

Herbs Make Scents



THE HERB SOCIETY OF AMERICA
VOLUME XLIV, NUMBER 7

SOUTH TEXAS UNIT
JULY 2021

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July 2021 Calendar

No Day Meetings are scheduled in July and August

July 9, Fri. at 6:30 pm

Zoom Board Meeting

July 21, Wed. at 7:00 pm

Pearls for the Pandemic: Zoom Meeting program “We’re Celebrating Valentine’s Day in July! Join Us for Floral Snacks, Desserts and Drinks” presented by **Bee, the Flower Chef**, creator of **Flora Cocina - Bringing Creative, Plant-based, Flower-forward Food to your Table** (See details on page 4)

July 24, Thur. at 7:00 pm

Full Moon Ramble – (Members Only, watch your email for Zoom invitation)

Aug. 2021 Calendar

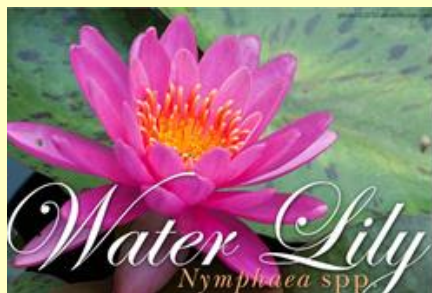
Aug 18, Wed. at 7:00 pm

Evening Meeting program is “A **Members Only Herbal Happy Hour – Let the Good Thymes Roll!**” The **In-Person Gathering** is at the Cherie Flores Garden Pavilion in Hermann Park (1500 Hermann Drive, Houston, TX 77004)

Aug 22, Sun. at 7:00 pm

Full Moon Ramble – (Members Only, watch your email for Zoom invitation)

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



Water Lily
Nymphaea spp.
July Birth Flower

Happy Birthday!!!

7/1 Nita Rowe

7/15 Sally Luna

7/7 Suzanne Wessels

7/24 Laura Mullen

7/28 Jeanie Dunnihoo

True to its name, the water lily (*Nymphaea* spp., Nymphaeaceae) grows in ponds, marshes, and sluggish streams. The many beautiful cultivars (this one is ‘Juchchu’) have made them increasingly popular in home garden ponds as well as in botanical gardens. In most parts of the U.S., water lilies flower all summer with the blooms opening around sunrise and closing for the night. The rhizome or root of a North American Species, *Nymphaea odorata*, was used by the Eclectic physicians of the late 19th and early 20th centuries for dysentery, diarrhea, gonorrhea, leucorrhea, and scrofula, and was combined with wild cherry to treat bronchial disorders. The leaves and roots were also made into a poultice to treat boils, tumors, ulcers on the neck and inflamed skin. Several related species are used in traditional Chinese and Ayurvedic medicine. (Courtesy of the American Botanical Council)

It is the policy of The Herb Society of America not to advise or recommend herbs for medicinal or health use. This information is intended for educational purposes only and should not be considered as a recommendation or an endorsement of any particular medical or health treatment.



Chairman's Corner



Greetings!

Many of us suffer from **CHAD** and don't even know it! One of my favorite speakers from EdCon was Laura Deeter, whose talk "Unity, Diversity and a Skeleton in the Garden", described **CHAD** as **Compulsive Horticulture Acquisition Disorder**. I know that I have it, and I am sure most of you have it too! Here are just a few interesting plants that I learned about from EdCon that I will just have to try:

- Mexican Sour Gherkin Cucumber– tastes like a cucumber and looks like a tiny watermelon. Used to garnish drinks
- Red Venture Celery– a great swizzle stick
- Grafted veggies and citrus from Log House plants
- Caraway thyme - tastes like caraway and has purple flowers
- Columnar basil- grows upright and doesn't bolt
- Foxley thyme- a great tasting variegated groundcover with purple flowers
- Silver Posy thyme
- Amethyst Basil – a dark purple Genovese
- Lemon Gem Marigold- an edible marigold

Sue Goetz offered many hints for growing herbs in containers in her talk, The Potted Herb Garden. Here is just one of the interesting things she shared. Instead of putting rocks in the bottom of the pot when you are potting plants, put rocks on top of the soil to promote better air flow in humid climates. This makes sense to me, but of course you still need a little something to prevent dirt from going out the drainhole.

