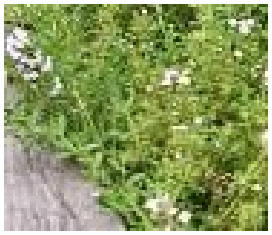
GOT THYME?



Seaside Herb Society
Ormond Beach Florida January-February 2017

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

HERB FAIRE – March 25th

Our annual spring Herb Faire will be held this year on March 25th from 9 a.m. to 2 p.m. Plans have been underway for some time and will be finalized at our next meetings.

We'll be having a bake sale as usual...remember to note on your packaging if your goodies include nuts as well as anything for special tastes, such as gluten-free, or sugar-free. If you wish to list all the ingredients that is a good alternative.

March 2016 Herb Faire

UPCOMING

February 18th Meeting

This Saturday our program will be presented by Sandra Hudson, Master Gardener and author. She will talk about how the companion planting of medicinal herbs can benefit the culinary herbs in our gardens.

The hostesses for February are Denny, Geraldine, Deanna, Susan G and Andrea who will be presenting Blackberries/Raspberries.

March 18th Meeting

Betsy Enloe, our own Master Gardener will be presenting our March program. With the Herb Faire only a week later, we'll be completing plans for that.

The hostesses for the presentation on Chives are Ann, Lisa, Betsy and Linda N.

A WARM HERBIE WELCOME

...to our new Members

Amelia Evans
Anita Vigara
Denise Brown
Lydia Sebastyn
Wanda Johnson

Contact information for all members is on our website:

<www.seasideherbsociety.com>

ready for the sale

FACEBOOK

Remember to visit our page...thanks to Andrea Forster for the great job!

A beautiful day to be outside at the fall plant sale

RECENT EVENTS

Plant Sale

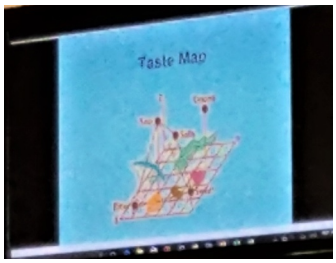
Our Fall Plant Sale was held on December 3, 2016–a little later than our usual November date because of the recovery from Hurricane Matthew. It was another successful sale!

...'twas the season

A bounty of herbs set out

November Meeting

For our meeting on November 19th we welcomed Costa Magoulas, Dean of Mori Hosseini College of Hospitality & Culinary Management at Daytona State College.



We had the opportunity to sniff and taste test a number of dried herbs he brought for comparison.

Tarragon was our herb of the month of November...thanks to Andrea, Marsha and Susan S. for the tastings. Recipes for some of the dishes can be found at the end of the newsletter.

As a footnote to our presentation by Chef Costa, Sue Fowler passed along the news that starting around March 10th Channel 15–WDSC–will be airing a series of programs called Local Flavor from Farm to Table. Chef Costa will be highlighting local fresh food sources and recipes that will include those local items.

December Meeting

In lieu of a regular meeting we had our annual Christmas party on December 10th. We enjoyed the camaraderie and a tasty selection of appetizers, meats and desserts at the home of Sharon Barbaro. Thank you, Sharon, for welcoming us into your home for the party.

January Meeting

Our scheduled program for the January 21st meeting was postponed till February. Plans for the Herb Faire were discussed**.**

Thanks to our hostesses Ruthann, Joan P., and Sue who prepared the food for the tastings featuring Cilantro–not only our Herb of the Month, but also the Herb of the year. Check out some of the recipes later in this newsletter.

BIRTHDAYS

Sending along Happy Birthday wishes to:

Pamela Kelley	Jan 2
Deb Sanfilippo	Jan 6
Doris Hynes	Feb 2
Betsy Enloe	Feb 15
Donna Frangipane	Feb 21

Rosemary

Arugula, Fennel, Dill

IN OUR HERB GARDENS…

Vic Fowler is having great success this winter.

counter clockwise starting at lower left: Italian Oregano, Parsley, Bay Leaf, Lemongrass...the taller leafy plant on the left side of photo is tomato

Cuban oregano

Papaya

catmint on left
peppermint
on right

A WORD ABOUT HERBS

by Susan Sauro

Hops

Hops are well known as an ingredient in beer. But flavoring and preserving beer is a relatively new use for this herb.

Hops are native to northern temperate climates and grow well in Europe, western Asia and North America. Hops have been used since at least 600 B.C. and in Roman times were cultivated and eaten as a vegetable, the young shoots being similar in taste to asparagus and are still a popular vegetable in parts of Europe.

In ancient times hops were used medicinally for the sedative properties and as an aid to digestion. The flowers of the female plant are good for helping insomnia and intestinal cramps. Stuffing a pillow with female flowers aids sleep. Lightly boiled, the sideshoots and male flowers make a tasty salad when dressed with oil and lemon juice. Young leaves (blanch to remove bitterness) are good in soups or salads.

Hop gardens became widespread in France and Germany around the ninth and tenth centuries. Soldiers returning to England from the Hundred Years' War had an acquired taste for Flanders "bere" or "biere." Their desire to make a less bitter beer brought about the cultivation of hops in Britain around 1525. Although hops are indigenous wild plants in areas of that country they had been mostly neglected prior to that time.

Beer is used in the cooking of northern Europe, but it is less flexible in dishes than wine and is used in a much smaller selection of dishes. A German beer soup made with a dark lager and the well-known carbonnade of beef, a Flemish beef and onion stew, are notable dishes that are flavored with the hops in the beer.

