

Herbs Make Scents

THE HERB SOCIETY OF AMERICA
VOLUME XLVIII NUMBER 2



SOUTH TEXAS UNIT
FEBRUARY 2025

Co-Editors Linda Alderman (ewalderman@comcast.net) & Janice Freeman (janicehfreeman@comcast.net)

February 2025 Calendar

- Feb 8, Sat. 9:00 am – 12 noon** **Garden Workday Kolter Elementary** at 9710 Runnymede Dr., Houston, TX 77096
- Feb 11, Tues. 10:00 am**
Open to the public **Day Meeting** “*Herbal Electuaries*” presented by member **Ro Jones**. Cherie Flores Pavilion, 1500 Hermann Dr. Houston, TX 77004. Bring a sack lunch to enjoy following the meeting. Beverages will be provided.
- Feb 16, Sun. 2:00pm – 5:00pm** **Lagniappe** “*Eco-Printing on Paper with Molly*” Enjoy creating art from nature at the home and garden of **STU Member Cynthia Card**. The workshop will be conducted by artist **Molly Koehn** who will provide the materials and the expertise. Registration fee depends on number of participants. Watch your email for further information.
- Feb 19, Wed. 6:15 pm**
Open to the public **Evening Meeting** “*Journey to Wellness*” **Sarah Gallander**, BS Nutrition & Dietetics, Stephen F. Austin State University; Board Certified Functional Nutrition Practitioner (AADP, AANWP, ANWPB); Founder of **The Wellness Matrix** and Co-Founder of **Functional Nutrition Collective**. Cherie Flores Pavilion, 1500 Hermann Dr. Houston, TX 77004. Doors open at 6:15 pm, potluck meal and program to follow
- Feb 22, Sat. 10:am** **Westbury Garden Workday** at 12581 Dunlap Street, Houston, TX 77035

March 2025 Calendar

- Mar 8, Sat. 9:00 am – 12 noon** **Garden Workday Kolter Elementary** at 9710 Runnymede Dr., Houston, TX 77096
- Mar 18 Tues, 10:00 am** **Day Meeting** is a Potluck Picnic and plant swap at Smither Park, 2411 Munger Street, Houston, TX 77023. Bring a potluck dish to share. More details in next month’s newsletter.
- Mar 19, Sun. 2:00pm – 5:00pm**
Open to the public **Evening Meeting** “Accidental Sisters: Refugee Women Struggling Together for a New American Dream” presented by **Kimberly Meyer**, Farm Manager, Shamba Ya Amani, Cherie Flores Pavilion, 1500 Hermann Dr. Houston, TX 77004. Doors open at 6:15 pm, with potluck meal and program to follow.
- Mar 22, Sat. 10:00 am**
Sat. 12 noon – 3:00pm **Westbury Garden Workday** and “Westbury Community Garden 15th Anniversary Festival” 12581 Dunlap Street, Houston, TX 77035

Newsletter deadline: 25th of the month is strictly enforced (March editor is Linda Alderman)



Happy Birthday!

2/8 Sharron Sims

2/8 Terry Snook

2/13 Maria Treviño



Hello Herbies,

It's been a few months since I've written for our South Texas Unit newsletter, and for good reason! My husband and I welcomed our first born into the world in October, making us parents, and my parents first time grandparents!

What a true blessing a baby can be for a family, and during the holidays none the less! This little one has brought an expected dose of anxiety and lack of sleep, but he also brought boundless joy and a new sense of wonder as we see the world through his eyes.

While he is still so small and lacking full neck support, he takes his daily walks in a bassinet. This means he is laying flat on his back, looking up while we push him around our neighborhood. His perspective: sky, clouds and trees. While it's easy for us as adults to be distracted from nature by man made structures and ideas, opinions and judgements, even while on a walk outside, this little one's entire view is one of blues, whites, browns and greens. He is yet to know what exactly he's seeing, and further still, from having an opinion around it; the world is simply made up of shapes and light. Some shapes he has come to recognize, like his parent's faces and more recently his own hands, but most everything else he is seeing for the first time.

As we enter into this second month of the year, what a great reminder that perspective is a choice we often have control over and new encounters are still out there waiting to be experienced. Whether it be related to our homes and gardens, our community or even our world. Taking a different view might not change the circumstances, but it can't bring a new sense of awe and wonder to the way we go about reacting to things that cross our path.

Thank you again to our program chair, **Karen Cottingman**, who stepped up as interim chair during my maternity leave, and to the rest of the HSA-STU board for continuing with their roles in my absence.