Bill Varney announced at the District breakout meeting at EdCon that we **will** be having our South Central District Fall Gathering **in person** this fall. We will gather at the San Antonio Botanical Garden on Saturday, September 25th. Many ideas for programming were discussed at this breakout session. The theme is *Herbs from South of the Border*. There will be a Ways and Means sale and Gloria Hunter offered to head this up. I would like to see the South Texas Unit contribute to this effort by donating some of our handmade herbal goodies. It would be wonderful to give enough items to make two or three hundred dollars at the sale. Stay tuned for more information.

The Board will be putting the finishing touches on procedures to get members tickets to the Houston Botanic Garden. Our membership allows us ten admissions per day to the garden. We are working on the logistics and will let members know as soon as we can how to make use of this fantastic opportunity.

The minutes, approved budget as well as Officer and Chair Reports from our Annual Unit Meeting in May are now posted on our website in the **Member Information** section. [Home \(herbsociety-stu.org\)](http://herbsociety-stu.org)

Our first in-person Evening Meeting will be at the Cherie Flores Garden Pavilion on August 18!!!! We hope everyone can join us as we move towards (almost) normal.



Herbs Make Scents

July 2021

In keeping with our "Care and Share" Pandemic Philosophy, please bring plants and seeds to share if you can. Let's spread the herbal love!

We're not quite ready for the usual potluck feast, but we will have amazing herbal beverages for all. Note that it is expected that the event, which is indoors, will be attended by both vaccinated and unvaccinated people. The latest CDC guidelines state that for such a gathering, fully vaccinated people are "safest" and do not need to wear a mask, whereas unvaccinated people are "least safe" and should wear a mask. We will develop a plan so everyone can feel comfortable joining in.

So mark your calendars now for "A Members Only Herbal Happy Hour - Let the Good Thymes Roll!" and join us August 18 at 7 pm.

You won't want to miss this DILLightful Evening.

Stay Cool,
Julie
Unit Chair

TEA BLENDS

Dry and Save These Herbs

We will make our special tea blends to sell at our fundraising events

Orange Peel

Roselle (Hibiscus)

Rosemary

Lemon Balm Lemongrass Lemon Verbena

Mexican Mint Marigold

Oregano

Holy Basil

Spearmint and Peppermint

Red-Stemmed Apple Mint

Rose and Calendula Petals

Chamomile Flowers

Stevia – Recently added to the list

<http://www.herbsociety-stu.org/harvesting--drying-and-storing-herbs.html>



***Announcing Our July
Pearls for the Pandemic Program
July 21, 2021***

***“We’re Celebrating Valentine’s Day in July!
Join Us for Floral Snacks, Desserts and Drinks”
presented by *Bee, The Flower Chef****



<https://us02web.zoom.us/j/82842562835>

***Bee is The Flower Chef of Flora Cocina
Bringing Creative, Plant-based,
Flower-forward Food to Your Table***

<https://www.floracocina.com/>



Time to Submit Your Volunteer Hours!!!

Dena Yanowski

Deadline: July 15, 2021

Submit your volunteer hours for July 1, 2020 – June 30, 2021

Collecting volunteer hours is an important job for each unit! We are asked by HSA to submit a sum of our member's hours each year.

Volunteer hours can take on many forms. Examples include, but are not limited to the following:

- Attendance at virtual business meetings, and Pearls of the Pandemic meetings
- Participation in preparing for Unit Events (Herb Day/Herb Fair)
- Garden work in the community or school garden
- Education, such as preparing and presenting for a group, writing an article for the newsletter
- Administrative work, such as fulfilling a board position or appointed position

No need to itemize your hours, just send your total volunteer hours to denayanowski@gmail.com

Thanks, Herbies!
Dena

Time to Renew your Dues!

HSA-STU Membership Dues Renewal Notice!

Maria Treviño, Treasurer

The Deadline for submitting your Membership Dues is **August 1, 2021**

For online Payment,

Click this Link:

<https://hsa-south-texas-unit-248275.square.site/>

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**



Support the South Texas Unit!!!



You shop. Amazon gives.

An AmazonSmile account has been set up for the South Texas Unit. Be sure to sign up for www.smile.amazon.com and select the South Texas unit as described below. Each quarter the AmazonSmile Foundation will donate 0.5% of the purchase price of eligible items to our unit.

The shopping experience is the same as shopping through amazon.com with the added benefit the foundation will donate to our organization.

