and growth rate are particularly important because they determine the productive capacity of vegetation and the rates of decomposition and nitrogen mineralization. Nutrient recycling, improvement of insect and pollinator diversity, and providing food resources for bees when in flower are only a few examples of how horseradish can improve ecosystem services. (Walters, 2021).

Health Benefits

Horseradish is a flavorful pungent herb that has been used for centuries to enhance the flavor of food, aid in digestion, and improve human health. Horseradish is a neglected and underutilized plant species (NUS), especially concerning the potential benefits to improve human health. The roots of this plant have been known for centuries to provide effective treatments for various human health disorders and has a long history of use in traditional medicine. Horseradish is a source of many biologically active compounds and its richness in phytochemicals. (Walters, 2021).

Horseradish contains multiple compounds that provide health benefits, including antibacterial and anticancer effects. It has a long, white root and

green leaves. When the root is cut, an enzyme breaks down a compound called sinigrin into a mustard oil. (Ku, 2015). This oil, known as allyl isothiocyanate, gives horseradish its telltale odor and taste that may irritate your eyes, nose, and throat.

Glucosinolates and isothiocyanates in this root vegetable may protect against cancer by inhibiting the growth of cancer cells, as well as promoting their death. (Hayes, 2008).

Some horseradish compounds, such as sinigrin, may also act as antioxidants and fight cell damage caused by free radicals. These reactive molecules may increase your risk of diseases, including cancer, when levels become too high in your body. Studies conducted on the pharmacological activities of sinigrin have revealed anti-cancer, antibacterial, antifungal, antioxidant, anti-inflammatory, wound healing properties and bio fumigation. (Lam, 2016).

Test-tube studies suggest that horseradish compounds may prevent the growth of colon, lung, and stomach cancer. What's more, peroxidase, an enzyme found in this root, helps activate and boost a powerful anticancer compound that targets human pancreatic cancer cells. (ao, 2015).

Consuming horseradish is known to cause a burning sensation in your sinuses, nose, and throat. For that reason, it's often used to relieve colds and breathing issues. One study in over 1,500 people found that a supplement containing 80 mg of dried horseradish root and 200 mg of nasturtium was as effective as a traditional antibiotic at treating acute sinus infections and bronchitis. (Goos, 2006).

Horseradish can help to lower high blood pressure, which is a risk factor for heart disease. It contains compounds that can help to dilate blood vessels, which can improve blood flow and reduce the workload on the heart. (Gregersen NT, 2013).

If you're looking to lose weight, horseradish might be your new secret weapon. Not only is it low in calories and fat, but it also contains compounds that can help boost your metabolism and promote fat burning. Studies show that horseradish increases the body's fat-burning capabilities by up to 20 percent. Because horseradish is a spicy food, it can also help suppress your appetite and reduce cravings, making it easier to stick to a healthy diet. (Westerterp-Plantenga, 2005).

Resources

ao, X. C. (2015). Horseradish peroxidase-encapsulated chitosan nanoparticles for enzyme-prodrug cancer therapy. *Biotechnology Journal, 37(1)*, 81-88.

Goos, K. A. (2006). Efficacy and safety profile of a herbal drug containing nasturtium herb and horseradish root in acute sinusitis, acute bronchitis and acute urinary tract infection in comparison with other treatments in the daily practice/results of a prospective cohort s. *Arzneimittelforschung, 56(3), Translated from German*, 249-257.

Gregersen NT, B. A. (2013). Acute effects of mustard, horseradish, black pepper and ginger on energy expenditure, appetite, ad libitum energy intake and energy balance in human subjects. *Br J Nutr. 109*, 556-563.

Hayes, J. M. (2008). The cancer chemopreventive actions of phytochemicals derived from glucosinolates. *Eur Journal of Nutrition, 47 Suppl 2*, 73 - 88.

Ku, K. J. (2015). Correlation of quinone reductase activity and allyl isothiocyanate formation among different genotypes and grades of horseradish roots. *Agriculture Food Chemistry, 63(11)*, 2947 -2955.

Lam, C. (2016). Sinigrin and Its Therapeutic Benefits. *Molecules, 21(4)*, 416.

Walters, S. (2021). Horseradish: A Neglected and Underutilized Plant Species for Improving Human Health. *Horticulturae, 7(7),* , 167.

Westerterp-Plantenga, M. S. (2005). Sensory and gastrointestinal satiety effects of capsaicin on food intake. *Int J Obes (Lond), 29(6)*, 682-688.