Excited for this next chapter,
Dena Gaydos

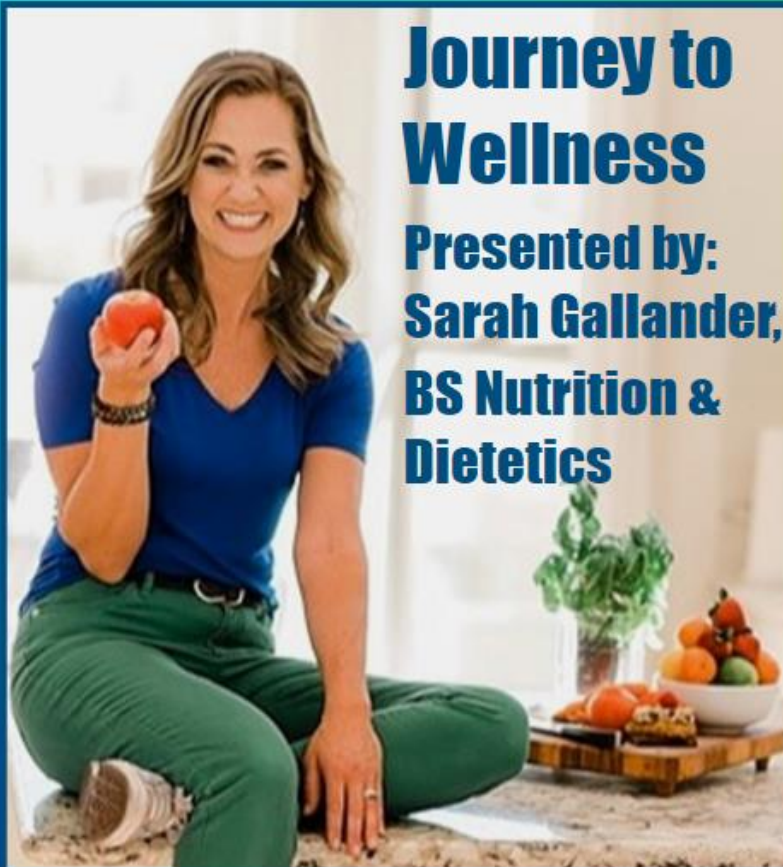


*What is an
Herbal Electuary?*

Join us Tuesday, Feb. 11 at 10:00
at the Cherie Flores Pavilion
1500 Hermann Dr. Houston, TX 77004

Member **Ro Jones** will tell us all!

**Announcing Our February
Evening Meeting**



**Journey to
Wellness**

**Presented by:
Sarah Gallander,
BS Nutrition &
Dietetics**



**Botanical Beauty
Flower Show**

Thursday, April 10

**Presented by Bouquettes
Garden Club**

**Prefontaine Hall of Corpus
Christi Church**

9900 Stella Link Road

**Questions ???
Contact Angela Roth**



**Try Your Hand
at Eco-Printing on Paper**
Our February Lagniappe is an
Eco-Printing Workshop
offered by artist **Molly Koehn**
Sunday, February 16 at 2:00 pm
at the home of **STU Member**
Cynthia Card

Watch your email for
further details, including pricing

**The following plants work well for
Eco-printing Art Projects:**

- Coleus
- Eucalyptus
- Pecan
- Rose
- Strawberry
- Oak, all kinds
- Maple, all kinds
- Chinese Tallow
- Ferns, most
- Coreopsis
- Marigold
- Cosmos
- Goldenrod
- Fringe bush
- Bald cypress
- Catalpa

See what else you can find
on your winter walks

C. Tancho



SAVE THE DATES ~~~ MAY 1-3, 2025
SPRINGTIME IN THE OZARKS

**SOUTH CENTRAL DISTRICT MEETING FOLLOWED
BY THE HERITAGE HERB SPRING EXTRAVAGANZA**

At The Ozark Folk Center, Mountain View, Arkansas
Hosted by the Herb Society of America ~ Ozark Unit

REGISTRATION OPENS JANUARY 31



Snow Owl

*Courtesy of Debbie Lancaster and January
2025 Houston snowstorm*



January Day Group Adventure Lunch Review

Eighteen members gathered at the Lemongrass Café in Bellaire for a very tasty and herbally influenced Asian fusion lunch. Thanks to **Susan Wood** for the suggestion and for making all the logistical arrangements for our group. CIA-trained chef and owner Srifah Vorarittinapa greeted our group and told us about her journey to opening the restaurant twenty years ago. It was a really relaxing and enjoyable afternoon out. Inspired by the name of the restaurant, Susan prepared a concise handout about growing, harvesting and preparing lemongrass and Benée Curtis prepared a handout on lemongrass's use in several traditional Asian cuisines. This information is also included in the newsletter, while the recipes can be found at the end of the newsletter.

