

Herbs Make Scents



THE HERB SOCIETY OF AMERICA
VOLUME XLIII, NUMBER 7

SOUTH TEXAS UNIT
JULY 2020

Co-Editors Linda Alderman (ewalderman@comcast.net) & Janice Freeman (jkfreemanHouStu@outlook.com)

July 2020 Calendar

July 26, Sun. at 2-3 p.m.

Herb Fair Committee Chairs Meeting at the home of Donna Wheeler. Look for an email from Donna to confirm or postpone this meeting.

July 29, Wed. at 6:30 p.m.

Board Meeting via ZOOM.

Aug 2020 Calendar

Aug 19, Wed. at 6:30 p.m.

Evening Meeting is at the Cherie Flores Garden Pavilion in Hermann Park (1500 Hermann Drive, Houston, TX 77004). The **program** is still in the planning stages.

Newsletter deadline: the 25th of every month
(August editor Linda Alderman)



Happy Birthday!

7/01 Nita Rowe
7/07 Suzanne Wessels
7/10 Gloria Hunter
7/15 Sally Luna
7/17 Joyce Taylor
7/28 Jeanie Dunnihoo

Herbal Recipes



SPECIAL EDITION



Herbal Recipes



Chairman's Corner

This month marks one year since I became Unit Chair. I appreciate all of you who have guided, reminded, and listened to me as I learned what to do. I will need all that and more as we try to maintain interest in the use and delight of herbs during the pandemic.

We had a successful virtual Annual Members Meeting on June 10. **Maria Treviño** was installed as our Treasurer. Thank you, Maria, and many thanks to retiring Treasurer, **Janice Stuff** for her 13 continuous years of service on the STU Board!! I know she is looking forward to being a "regular herbie".

We were able to make two donations to local gardens: \$1,000 to the Urban Harvest Gardening Education Program and \$900 to the Houston Botanic Garden. I look forward to seeing our investment in these gardens grow. Our **Annual Report**, which is a summary of the past year written by our officers and event chairpersons, is available on our website under newsletters.

Stay healthy,
Julie Fordes
Unit Chair

Every Garden Needs a Protector Who's Keeping Watch in Yours?



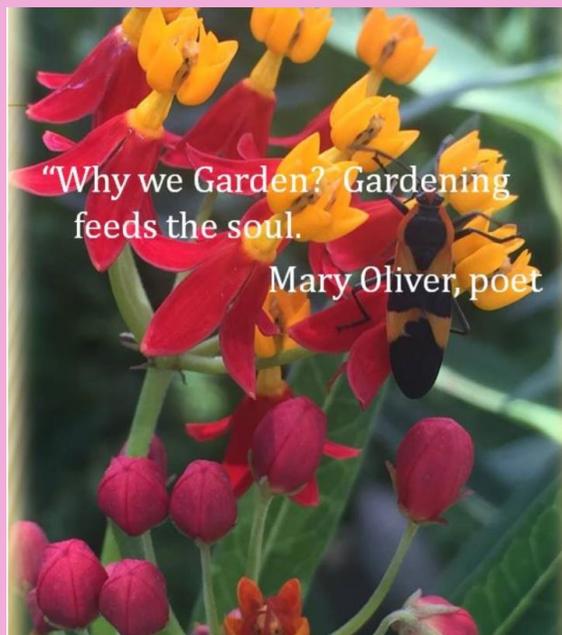
2020 is the
Year of the
Rat!



My Garden "Unprotector"

I tried growing a tomato plant this spring. I received a lovely starter plant, the "Top Gun" variety, from Dr. Joe Novak, Rice U. As soon as the fruit started to ripen it was attacked by various varmints including squirrels, raccoons, etc. I am planning on designing a more secure cage for next year. ---Janice Stuff

**Slow
Down
and...**



"Why we Garden? Gardening
feeds the soul.

Mary Oliver, poet

**...Savor
the Day**



Deadline July 15, 2020!!!!



WE WANT YOU!

We're asking each member to take a few minutes and roughly estimate how many hours you have spent on HSA activities from August 2019 - June 2020.

Dena Yanowski needs your information so she can file a report to our national organization.

Here is the Survey Monkey link,
<https://www.surveymonkey.com/r/VVCXX9Q>

Otherwise just email Dena your grand total for the year.

If you have any questions call or email her at
832-693-3630 or
denayanowski@gmail.com



- Lemon Balm
 - Peppermint and Spearmint
 - Lemon Verbena
 - Mexican Mint Marigold
 - Orange Peel
 - Lemongrass
 - Holy Basil
 - Rose Petals
 - Oregano
 - Rosemary
 - Roselle (Hibiscus)
- Red-Stemmed Apple Mint
Calendula Petals

HSA-STU Membership Dues Renewal Notice!

