Monthly News

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

Please Visit, Follow, & Like our Facebook page @ https://www.facebook.com/search/top?q=seaside%20herb%20society%20volusia%2Fflagler%20counties

EDITORS NOTE

My oh my! Cool weather is here to stay, but not to hinder our local gardeners. 'Growing Fall Herbs,' was the topic of the two lectures I gave this month on behalf of the Seaside Herb Society. In part, I spoke about cold frames largely used up north where I grew up on a farm. Both small gardeners and large farms used them to produce crops year-round. Here in Florida, I don't see many people using cold frames, but the weather here is actually ideal. Cold frames are a great way to keep herbs and other crops growing through the winter months.

We are zones 9A & 9B which means plants rated for these zones can grow as perennials here (without needing a cold frame.) My two presentations also included varmint control.

In our October meeting, we will choose herb presentations for the upcoming year. Members are asked to come prepared with herbs to learn about and ideas for a group trip.

A few of my thoughts are both in Gainesville, which is about two hours from Ormond Beach. The Butterfly Museum Rainforest, and the Cedar Lake Woods & Gardens. We could either rent a bus or travel together in a few vans.

I noticed my newsletters growing longer; that's because we have so much going on. There are no guarantees from month to month, but all the things our members are doing are so interesting and exciting! It's great to be a part of our Seaside Herb Society!

- Rebekah -

Meet Our Members

Lari (rhymes with starry) Knochenmus

-If we wonder often, the gift of knowledge will come- Native American Proverb

Lari grew up "across the USA." The states she lived in were Iowa, Pennsylvania, Ohio, California, Minnesota, Louisiana, Nevada, and mostly Florida- where she spent 66.6% (2/3rds) of her life: 1962-71 in Miami and Ocala, 1983-2006 in Tampa, and since 2014 in Brooksville and Ormond Beach. "I am a Gulf Coast girl who made a trip to Ormond Beach by chance. Loved the area, bought a second Florida home, and stayed."

Lari joined our SHS because "I like the mission statement and how it is implemented through the great educational content from the members and invited speakers' presentations. The chance to taste the herb of the month, both savory and sweet completes the experience."

After seeing the club in action upon attending the Fall Herb Sale in 2019, she purchased herbs and filled out a membership form intending to join, and then COVID-19 happened. Lari's first meeting came about in May of 2022 as a guest and brought her French sister-in-law (Belle Soeur). "I liked the convivial feeling of the group and paid the 2022 dues that day."

Her fondest memory of SHS so far is our 2022 Christmas gathering. The herb card workshop was also a lot of fun, as was conversing with other members of society. Lari is now on the nominating committee. She joined to meet the required 3-person committee as stated in the bylaws. "During my first year, I assisted with the SHS educational program for youth at Enviro-Camp; helped audit the treasurer's account register, and most recently helped decorate the March 2023 library window.

Currently, she grows a variety of herbs and citrus for culinary purposes. "I appreciate my newly gained knowledge about the health benefits. I have lived the majority of my adult life in Florida, my gardening experience is in Florida. It is an extremely difficult environment to grow plants without manmade beds to mitigate the numerous plant-destroying pests and poor soil; irrigation controls for the current climate of either too much and too little water; and enough sunny space but protected from excess sun, heat, and wind.

"I am a scientist, more specifically, a hydrogeologist. I studied the water resources in Florida and Nevada with the U.S. Geological Survey (USGS). I studied many of the beautiful springs in west-central Florida communing with river otters, manatees, dolphins, and mullet."

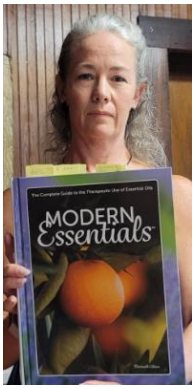
Her current passion is the art form and method called Zentangle. I am a certified Zentangle Teacher (CZT) and continue to be amazed at the way the art form evolves, revolves, and kaleidoscopes using the simplest of shapes. She says this hobby is a very calming, meditative, and satisfying art form.

"I have many favorite books; these are my favorite naturalist genre books:

- ☺ A Sand County Almanac by Aldo Leopold
- ☺ Cadillac Desert by Marc Reisner
- ☺ Hope for the Flowers by Trina Paulus

What's On Our Bookshelf?