In addition to the delicious lunch, another highlight of the gathering was that member **Joan Jordan** was awarded her 45 Year Membership pin by membership chair Janice Freeman. Congratulations, Joan!



Susan and Benée



STU Day Group at Lemongrass Cafe

Save the Date - April 26 Herb Day 2025



With Special Guest Speakers
Susan Belsinger and Tina Marie Wilcox



STU Awarded Generous Grant From Texas Lavender Association

We are so grateful to the Texas Lavender Association for awarding the HSA-STU a generous grant in the amount of \$1000. The lavender group recently voted to disband and distribute their remaining funds to gardening organizations with an interest in herbs. An ad-hoc Committee of STU members **Stephanie Calloway, Virginia Camerlo, Julie Fordes, Tricia Bradley, Benée Curtis, and Karen Cottingham** applied for funding to engage **Susan Belsinger** as our special guest speaker for Herb Day 2025. We are thrilled that we received the largest grant offered, and greatly appreciate the generosity of the Texas Lavender Association.





Lemongrass - *Cymbopogon citratus*

Susan Gail Wood



Lemongrass ready to harvest

Lemongrass is found widely cultivated in the tropics, but of unknown origin. The essential oil, used in soaps and perfumes, is chiefly produced in Guatemala and to a lesser extent in India. Lemongrass oil contains 10-62% geranial, 3-35% neral and up to 10% geranyl acetate according to Dr. Art Tucker in *The Big Book of Herbs*. Cut lemongrass close to the ground to treat the succulent base as a scallion, dicing it to impart a pungent lemon flavor for Asian cuisine. The leaves are used for teas and potpourris.



Tie with cord & cut 1' from ground

Fresh lemongrass leaves are harvested commercially up to four times a year, but here in Houston it is possible to harvest even more frequently. I measured growth of 18" just ten days after harvesting last July. Our sun and high humidity are perfect growing conditions given adequate water. In winter the tops will die back at 28 degrees and the entire plant may die during extended below freezing weather.

You can harvest the leaves before an extended hard freeze if desired, then mulch the base. The clump will normally return once the weather warms as you continue to water during dry winter conditions. I have not lost any lemongrass planted in the ground due to freezing.



Remove clump in one piece

Divisions may be made throughout the year to expand your inventory of this fragrant grass. It prefers planting in the ground as pots will stunt the growth. The arching blades add a tropical flavor to your landscape and are not bothered with pests or diseases. Lemongrass blooms during winter in our area with a loose panicle if left uncut in late fall.

For Teas:

Cut lemongrass into 1" pieces, taking care if handled fresh to dry for tea blends. Or use it fresh by twisting a handful of long blades into a circle to fit in your teapot. Use three times as much fresh as dried. Steep for 15 minutes or longer as it doesn't become bitter like black tea, *Camellia sinensis*. Lemongrass has a saw tooth edge on leaves which can easily give you a paper cut. It is easier to cut once dry without risking a cut finger.

To Harvest:

Lemongrass grows rapidly, especially during summertime heat, so you may harvest it often. Harvest only what you can process at a time. I spray the entire plant with water the night before harvesting to eliminate the need to rinse once cut. This preserves the most essential oils and saves time. See photos below of how to harvest a large clump, then dry intact before cutting for blends.



Dry before clipping for blends



Lemongrass in Traditional Asian Cuisine

Compiled by Benée Curtis

Lemongrass *Cymbopogon citratus*

Vietnam = sả
Indonesia = serai / sere
Thailand = takrai
Cambodia = sloek krey
Malaysia = serai
Philippines = tanglad

Vietnamese

Lemongrass has a strong citrusy aroma. It can be eaten raw in salads, but because of its fibrous texture, it is more commonly used in broths and marinades.

When preparing lemongrass for soups, bruise the stalks with a rolling pin or the back of a knife to release their flavor before cooking. Once the bruised stalks have been simmering for a while, remove them from the soup and discard. You can also use the leafy tops in soups.

To use lemongrass as a marinade, you want to use the bottom $\frac{2}{3}$ of the lemongrass stalk where it is more tender. Slice the tender stalks into thin concentric circles. This will cut the lemongrass against the grain, releasing more flavor and making it less fibrous. Once sliced, you can then mince the lemongrass into finer pieces and add it to your marinade.

Indonesian

Unlike other cuisines of Southeast Asia which use finely chopped lemongrass in cooking, in the Indonesian kitchen lemongrass is commonly tied into a knot or added as a length then simmered to infuse flavor. Once the dish is cooked, the length of lemongrass is discarded.