Maria Treviño, Treasurer

The Deadline for submitting your Membership Dues is August 1, 2020.

For online Payment,

Click this Link:

<https://squareup.com/store/hsa-south-texas-unit/>

Under the word, "Dues", click on the Basil leaves picture and you will be directed to checkout.

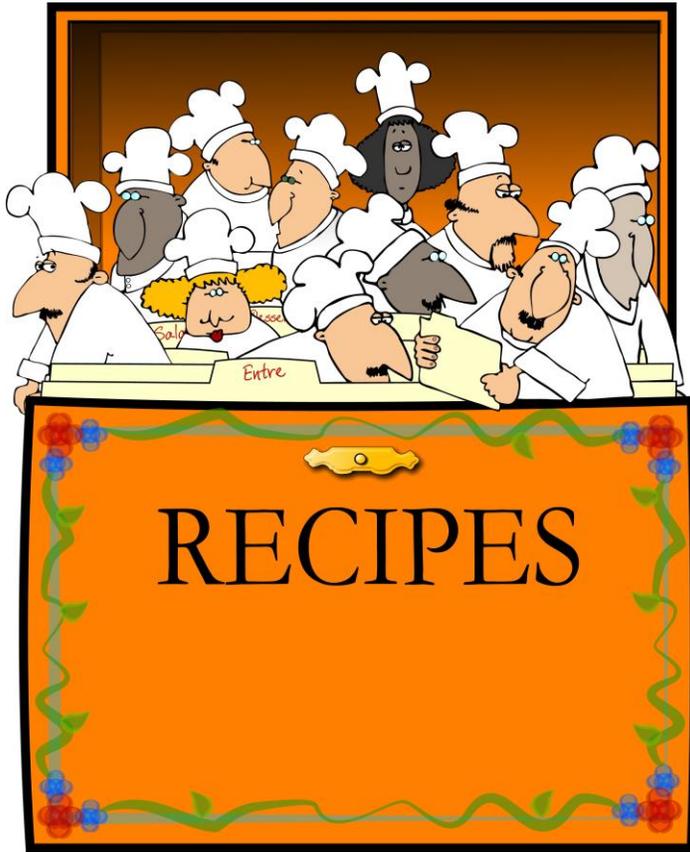
There is a drop-down menu for the various membership categories.

OR

Mail a check to:

South Texas Unit, HSA
PO Box 6515,
Houston Tx 77265

Regular Member	\$67.50
Sustaining Member	\$80.00
Joint Membership	\$98.75
Affiliate or Life Member	\$12.50



One thing we hear in the media these days is that people are doing a lot more gardening and cooking since the pandemic began. I know this is true for me. This inspired us to share a few of our favorite herbal recipes with you. It doesn't get much better than serving food that you've grown yourself to someone you love. It is our wish that you feel inspired as well, to add a little herbal flair to recipes you already love and to try a new dish incorporating herbs. We all could use a bit of "The Green Spirit" right now that herbs can give us.

This issue could not have happened without the work of member **Carolyn Kosclskey**. It's not very often that someone calls and says I have done this before and am glad to help!!! We appreciate you!! Thanks also to the regular newsletter editors (**Linda Alderman and Janice Freeman**) for being willing to change things up and still get the news out.

We hope that this special edition of herbal recipes gets the beginning herbal cook motivated to learn more about herbs and their uses. We also hope that more experienced herbal cooks will find something new and exciting to try. Stay safe and healthy. –Julie Fordes

STAY AT HOME RECIPES Summer 2020

Boursin Cheese
Cilantro Green Dip, Chuy's Style
Marinated Peppers
Creamy Carrot Soup
Avocado Rice, Madalene Hill's
Black Bean Salad with Cilantro
Green Rice Casserole
Scarlet Runner Beans and Bacon
Skillet Potatoes
Spinach Bars
Chicken Sauté with Asparagus and Basil
Eggplant Stack
Roasted Turkey Tenderloin and Roasted Vegetables
Baked Brie
Rosabelle's Benne Wafers
Rose Geranium Pound Cake, Madalene Hill's
Rosemary Lemonade
Roselle Red Tea
Herb Butter Basics
Fresh Herbal Oil Concentrates
Perfect Pesto, Madalene Hill's
Southeastern Asian Pesto, Madalene Hill's

Herbs Make Scents July 2020



BOURSIN CHEESE

From the recipes of Yvette Darnell

Hilltop Country Inn sometimes included the following dishes on their diverse and delicious menu. “This takeoff on the classic French Boursin evolved in our kitchen over several years. We form it into logs, then freeze and slice it as needed.” From *Southern Herb Growing* by Madalene Hill and Gwen Barclay with Jean Hardy, 1987.

