Life itself, is the most beautiful fairy tale!

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.

Calendar of Events

Mar. 22: *Spring Herb Faire*

Apr. 19: Creating Butterfly Gardens
Robin Cone (Big Value Garden)

May 17: Rosemary

A Message from our President… Carol Chillemi

It is almost spring and time for the faire. It amazes me the number of people that know and look forward to our Spring Herb Faire.

I want to thank all of you ahead of time for the work you're doing and the work you will be doing to support the 2014 Spring Herb Faire.

For the newer members, this is our big fundraiser which allows us to carry out our goals of educating the public about herbs as well as, supporting programs and people that work with herbs.

Be thinking about what you want to make for the bake sale and the tasting. Also, what 'job' you want to carry out at the faire.

This coming Saturday is an important planning meeting for the Spring Herb Faire. Please do your best to be in attendance.

Thank you again, for the many gifts each of you bring to Seaside Herb Society. Your presence makes us a better organization.

Hope you have wonderful spring season.

See you before the faire!

Carol Chillemi
cfernbachchillemi@gmail.com

Tarragon

"Little Dragon"
2014 Herb of the Year

French tarragon is the variety generally considered best for the kitchen, but is never grown from seed as the flowers are sterile, instead it is propagated by root division. It is normally purchased as a plant, and some care must be taken to ensure that true French tarragon is purchased.

A perennial, it normally goes dormant in winter. It likes a hot, sunny spot, without excessive watering.

Tarragon, a member of the Composite tribe, closely allied to Wormwood, is cultivated for the use of its aromatic leaves in seasoning, salads, etc., and in the preparation of Tarragon vinegar.

It grows to a height of about 2 feet and has long, narrow leaves, which, unlike other members of its genus, are undivided. It blossoms in August, the small flowers, in round heads, being yellow mingled with black, and rarely fully open. The roots are long and fibrous, spreading by runners.

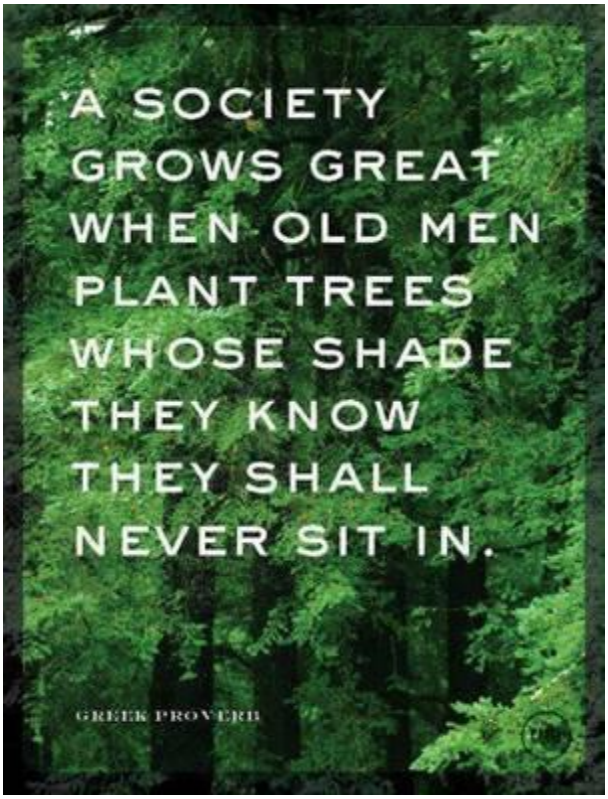
Tarragon is more common in Continental than in English cookery, and has long been cultivated in France for culinary purposes.

The name Tarragon is a corruption of the French *Esdragon*, derived from the Latin *Dracunculus* (a little dragon), which also serves as its specific name.

It was sometimes called little Dragon Mugwort and in French has also the name *Herbe au Dragon*. To this, as to other Dragon herbs, was ascribed the faculty of curing the bites and stings of venomous beasts and of mad dogs. The name is practically the same in most countries.

On the Agenda

25th Annual Spring Home Show, presented by the Daytona Beach News Journal is seeking speakers from Seaside Herb Society. If you're interested please let Sue Fowler know.



Dues are being collected for 2014-2015 membership. Renew yours by May 2014!