Lemongrass can be found in many recipes including soups like *soto ayam*, curries like *gulai*, as well as in various health tonic recipes called *jamu*. *Jamu* is often a turmeric and ginger beverage.

Thai

In Thai cooking, lemongrass is used most frequently to flavor soups, salads and curries.

Lemongrass is a very fibrous grass and comes in long, slender stalks about a foot long, normally with its coarse, flat, grassy blades already cut off. Choose thick, light green stalks that feel firm all along its length and that are not dried out and wilted. They usually require further trimming before they can be used. Cut off the woody root tip of each stalk until the purplish-tinted rings begin to show. Remove the loose, dry outer layer(s) and use only the faintly colored, dense inner stalk that holds together when cut into shorter segments or into concentric rings. Usually, the top third of the stalk is dry and fibrous and, if so, should be trimmed off.

For soups and simmered dishes, cut the trimmed stalk at a very sharp angle into inch-long pieces, exposing its fragrant interior. Smash with the flat blade of a cleaver or heavy knife to bruise and release the aromatic oils before adding to these dishes. The stalk may be cut crosswise, then split in



half lengthwise to expose the wetter interior or easier yet, sliced at a long slanted angle, then bruised. In soups, lemongrass serves as a stock ingredient to flavor the broth; the tough pieces are not meant to be chewed and eaten. Thai people usually do not strain them out before serving; they know what can be eaten and what cannot, and some like to suck on the lemongrass pieces for a delightful hit of flavor. But if you are serving guests who may not be familiar with Thai soups, you may want to strain out these hard pieces so that no one gags on them, especially if you like the flavor of lemongrass and use lots of it, like I do.

For salads, cut with a sharp knife into very thin rounds, breaking up the fibers that run the length of the stalk. When slicing, if the outer layer seems fibrous, peel it off before proceeding. Such thinly sliced rounds of the inner stalk can be easily chewed with other salad ingredients for a refreshing burst of lemony herb flavor.

For curries, cut the stalk into thin rounds before pounding in a stone mortar to reduce to paste. Although lemongrass appears dry when you are slicing it, when crushed, you will see that it really is quite moist. Crushing breaks the juice sacs in the fibers and releases the aromatic oils that make lemongrass so special.

Cambodian/Khmer

Ground lemongrass stems have a smooth texture, a hint of sweetness, are tangy and have a lemony aroma. Cambodian cooking uses both stems and leaves of lemongrass depending on the dish being prepared.

Lemongrass is possibly the most used herb in Khmer cuisine: the stalks can be used slightly crushed to release flavors and tied up in soups. It is used chopped in salad and in many chicken recipes. It is an integral ingredient of the amok paste *kroeung*.

Cambodian stir-fry often uses *kroeung*. It's a combination of fresh aromatics that are synonymous with the region. The *kroeung* basic recipe (below) can be used with ingredients other than chicken, like beef, lamb or seafood - it's the same flavor base for many Khmer dishes. You can use a mortar and pestle to grind together the lemongrass, shallots, turmeric, garlic and kaffir lime leaves. A food processor or stick blender does the job too!

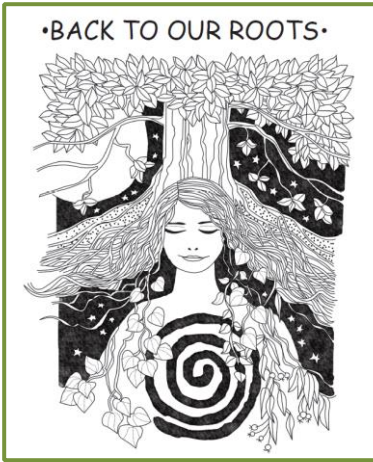
Malaysian

Lemongrass is a common addition to steamed fish dishes and soups and used as a marinade for chicken and other meats. Sometimes, a lemongrass stalk is crushed to release flavor and fragrance and added whole to soups. At other times, it is chopped thinly and stir-fried with other spices.

Lemongrass is also an ingredient in the very healthy *nasi ulam* or herbed rice. In this rice recipe, cooked rice is mixed with a variety of finely chopped fresh herbs and leaves, including lemongrass which gives a refreshing zing to the dish.

Filipino

The lemongrass plant is native to India. It is commonly used as an herb in Asian cooking as well as other culinary traditions. Common names for this herb include lemongrass, barbed wire grass, silky heads, citronella grass, fever grass or hierba luisa. In the Philippines lemongrass is known as tanglad. It has a variety of uses in food preparation. Lemongrass can be used in soups and stews for flavoring and boiled to make a tea.