Five Easy Steps to Support the South Texas Unit

1. Go to smile.amazon.com
2. No account? Create one! Have an account? Sign in.
3. Select charitable organization. Found near the top of the smile.amazon.com home page.
4. Type in Herb Society South Texas Unit and click Search. Once the name comes up hit Select.
5. Enjoy shopping!

Every Garden Needs a Protector



Love the expression on the face of this Silverback gorilla at the Houston Zoo!

Photo courtesy of Susan Wood

Who's Keeping Watch in Yours?



Urban Harvest Donation Report

Urban Harvest

Last year STU donated \$1,000 to Urban Harvest for their Early Childhood Centers. Here is how our money was used.



The generous contribution of The Herb Society enabled Urban Harvest to enhance our programming at Early Childhood Centers Gabriel Mistral, Fonwood, and Lorenzo. Urban Harvest is part of HISD's PEAS projects at these Early Childhood Centers and provides weekly garden education. The donation from the Herb Society enabled Urban Harvest to add or rehabilitate herb and sensory gardens at each site. Our Garden Educators focused on culinary herbs, like rosemary, oregano, lemon balm, lavender, and sage to complement the school garden on site. Cool weather culinary herbs were planted last fall like parsley and oregano. At each Early Childhood Center the gardens are integrated into the play spaces and so each child in the school is exposed to the garden and herbs. Due to COVID the Early Childhood Centers were not open during much of the school year; therefore, in addition to the garden enhancements, Urban Harvest added spring herbs to Grow Kits that were distributed to each Early Childhood Center last Spring. In response to the pandemic and the subsequent school closures, Urban Harvest created the "Grow Kits" Project in 2020 as a hybrid education model to distribute gardening materials—like grow bags, transplants, seeds, and soil—along with online gardening and nutrition education resources. With Grow Kits, students and their families engage in organic gardening together, complementing other forms of socially-distanced and virtual learning. We distributed 60 Grow Kits to Mistral, 40 to Fonwood, and 40 to Lorenzo. The Early Childhood Center kits included tomatoes and basil seeds and starts to plant along-side the tomato start.

We are grateful for the generosity of the Herb Society and welcome its continued partnership in educating the next generation of gardeners.



Photos on this page courtesy of Urban Harvest





BACK TO OUR ROOTS

Julie Fordes

Being out in the garden has become a bit harder now that it's so hot. Despite the weather, we should still be harvesting and drying herbs to use in our Herb Fair concoctions. We print the list of herbs we need every month in the newsletter in case anyone forgets! (Scroll up to page 3.)

The chamomile and calendula have run their course down at Westbury Community Garden. They were so beautiful! I have two quart-sized bags of dried chamomile and a gallon bag of dried calendula. I feel that planting chamomile was a success and that we should do it again next season. I know that we can make something wonderful for Herb Fair with our bounty!

Many thanks to STU members **Janice Stuff, Carolina Biero, Catherine Wampler, Laura Mullen, and Nailah Mullah** who came to the Westbury Community Garden to help with planting the sunflower maze. We made a huge contribution to this project.

My butterfly peas are getting a VERY slow start. **Janice Stuff** and **Beth Murphy** confirm this is also the case in their gardens. How are yours? This is the second generation of seedlings grown from our original purchase of seeds from Thailand. I'm not sure how long we should wait for them to do their thing before we replant. Ideas or suggestions are welcome! Update: Janice says that after a slow start her butterfly pea plant has grown 2 ½ feet up the trellis!

It's not too late to plant tulsi or holy basil. This year the Pioneer Unit offered four varieties of tulsi at their plant sale. I got two plants of each of the varieties and split them between my garden and the bed at Westbury Community Garden. I have already harvested and dried the Vanu variety. It has a wonderful clove-like taste. A few Westbury gardeners, who grew up with holy basil, say that the Amrita and Rama varieties are virtually the same and "better" than the Vanu type. I don't know that for sure, but I do know that we should grow as much of this herb as we can. It made a wonderful tea blend that sold out at last year's Herb Fair.





From the Day Meeting in June

Janice Dana

Here's a tonic water recipe from the program given by **Pam Harris** last month. Bill and I made it and it's delicious! It's good with gin or in tea or just plain water. I have allspice, cardamom, citric acid if anyone wants to try it. Cinchona bark is available on Amazon.



Ultimate Gin and Tonic

Note: Penn Herb Co. is a great and economical source, for cinchona bark. For the other ingredients, look in the bulk spice area in your local grocery store.