Go to our website to participate in a quiz!
www.seasideherbsociety.com

From the Kitchen

Hosted by:

Tarragon ~ Carol, Jerry & Linda P

Chicken Salad with Tarragon Recipe
INGREDIENTS
2 cups chopped, cooked chicken meat*
1/4 cup dried cranberries, finely chopped
1 stalk celery, finely chopped
1 teaspoon lemon juice
1/4 cup mayonnaise
1-2 teaspoons dried tarragon (or 1-2 Tbsp fresh chopped tarragon)
Salt and pepper to taste

** Poach about 1 1/2 lbs of skinless chicken breasts and thighs, preferably bone-in (for flavor), in a quart of salted (2 teaspoons) water, for about 20 minutes, or until the chicken is cooked through. Remove from water, let cool, remove bones, chop the meat into 1/2-inch to 3/4-inch cubes.*
METHOD
Mix all of the ingredients together. Adjust seasoning. Serve with lettuce for a simple salad, in a tomato that has been cut open for a stuffed tomato, or with slices of bread for a chicken salad sandwich.

Thyme ~ Marian, Donna, Lori, Geraldine & Donna F.

Orzo Salad with Stir Fry Vegetables

2 tablespoons olive oil
1 cup chopped red bell pepper
1 cup chopped red onion
1 cup chopped celery
1/2 cup chopped unpeeled carrots
1 cup cooked corn kernels
2 tablespoons chopped fresh thyme
1/2 cup chopped fresh parsley
2 teaspoons salt
1/2 teaspoon freshly ground black pepper
1 1/2 cups orzo

Heat the oil in a wok or iron skillet until smoking. Add the red pepper, onion, celery, and carrots. Sauté for 2 minutes. Add the corn and stir-fry for 1 minute more. Add the thyme, parsley, 1 teaspoon of the salt, and pepper. Remove from the heat. Bring a medium pot of water to a rolling boil. Add the remaining teaspoon of salt and the orzo. Cover until the water returns to boiling. Cook the orzo for 7 to 9 minutes, or until tender but firm. Drain.

Add the orzo to the stir-fried vegetables. Toss well. Serve at room temperature.

Thyme and Garlic Cheese Dip

1 tablespoon (packed) fresh thyme leaves
1/2 garlic clove
1/2 teaspoon coarse salt
1/4 teaspoon ground black pepper
1 7 1/2-ounce package farmer cheese or one 8-ounce package cream cheese
1/4 cup sour cream

Blend first 4 ingredients in processor until garlic is finely chopped, occasionally scraping down sides of bowl. Add cheese and sour cream; blend well. Season with more salt and pepper, if desired. Transfer to serving bowl; chill 30 minutes. (Dip can be made up to 1 day ahead. Cover; chill.)

Springerles

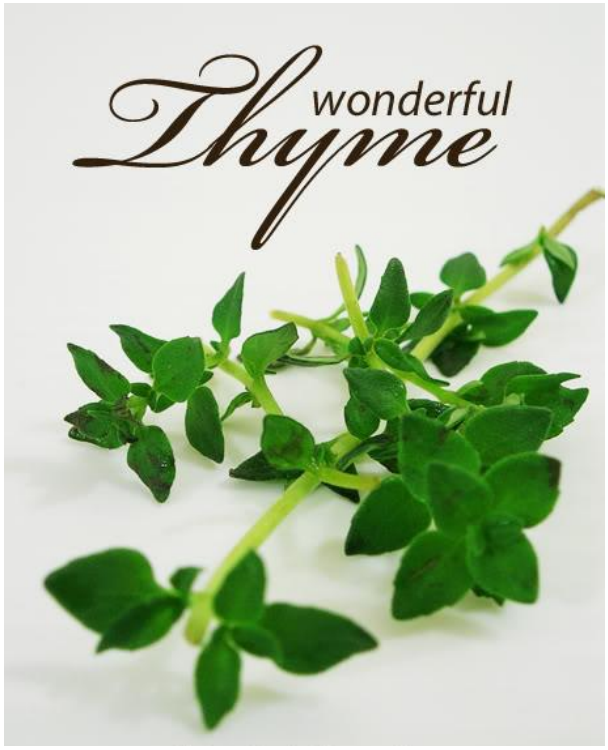
4 eggs
1 lb powdered sugar
3 ½ c flour
1 T Thyme
1½ tsp orange flavoring
1 tsp baking powder
3 T melted oleo

Beat eggs and powdered sugar together 20 minutes
Add remaining ingredients
Roll out on pastry board ¼ inch thick
Press in design with springerle board or rolling pin
Bake 15 minutes at 300 degrees
Should not brown.