Back to our Roots at Westbury Garden

Julie Fordes

Westbury Workdays

8:00 am - Saturday, February 22
9:00 am - Saturday, March 22

FYI: Friday and Saturday March 14 and 15 is the Pioneer Unit Herbal Forum in Round Top



Chamomile at the Westbury Garden
May 2021

I hope that your gardens are doing well after our rollercoaster weather the past couple of weeks. At this writing our Herb Bed at Westbury is doing fine, but more cold weather is on the way.

Regardless of the rollercoaster ride, now is one of the best times to garden here in Houston. Many herbs should be flourishing. Please start harvesting lemon balms, mints, calendula, chamomile, and any others I forgot for use in the Herbal Marketplace at Herb Day at the end of April.

Come join us on the last Saturday of the month for our workdays, we have lots of fun, get lots accomplished and get to know everyone just a bit better! You'll get to see our bed of chamomile and go home all relaxed. Bring your tools and a cup, I will bring some tea.



Snowman

Courtesy of Janice
Freeman
and the
January 2025
Houston snowstorm



STU Donation Update: Lucille Plane State Jail

During the budget planning meeting in May, a donation was approved for the Lucille Plane State Jail “Herbs Behind Bars program.” Of the \$1000 that was donated, program instructor Rhonda Hanks reported that \$298.30 was used to purchase plants from the Conroe Greenhouse and \$531.67 was used to purchase seeds from Johnny’s Selected Seeds. The invoices were submitted to **Maria Treviño**, Treasurer, and the reimbursement has been received. **Thank you, STU for supporting this worthy cause!**



Herb Garden at Lucille Plane State Jail



Working in the gardens at the Herbs Behind Bars program



Vietnamese Noodles with Lemongrass Chicken (Bun Ga Nuong)

<https://www.recipetineats.com/vietnamese-chicken-noodle-bowl/>

Chicken and Marinade

600 - 800g (1.2 - 1.6lb) chicken thigh fillets, skinless and boneless or breast (or pork, beef or any seafood)

1 stalk lemongrass, white part only, bruised then sliced into pieces easy to pick out later (Note 1)

2 garlic cloves, finely chopped or minced

2 tbsp lime juice

2 tbsp fish sauce (Note 2)

1 tbsp soy sauce (all purpose or light, NOT dark soy)

2 tbsp brown sugar

1 tbsp vegetable oil

Combine Chicken and Marinade ingredients and set aside for at least 1 hour, up to 24 hours. (Note 4)

Heat 1/2 tbsp oil in a fry pan over medium heat (or heat the BBQ). Remove chicken from marinade, shaking off large bits of lemongrass (small bits should fall off during cooking).

Place chicken in the pan and cook each side until dark golden brown and chicken is just cooked through - about 6 to 8 minutes in total.

Remove from pan, shaking off any remaining bits of visible lemongrass and set aside to rest for 5 minutes. Then slice into thin pieces.

Nuoc Cham (Vietnamese Sauce)

1/4 cup fish sauce (Note 3)

4 tbsp rice vinegar

2 tbsp white sugar

1/2 cup water

2 garlic cloves, finely chopped

1 red birds eye chilli, finely chopped (Note 4)

3 tbsp lime juice

Combine the Nuoc Cham ingredients and mix well to dissolve the sugar. Adjust to your taste (spiciness, lime, sweetness) and set aside for at least 20 minutes.

Noodle Bowl

1/2 tbsp oil

200 g (7 oz) vermicelli noodles, dried

2 carrots, julienned

2 cucumbers, julienned (optional: remove seeds)

5 cups iceberg lettuce, finely sliced

3 cups bean sprouts

Handful of mint leaves

Handful of cilantro/coriander

Sliced red chilli (for garnish - optional)

Lime wedges (to serve - optional but recommended)



Soak the vermicelli noodles in hot water for 3 minutes (or according to packet instructions), then drain and rinse under cold water to stop the noodles from sticking together.

Individual servings: Place noodles in bowl. Top with vegetables and herbs, and sliced chicken pieces. Drizzle with a few tablespoons of Nuoc Cham Sauce (be generous, ~ 4 tbsp per serving) and serve with lime wedges.

DIY (my preferred way): Place chicken, vegetables, herbs, noodles and sauce in separate bowls / piled on platters. Then let everyone make their own bowls!

