Got Time

September 1993 – 2023
Seaside Herb Society
Ormond Beach, Fl.

Monthly Newsletter

Seaside Herb Society Meets on the third Saturday every month, from September through May. Our Next meeting is on September 16, 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

Seaside Herb Society members,

Welcome back to our 30th season. Seaside Herb Society began in 1993 by three women whose mission was to learn about herbs and share this knowledge with others. We have not missed a season since, and our members continue to learn as much as we can about herbs so to share this knowledge in many ways.

President Andrea kicked off our summer break with cookies and tea at our May meeting. Doris & Gini then presented Capers and served a variety of delicious recipes using capers.

And what do ya know? Fall is but upon us already! But, our SHS summer was not without much action. Plans for new garden beds and education programs took place, which you can read about in this newsletter. Also, our first book of monthly presentations, Got Thyme, is now available on Amazon thanks to Amanda who formatted and created the Amazon account. Many thanks and much appreciation to all the hard work she put into making this happen and Trish who designing our cover.

Many plans for the upcoming year have already been organized, but volunteers are still needed to keep everything running smoothly. We need a secretary, anyone interested should contact Andrea.

To new members, welcome to our Seaside Herb Society. To old members, welcome back!

-Rebekah -

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

Meet Our Members
Pamela (Pam) Keezel

Diokete Hupsala. Aim High.

Pamela Keezel is one of our newest members. She attended a meeting with Mary Erzinger and was impressed with our "friendliness, enthusiasm, and activities.

Pam grew up in the Midwest- IA, IN, IL "Every *'I'* state except ID!" Her fondest memories include the parks, lakes, public pools, and family activities. Nonetheless, after college 42 years ago, Pam set out for a new beginning in warmer weather.

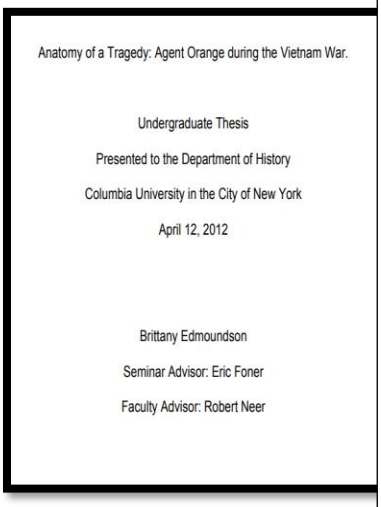
Professionally she was an accountant, but her father's green thumb sparked her lifelong interest in growing flowers, veggies, and herbs. She now grows tomatoes, zucchini, cucumbers, chives, and various flowering plants. Moving from the Midwest had its challenges in gardening. The biggest lesson was about dirt. "Dirt is so different in the south with so much sand, whereas north dirt is naturally rich in minerals and nutrients, giving it a rich black color.

Pam also enjoys reading; her favorite book is Gone with the Wind.

What's On My Bookshelf?

By Rebekah Mead

Anatomy of a Tragedy: Agent Orange during the Vietnam War.


Anatomy of a Tragedy: Agent Orange during the Vietnam War.

Undergraduate Thesis

Presented to the Department of History

Columbia University in the City of New York

April 12, 2012

Brittany Edmoundson

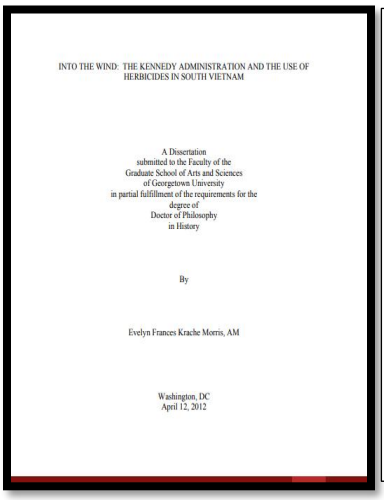
Seminar Advisor: Eric Foner

Faculty Advisor: Robert Neer

This thesis is an in-depth expose' of how climate change began, origins of chemicals effecting our environment and health, and political liabilities. It's a must read because it contains so much about the problems we face today.

https://history.columbia.edu/wp-content/uploads/sites/20/2017/07/Brittany-Edmoundson-.pdf