- 1 lb. cream cheese, softened
- 1/2 lb. butter or margarine, softened
- 1 teaspoon mashed garlic
- 1-1/2 tablespoon sweet marjoram, chopped
- 1-1/2 tablespoons chives, chopped
- 1 tablespoon basil, chopped
- 1 teaspoon English or French thyme, chopped
- 1 tablespoon parsley, chopped
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground white pepper

Beat cheese and butter together. Add mashed garlic to cheese, mixing well. Add finely chopped herbs, salt, and pepper. Chill slightly and form into ball or logs. Wrap tightly in plastic wrap. Refrigerate or freeze. Slice as needed, and serve with toast. Serves 12.

CILANTRO GREEN DIP, CHUY’S STYLE

From the recipes of Judy Worthy, Montgomery County Master Gardener

- 1/2 cup (packed) cilantro, chopped
- 4 oz. can chopped jalapenos or green chilies
- 2 pkgs. ranch dip and dressing mix (dry)
- 1 cup sour cream
- 1 cup mayonnaise
- 1 tablespoon lime juice

Rinse and pat dry one bunch cilantro and scrape leaves off with knife. Chop finely leaves and tender stems to make 1/2 cup packed. Add all ingredients to blender and process until smooth. Refrigerate overnight. Serve with tortilla chips.



MARINATED PEPPERS

From the recipes of Janice Freeman

1 red bell pepper
1 green bell pepper
1 yellow bell pepper
1 ½ cloves garlic, sliced
1 tablespoon balsamic vinegar
¼ cup extra virgin olive oil
½ teaspoon chopped fresh basil
½ teaspoon chopped fresh parsley
Salt and pepper to taste

Directions:

1. Preheat the oven to 450 degrees Fahrenheit. Place the whole red, green and yellow peppers in the oven directly on the rack. Roast for about 15 minutes, turning if needed, until the skin is well scorched. Immediately place in a bowl covered with plastic wrap or in a paper bag, and allow to cool.
2. Remove the skins from the peppers by rubbing with your hands, and rinse under cold water. Cut in half, remove stem and seeds, then cut into strips or bite size pieces.
3. Place peppers into a medium serving bowl, and stir in the vinegar, oil, basil, parsley, salt and pepper.

Note: I recommend preparing the Marinated Peppers a day ahead, store in the refrigerator so the flavors can blend together. I prefer adding more basil and parsley. This is delicious with soft goat cheese.

Servings per recipe 3. Calories per serving 206.

Also see: <https://www.allrecipes.com/recipe/89447/marinated-peppers/?internalSource=hub%20recipe&referringContentType=Search&clickId=cardslot%201>

CREAMY CARROT SOUP

From the recipes of Susan Wood

3 tablespoons olive oil
1 small onion
1 ½ lb. carrots
2-inch piece fresh ginger
1 large russet potato
6 cups vegetable stock
Salt and fresh ground pepper
garnish with parsley or cilantro

Peel and finely chop all vegetables and ginger. Put oil in large, deep soup pot over medium heat. When oil is hot, add chopped vegetables and ginger. Sprinkle with a little salt and pepper. Cook about 15 minutes until tender, stirring frequently to keep from sticking. Add stock and simmer 15 - 20 minutes until tender. Cool mixture then use blender to puree in batches until smooth. Can be served hot or cold. If serving cold, refrigerate at least 2 hours.

Note: A food processor may be used to chop everything into small pieces for cooking. The potato gives it the creamy texture.



BLACK BEAN SALAD WITH CILANTRO

From the recipes of Linda Alderman

2 lbs. dried black beans
1 cup chopped celery
1 cup chopped onions
½ cup fresh cilantro
½ cup olive oil
1 cup vinegar
1 Bay leaf
Salt to taste

Place beans in water in large pot and cover. Let them soak for several hours or overnight. Rinse soaked beans, add fresh water to cover. Place lid over pan and bring to boil. Cook until tender for approximately 1-1/2 hours. Drain and rinse. Add remaining ingredients. Chill and serve. Serves 10-20.

AVOCADO RICE, MADALENE HILL'S*

From the recipes of Yvette Darnell

¾ cup chopped onion
2 large cloves garlic, crushed
6 tablespoon butter
2 cup raw rice
5 cups chicken stock
½ teaspoon saffron threads, crumbled
Salt to taste (less needed if using salted broth)
1 ½ cups chopped avocado (about 2 large)
4-5 tablespoons lemon juice
½ cup chopped fresh parsley

Sauté chopped onion & garlic in butter over medium heat till soft but not browned. Add rice and stir till coated with butter and completely hot.