Recipe Notes:

1. Lemongrass - to prepare, peel the tough outer layers off to reveal the softer white part on the bottom ~1/3 of the lemongrass. Bruise using the back of the knife. Don't slice too finely or finely chop, you want the pieces large enough so you can just brush them off (lemongrass is kind of tough, it has to be very finely chopped / cooked for a long time to eat).
2. You could sub with 1 tbsp lemongrass paste.
3. Fish sauce is a key ingredient in a lot of Asian cooking. Don't worry, it doesn't taste fishy when combined with other ingredients! It's an incredible flavor enhancer that has more depth than salt or soy sauce and is very cheap to buy at supermarkets or Asian grocery stores (even better value!).
4. Chilli -This can be substituted with any spicy chilli or even chilli paste. Adjust to your taste.
5. Freezing: Pop the chicken in the fridge as soon as it's in the marinade. Then let it defrost in the fridge - it will marinate during this time.
6. DIY Noodle Bowl Spread: Pile all the components on a large platter or separate bowls and let guests serve themselves. That's how I typically serve this.

Indonesian Jamu

Wedang Sereh (Digestive Aid and Detox Jamu)

Ingredients: 300g lemongrass, 100g brown sugar, 3 lime leaves, 600ml water

Instructions: Boil lemongrass, lime leaves, add brown sugar and cloves, strain.

Benefits: Stress relief, detox, digestive aid.

Empon-Empon (Anti-Inflammatory Immune Boost Jamu)

300 grams of ginger

200 grams of Javanese ginger (temulawak)

Aromatic ginger sufficiently

Fresh turmeric sufficiently

2 sheets of pandan leaves

4 stalks of lemongrass

4 sticks of cinnamon

300 ml of water

2 pieces of brown sugar, crushed or thinly sliced

- Rinse all of the ingredients. Slice the ginger, temulawak, and fresh turmeric. Then, crush the lemongrass gently.
- Get all of the ingredients inside the pot, and boil it down until hot.



- Turn the flame off and let it rest for a while until all of the ingredients are absorbed.
- Pour the empon-empon into a cup of glass and use a strainer to separate the liquid from the ginger dregs.

Benefits: Reduces inflammation, protects against infections, immune support.

Thai Lemongrass Soup

<https://www.connoisseurveg.com/thai-lemongrass-soup/>

This refreshing Thai lemongrass soup is made with a light gingery broth, pan-fried tofu, cherry tomatoes and fresh cilantro.

- 2 (4 to 6 inch) lemongrass stalks
- 1 tablespoon vegetable oil, divided
- 2 garlic cloves, minced
- 1 teaspoon freshly grated ginger
- 4 cups vegetable broth
- 1 teaspoon [sambal oelek](#), or to taste
- 2 cups stemmed and sliced shiitake mushrooms
- 1 cup cherry tomatoes, halved
- 7 ounces extra firm tofu, drained and pressed for at least 15 minutes
- ¼ cup chopped fresh cilantro
- 1 tablespoon lime juice
- Soy sauce or tamari, to taste

- Bruise the lemongrass stalks by pressing on them with a large knife, until they flatten a bit. Cut each stalk into 4 sections. Set aside.
- Heat 2 teaspoons of oil in medium saucepan over medium heat. Add the garlic and ginger. Sauté for 1 minute. Add the broth, lemongrass, chili paste, shiitakes and cherry tomatoes. Bring everything to a low simmer and allow to cook about 12-15 minutes, until the mushrooms are tender.
- While broth simmers, cut the tofu into ½ inch cubes. Coat a medium skillet with remaining 1 teaspoon of oil and place it over medium-high heat. Arrange the tofu cubes in a single layer. Cook about 5 minutes, until lightly browned on bottoms, turn and cook another 5 minutes.
- Add the tofu to broth mixture, along with cilantro and lime juice, then give everything a stir. Season with soy sauce to taste. Remove the lemongrass pieces and discard. Ladle into bowls and serve.

Malaysian Style Fish Curry

<https://www.ronniefein.com/recipes/malaysian-style-fish-in-coconut-curry>

- 1 stalk lemongrass
- 1-1/2 cups coconut milk
- 2-inch cinnamon stick, cut in half
- 6 whole cloves
- 3 tablespoons vegetable oil
- 1 medium onion, chopped
- 3 cloves garlic, chopped



- 1 small chili pepper, chopped
- 1 teaspoon chopped fresh ginger
- 1/2 teaspoon turmeric
- salt to taste
- 24 ounces snapper, tilapia or halibut, cut into chunks (or 24 extra large shrimp)
- cooked rice or rice noodles