Modern Essentials: The Complete Guide to the Therapeutic Use of Essential Oils | 13th Edition - September 2021 | by Alan and Connie Higley



Quickly find the right, oils, blends, and application instructions for hundreds of conditions with the easiest-to-use format available. Or go in-depth to discover recipes, blends, application techniques, and the science and research that shows how essential oils really work!

Breast Cancer Fundraiser Basket

Donated to the American Legion Auxiliary Post 267

Seaside Herb Society donated a basket of herb-related goodies to the American Legion Auxiliary Post 267 for their Breast Cancer fundraiser. Amanda donated an essential oil diffuser with herbal oils. Doris donated one of our 'Got Thyme' books. Pam donated $10.00 which was used to buy the herb grinder. Donna donated a beautiful basket. Rebekah donated plastic wrap and made the tag. On behalf of the herb society, she purchased $50 worth of herbal soap, tea, candy bar, and rose toner. Anyone wishing to contribute would be appreciated. Andrea is contributing $25.

Upcoming Event

SEASIDE HERB FALL SALE:
OCTOBER 28 8:30 AM - 1 PM

1 N. Beach Street
Ormond Beach, Florida

September Presentations

Growing Fall Herbs
Ormond Beach Library on Saturday 9/23/23

Ormond Beach Casement Guild

Sample slides from these two presentations

doTERRA Essential Oils

Presented by Dawn Busy & Shauna Eastlake

The doTERRA company was established in April 2008 by a group of former executives of Young Living, a company that also sells essential oils via multi-level marketing. Its name is inspired by the Latin phrase for "gift of the Earth." doTERRA initially launched with 25 single oils and ten oil blends.

"We founded doTERRA with the bold commitment to sell only 100% pure essential oils. Our pursuit of purity not only benefits the lives of our customers when they receive the full natural benefits of the plant, it also ensures that every life we touch from source to you is also enriched." (doTerra.com, 2023).

Essential oil purity matters. If you use an oil that has been adulterated, contaminated, or loaded with synthetic fillers, you will not receive the full natural benefit of the plant. Low-quality oils may even be dangerous and pose serious threats to your health.

The CPTG quality testing processes used by doTERRA include eight main steps to guarantee that every batch of doTERRA essential oil is pure, unadulterated, and safe for use. These are the eight tests doTERRA uses to ensure essential oil purity:

1. Organoleptic testing
2. Microbial testing
3. Gas chromatography
4. Mass spectrometry
5. Fourier-transform infrared spectroscopy (FTIR)
6. Chirality testing
7. Isotopic analysis
8. Heavy metal testing

Roses

By Andrea Forester & Rebekah Mead

Fun Facts

- ✓ Some esoteric traditions believe that smelling a rose scent in the air with no apparent roses nearby can signify the presence of angels or God.
- ✓ Rose petals from Damask rose – *Rosa damascena* is used for making jam and jelly and producing rose oil.
- ✓ *Rosa canina* & *Rosa rugosa* produce the best tasting rose hips.
- ✓ In 1478 merchants actually traded rose oil for equal weight in gold.
- ✓ Bulgaria is the biggest rose oil producer. Rose Valley in Bulgaria accounts for 85% of the world's rose oil.
- ✓ Rose water is a by-product of rose oil making. It's used in cosmetics, medicine, and cooking.
- ✓ Damask roses are considered some of the most ancient roses originating in Biblical times. They are also the most fragrant rose type.
- ✓ The rose petals for rose oil production are gathered before sunrise as they are the most fragrant at this time.
- ✓ The process of extracting rose oil from flowers requires a lot of roses: two thousand flowers are needed to produce just 1 gram of rose oil.
- ✓ To make a dark red rose appear blacker, its stem can be put in water with black ink.
- ✓ There are over 4,000 songs dedicated to roses.
- ✓ According to Egyptian legends, Cleopatra used roses and rose water to seduce the Roman general Mark Anthony.
- ✓ Napoleon gave his officers bags of rose petals to boil in white wine to cure lead poisoning from bullet wounds.
- ✓ In aromatherapy, the smell of the rose has one of the highest vibration frequencies of all essential oils; its soothing scent can help alleviate stress, depression, and anxiety

In 1984, while standing in the White House Rose Garden, President Ronald Reagan declared the rose the national flower emblem of the U.S.