Add broth, saffron & salt, and bring to a rolling boil, stirring occasionally to distribute the saffron. Reduce heat to lowest point, cover & cook 20-30 minutes, till rice is tender.

While rice is cooking, peel and seed avocado, then chop into small pieces. Sprinkle with lemon juice to prevent browning until rice is done. (If avocado is very soft, cut into somewhat larger pieces, or it will disappear in the rice.) (May be kept warm in covered pan over simmering water for an hour or two.) Stir avocado and parsley into hot rice. Taste for salt. Serves 12.



GREEN RICE CASSEROLE

From the recipes of Janice Stuff with modifications

- 2 ½ cups cooked brown rice (or half brown rice, and half Lindberg's wild rice)
- 2 tablespoons oil (olive oil)
- 1 small onion
- 2 7-oz. cans of mushroom stems and pieces, drained
- 2 cloves of garlic, minced
- ½ cup chopped parsley
- 1 cup grated Swiss cheese
- 2 eggs, beaten
- 2 cups milk
- 1 teaspoon salt
- ½ teaspoon dill weed

Preheat heat oven to 350 °. Dice onion and sauté in oil until soft, later add mushroom pieces and garlic and continue to sauté about 5 minutes longer. Parsley should be stemmed, and leaves finely chopped. Add all other ingredients to sautéed onion and mushroom. Bake in a greased 2 quart casserole for about 30 minutes, or until bubbly around the sides.

From Laurel's Kitchen, A Handbook for Vegetarian Cookery and Nutrition (1976)

SCARLET RUNNER BEANS AND BACON

From the recipes of Janice Freeman

- 1 pound Scarlet Runner beans
- 4 ounces smoked bacon
- Olive oil, as needed
- ½ large white onion, diced small (about 1 cup)
- 3 large garlic cloves, peeled and smashed
- 1 tablespoon Amontillado sherry
- 1 ¾ cups (14-ounce can) chicken or beef broth
- 2 medium bay leaves
- ½ teaspoon dried thyme
- 2 large pinches red pepper flakes
- Black pepper, to taste
- Kosher salt, to taste
- Large pinch espresso powder, to taste (optional)
- Basil, optional garnish

Pick through beans, rinse and place in a pot or bowl with about 1 ½ inches of water to cover; soak 4 to 6 hours at room temperature. When ready to cook, cut the bacon crosswise into narrow pieces; place in a large pot or Dutch oven over medium heat. Cook, stirring frequently, until the bacon is browned and the fat is rendered out. Add a little oil to the pot if there is not enough bacon fat, and then add the onions. Cook until they begin to turn translucent, scraping the bottom of pot to help incorporate any browned bits. Add the garlic and briefly cook until aromatic. Pour in the sherry, and bring to a boil; let cook down a bit, and then add broth, bay leaves, thyme, red pepper flakes and beans. Add water to cover beans by at least 1 inch, cover and reduce heat to a low simmer. Cook about 1 hour, stirring once or twice and checking the water level; if needed, add more to keep beans fully submerged.



Add black pepper and salt lightly to taste. Add a large pinch of espresso powder. Continue to cook until the beans are tender but not falling apart, another 1 to 1 ½ hours, depending on the size and freshness of the beans. Place ½ to 1 cup of beans in a blender with enough broth to puree. Puree, then return to the dish to thicken to desired consistency.

Adjust seasoning. Serve warm with thinly sliced basil, if desired. If made ahead and reheated, you will probably need to thin with a little water or broth. Leftovers can be frozen up to a couple of months.

Serves 8. Per serving: 291 calories, 19 g protein, 37 g carbohydrate, 8 g fat (3 g saturated), 12 mg cholesterol, 166 mg sodium, 14 g fiber.

Also see: <https://www.epicurious.com/recipes/member/views/scarlet-runner-beans-bacon-52837131>

SKILLET POTATOES

From the recipes of Yvette Darnell

- 6 medium potatoes, pared and sliced thin
- 1 small onion sliced thin
- 3 tablespoons olive oil
- 1 teaspoon lemon juice
- ¾ cup chicken broth
- 2 tablespoons fresh thyme (variation: oregano, basil, marjoram, or dill)
- ½ green pepper julienned for garnish if desired

Sauté onion in oil until clear. Add potatoes and stir gently to prevent sticking; continue cooking. In separate pan combine broth, lemon juice and thyme (or selected variety) and bring to a boil. Pour over potatoes, cover and simmer gently over low heat until potatoes are tender and most of the liquid is absorbed. Just before serving add fresh cracked pepper to taste or green pepper to garnish. Serves 6.