INTO THE WIND: THE KENNEDY ADMINISTRATION AND THE USE OF HERBICIDES IN SOUTH VIETNAM


INTO THE WIND: THE KENNEDY ADMINISTRATION AND THE USE OF HERBICIDES IN SOUTH VIETNAM

A Dissertation
submitted to the Faculty of the
Graduate School of Arts and Sciences
of Georgetown University
in partial fulfillment of the requirements for the
degree of
Doctor of Philosophy
in History

By

Evelyn Frances Krache Morris, AM

Washington, DC
April 12, 2012

Another good-read. Describes Operation Ranch Hand's impact on our health and environment. A very informative thesis.

https://repository.library.georgetown.edu/bitstream/handle/10822/557621/KracheMorris_georgetown_0076D_11888.pdf?sequ

"A problem well stated is a problem half solved."
--John Dewey

2023 Eco Camp
Presented by Joan & Rebekah
June 9th & July 14th

Joan presented information about the health benefits of herbs, how to use them in recipes, and growing tips. She then helped each child sample various herbs and provided plants for the children to take home.

Rebekah created a coloring book for each child and volunteer showing how herbs help the environment, improve our health, and enhance the flavor of recipes.

Proposal for Building New Herb Bed
Eagle Scout Isiah Fairman

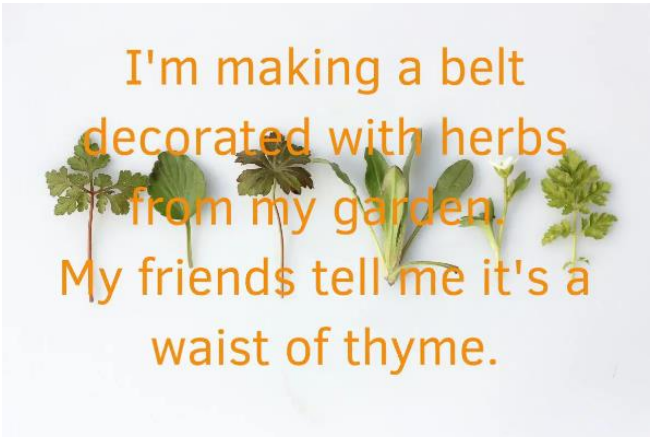
Thanks to the efforts of our president Andrea Forester and our treasurer Doris Hynes to locate supporters for this project, on August 4th, Isiah Fairman made a proposal for his eagle scout project to build new garden beds for our Seaside Herb Society.

Siobhan Daly, Ormond Beach Coordinator from the Casements, and Andrea Forester, Doris Hynes, Amanda Hale, and Rebekah Mead attended this meeting.

This Eagle Scout project entails: Raising funds to build new garden beds, then dismantle current beds, rebuild new beds lined with garden fabric, fill with organic soil and mulch.

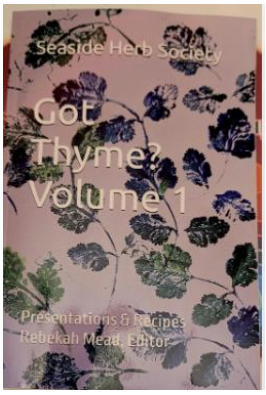
Andrea's May Cookies & Tea

Farewell until September



Got Thyme Volume 1

Now available through Amazon or you can purchase at our meetings for $10.00
Volume 1 contains the presentations from our Seaside Herb Society 2020/2021 season.



Caper flower on the bush

"Capers are flower buds. That is right- flower buds! More specifically, they are the dark green, immature flower buds of the caper bush **(**Capparis spinosa or Capparis inermis)." (Lindemann, 2019). Capers (*Capparis spinosa*) grow on a perennial spiny bush with big white or pink flowers and fat fleshy leaves. This bush grows wild on walls or against the rocks in coastal areas. Existing in Central Asia for thousands of years, they are mentioned in Gilgamesh, which is possibly the oldest written story documented and found on ancient *Sumerian* clay tablets dating back to c. 2700 B.C.

Apicius also mentioned capers as did Dioscorides, a surgeon in Nero's army who confirmed that Greeks put capers in cooking recipes and used the roots and leaves of the plant for medicinal purposes. (Nonna Box, 2019).

Caper buds are picked for culinary purposes. Native to the Mediterranean, capers are dark greenish-gray berries from the caper bush. They are about the size of a peppercorn with a briny, salty flavor, making them ideal for many Italian and Mediterranean recipes.