Ingredients:

3 cups water
¼ cup chopped cinchona bark
¼ cup citric acid
3 limes peeled zest only
3 lemons peeled zest only
2 oranges peeled zest only
3 stalks lemongrass tops and bottoms trimmed and outer leaves removed sliced into 1/8" to ¼" rounds
4 whole allspice berries
3 whole green cardamom pods
1 tablespoon lavender
¼ teaspoon kosher salt

Rich Simple Syrup:

3 cups natural cane sugar
1½ cups water

You'll also need:

Lime wedges
Sparkling water

Instructions:

1. Combine all ingredients except rich simple syrup in a sterilized, one-quart lidded glass jar. Shake to combine. Refrigerate 72 hours, shaking occasionally, at least once each day.
2. Make rich simple syrup: dissolve 3 cups sugar and 1½ cups water over medium heat until sugar is completely dissolved. Allow to cool. Transfer to a container and refrigerate.
3. After 72 hours, strain the tonic mixture into a large glass pitcher. Strain tonic a second time, using a coffee filter or very fine cheesecloth.
4. Whisk simple syrup into tonic until thoroughly combined.
5. Pour tonic syrup through a funnel into storage bottles and store in refrigerator.

For the Ultimate Gin and Tonic

Fill a highball glass with ice and 1 tablespoon syrup, 2 ounces gin, and 2 ounces sparkling water. Stir to combine. Serve with a lime wedge (about 1/6 of a fresh lime). To drink: squeeze the lime wedge into the drink, then drop it in, and enjoy.

Notes: Carefully wash citrus fruits and lemongrass before zesting/chopping.

[pinch and swirl tonic water for the ultimate gin and tonic - Bing](#)



Herb of the Month: Summer Savory

Summer Savory: A Mediterranean Original

Yvette Darnell



In foods, summer savory is used as a culinary spice. The oil is used as a flavoring agent.

Cooks have used summer savory to flavor food for more than two millennia. It comes from the Eastern Mediterranean and the ancient Romans considered it an effective substitute for salt.

Pliny referenced it as an aphrodisiac; the name “savory” comes from “satyr.” A satyr is a mythical creature that is half man and half goat. Satyrs possess an insatiable sexual appetite. The poet Virgil wrote that it was a highly fragrant plant and suggested that it be grown near beehives.

Often compared to marjoram or thyme, summer savory has a spicy aroma and pungent, peppery flavor that's milder and less penetrating than its cousin, winter savory. It's a key ingredient in classic herb blends like bouquet garni

and fines herbes. It is indispensable for kicking up mild foods without overpowering them.

The Roman armies introduced the herb to England and other parts of northern Europe and eventually, its flavor became popular among the locals. Until the discovery of spices like black pepper in Asia, winter and summer savory were among the only seasonings that Europeans had available to them. In the 17th century, herbalist Nicholas Culpeper wrote that winter and summer savory were useful for their ability to combat gas and believed that they were effective treatments for asthma.

In the 20th century, the French herbalist Maurice Messegue perpetuated the belief in savory as an aphrodisiac and claimed to use it in his love potions.

Summer savory is an herb that belongs to the mint family. It is the dark green, narrow leaves of a bush grown widely throughout Yugoslavia and the United States. Savory is one of the most versatile herbs and enhances almost every dish from soups, stews and bean dishes to succotash, cabbage and sauerkraut.

Because of the pepper shortage in World War II, Germans substituted savory for that peppery flavor and some still keep this tradition alive today.

Summer savory has a clean, piney fragrance and peppery flavor which is great for sparking up heavy stews and chowders. The Romans used savory even before pepper and it also was considered an aphrodisiac.

Botanical name and family: *Satureja hortensis* (summer savory); *Satureja montana* (winter savory); both are members of the Lamiaceae—mint family.

Common name: Summer savory, winter savory

Origin: Mediterranean, Southern Europe

Type of plant: Summer savory is annual; winter savory is a perennial.

Growing season: Summer





Growing zones: Summer savory can be grown in zones 1 to 11 as an annual; perennial winter savory grows in zones 5 to 11.

Hardiness: Summer savory can tolerate heat but not cold; winter savory can tolerate both heat and cold to 10°

Plant form and size: Summer savory grows upright to 18 inches in a loose, open fashion; it has narrow, aromatic leaves to 1½ inches long; leaves grow in pairs along the stem. Winter savory has a lower spreading growth habit; stems grow 6 to 15 inches high and are light green at the upper ends but become brown and woody at the base; leaves are narrow to roundish to 1 inch long.