From The St. Louis Herb Society Cookbook, 1973.

SPINACH BARS

From the recipes of Susan Wood

- 2 tablespoon butter
- ½ teaspoon salt
- 3 eggs
- 1 teaspoon baking powder
- 1 cup flour
- 1 small onion, chopped
- 1 lb. grated cheddar cheese
- ½ cup mushrooms, chopped
- One 10-oz. package frozen chopped spinach, thawed and drained

Preheat oven to 350 degrees. Melt butter in a 9"x13" baking dish; tilt or using pastry brush to coat sides and bottom. Mix dry ingredients then add the rest and blend well. Pour into baking dish and even out. Bake at 350 degrees for 35 minutes. Cool slightly and cut into squares. Serve warm or room temperature.

Note: substitute other vegetables such as corn or broccoli and use other types cheese to vary the dish. There is no crust like with quiche, so reheating is easy.



CHICKEN SAUTE WITH ASPARAGUS AND BASIL

From the recipes of Linda Alderman

3 whole chicken breasts, boned, skinned, and cut into strips
Salt and pepper
¼ cup (1/2 stick) butter
2 leeks (white part only), sliced
4 red potatoes, diced
6 cloves garlic, minced
1 cup dry white wine
1 tablespoon good-quality Dijon-type mustard
½ pound fresh asparagus, peeled and cut into 1-inch pieces
4 sun-dried tomatoes packed in oil, coarsely chopped
¼ cup heavy cream
½ cup chopped fresh basil, tightly packed

Season the chicken with salt and pepper. In a large skillet, heat butter and sauté chicken on both sides, just until it turns white, about 3 minutes. Remove and reserve. Add additional butter if needed and, in the same skillet sauté the leeks, potatoes and garlic until barely tender, about 5 minutes. Add wine and mustard and bring to a boil; cook about 5 minutes. Return chicken to skillet, along with asparagus and tomatoes. Cover and simmer about 5 minutes. Add cream, stir, and cook another 2 minutes. Sprinkle with basil and serve.

From Season to Taste (1988)

EGGPLANT STACKS

From the recipes of Donna Wheeler

This recipe is from an Italian friend of a friend who passed it on to me. The Italian friend “cooks from memory” so please bear that in mind with the directions.

In a baking dish (ok--put a little olive oil in the bottom so it won't stick) place slices of eggplant (approximately ½” thick) with no overlapping in the bottom of the dish. Place a dollop of ricotta, a spoon of good (preferably) homemade tomato sauce/marinara and a sprinkle of grated parmesan on each slice. Cover with another thin slice of cooked eggplant and repeat. You can go for 3 layers if you like, but that is showing off. Then give a generous sprinkle of parmesan over the whole thing. Add pinches of fresh mozzarella over the parmesan sprinkles. Bake at 350 to 375 degrees for 30 to 45 minutes until the cheese melts and it looks kind of bubbly. The cool thing is that you can make 2 stacks or 20, depending on how much you need.

Marinara Ingredients

1 tablespoon olive oil
3 cloves of garlic
5 fresh tomatoes diced (I like Roma)
2 tablespoons honey
½ teaspoon salt
¼ teaspoon pepper
3 sprigs of parsley

I also like to add basil, fresh oregano and thyme

Heat oil in a medium saucepan over medium heat. Add garlic and cook until soft and fragrant, about 2 minutes. Stir in tomatoes and allow to simmer uncovered until tomatoes have mostly broken down, about 25 minutes. Stir often to prevent burning. Stir in honey, basil, salt pepper, parsley and any other additional herbs; simmer 10 minutes or until the consistency you like and if you like a smooth sauce, puree after simmering.



ROASTED TURKEY TENDERLOIN AND ROASTED VEGETABLES

From the recipes of Donna Wheeler

1 teaspoon dill weed
1 teaspoon dried thyme
1 teaspoon dried oregano
1 teaspoon dried minced onion
¾ teaspoon salt
¼ teaspoon pepper
¼ cup butter, melted
3 cups fresh baby carrots
4 celery ribs, cut into 2-inch pieces
2 medium onions, cut into wedges
1 tablespoon olive oil
8 turkey breast tenderloins (5 ounces each)
2 teaspoons cornstarch
¼ cup water

Directions

1. Preheat oven to 425°. In a small bowl, mix the first six ingredients. Combine 2 teaspoon of the seasoning mixture with butter; toss with vegetables. Transfer to a roasting pan. Bake, uncovered, 15 minutes.
2. Meanwhile, rub oil over turkey; sprinkle with remaining seasoning mixture. Move vegetables to edges of pan; place turkey in the center. Bake uncovered 20-25 minutes or until a thermometer inserted in turkey reads 165° and vegetables are tender.
3. Pour cooking juices into a small saucepan. Combine cornstarch and water until smooth; gradually stir into pan. Bring to a boil; cook and stir for 2 minutes or until thickened. Serve with turkey and vegetables. Yield: 4 servings
*plus 16 ounces cooked turkey breast tenderloins.