Carrots Supreme

4 pounds carrots peeled and sliced crosswise
2 onions sliced
1 green pepper sliced
1 T salt
1 tsp thyme
1 tsp Worcestershire Sauce
½ tsp pepper
1 cup sugar
1 cup oil
¾ cup vinegar
1 can tomato soup

Boil carrots until easily pierced with a fork. Place carrots, onions and green pepper in large bowl. Combine salt, thyme, Worcestershire, pepper, sugar, oil, vinegar and tomato soup in blender and mix thoroughly. Pour vinegar mixture over vegetables. Cover and marinate in refrigerator overnight.



Enjoying Thyme

Thyme is a semi-woody sub shrub with aromatic, linear to oval, slightly tomentose (fuzzy), gray-green leaves that are about a half inch long. Like most mints, the stem is square in cross section and the leaves are arranged in pairs opposite each other. Thyme grows in a bushy, many-branched, spreading mound 6-12 in (15-30 cm) high and up to twice as wide. In summer, thyme produces tiny lilac to purple flowers arranged in dense, compact heads.

There are many cultivars in the trade. 'Aureus' has yellowish leaves; 'Orange Blossom' has foliage that smells like oranges; 'Silver Posie' has leaves with white margins.

Lemon thyme (*Thymus X citriodorus*) is a hybrid between garden thyme and *T. pulegioides*, sometimes called mother-of-thyme. There are several cultivars of lemon thyme, including 'Argenteus' with silver-edged leaves, 'Aureus' with gold flecks in the leaves, and 'Archer's Gold', with yellow-edged leaves.

Thyme is native to the western Mediterranean region and southern Italy. It is cultivated all over the world and has naturalized in some areas including the northeastern US.

Thyme does best in neutral to alkaline soils, so add lime if yours is acidic. Thyme grown for the kitchen usually is replaced every few years as it gets woody and scraggly.

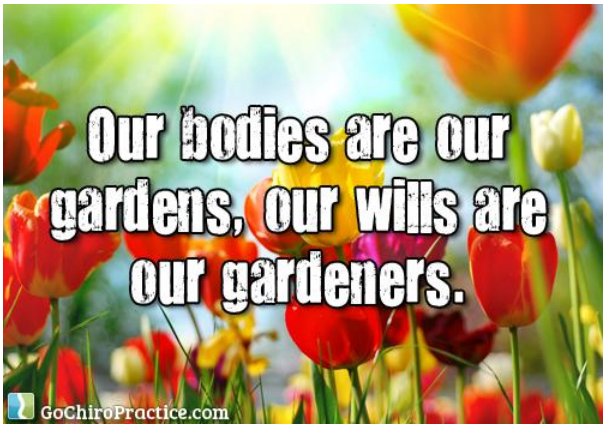
Thyme thrives in full sun, and will tolerate partial shade and regular watering. Don't overwater it though.

Thyme can be grown from seed, but if you want to be sure to get a plant with a fragrance you like, you need to propagate vegetatively from a known plant. Thyme is easy to root from cuttings taken from non-woody, fast-growing shoots. Another method is to separate out sections of rooted stems and replant.

Thyme does very well in a pot, where it is allowed to cascade over the sides. It's a natural for rock gardens and belongs in every herb garden. Use low-growing thyme as an edging around flower beds and walkways. Bees love the blossoms.

In the kitchen, thyme is used to season fish, poultry, soups and vegetables. Thyme, parsley and bay leaf are the standard ingredients in the French chef's *boquet garni*. Thyme is one of the flavorings in the liqueur, Benedictine.

Thyme and thyme oil have been used as fumigants, antiseptics, disinfectants, and mouth washes. The main essential oil in thyme, thymol, is active against salmonella and staphylococcus bacteria. Thymol is one of the active ingredients in *Listerine*® mouthwash and provides the "medicated" properties of many consumer products. Thyme is said to aid in digestion of fatty foods.

Happy Birthday

Jan 2	Pamela Kelley
Jan 6	Debra Sanfilippo
Jan 28	Jackie Rodriquez
Feb 21	Donna Frangipane
	Jennifer Surgent
Mar 8	Jane Peterson
Mar 23	Virginia Thompson