Roses are the State Flower

Georgia (1916)

The Cherokee Rose
Rosa laevigate

New York (1955)

Any variety

North Dakota (1907)
The Wild Prairie Rose
Rosa blanda or Rosa arkansana

Washington, D.C. (1925)
American Beauty

Oklahoma
Hybrid Tea Rose

Varieties of Roses (Botanical and Common Names)

- Family Rosaceae
- *Rosa* species
- *R. canina* (Wild Rose, Dog Rose, Rose Hip, Brier Hip, Hip, Brier Rose, Eglantine Gall, Hogseed, Dogberry, Sweet Briar, Witches' Brier, Hep Tree, Hip Fruit, Hop Fruit, Hipberries)
- *R. arkansana* (Prairie Wild Rose, Sunshine Rose, Arkansas Rose, Meadow Rose, Pasture Rose)
- *R. laevigata* (Cherokee Rose)
- *R. gallica* var. *centifolia* (Apothecary's Rose, French Rose, Cabbage Rose, Hundred-leafed Rose)
- *R. damascena* (Damask Rose)
- *R. rugosa* (Rugosa Rose, Salt spray Rose, Beach Tornado)
- *R. multiflora* (Japanese Rose)

History Roses

Roses have a long, colorful history. They have symbolized love, beauty, war, and politics. According to fossil evidence, roses date back at least 35 million years. There are about 150 species of roses throughout the world, with origins from Alaska to Mexico and Northern Africa.

Around 5,000 years ago, Roses were grown extensively in the Middle East and used as:

- Confetti at celebrations
- Medication
- Food
- Perfume

The Roman Empire established large public gardens in South Rome.

During the fifteenth century roses were used to symbolize factions fighting to control England. The white rose symbolized York and the red rose symbolized Lancaster. Their conflict became known as the War of the Roses.

During the 17th century, roses were in such high demand that royalty considered them legal tender. They were used to barter and payments. Around the 18th century, England and China began to cultivate roses, which most plants today, can be traced back to these. Unfortunately, the characteristic most closely associated with roses, their fragrance, was hybridized out of the modern roses in favor of flower color and shape. Antique roses exude seven basic fragrances: rose, nasturtium, violet, apple, lemon, clove, and tea.

The apothecary's rose was grown for centuries in monastery gardens where it was used medicinally for sore throats, indigestion, and skin rashes. Outside of the monasteries, women used it to eliminate wrinkles. In France, roses were planted outside the doors of apothecary shops, earning them the name of apothecary's rose. In modern times, it is often grown in herb gardens because of its association with medicine.

Health

Unlike Western medicine, all indigenous cultures believe that there is no separation between the physical, mental, and spiritual being. All must be assessed & addressed before healing occurs. Roses happen to be an herb that affects all three of these.

Rose oil is obtained from the petals of different Rose species, especially *Rosa centifolia* L. and *Rosa damascena* Mill. Various pharmacological properties have been attributed to various rose oils. But all parts of the rose bush have been used for health and food.

Conditions

- Analgesic
- antidepressant
- antispasmodic
- aphrodisiac
- astringent
- antibacterial
- antiviral
- antiseptic
- anti-inflammatory
- blood tonic
- cleansing
- digestive stimulant
- eyes, redness, infections and cataracts
- Increases bile production
- kidney tonic
- menstrual regulator
- Stomachaches, diarrhea, and nausea

Numerous evidence-based studies demonstrated how roses have physiological and psychological effects that benefit our health. Up until the 1930s, Apothecary Rose was prescribed for sore throats. Roses were also widely used as mild astringents and to flavor other medicines.

Pain relief

In a 2015 study (Marofi, 2015), postoperative children inhaling rose oil reported a significant decrease in pain levels. These researchers determined that rose oil stimulated the brain to release endorphins, often called the "feel-good" hormone, and therefore recommended aromatherapy using rose oil to ease pain in patients after surgery. This same study identified a reduction in the parent's anxiety, which may have also affected their child's level of pain.

Reduce Skin Oxidation

The rose species Rosa damascene extract can be used for cosmetic applications to fight stress-induced skin fatigue and boost natural skin defenses against external and internal daily stressors. One specific study indicates that the olfactory system is involved in inducing anti-stress responses in our skin. (Duroux, 2020).