*Note: I add a bag of Brussel sprouts, sliced sweet potatoes, and sometimes quartered beets and reduce the amount of turkey tenderloins to 3-4 nice sized ones. *The original recipe used the left-over turkey tenderloins for an additional recipe. I have found the tenderloins take 5-10 minutes longer to cook than the recipe states. Whole Foods Market has the best turkey tenderloins and I use their bagged small carrots with the small part of the stem remaining. Originally published as Roasted Turkey Breast Tenderloins & Vegetables in Simple & Delicious, May/June 2009, p12.*

Also see: <https://www.tasteofhome.com/recipes/roasted-turkey-breast-tenderloins-vegetables/>

BAKED BRIE

From the recipes of Susan Wood

4" square of Brie, without rind
¼ cup pecans, toasted
1 sheet Pepperidge Farm puff pastry, thawed
¼ stick butter
¼ cup brown sugar

Melt butter with brown sugar over low heat for one minute until thick, not separating. Put trimmed brie in center of thawed pastry sheet. Place chopped pecans on top. Pour melted sauce on top. Fold up edges of pastry and seal well so all cheese will melt when cooking but stay inside the pastry shell. (Use your fingers to press dough together to make a smooth seal of the edges.)

Bake 20 minutes at 350 degrees, or until browned on top. Cool slightly and serve with bread or crackers. This makes a sophisticated dessert or interesting appetizer.



ROSABELL'S BENNE WAFERS

From the recipes of Susan Wood

This is my favorite cookie recipe--sesame seed cookies. I've had it so long I no longer remember who Rosabell is or where I got it, but it is excellent. (Most likely from when I was Unit Chair 1981-83 when all other Units mailed newsletters to each other each month.) I've added baking tips to ensure success. Yes, you will want to test this out.

1 cup sesame seeds – toast in oven at 300 degrees for 15 minutes and allow to cool

1 ½ cup brown sugar

1 egg

¼ teaspoon baking powder

¾ cup unsalted butter – melted

¾ cup flour

Stir butter and brown sugar together, add egg. Mix dry ingredients together and add to wet mix. Drop by ½ teaspoon onto aluminum foil lined cookie sheets, spacing 2” apart to allow for spreading. Bake about 8 - 10 minutes at 350 degrees. Cool completely on foil before removing. Tip: speed up baking time by using several cookie sheets so one can be cooling while another is baking and the third is being loaded with cookie dough. This makes very thin, crisp cookies about 2” in diameter. If not baked long enough they will be chewy but are much better crisp. You can use hulled, white sesame seeds or un-hulled, brown sesame seeds; both are excellent in this recipe. Store in airtight container.

ROSE GERANIUM POUND CAKE, MADALENE HILL'S*

“Originally from Southern Herb Growing, we now prepare this famous cake with chopped rose geranium and stir into the batter rather than lining the pan with whole leaves.”

1½ cups butter, cut into small pieces

3 cups sugar (may use vanilla sugar—decrease vanilla extract)

5 eggs

3 cups sifted all-purpose flour

6 ounces lemon-lime soda (do not use diet soda)

1 tablespoon fresh lemon juice

1½ teaspoons pure vanilla extract

2 tablespoons finely chopped fresh rose geranium leaves or 1 tablespoon oil concentrate Sifted powdered sugar for garnish and additional rose geranium leaves

Preheat oven to 325°F. Grease (do not use spray type coating) and flour a 10-inch Bundt or tube cake pan, or 2 large loaf pans. Beat butter and sugar with electric mixer until light and fluffy. Add eggs one at a time, beating well between each addition. Add flour alternately with soda, beating well. Stir in lemon juice, vanilla extract and chopped rose geranium leaves. Pour batter into prepared cake pan, smoothing top. Bake 1¼ hours or until cake tester comes out clean when inserted into middle. If necessary to prevent over-browning (ovens vary), place a piece of aluminum foil lightly over the cake toward end of baking. Remove cake from oven and let cool for 10 minutes in pan; invert carefully on serving plate. Slice and serve with vanilla custard, lemon curd or other sauce. Sprinkle with sifted powdered sugar and garnish with fresh rose geranium leaves. Note: Cake freezes very well. Wrap tightly in aluminum foil, then in large plastic freezer bag. Let come to room temperature before serving. Cake can also be warmed in a low oven; keep tightly wrapped in foil to warm. Yield: 16 slices



ROSEMARY LEMONADE

From the recipes of Linda Alderman

1 heaping teaspoon dried rosemary (or 3 teaspoons fresh)
1 12-oz. can frozen lemonade

Mix rosemary with 2 cans water, simmer gently 3 minutes.
Strain out rosemary. Add to frozen lemonade plus remaining water called for on the can. Serve over ice, garnish with lemon slices.