Flowers: Both have loose spikes of tiny white, pink, or pale lavender flowers.

Bloom time: Summer

Leaves: Both savories have linear, gray-green leaves from ½ to 1 inch long. Leaves grow opposite one another in pairs and at a right angle to the pair below.

Summer savory flavor profile:

Summer savory offers a pungent piney flavor with peppery hints that can complement mild-flavored foods without being overpowering. One common way to describe it is a cross between mint and thyme.

Health benefits of summer savory:

Summer savory provides a range of health benefits because it contains essential compounds like:

Phenols: These include thymol, which has antiseptic characteristics. It also contains carvacrol, which discourages the growth of certain strains of bacteria.

Minerals: Summer savory also contains high levels of potassium and iron.

Vitamins: The herb is a good source of several vitamins. Vitamin A is a fat-soluble vitamin and antioxidant required for maintaining healthy mucosa and skin and good for eyesight. Vitamin C is important for your immune system. Thiamine is important for maintaining the nervous system.

Summer savory helps to lower cholesterol and thymol is important for maintaining the nervous system.
(Information obtained from WebMD)

Summer savory is one of the herbs in herbs de Provence and features in many popular herb mixes for stuffing. It is an incredibly versatile herb that you can use in much the same way you would use other members of the mint family like thyme and marjoram. Germans refer to it as the “bean herb” (bohenkraut) because of the anti-flatulence benefits.

Savory lends itself to preservation in vinegar, which is one of the ways that ancient Romans used it. Savory vinegar was a popular condiment that they used in many of their sauces.





HOW TO GROW SAVORY

There are two types of savory: summer savory and winter savory. Summer savory is a bushy annual that grows 12 to 18 inches high. Winter savory is spreading perennial that grows 6 to 12 inches high. Summer and winter savory share a peppery flavor, but summer savory is milder. Use the leaves of either to flavor meat, beans, and other vegetables. Put summer savory in cooking water and it will cut the odors of cabbage, turnips, and other strong-smelling vegetables.

Summer Savory is to be grown in zones 1 to 11 as an annual; perennial winter savory grows in zones 5 to 11.

HOW TO PLANT SAVORY

Best location: Plant both summer and winter savory in full sun.

Soil preparation: Summer savory prefers a rich, well-drained organic soil; winter savory prefers well-drained, sandy soil. Savory prefers a soil pH of 6.7 to 7.3.

Seed starting indoors: Sow seed indoors as early as 6 to 8 weeks before the last frost. Seeds can take 14 days or longer to germinate. Germination of winter savory can be erratic.

Transplanting to the garden: Set seedlings in the garden after the last frost in spring.

Outdoor planting time: Sow savory in the garden in spring about the time of the average last frost date. Both summer and winter savory can be started from cuttings and divisions also.

Planting depth: Sow savory ¼ inch deep. Savory will germinate with no soil cover.

Spacing: Space plants 12 to 18 inches apart. Space rows 12 to 18 inches apart. Winter savory may require more room than summer savory.

How much to plant: Grow 2 to 4 plants of both summer and winter savory for cooking; grow 6 to 8 plants of each for preserving.

Companion planting: Grow summer savory with beans and tomatoes. Planting savory near onions is said to make onions sweeter. Grow winter savory with other perennials including hyssop, lavender, thyme, and sage. Honeybees are attracted to savory flowers.

Summer Savory isn't a plant that is very fussy when it comes to soil type. Ideally, though, you want a rich, loamy, alkaline soil. It needs to be well-draining as the plant doesn't do well in waterlogged soil.

Light

Having come originally from the Mediterranean, it shouldn't come as a surprise that Summer Savory needs bright conditions to thrive. Choosing a position with a lot of direct full sun will be needed. If you are using containers indoors, select a window with southern aspects. This plant doesn't do well in cold conditions.

Water

Summer Savory benefits from regular watering, especially while you are establishing the plant. The soil should only be kept moist, though, rather than wet. Once it's well established, it won't be a problem if the soil is on the drier side, although daily watering when temperatures are high will still be beneficial.

PROPAGATING SUMMER SAVORY

Seed: Seeds germinate in light; they do not need to be covered. Because seeds are slow to germinate, propagation from cuttings or divisions may be preferred.

Cuttings: Start winter savory in summer from root cuttings 4 to 6 inches long placed in moist potting mix or sand.

Division: Divide older winter savory plants in spring or fall.