Native North American

There were dozens of varieties of roses in North America. The Native Americans learned how to use whatever grew in their region, as medicine and, in cases of emergency, as food. The leaves, petals, hips, and roots were widely used for a variety of conditions, including colds, fevers, diarrhea, influenza, and stomach troubles.

The Omaha's, A Native American Tribe

The Omaha tribe steeped the hips or roots to make a wash to treat eye inflammations.

The Chippewas

In the Great Lakes region, the Chippewas made tea from the wild rose and used berries for food and diseases of the eye. They used the inner bark of the roots to treat cataracts.

The Pawnees

The Pawnees collected the insect galls from the lower parts of the stems, and charred and crushed them for use in dressings for burns. The insect or disease-produced galls were found in the archaeological remains of the Hill Site, near present-day Guide Rock, Nebraska, which was occupied by the Pawnees in the early 1800s.

The Flathead & Cheyenne tribes

The Flathead and Cheyenne tribes treated snow blindness with an eyewash made by boiling the petals, stem bark, or root bark. The Cheyenne also boiled the inner bark to make a tea valued for treating diarrhea and stomach trouble.

The Crows

The Crows boiled the crushed roots and used them in hot compresses to reduce swellings. They also sniffed vapor to stop bleeding from the nose or mouth.

The Arapahos

The Arapahos used the seeds to produce a drawing effect for muscular pain.

The Cherokee rose grown in China was used to control diarrhea.

The seeds of the Japanese rose are used in Oriental medicine as a diuretic and laxative. Infusions of dried rose petals are used for headaches and taken after meals to aid digestion.

Steam inhalation of a decoction of rose petals, lavender, and hops helps induce sleep.

Compresses soaked in infusions of dried flowers make a good anti-inflammatory remedy for the eyes or any other inflamed area of the body and apply cool for headaches.

Rosehip tincture is an effective astringent for treating diarrhea, relieving colic, or as a component in cough remedies.

Rosehip syrup is used as a cough remedy because it is a rich source of vitamin C.

Rosehip decoction is taken with other herbs to treat chronic diarrhea associated with stomach weaknesses.

Flower decoctions are taken with motherwort for heavy menstruation or combined with Chinese herbs for liver dysfunctions.

Tinctures from the petals are used for diarrhea or sluggish digestion. When combined with other herbs, they are used to treat irregular or heavy menstruation.

Gargles made from petal infusions, used alone or combined with sage, are used for sore throats.

Creams from essential oil are used to treat dry or inflamed skin.

Lotions from the essential oil are combined with lady's mantle tincture for vaginal itching.

Rosewater combined with equal amounts of witch hazel is used as a moisturizing lotion for skin prone to pimples or acne. (Rosewater is a by-product of the steam distillation of Bulgarian rose oil and is used as a skin remedy.)

A few drops of essential oil can be added to bathwater for depression, grief, or insomnia.

Massage oil is made by mixing a few drops of essential oil with a neutral oil and is used to relieve stress and exhaustion or for sluggish digestion.

Traditional Uses

The dried hips of the wild rose are especially high in vitamin C, having three times that of citrus fruits, and have long been used to prevent scurvy.

The Chinese use the flowers as a qi or energy stimulant and blood tonic to relieve stagnant liver energies. They are also used for digestive irregularities or with motherwort for heavy menstruation.

The Damask rose blooms for only a couple of weeks, during which time the petals are collected, and steam distilled to produce true Bulgarian rose oil used in about 96% of all women's perfumes. Medicinally, it is an important nervine used for depression and anxiety.

The cabbage rose is used to produce French rose oil, which differs significantly in its chemical composition from Bulgarian rose oil and has a reputation as an aphrodisiac.

Growing & Care for Roses

Roses grow and bloom year-round in Central. To succeed, you must choose varieties that grow well in Florida. Some require more care than others, so you must also choose roses that match your gardening style.

Roses are like people they can be either low- or high-maintenance. According to UF Extension "Low-maintenance roses require little care and include the old garden roses and shrub roses. Hybrid tea, grandiflora, floribunda, and polyantha roses are considered high maintenance since they require frequent grooming, fertilizing, watering, and spraying."