The flavor in capers intensifies when mustard oil (*glucoraphanin*) is released from each caper bud – this enzymatic reaction also leads to the formation of rutin often seen as crystallized white spots on the surfaces of individual caper buds. Capers are an important ingredient in Italian cuisine, especially in Sicilian and southern Italian food where they are used in pasta dishes, pizzas, meat, and seafood. In southern Italy, the capers are preserved in salt and not brined. Capers are one of the most important ingredients of tartar sauce and are often served with cold smoked or cured salmon- imagine *gravadlax* and cream cheese without capers! (Lindemann, 2019).

Caper Buds preserved in salt

Capers are harvested before they bloom and rated by size. The smallest are called "non-pareil," meaning "has no equal"—the most desirable. Pantelleria capers, are hand-picked on an island between Sicily and Tunisia and stored fermented and packed in sea salt, are the fanciest, and best added as a garnish to allow you to appreciate their complex flavor.

Capers and caperberries are plucked from the caper bush but at different stages of maturity. Caperberries are mature fruit. Both are usually brined in salt, but caperberries are larger and more tender, with a stronger lemony, floral flavor. Caper berries are served with their stem attached as part of an olive appetizer or mixed pickles on a charcuterie board. Use caperberries like you would olives—especially in ice-cold martinis. You can roast them whole, with their stems still on alongside a protein or all by themselves or toss them in a big bowl of pasta. They also make a superb pizza topping: Slice them into little disks and scatter them around like pepperoni.

It has been said that whoever ate the first oyster was very brave, so the same must apply to whoever first downed a freshly picked caper bud. Like olives, they are unpalatably, impossibly bitter until dry salted or soaked in brine and/or vinegar. How such foods ever entered the human diet is unknown, but it is likely that extreme hunger and desperation played a part!

GROWING CAPER

The tender evergreen shrub can grow up to about 3 feet tall. The bushes are seen growing wild in the most unlikely places all over the Mediterranean, where they are now considered native and grow easily wherever they can get a foothold - even halfway up stone walls and on ruins and rubble.

Capers grow anywhere the olive tree grows. These two plants like the same growing conditions: lean, well-drained soil with plenty of heat and sun;

dry conditions with little water. They are salt-tolerant and grow well along the coast. The vast variety of caper plants accounts for the difference in the capers we buy from the various regions.

From late Spring until Autumn, the caper plant bears masses of green buds. Unpicked buds form very pretty white or pink flowers, with long pink/purple stamens. These delicately scented flowers close at night to get their beauty sleep. (Nonna Box, 2019). (Kingseeds, unk).

GROWING CAPERS FROM SEEDS

Caper seeds are available from a few specialty suppliers. Caper plants began as desert dwellers and have evolved to protect their seeds from desiccation and precocious sprouting caused by fleeting rain or heavy dew in the dry season. Although quick to germinate when fresh, the seeds enter a deep dormancy after months in storage.

All packaged caper seeds have entered this state and require simple but specific treatment to enable germination. Chill the seeds to replicate the passing of winter. This process, called cold stratification, involves soaking seeds, sealing them in damp soil, and refrigerating them for several weeks to months. While caper seeds benefit from a chill, they do not like cold dampness for any time after germination.

Soak your seeds in warm water overnight, then sow in a seed-raising mix and keep warm. Plant outside when all danger of frost has passed. The seedlings can keel over from too much or too little watering - treat them with plenty of care.

Young caper plants grow best in small containers or polythene bags for the first few years. Use cacti mix or equivalent to maintain excellent drainage. Capers are best treated as cactus or succulents. They like hot summers with a good soak every so often, and calm, dry winters.

They are not fussy about fertilizer type but are best added when the plants are in active growth from spring to mid-summer. A light dressing of lime can also be added a couple of times a year. Capers require full sun and tolerate heat extremely well. (Grant, 2013). (Heber, 2019).

GROWING CAPERS FROM CUTTINGS

Collect growing caper berry cuttings in February, March, or April using basal portions (the bottom or base of the stem) at least 4 inches long with six to ten buds. Dip the stem cutting in a rooting hormone. Seat cuttings in a loose, well-draining soil medium with a heat source at the base. Remember:

- Good drainage is critical.
- Water for two years, then let it be.
- Fertilize when the plant is young.
- Young plants won't produce flowers for two to three years.