ROSELLE TEA

From the recipes of Carolyn Kosclskey

-1/3 cup or small handful dried Roselle calyxes (available in produce at some HEBs @\$6.98/lb)
-1/4 cup cinnamon imperials “red hot” candies (recommend buying from Amazon, read reviews for “back in the day” hot cinnamon flavor)
-1 teabag Celestial Seasonings Herbal Tea Bengal Spice
-4 family size tea bags (or 1 gallon size), decaf or regular
*The following may be added for flavor when brewing: lemon or orange zest, cloves, cinnamon stick, peppermint candies, Lemon Heads candies. If adding rosemary stems swish briefly in hot water--or add later when water isn't so hot--to avoid botanical taste.

After adding boiling water to Roselle and red hots, stir to dissolve candies before adding tea bags, stirring gently to submerge them. Steep per instructions. Using a fine mesh strainer pour contents into another gallon container. Remove contents from strainer and add to kitchen compost container, rinse strainer and re-strain back into original container.

-1/2 packet Crystal Light Green Tea Mango Peach drink mix
*Stir in half packet Mango Peach drink mix until dissolved, and fill container with cold water while stirring. For a summer refresher pour freshly brewed tea into a quart Mason jar filled with crushed mint and basil leaves topped with ice for a refreshing ruby-red peach-flavored iced tea drink. Makes 1 gallon. *Note: cinnamon red hots are great for filling cored apples for fall baking.*

HERB BUTTER BASICS

South Texas Unit Herb Day 1999

From the recipes of Linda Alderman

Use sweet, fresh, unsalted butter. Salted butter has a longer shelf life; however some brands are so salty that it overpowers the herb flavors. Experiment with various flavorings such as finely minced onions, shallots, garlic, green onions and garlic chives.

They are interchangeable according to the flavor and strength desired. Citrus zest gives a wonderful fresh flavor to her butter. Make sure none of the white pith is included. It may make some butter bitter. Small amounts of fresh citrus juice can be used instead. If using a food processor, make sure herbs are patted dry or they will become mushy. Garlic should be dropped in with the motor running, do not over-process. Flavors become more intense as they sit. If you are going to use a butter soon after making it, make it a bit stronger. Rely on your own taste buds and sense of smell as flavors and strengths vary. Experiment with different combinations. Herb butter can be stored in the refrigerator for 1-2 weeks or in the freezer for 2-3 months. Butter made with nuts has a shorter shelf life as nuts tend to mold especially after freezing.



FRESH HERBAL OIL CONCENTRATES

From the recipes of Julie Fordes

Basic Recipe:

2 hard-packed cups herb leaves and tender stems – single or combination. (Parsley may be added if needed to make measurement.)

½ cup good quality vegetable oil (we do not recommend olive oil since it has a distinct taste of its own).

Combine in electric blender or food processor, using pulse control. It may be necessary to stop and push down material in blender. A processor creates a mixture with more texture, while it will puree in the blender. Store in refrigerator or in freezer for long term. Will keep 1-2 years in freezer.

Uses: Substitute for fresh herbs – about 1/3 normal amount. Use in sauces, soups, salad dressings, basting mixtures, vegetable salads, in sour cream or yogurt for quick sauces.

Yields about 2 cups.

From a 1993 workshop, Razzle Dazzle Basil

PERFECT PESTO, MADALENE HILL'S*

From the recipes of Julie Fordes

½ cup vegetable oil or extra virgin olive oil

2 or more gloves garlic, peeled and cut in several pieces

2 cups fresh basil leaves, hard-packed

½ cup fresh parsley, hard-packed

¼ cup lightly toasted pine nuts

½ cup freshly grated Parmesan or Romano cheese

Place all ingredients in food processor or blender and chop finely. Use immediately or freeze for later use. Pesto should not be refrigerated longer than 2 weeks. Different herbs may be substituted for basil, or other types of basil than the usual sweet variety may be used. Lemon basil is especially good. Substitute almonds, pecans or walnuts for pine nuts. The hard type Asiago cheese is a delicious variation. Additional parsley may be used with tough herb leaves such as thyme, rosemary and savory to moderate the flavor and assist in blending. Yields about 2 cups.