Planting

Roses can be planted year-round in Central Florida just north of us in North Florida, planting is best in the spring. Nurseries sell potted roses year-round; bare-root plants are usually available from October to March. If ordering from a company such as Jackson & Perkins, they will send out the roses according to your zone.

To help roses survive, growers take the roots of one plant and the top of another plant and fuse them together. These special roots are called "rootstock" and create a stronger and prettier plant. Fortuniana is a type of rootstock used on roses in the south. This helps the rose thrive in hot humid climates and in sandy soil. It has been noted that Fortuniana helps produce extra-large roses as plants mature.

Roses need at least 6 hours of direct sunlight each day. Plant them in a full-sun location with well-drained soil. Most soils will have to be amended, especially for modern roses. Add 2 to 4 inches of organic material to the rose bed and mix it to a depth of 12 inches.

To move a container-grown rose to your yard, plant the rose at the same depth that it was growing in the container to make sure the graft union stays above the soil. Apply mulch around each plant and irrigate frequently for 6 to 8 weeks to establish.

Fertilization

The season and the location and size of the plants will determine the amount of fertilization. Regardless of the amount, choose a fertilizer specifically intended for growing roses with micronutrients and controlled-release nitrogen. Fertilize once a month from mid-February to mid-November.

Grooming & Pruning

Grooming keeps roses healthy, attractive, and productive. The frequency of grooming will depend on the type of rose and your preferences. To groom your plants:

Remove faded flowers after each bloom cycle.

Break off suckers that grow from the rootstock.

Remove dead wood and canes showing disease symptoms.

Prune hybrid teas, grandifloras, and floribundas in February or March in North and Central Florida When you prune, do the following:

Remove twigs and branches that are dead, diseased, injured, or spindly.

Shorten main canes and lateral branches.

Leave at least half the length of each main cane that is 1 to 3 years old.

Make pruning cuts just above a dormant bud. Remove whole branches with a smooth cut at the point of juncture.

Pest Control

Black spot is a fungal disease that is the biggest disease problem in roses growing in Florida. This occurs in humid, wet weather. Using drip irrigation helps keep foliage dry and decreases the chance of developing black spot infections.

During winter pruning, remove all leaves from the plants and rake the area beneath the bush to remove dead and diseased leaves that have fallen during the year. Re-mulch immediately to create a physical barrier between the plant and the fungal spores on the ground, which prevents re-infection. Begin spraying as new growth emerges and continue throughout the growing season.

Powdery mildew is another fungal disease seen on roses in spring or late fall when the days are warm, and nights are cool. Unlike black spots, this disease rarely kills the plant. Other common pests of roses include aphids, spider mites, caterpillars, and thrips. Frequently monitoring your roses will help you detect early infestations.

Cut Flowers

Before cutting flowers for an arrangement, consider how they will be used and what types of blooms you need. Cut flowers once the green sepals fold back toward the stem and the outside petals loosen and start to unfurl. Buds cut sooner will be too tight and will not open.

Use a sharp knife or pruning shears to cut flowers. Make a clean cut just above a well-developed leaf to prevent die-back.

Cooking with Rose

When using fresh roses only use roses that are free of pesticides. When using roses from the garden or wild it is best to clip the roses mid-morning. Wash the rose petals very gently and lay them on a towel to dry. Cut the white portion of the petal off as it is usually bitter and can change the flavor of the dish. They need to be used within 2 hours of washing them.

Fresh roses can be used in beverages to add a floral flavor to iced tea, water, and lemonade. To release the flavor, muddle the rose petals and stir them into the beverage. Rosebuds and/or petals can be frozen in ice cubes and added to drinks. Roses also make an excellent low-caffeine tea. Bring water to a boil, remove from heat, and steep for 2-3 minutes.

You can make pure rose water to add to many baked goods such as cakes, cookies, and custards to give them a light floral flavor. To make rose water, add fresh rose petals to distilled water. Use in your recipe in the amount it calls for water.

Rose can also be used in making rose-infused butter. Chop fresh rose petals and mix into softened butter. Shape and chill. This can be used on crackers, muffins, and biscuits. Dried rose petals can be added to a sweet granola mix of dried fruit and honey. This can be added to yogurt.

Rose petals go well with saffron, dried fruit, honey, coffee, and desserts and are popular around the world.