Today hops are also grown as a decorative plant; with their twining, climbing tendencies they make a decorative screen in the garden. The female flower is conelike and hidden by papery scales while the male flower grows in clusters without sepals. The seeds of this perennial are slow to germinate, taking four to six months or longer. Identifying the gender of plants grown from seed is difficult until they are two to three years old.

RECIPES FROM OUR TASTINGS

Two-Bean Salad with **Tarragon** Dressing

by Marsh Smyth from Vegetarian Times
Serves 8

Salad
½ lb. green beans, trimmed and cut into 1-inch pieces (2 cups)
1 15-oz. can chickpeas, rinsed and drained
1 cup cherry tomatoes, halved
1 6-oz. can artichoke hearts, drained and roughly chopped
½ cup pitted kalamata olives, halved
¼ cup sliced red onion
¼ cup finely chopped Italian parsley

Tarragon Dressing
¼ cup balsamic vinegar
2 tsp. Dijon mustard
1 tsp. maple syrup
1 clove garlic
¼ tsp. salt
1/8 tsp. ground black pepper
¼ cup olive oil
1 Tbs. fresh tarragon

To make salad:

Fill large pot with 1 inch water and set steamer basket in pot. Cover, and bring water to a boil. Place green beans in steamer basket. Cover, reduce heat to medium low and steam 2 to 3 minutes, or until green beans are crisp-tender. Cool.

Toss green beans with all remaining salad ingredients in large serving bowl.

To make dressing:

Blend vinegar, mustard, maple syrup, garlic, salt, and pepper in blender or food processor until smooth. With machine running, gradually add oil and tarragon through feed tube, and blend until smooth. Pour dressing over salad, and toss to coat.

Serve at room temperature.

Tarragon & Merlot Truffles

by Marsha Smyth from Food Network
Yield: 40 to 45 truffles

1/3 cup heavy cream
One 12-ounce bag semisweet chocolate chips
1/3 cup chopped fresh tarragon
3 tablespoons merlot wine
1/8 teaspoon fine sea salt
1/2 cup unsweetened cocoa powder

Line a baking sheet with parchment paper. Set aside.

Place the cream and chocolate in a medium bowl and place over a pan of barely-simmering water. Stir until the chocolate has melted and the mixture is smooth, about 6 minutes. Stir in the tarragon, wine and salt until smooth. Refrigerate for 2 hours until firm.

Let the mixture stand at room temperature until moldable, about 45 minutes. Using a melon scoop, scoop level amounts of the truffle mixture onto the prepared baking sheet. Roll into 1/2-inch balls.

Place the cocoa powder in a small bowl. Roll the truffles in the cocoa powder until coated.

Arrange on a platter and serve, or refrigerate in an airtight container**.**

Lemon **Tarragon** Peas

by Susan Sauro from Better Homes & Gardens

Makes 6 servings

3 ½ c shelled fresh peas
1 ½ c whole sugar snap peas and/or snow pea pods
1 tbs butter, soft
4 tsp snipped fresh tarragon
2 tsp finely shredded lemon peel
½ tsp freshly cracked black pepper

In a medium pan cook shelled sweet peas, covered, in 1/4 c lightly salted boiling water for 8 minutes. Add the whole sugar snap peas and cook for 3 to 4 minutes more or until just crisp-tender; drain.

Add butter, snipped tarragon, lemon peel, and pepper to peas. Toss gently until butter melts. If desired, garnish with lemon wedges and tarragon springs.

Serve immediately.

Tarragon Shrimp Salad

by Susan Sauro from Barefoot Contessa

Serves 6

2 lb (16-20 count) peeled and deveined shrimp (2 ½ lb in the shell)
kosher salt & freshly ground black pepper
2 tbs freshly squeezed lemon juice
1 c small-diced celery
3/4 c thinly sliced scallions, white and green parts (4 scallions)
2 tbs minced fresh tarragon leaves, plus extra for garnish
2/3 c good mayonnaise such as Hellman's

Place the shrimp in a large (8" diameter x 5" high) saucepan and add 8 c cold water and 1 tbs salt. Turn the heat to medium high and cook the shrimp uncovered, stirring occasionally for 8 to 10 minutes until just firm and pink. Drain in colander.

Place half the shrimp in a large bowl. Cut the rest of the shrimp sideways through the back with a sharp paring knife and add them to the bowl as well. Allow to cool for 15 minutes. Stir in the lemon juice, 2 tsp salt and 1 tsp pepper. Add the celery, scallions, tarragon and mayonnaise and combine. Cover and refrigerate for at least 2 hours for the flavors to meld.

Transfer salad to a serving bowl, sprinkle with extra tarragon and salt, and taste for seasonings. Serve cold or at room temperature.

Cilantro Cantaloupe Sorbet

by Sue Fowler

1 ripe cantaloupe
1 cup sugar
1 cup water
1/4 cup cilantro leaves

Combine the sugar and water together and heat in a saucepan on medium until the sugar dissolves.

Cool. Cut up cantaloupe (removing the seeds) and add to blender with the leaves. Puree until smooth.

Add the sugar syrup to the cantaloupe in a bowl and chill completely in the refrigerator.

Add mixture to your ice cream maker according to instructions.

Cilantro Detox Juice

by Sue Fowler

Makes about 1 quart

1 bunch cilantro
2 fingers ginger
1 lemon
1 lime
3 large cucumbers

Push cilantro through juicer. One at a time, push ginger, lemon and lime through juicer.

Chopped Salad with **Cilantro**
by Sue Fowler

celery
tomatoes
green peppers
red peppers
cucumbers

Chop ingredients then mix and dress with olive oil, balsamic vinegar and chopped cilantro.