The Caper Bush is an attractive ornamental plant, forming a low-mounding shrub. It can also be potted up as a container plant - doing this will allow you to move it to a protected place if you have cold winters. Caring for caper plants requires a steady stream of strong sunlight and an arid climate. Growing caper plants have a hardiness range similar to olive trees, tolerating summer temperatures of over 105 degrees F and cold down to about 18 degrees F but the growing tips are easily damaged by the slightest frost. If there is frost damage, cut the damaged tips off in Spring.

When growing a caper bush, the plant is quite tolerant and develops deep root systems, to better avail itself of its resources in a difficult environment.

Don't prune your caper bush for the first three to four years while it's maturing. After this, autumn is the time to prune. The flower buds are borne on first-year branches, so prune your plant annually in the autumn. (Grant, 2013). (Heber, 2019). (ThisNZlife, 2022). A good rule of thumb is only to prune once the plant has produced flower buds for harvesting for two years. (Taylor, unk.).

MANAGING PESTS AND DISEASE

In the US, you may see weevils, which can be treated by sprinkling diatomaceous earth around the base of your plants.

Caper bushes may be troubled by fungal infections, which can be treated with a fungicide. Cucumber mosaic virus (CMV) has been known to spread to caper bushes via aphid infestations, but thus far, this has been limited to a region of southern Turkey. (Heber, 2019).

HARVESTING & PRESERVING CAPERS

Pick your flower buds early in the morning. The smallest buds will have the best flavor; however, they aren't particularly nice when fresh - the flavor comes from pickling. Here's how to pickle your freshly harvested caper buds:

- Remove the stem, place the capers on a plate or tray, and cover with salt.
- Give the plate a bit of a shake every time you think of it - do this for a couple of days.
- After two days, rinse them well in a colander under cold running water, then pack them into clean jars and add a few fennel seeds to each jar. If you like, you can add some immature flowers - they will look pretty in the jar.
- Fill the jar with white wine vinegar and seal it with a non-metallic lid. Leave for one month before use.
- Remember: the flavor intensifies when mustard oil is released from each caper bud – this enzymatic reaction leads to the formation of rutin seen as crystallized white spots on the surfaces of individual caper buds. (Nonna Box, 2019).

THE HEALTH BENEFITS OF THE CAPER

Although caper flower buds are mostly known for their use in the kitchen, the bark, roots and flower buds of this plant have been used medicinally for centuries. The flower buds are used to treat coughs, the bark to treat diarrhea and rheumatism, and in South Africa the roots are used to treat everything from insanity to snake bites, chest pains, jaundice, and malaria!

In ancient Greece, the caper was used as a medication to prevent gas, while the caper berry and its roots were used to make herbal tea to counteract rheumatism and inflammation.

In the Old Testament of the Bible, it is suggested that the caperberry had aphrodisiac properties (the word, *abiyyonah* (caper-berry) means desire.

An exhaustive medical review of many studies found that capers carry renowned nutritional value, especially in terms of vitamins and antioxidants related to the occurrence of flavonoids, alkaloids, and glucosinolates. Caper extracts displayed antibacterial, antifungal, analgesic, antitumor, hepatoprotective, antioxidant, anti-inflammatory, and neuroprotective effects, which correlate the uses of caper in folk medicine against both metabolic and infectious diseases. (A., 2022).

In *vitro* studies showed that Caper extracts had anticancer and antimicrobial properties and compounds. (Viuda-Martos M., 2011).

In Iran, caper fruits and root bark are used as diuretics and tonics against malaria and hemorrhoids (Hooper D., 1937). The plant leaves are analgesic, aperients, and depurative in Pakistan. (Sher H., 2012). The whole plant and roots are employed to relieve paralysis, prevent rheumatism, toothaches, and cough, as well as to kill worms in the ear. (Tlili N., 2011). The decoction of the root bark or the infusion as the tea of young shoots is applied in China against rheumatism, stomachache, anemia, and to treat dropsy. (Moghadamnia Y., 2019), (Feng X., 2011). Moroccans use caper buds or leaves as herbal tea or decoction to alleviate eye infections, gastrointestinal infections, diabetes, and the removal of kidney stones. Caper is also deeply involved in Mediterranean gastronomy, it is used as pickles in salads and sauces, as well as condiments and seasoning spices. (J., 1972).

In addition, Caper is used in cosmetics, where roots extract is beneficial in treating rose-colored rashes and capillary weaknesses. (Chiej, 1984).