From a 1993 workshop, Razzle Dazzle Basil





SOUTHEAST ASIAN PESTO, MADALENE HILL'S*

From the recipes of Julie Fordes

With ginger and favorite fresh herbs of the region, this pesto will have many uses.

- 2 or 3 large cloves garlic, cut into several pieces
- ½ cup peeled and coarsely chopped fresh ginger or galangal - about 5 to 6 ounces unpeeled
- ¼ cup firmly packed sliced fresh lemon grass, white fleshy portion only
- ½ cup sliced green onions (use whole onion)
- ½ cup each fresh basil, parsley and cilantro (coriander) leaves and tender stems
- ½ to 1 teaspoon chopped hot fresh chili to taste, seeds and stem removed
- ½ cup toasted nuts
- 2/3 to ¾ cup peanut oil or other mild vegetable oil
- 2 teaspoons toasted sesame oil
- ¼ to 1/3 cup rice wine vinegar
- 1 teaspoon salt

Combine garlic, ginger and lemon grass in a food processor; process until smooth. Add remaining ingredients, using only as much vegetable oil as needed to achieve a smooth paste. Taste and adjust salt and vinegar as needed.

Place pesto in a plastic freezer container for convenient storage. Pesto and other oil based mixtures should be kept refrigerated no longer than 2 weeks; freeze up to 2 years. We do not recommend freezing in ice cube trays.

Use with meats, seafood, pasta, rice, steamed or sautéed vegetables. Stir into sour cream or yogurt for a quick dressing; dilute with citrus juice and water for a low fat salad dressing or with additional oil; add to soups or sauces for a simple seasoning.

Variation: add ½ to ¾ cup freshly grated Parmesan or Romano cheese. Diluted lemon or lime juice, white wine or mild cider may be used in place of rice wine vinegar which is typically very mild and slightly sweet. Yields about 3 cups.

**Some of the recipes herein plus others are available on the Herb Society of America website.*

Basil: An Herb Society of America Guide https://www.herbsociety.org/file_download/inline/c2cd2efa-f150-4aac-9c7b-f10a0ccaf889

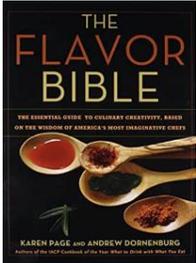
Pelargoniums: An Herb Society of America Guide
https://www.herbsociety.org/file_download/inline/2b2f9fc8-e827-446c-99da-1c1e8b6559d0



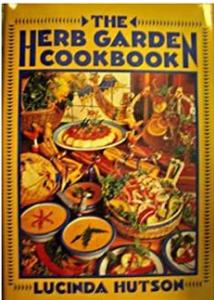


More Resources for your Herbal Journey

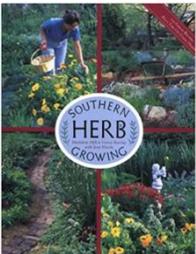
We can't let you go without recommending just a few books and other resources.



The Flavor Bible is a wonderful resource book. It lists all kinds of ingredients, not just herbs, and what they pair with in recipes. This book gave me the courage to be more creative in combining herbs with other foods. It's great for both beginners and experienced herbal cooks.



Lucinda Hutson lives in Austin. She has published several herbal cookbooks. Her mission is to make everyday a fiesta! This book is one of my favorites. The recipes are organized by herb. It gives history, and growing hints along with the recipes. It has a lot of great information on growing and using herbs from India, Southeast Asia, Mexico and Central America that will grow in our climate.



Many of the recipes we shared with you today are from Madalene Hill and her daughter, Gwen Barclay. Madalene, another Texas girl, was known as "The Grand Dame of Herbs". This book, along with countless cooking classes, workshops and of course her restaurant, Hilltop Herb Farm, are just a few of the gems she has left us with. This book is out of print but available on Amazon.

Serious Eats is one of the best general *cooking websites* out there.

<https://www.seriousseats.com/> is put together by J. Kenji Lopez-Alt, author of The Food Lab, and a crew of top-notch chefs, bakers and serious foodies who have collaborated to provide something that inspires all levels of cooks, from novice to expert. This site is full of techniques, recipes of all kinds, and general food knowledge, bringing the science of cooking to the home cook. Their herbal recipes are simple, straightforward, delicious, and change with the seasons.

Remember to check the following:

-SouthTexas Unit website <http://www.herbsociety-stu.org/>

- Make sure you check out the hints on harvesting, drying and storing herbs by **Susan Wood** under the section "Using Herbs".

-The Herb Society of America website <http://www.herbsociety.org/>

The South Texas Unit is a non-profit educational organization incorporated under the State of Texas. The South Texas Unit has no paid employees. Our activities are accomplished through the efforts of our volunteers.

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



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.