University of Florida on growing horseradish: https://edis.ifas.ufl.edu/publication/MV078

Tips on growing horseradish in Florida: https://tillyscheesesteaks.com/growing-horseradish-in-florida-tips-for-success/

Starting and Growing Horseradish in Central Florida (from Grocery horseradish): https://www.youtube.com/watch?v=OPFpxR_I8pY

HORSERADISH RECIPES

Virgin Bloody Mary

The ingredients in a virgin Bloody Mary are the same as a regular Bloody Mary minus the vodka.
2 cups prepared tomato juice, preferably low sodium
1/4 cup dill pickle juice OR olive brine
2 tablespoons fresh lemon juice
1 tablespoon prepared horseradish
1 teaspoon hot sauce, such as Franks
1 teaspoon Worcestershire sauce
1/4 teaspoon celery seeds
1/8 teaspoon cayenne pepper
4 small celery heart stalks with leaves, for serving
4 lemon wedges, for garnish
12 large olives, optional for serving
Combine all the ingredients in a big pitcher. Store leftovers in the refrigerator for up to four days.

Garnish Ideas:
Celery stalks
Dill pickle spears
Pickled green beans
Green olives
Lemon or lime wedges
Bacon
Boiled shrimp

Mustard Honey Horseradish Sauce

¼ cup mustard
1 Tbsp honey
Horseradish to taste
Blend all ingredients together

Mayonnaise Horseradish Sauce

½ cup mayonnaise
Prepared horseradish to taste
1 drop of mustard
Blend all ingredients together

Caso with Horseradish

1 block Velveeta cheese
1 Tbsp horseradish
½ lb Monterey jack cheese
½ cup salsa
Mix all ingredients together- serve hot or cold

Creamy Horseradish Sauce

1 cup sour cream
½ cup mayonnaise
5 Tbsp horseradish
1 tsp Worcestershire sauce
½ tsp salt
½ tsp black pepper
Whisk all ingredients together. Cover and refrigerate.

Deviled Eggs

Ingredients

- 12 eggs
- ½ cup mayonnaise
- 2 tablespoons prepared horseradish
- 2 teaspoons chopped fresh dill
- ½ teaspoon dry mustard
- ¼ teaspoon salt
- ⅛ teaspoon pepper
- ⅛ teaspoon paprika

Directions

1. Place eggs in a saucepan and cover with water. Bring to a boil; remove from heat and let eggs stand in hot water for 15 minutes. Remove eggs and cool under cold running water, peel eggs. Slice each egg in half lengthwise. Remove yolks and transfer to a medium bowl. Place egg whites on a serving platter.
2. Mash yolks with a fork. Stir in mayonnaise, horseradish, dill, dry mustard, salt, pepper, and paprika. Spoon equal amounts into egg whites.

Potato Salad with Horse radish

2 pounds white boiling potatoes, peeled and cut into 3/4-inch pieces
Kosher salt and freshly ground black pepper
1/3 cup mayonnaise
3 tablespoons prepared horseradish
2 tablespoons Dijon mustard
1 tablespoon distilled white vinegar
1/4 teaspoon celery salt
1/8 teaspoon cayenne
3 stalks celery, chopped, plus 1 tablespoon chopped leaves
1 large shallot, finely chopped
2 tablespoons chopped fresh flat-leaf parsley
2 hard-boiled eggs, chopped

Directions:
Put the potatoes and 2 teaspoons salt in a large pot and cover with cold water by about 2 inches. Bring to a boil over high heat, then reduce the heat and simmer until the potatoes are tender but not falling apart, about 5 minutes. Drain. Meanwhile, stir the mayonnaise, horseradish, mustard, vinegar, celery salt and cayenne together in a large bowl with 1/2 teaspoon salt and a few grinds of black pepper. Stir in the hot potatoes and the celery, celery leaves and shallots. Let cool to room temperature before stirring in the parsley and eggs. Season with salt and pepper. Refrigerate until ready to serve.

Broccoli in Horseradish sauce

1/4 cup mayonnaise
2 tablespoons butter, melted
1 tablespoon prepared horseradish
1 tablespoon onion, grated
1/4 teaspoon salt
1/4 teaspoon dry mustard
1 pinch crushed red pepper flakes
1 lb broccoli, trimmed

Directions

Combine all ingredients except broccoli; stir well. Chill for 3 to 4 hours.
Separate broccoli into spears. Cook, covered, in a small amount of boiling water for 8 to 10 minutes or until crisp-tender. Arrange in a dish. Top with sauce.

Seafood Cocktail Sauce

1 cup Ketchup
Few slices of lemon juice
1 tsp Worcestershire sauce
Horseradish to taste
Mix ingredients together, chill for at least one hour.