Health Warning:

Capers themselves are quite good for you because they contain many nutrients and antioxidants. However, due to how they are processed in brine water for preservation, sodium levels are remarkably high. Eating capers in moderation can be beneficial to your health**.** However, consuming a lot of capers can lead to the following side effects (Maes, 2016):

- Nausea
- Stomach cramps
- Dehydration
- Increased blood pressure
- Water retention, which can result in bloating

Resources

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Recipes Using Capers

SMOKED SALMON DIP

- 8 ounces cream cheese
- 1/2 cup sour cream
- 2 tablespoons capers, plus additional for garnish
- 2 tablespoons fresh dill, chopped, plus additional for garnish
- 2 tablespoons red onion, chopped
- 1 tablespoon fresh lemon juice
- 4 ounces smoked salmon (make sure all the bones have been removed)

Blend all ingredients together.

Marinated Tofu Salad with Capers

This fresh and satisfying vegetarian salad.

Marinade:

¼ cup olive oil
2 tablespoons white vinegar
1 teaspoon salt
1 teaspoon basil
½ teaspoon ground black pepper
½ teaspoon oregano

Salad:

1 12-ounce package of firm tofu, drained and cut into 1/2-inch cubes
2 tablespoons capers
1 head leafy dark green lettuce - torn, washed, and spun dry
10 cherry tomatoes, halved
¼ red onion, thinly sliced for garnish (or as preferred)

1. Whisk olive oil, vinegar, salt, basil, pepper, and oregano together in a bowl.
2. Put tofu cubes in a large bowl. Pour marinade over tofu; add capers. Marinate tofu, stirring occasionally, for at least 10 minutes.
3. Combine lettuce and tomatoes in a separate large bowl. Pour tofu mixture over lettuce and toss. Garnish with red onion.

Capered Brussels Sprouts

- 1 onion (chopped)
- 3 cloves garlic
- 1 tsp. ginger (freshly grated)
- 4 cups Brussels sprouts (sliced)
- 1 Tbsp. sundried tomatoes (chopped)
- 1 Tbsp. capers
- salt
- pepper
- 1 jalapeno (optional)
- olive oil (about 2 tablespoons)

Heat oil in a skillet, add all ingredients, stir and cook until the brussels sprouts are tender.

Tartar Sauce w/ Capers

Servings: 1⅓ cups

INGREDIENTS

- 1 cup mayonnaise
- 2 tablespoons capers, drained and chopped
- 1½ tablespoons minced shallots
- 2 teaspoons fresh lemon juice
- 2 tablespoons sweet pickle relish
- ¾ teaspoon Worcestershire sauce
- ½ teaspoon Dijon mustard
- ¼ teaspoon freshly ground black pepper

Whisk together all ingredients. Cover and refrigerate until ready to use. The tartar sauce will keep in a covered container in the refrigerator for up to 1 week.

Grouper in Lemon & Caper Wine Sauce

Serves 4

Ingredients

- 2 TBSP Olive Oil
- 1.5 lb grouper
- 3.5 oz jar of capers in vinegar
- Sea Salt & pepper
- 2 Shallots minced
- 1 Grated Lemon Zest
- 2 TBSP Lemon Juice
- 1 Garlic Clove minced
- 2/3 c. White Wine
- 2 TBSP Butter
- Chopped parsley

Instructions

1. In frying pan, heat oil over medium heat. Cook the grouper until white on both sides.
2. In the meantime, combine capers, salt & pepper, shallots, garlic, lemon, and lemon zest.
3. Gently remove the grouper from the pan.
4. Add butter and wine to the pan, and then mixture. Bring to a boil, stirring constantly until thickened.
5. Return Grouper to the pan and cook thoroughly.
6. Add parsley.