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Recipes

Cucumber & Rose Salad

Ingredients

- 4 cucumbers
- Rose petals
- 1 tablespoon rose syrup
- 1 tablespoon olive oil
- 1 tsp stevia

Directions

Peel the cucumbers, then use a peeler to gently peel all the way down the cucumber keeping it turning so that you have long ribbons. Mix with Rose petals.

Mix the ingredients for the dressing. Toss the cucumber.

Leave for half an hour, then drain and serve sprinkled with the rose petals.

Rose Sweet and Sour Dipping Sauce

Rose sweet and sour sauce is great served with meatballs, tempura, or even over rice!

Ingredients

- 2- 3 Tbsp stevia (Truvia)
- ⅔ cup water
- ⅓ cup white vinegar
- 3 Tbsp soy sauce
- 1Tbsp Rose Extract
- 2 Tbsp cornstarch
- 1 Tbsp ketchup

Directions

Place stevia, water, vinegar, soy sauce, cornstarch, and ketchup in a medium saucepan and bring to a boil. Stir continuously until the mixture has thickened.

Garlic & Rose Sweet N' Sour Shrimp

Ingredients

- 2- 3 Tbsp stevia (Truvia)
- 1-2 garlic cloves
- ⅔ cup water
- ⅓ cup white vinegar
- 3 Tbsp soy sauce
- 1Tbsp Rose Extract
- 2 Tbsp cornstarch
- 1 Tbsp ketchup
- Cooked Shrimp
- Green pepper sliced

Directions

1. Blend water and garlic in NutraBullet or blender
2. Pour into a saucepan, add stevia, vinegar, soy sauce, cornstarch, and ketchup in a medium saucepan, and bring to a boil. Stir continuously until the mixture is slightly thickened.
3. Put cooked shrimp and sliced peppers in a skillet, add sauce, stir to cover shrimp and peppers, and cook until sauce is thick and covers shrimp evenly.

Rose Garlic Salad Dressing

Ingredients

- 3 Tbsp rose syrup
- ¼ cup Sunflower oil
- ¼ cup white vinegar
- Lettuce
- Blue cheese
- Cinnamon pecan nuts

Mix salad dressing in blender. Prepare salad and pour dressing over salad.

Organic Rose Tea?

Gather organic rose petals. To make a cup of loose rose tea, use one teaspoon of dry rose petals or two teaspoons of fresh petals or buds. Add to boiling water, remove from the heat and allow rose petals or rose buds to simmer for 15 minutes. Strain the herbal material with a strainer and enjoy your warm and fragrant cup of rose tea. Add mint and honey.

Rose Latte

1. **Milk**: Use organic high-quality milk, such as whole milk or oat milk, to ensure a creamy and rich texture.
2. **Sweeten**: Consider adding a natural sweetener, such as honey or stevia, to enhance the flavor of the rose.
3. **Rosewater**: Instead of using rose petals, you can add a teaspoon of rosewater to each cup of milk for a stronger and more concentrated floral flavor. Adjust the amount of culinary rose water to suit your taste.
4. **Vanilla or Rose extract**: Add a few drops of vanilla extract or one drop of Rose extract to your latte to give your latte a sweet creamy taste and texture.
5. **Color**: You can add a small amount of beetroot powder to the latte for a beautiful natural pink color. Be sure to start with a small amount and adjust as needed to avoid overpowering the other flavors. I would recommend starting with as little as 1/8 teaspoon of beet powder per serving - a little goes a long way.
6. **Optional Bubbles**: Use a milk steamer, milk frothier, whisk, or blender to create a velvety, bubbly texture in the milk

Rose Extract / Vanilla Extract

Organic rose extract can be used as a substitute for vanilla. If a recipe calls for a teaspoon of vanilla, try a half teaspoon of organic rose extract. Rose extract on a milkshake is delicious!

Rose Muffins

Make blueberry muffins from mix or scratch.
Add dry Organic Rose Petals on the top of each muffin and bake
Decorate the top with whole organic Rosebuds.
If making it from scratch, try substituting vanilla with half the amount of rose extract. Adds a wonderful flavor!

Rose Roll On

2ml Glass Essential Oil Roll on bottle.
Place one drop of Rose Essential Oil
Use a dropper or small funnel to add *Fractionated Coconut Oil* leaving enough room to place the roller top back on the bottle securely.
Shake and Roll!