Remove and discard the tough outer leaves of the lemongrass stalk. Remove some of the thinner, softer leaves and set them aside. Chop the tender portions (the thinnest inner leaves plus the bulb at the bottom). Combine the coconut milk, set-aside lemongrass leaves, cinnamon stick and whole cloves in a saucepan. Bring to a boil, lower the heat and simmer for about 10 minutes, stirring occasionally, until slightly thickened. Set aside. Heat the vegetable oil in a large saute pan over medium heat (or use a wok or stir fry pan). Add the onion and cook for a minute, stirring often. Add the garlic, chopped lemongrass, chili pepper, ginger, turmeric and salt to taste and stir fry for another minute. Add the fish and cook, stirring gently, for 3-4 minutes or until the pieces are lightly cooked. Strain the coconut milk mixture and pour the liquid into the pan with the fish. Bring to a simmer and cook for about 10 minutes. Remove the cinnamon stick and cloves. Serve with cooked rice or rice noodles.

Malaysian Nasi Ulam

<https://globallyflavored.com/malaysian-recipes/malaysian-herbed-rice-nasi-ulam/>

Ingredients

- 2 cups of jasmine rice
- 3 cups of water
- 1 tablespoon of coconut oil
- 1 pound of medium shrimp
- ½ cup coconut milk
- ½ of a lime juiced
- 2 tablespoons fish sauce
- 3 tablespoons finely grated fresh ginger
- 8 scallions thinly sliced
- 1 cup of fresh basil leaves finely chopped
- 1 cup of fresh mint leaves finely chopped
- 1 cup of fresh cilantro leaves finely chopped
- 1 stalk of lemongrass finely minced
- 1 tsp of salt
- ½ cup unsweetened shredded coconut toasted

Instructions

1. Cook jasmine rice in a rice cooker, or over the stove by bringing water and rice to boil and then turning heat down to low for 10 minutes or until all water is absorbed. When the rice is finished, place it into a large bowl and spread the rice up the sides of the bowl to let heat escape. Place in the refrigerator.



2. Heat a pan over medium high heat. Add 1 tablespoon of coconut oil, then add in shrimp. Season with a few cracks of salt. The shrimp will turn pink when cooked, about 3-5 minutes. Set aside.
3. In a small bowl, whisk together the coconut milk, lime juice, fish sauce, ginger, scallions, basil, mint, cilantro, lemongrass and salt. Then add the shrimp and mix.
4. Take the rice out of the refrigerator, and pour the coconut-herb mixture into the bowl. Mix until the sauce is incorporated.
5. Add in the toasted coconut flakes, leaving some for garnish.

Cambodian/Khmer Kroeung

<https://www.thespruceeats.com/kroeung-cambodian-marinade-spice-paste-3030372>

- 3 stalks [lemongrass](#), thinly sliced (use only the bottom 3 inches of the stalk)
- 1 ounce [galangal](#) or [ginger](#), peeled and finely chopped
- 4 makrut lime leaves, finely sliced with the hard center ribs removed
- 8 cloves garlic, finely chopped
- 2 shallots, finely chopped, or 1 small onion, finely chopped
- 1 ounce turmeric, peeled and finely chopped
- 1/2 teaspoon salt

In a mortar and pestle, start off with the toughest (most fibrous) ingredients like the lemongrass, the makrut lime leaves, and the galangal. Grind them with a circular motion to release the juices and oils. The texture that you are looking for is a paste. So, grind the ingredients to a pulp until the mixture forms a thick paste.

When the first three ingredients have been sufficiently crushed, start adding the rest of the ingredients, one after the other, and grinding well after each addition.

Alternatively you can use a food processor: If the motor has difficulty, add a teaspoonful or two of water to get it going. After the toughest ingredients have been crushed, the water combined with the herbs' natural juices and oils should be sufficient to grind the rest of the ingredients.

Transfer to a jar with a screw-type lid. To prevent the paste from drying out, pour a tablespoonful of oil on top. The kroeung will keep well in the fridge for about five days.

(Filipino) Tinanglarang Manok

<https://www.angsarap.net/2019/11/18/tinanglarang-manok/>

- 1 kg free range chicken thighs and legs
- 1 litre [chicken stock](#)
- 1 bunch spinach leaves
- 6 stalks lemongrass, trimmed, stalks pounded
- 1 thumb sized ginger, thinly sliced
- 1 large red onion, chopped
- 6 cloves garlic, minced
- 4 pcs lemon peel
- juice from ½ lemon
- [oil](#)
- [fish sauce](#) or [sea salt](#)
- ground [black pepper](#)



1. In a [pot](#) heat [oil](#) and sauté garlic, onions and ginger. Cook until onions are soft.
2. Add chicken and stir fry for 2 minutes in high heat browning all sides.
3. Add [chicken stock](#), lemongrass and lemon peel, bring to a boil and simmer for 45 minutes, if you are not using free range 25 minutes would be enough.
4. Add spinach and lemon juice, cover and simmer for 1 more minute.
5. Season with [fish sauce](#) and freshly ground pepper.