Chicken Piccata with Lemon Butter Caper Sauce

Ingredients

2 lbs. chicken breast cutlets 6-8 total, see notes
1/4 cup all-purpose flour
1 teaspoon kosher salt
1/2 teaspoon black pepper
2 tablespoons extra-virgin olive oil
4 tablespoons butter divided
1/2 cup dry white wine such as pinot grigio or sauvignon Blanc, or chicken stock/broth
juice and zest of one lemon
2 tablespoons capers drained

Instructions

In a shallow bowl, mix together the flour *(1/4 cup),* kosher salt *(1 teaspoon),* and black pepper *(1/2 teaspoon).*
Dredge each chicken breast cutlet in the flour mixture, pressing the flour onto the surface of the chicken so it's completely coated, and gently shaking off any excess flour. Set on a plate or cutting board as you coat them all.
Heat 2 tablespoons of olive oil and 2 tablespoons of butter in a large skillet over medium-high heat.
Add the dredged chicken cutlets to the skillet. Cook for three minutes, then flip and cook for another three minutes *(or until browned and fully cooked).* Remove to a plate.
Add the white wine *(1/2 cup)* or chicken stock, lemon zest and juice, and capers *(2 tablespoons)* to the skillet and use a wooden spoon to scrape up any browned bits from the bottom. Allow to simmer until liquid has reduced by about half, stirring frequently, about 2-3 minutes.
Turn the heat to low and add 2 tablespoons of butter to the skillet, stirring until it's completely melted. Add the chicken back into the skillet and heat just for a minute or so until it absorbs a bit of the sauce and is heated up again.
Serve with sauce spooned over the chicken.

Tuna Salad w/ Capers

Ingredients

1 Red pepper finely diced
1 small shallot minced
1 cucumber peeled & chopped
2 5- ounce cans of white tuna drained
3 TBSP of capers drained
2 tablespoons drained capers
2 TBSP while wine vinegar
1 tablespoon olive oil
1 tablespoon Dijon mustard
¼ teaspoon kosher salt
2 tablespoon feta cheese crumbles (optional)

Instructions

Place tuna in a medium bowl: mash it lightly with a fork. Add all ingredients and stir to combine. Taste and add more salt if desired. Stores up to 3 days refrigerated.

Bow Tie Pasta with Cherry Tomatoes, Capers, and Basil

4 servings (serving size: 2 cups)

Ingredients

4 cups hot cooked bow tie pasta
4 cups halved cherry tomatoes (about 2 pints)
⅓ cup thinly sliced fresh basil
¼ cup chopped pitted niçoise olives
2 tablespoons capers
2 tablespoons extra-virgin olive oil
¾ teaspoon salt
½ teaspoon crushed red pepper
½ teaspoon freshly ground black pepper
2 garlic cloves, minced
Red wine vinegar (optional)

Instructions

Combine first 10 ingredients in a large bowl and toss well. Sprinkle vinegar over each serving, if desired.

Microwave Fried Capers

Don't waste leftover capers

Ingredients:

Olive oil
Capers, rinsed and dried

Directions:

Place capers in a microwave-safe bowl.
Covered capers in oil-just enough to cover them
Cover bowl with a paper towel, unless you like caper explosions.
Microwave for about 2 minutes, remove from microwave and stir.
Microwave for another 2 minutes and then remove from the microwave.
Strain the capers with a slotted spoon to a paper towel-lined plate.
The capers will continue to fry if you leave them in the oil.

- ✓ **Serve on hamburger**
- ✓ **Deviled Egg topping**
- ✓ **Eat like popcorn**
- ✓ **Toss in salad**

Tuna Salad w/ Capers

Ingredients

2 (5-ounce) cans oil-packed tuna, drained
4-5 tablespoons mayonnaise
Chopped scallion
10 sweet pickle chips, chopped
2 garlic cloves, minced
2 heaping tablespoons capers
a drizzle of caper brine
cracked black pepper
red pepper flakes

Instructions

Mix the tuna, mayonnaise, scallions, pickles, garlic, and capers in a medium bowl.
Mix in the caper brine to loosen the tuna salad to your preferred consistency.
Add pepper and red pepper flakes to taste.
Store in an airtight container, the tuna salad lasts up to a week in the fridge.

OCTOBER BREAST CANCER AWARENESS MONTH

Gift Baskets wanted to Auction off at the American Legion Auxiliary Post 267 for their Breast Cancer fund Raiser

All $$ raised go to local and statewide Cancer Services

Anyone interested in making a basket or donating single items to put into a basket should

1. **Bring items for basket to our September meeting**
   OR
2. **Contact Rebekah by text at (607) 435-3944 or email @ rebekahsuemead@yahoo.com**

Suggestions for Baskets & Basket Items

Our first edition Got Thyme book is available to add to your basket if you want to make your own.

Your ideas are the limit

Let's make this happen

Let's plan a date to make our basket(s)