Layering: Long winter savory stems can be weighed to the ground and covered with soil to root.

Savory seeds are hard to come by commercially. You can harvest your own seeds if a flowering plant is close at hand. Savory is also easily propagated from cuttings.



In the past, summer savory has been used medicinally to treat sore throats, sciatica, intestinal disorders and the stings of bees and wasps. The Egyptians used it in their love potions. It is also used in companion planting. The plants also readily self-sow in your garden and can be invasive.



Care: Summer savory grows so quickly that it can become top-heavy and may require staking. Winter savory is a perennial; it should be cut back to a few inches tall each spring and replanted every 4 to 5 years. Trim plants regularly to encourage new growth.

Container growing: Summer and winter savory can be grown in containers. Grow summer savory as an annual. Choose a container at least 6 inches deep and wide. Over-winter container-grown winter savory in an unheated garage or patio.



HOW TO HARVEST SAVORY

Harvest savory fresh as needed, both leaves and stems. Collect leaves for drying just before the flower buds open. Winter savory can be harvested year-round. Snip the tops of the branches to extend the harvest. Use a garden pruner or scissors to snip leaves and stems. For dried leaves, cut 6- to 8-inch stems just before flowering.



USES AND PRECAUTIONS

The chemicals in summer savory are thought to decrease muscle spasms and kill bacteria and fungus.

People take summer savory for cough, stomach pain, gas (flatulence), diarrhea, loss of appetite, increasing sex drive in healthy people, indigestion (dyspepsia), insect bites and many other conditions, but there is no good scientific evidence to support these uses.

Also, people take summer savory for nausea and vomiting, sore throat (pharyngitis), stomach pain, thirst in people with diabetes and other conditions, but more evidence is needed to rate the effectiveness of summer savory for these uses.

Special Precautions and Warnings

Pregnancy and breast-feeding: There isn't enough reliable information to know if summer savory is safe to use when pregnant or breast-feeding. Stay on the safe side and avoid use.

Surgery: Summer savory might slow blood clotting. There is concern that summer savory might increase the risk for bleeding during and after surgical procedures. Stop using summer savory at least 2 weeks before a scheduled surgery.

Information obtained from WebMD

Spice Tips!

SAVORY IN THE KITCHEN

Flavor and aroma: Summer savory has a taste similar to thyme with a bit of a peppery bite. Winter savory is spicier than summer savory. Use the milder flavored summer savory in the summer; use winter savory in the winter.

Leaves: Add fresh savory leaves to season soups, stews, cabbage, potatoes, and other root crops. Use leaves with lentils, eggs, vegetables, sausages, beef, pork, poultry, fish, teas, butter, vinegar, and jellies. Dried leaves can be used to coat goat cheese. Blend leaves with butter or soft cheese.

Culinary companions include beans and vegetables.

Garlic Bread: Sprinkle over buttered garlic bread in place of parsley to add color and mild spice.

Tomato Soup: Add to tomato soup for subtle peppery notes.

Season soups, stews, and bean dishes. Add to succotash, cabbage, and sauerkraut.

Growing in Containers

Summer Savory can thrive in window box containers indoors. This is actually the recommended method if you live somewhere that can have a flash of cold weather even in the summer months.

Rooted cuttings can be potted up, and it will allow you to have a fresh supply of the herb through the winter. You should select a container that is at least six inches wide and deep and that it offers good drainage. Making sure you trim back the branches will help to produce healthy and bushy growth.

If you are transferring the seedlings to the garden, you should wait until April to do this to ensure the temperatures will be mild enough



SUMMER SAVORY MUSHROOM PATE

(Makes about 1 1/2 cups)

- 3 tablespoons unsalted butter
- 12 ounces mushrooms (your choice or a combination)
- 2 large cloves garlic, minced
- 1 1/2 cups ricotta cheese
- 1 t salt
- 1 t pepper
- 2 t minced summer savory

Directions

Remove the stems from the mushrooms and finely dice the caps. (Save the stems for another use) Melt the butter in a large saute pan and add the mushrooms. Saute the mushrooms for about 3 minutes on high heat and then add the minced garlic. Continue to saute until the mushrooms brown up a bit and most liquid evaporates. Let the mixture cool to room temperature.