Lemongrass Cilantro Sauce

<https://www.thekitchn.com/lemongrass-cilantro-sauce-recipe-23185188>

My 6 Favorite Ways to Use Lemongrass Cilantro Sauce

Whatever you're making, this sauce will make it better. Here are a few ideas to get you started.

- Drizzle it over [grilled meats](#) and [vegetables](#).
- Use it as a [salad dressing](#).
- Add a healthy dollop to [a bowl of white beans](#).
- Brush it onto [buttered corn on the cob](#).
- Stir it into [cooked rice](#).
- Add it to mayo for a tasty dip or [sandwich spread](#).

½ bunch fresh cilantro
1 stalk lemongrass
1 (1-inch) piece fresh ginger
1 small clove garlic
1 tablespoon rice vinegar
1 tablespoon water
½ teaspoon sambal oelek (chili sauce)
¾ teaspoon kosher salt
¼ teaspoon granulated sugar
¼ cup olive oil

1. Prepare the following, placing them in a food processor fitted with a blade attachment as you complete them: Pick the leaves from ½ bunch fresh cilantro until you have 1 packed cup. Trim the bulb from 1 stalk lemongrass and remove any tough outer leaves, then coarsely chop about 6 inches of the stalk. Peel 1-inch ginger and coarsely chop.
2. Add 1 small garlic clove and process, stopping and scraping down the sides of the bowl as needed, until very finely chopped. Add rice vinegar, water, sambal oelek, kosher salt, and granulated sugar. Pulse to combine.
3. With the motor running, drizzle in olive oil in a thin stream and process until smooth and emulsified.

Storage: Refrigerate in an airtight container for up to 1 week or freeze for up to 1 month.



<https://vickypham.com/blog/how-to-prepare-grow-lemongrass-for-cooking/>
<https://whattocooktoday.com/how-to-use-lemongrass-in-cooking.html>
[https://www.ajourneybespoke.com/journey/food/ajbs-guide-to-essential-herbs-and-spices-for-your-indonesian-kitchen#:~:text=Bahasa%20Indonesia%20Name:%20Sereh%20\(Serai\)&text=Suggested%20uses%20in%20your%20Indonesian%20Kitchen:%20Unlike%20other%20cuisines%20of,are%20then%20grilled%20on%20charcoal.](https://www.ajourneybespoke.com/journey/food/ajbs-guide-to-essential-herbs-and-spices-for-your-indonesian-kitchen#:~:text=Bahasa%20Indonesia%20Name:%20Sereh%20(Serai)&text=Suggested%20uses%20in%20your%20Indonesian%20Kitchen:%20Unlike%20other%20cuisines%20of,are%20then%20grilled%20on%20charcoal.)
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CONGRATULATIONS!!!

Westbury Community Garden Celebrates Fifteen Wonderful Years

STU Member and Westbury Community Garden President **Debbie Gordon** has invited us to participate in the WCG Anniversary Festival on Saturday, March 22. This is a family-friendly, free event with outdoor games, a scavenger hunt for kids, arts and crafts, and educational demonstrations.

From noon until 3:00 pm, the STU will have an outreach tent and table from which to engage visitors on herbal topics - everything from growing, to harvesting, to using herbs in creative ways. It will be a great opportunity to enjoy the garden and share our expertise and enthusiasm for herbs with others.

If you would like to participate, please contact **Karen Cottingham** at karen.herbsociety@gmail.com. For further information, see <https://westburycommunitygarden.org/events/wcg-15th-anniversary-festival/>





The Herb Society of America
South Texas Unit
P.O. Box 6515
Houston, TX 77265-6515

Find our Unit on the web at:
www.herbsociety-stu.org

Information obtained through your association with The South Texas Unit of The Herb Society of America is for educational purposes only. It is not intended to diagnose, treat, cure, or prevent any disease. Everyone, especially women who are pregnant or nursing and persons with known medical conditions, should consult their licensed healthcare provider before taking any herbal product.

While authors or speakers may cite how they personally use herbs and may quote scientific, ethnographic, folkloric, or historic literature, the material presented does not represent a recommendation or an endorsement of any particular medical or health treatment.



The Herb Society of America is dedicated to promoting the knowledge, use and delight of herbs through educational programs, research and sharing the knowledge of its members with the community.