Place the mushrooms along with the remaining ingredients in the bowl of a food processor and process until almost smooth. Refrigerate at least a couple of hours before serving with crackers or little toasts

Summer Savory and Garlic Salt

Summer savory and garlic salt is absolutely wonderful sprinkled on fresh sliced tomatoes, or lightly steamed green beans. It's super easy to make, and once mixed, this herb salt is left to dry for a few days on a baking sheet. Packaged in a cute jar, it's a welcome homemade gift. Makes about 1/3 cup.

Ingredients

- 1 clove garlic, peeled
- 2 teaspoons plus 4 teaspoons larger flake salt, kosher style
- 1/2 cup fresh summer savory leaves

Directions

Drop the garlic and 2 teaspoons of the salt into the work bowl of a food processor while the food processor is running and process until the garlic is uniformly chopped. Add the summer savory leaves and pulse until the leaves are well chopped. Transfer to a baking sheet and mix in the remaining salt. Let the pan sit out for a few days until the herbs and garlic are obviously dry. Store in a jar.





BOOK

C O R N E R

If you have suggestions for books or other media members might like, submit your suggestions to Julie Fordes at fordes.julie@gmail.com



The HERB SOCIETY of AMERICA

Booklist Recommendation



In *The Drunken Botanist*, **Amy Stewart** explores the dizzying array of herbs, flowers, trees, fruits, and fungi that humans have, through ingenuity,

inspiration, and sheer desperation, contrived to transform into alcohol over the centuries.



Photo of Bee Balm from Catherine O'Brien's garden

Slow Down and Savor the Day

“We come from the earth, we return to the earth, and in between we garden.”

-Alfred Austin



AT-HOME RECIPES



AT-HOME RECIPES

July 2021

Carolyn Kosclskey

"You have to love a nation that celebrates its independence every July 4th, not with a parade of guns, tanks, and soldiers who file by the White House in a show of strength and muscle, but with family picnics where kids throw Frisbees, the potato salad gets iffy, and the flies die from happiness. You may think you have overeaten, but it is patriotism."

- Erma Bombeck (1927-1996)

One year ago this month **Stay-At-Home Recipes** debuted in this newsletter as a special edition recipe collection. At that time we were entering the 4th month of the Covid-19 pandemic quarantine anxiously navigating a new normal trying to figure it all out. Our world as we knew it had abruptly changed overnight. The Houston Livestock Show and Rodeo was cancelled on its ninth day. Schools, businesses, restaurants and fast food places closed overnight along with entertainment venues. Weddings, vacations, family get-togethers and trips were indefinitely postponed and suddenly all family members were at home all day long. Pets were happy! For the home cook preparing meals was elevated to an even more important task. Social isolation, social distancing, hand washing, face masks, fist bumps, online shopping, working from home (WFH), Zoom and herd immunity became important vocabulary. Grocery stores, warehouse and online stores scrambled to meet the demand as panicked shoppers hoarded supplies as if a cat-5 was spinning in the Gulf. Disinfecting sprays and wipes, paper towels, toilet paper and infrared thermometers were added to shopping list, all in short supply. In the June 2020 newsletter (www.herbsociety-stu.org/newsletters.html) Julie Fordes announced, in red upper-case bold print no less, there would be an "all herbal recipe issue" in the July newsletter to reach out to the more than 1,000 newsletter subscribers in a fun and educational way. We needed that. Thanks to all of the members and subscribers who stepped up to the plate we ended up with a collection of 22 family worthy herbal recipes. The Stay-At-Home Recipes section debuted the next newsletter. Beginning with this issue the section will be re-named **At-Home Recipes** to reflect the evolved world we are now living in. *Bon appétit!*



July 4, 2021 is the 244th birthday of
The United States of America.

Let the celebrations begin!

FOURTH OF JULY FLAG CAKE

Sugar Free, Grain Free, Gluten Free

www.spinachtiger.com/patriotic-keto-flag-cake/

Ingredients

Vanilla Cake Dry Ingredients

260 grams / 2 ¼ cups blanched almond flour
28 grams / 2 tablespoons coconut flour
1 tablespoon baking powder
½ teaspoon xanthan gum
½ teaspoon sea salt
1 cup Swerve granulated sweetener
½ cup avocado oil or ½ cup unsalted butter
6 eggs
60 grams / 4 tablespoons sour cream
½ cup almond milk, unsweetened
1 teaspoon vanilla extract

Stabilized Whipped Cream

1 cup heavy whipping cream
2 tablespoon Swerve confectioner's sweetener
1 teaspoon vanilla extract
2 tablespoons cream cheese

Fruit

1 cup fresh blueberries
2 cups fresh strawberries
Raspberries, optional

Instructions

Preheat oven to 350 degrees F. or 180 C. Prepare pan with parchment paper and cooking spray. Whisk the dry cake ingredients together and set aside. Mix together avocado oil and granulated Swerve. Add eggs and mix thoroughly. Add sour cream and almond milk to this. Add vanilla extract. Add dry mixture to wet mixture and stir. Add to prepared 9 X 13 sheet pan. Smooth top. Bake on convection bake for 15 to 17 minutes. Center will be approx. 205 degrees F. Or bake on "bake" mode for 20 to 25 minutes. Cool completely before adding whipped topping.



Stabilized Whipped Cream. Make sure cream cheese is softened (you may want to microwave for ten seconds) before beating with confectioner's sweetener. Add whipping cream and whip until you have fluffy peaks that remain when you turn it upside down on spatula. You can put this whipped cream into a piping bag or spread over the cake using large 1M tip. Before applying fruit, make a layout on a piece of pan size parchment paper to make sure you put fruit where you want. To make blue flag field arrange 4 rows of about 7 - 8 blueberries each row. Slice strawberries lengthwise and arrange in rows alternating with blueberries, raspberries and whipped cream, or however you choose. Refrigerate or serve immediately. Serves 12-16.

Note If using butter beat for full five minutes with the sweetener before adding eggs.

Nutrition Serving size 1 of 16, Calories 248, Carbohydrates 5g, Fat 22g, Fiber 3g

A BRIEF HISTORY OF ICE CREAM

Independence Day has always been a popular summer holiday in America celebrated by all. A traditional 4th of July menu without cake and especially ice cream would almost seem un-American. Going back in culinary history, the earliest record of an iced dessert type food made was in China around 200 BC when a milk and rice mixture was frozen by packing it into snow. Frozen desserts later appeared in ancient Persia, now Iran, some 2500 years ago. Slaves were sent into the mountains to fetch snow to mix with nectar, fruit pulp, and honey. Eventually in AD 54-68 this iced concoction recipe reached the Roman empire, a dish for royalty. Origins of ice cream date back to China's T'ang period AD 618-907. The founder of the dynasty kept 94 "ice men" on hand to lug ice to the palace to make a dish made of koumiss (heated, fermented milk), flour, and camphor. Marco Polo (1254-1324) is believed to have seen ice-creams being made during his trip to China and introduced them to Italy. The first written account of ice cream in the new colonies was in 1744, and a 100 years later an "artificial freezer" was patented containing a tub, cylinder, lid, dasher, and crank, a design still widely used today. Not until 1939 was ice cream sold in American grocery stores.

MAKING ICE CREAM USING DRY ICE

Dry ice can be harmful! Dry ice is frozen carbon dioxide gas at -109.2 F and should be carefully handled with protective gear such as gloves and safety glasses, and kept away from small children and pets. You should never touch it with your bare hands and it should be stored in paper in an open container (such as a Styrofoam cooler with an open lid) in a well-ventilated area. After purchase it will only last approximately 24 hours. It should never be placed in the refrigerator or freezer or put down the drain. Unused dry ice may be disposed of by letting it evaporate outside, or pouring water on it.



HOME MADE VANILLA SOFT SERVE ICE CREAM

www.chefsteps.com/activities/soft-serve-ice-cream

www.youtube.com/watch?v=0SVHxTN8aMw

Soft serve, around since the 1930s, tastes best when the flavor is light and the texture is rich. Achieving both means using a lot of milk proteins but relatively little sugar. It's a well-known formula for rival ice cream monarchs Carvel and Dairy Queen, both of which claim to have invented the refreshing treat. Here's a simple way for making soft serve at home using your stand mixer and dry ice.

Note: It is suggested you first watch the YouTube video for the technique on how the recipe below is made, then substitute your own base (using about 4 ½ cups liquid and adding the ¾ cup skim milk powder) for making.

1.5 kilograms (about 3 lbs.) **dry ice*** (purchased no later than day before from Walmart, Sam's or grocery store)

Low fat recipe, or use your regular ice cream base

1000 grams (4.23 cups) milk

100 grams (0.43 cups) heavy cream

225 grams (1.13 cups) sugar

95 grams (¾ cup = 100 grams) skim milk powder

3.5 grams (pinch) salt

10 grams (1 tablespoon = 13 grams) vanilla extract

Piping bag with large tip

Ice cream cones set in small glasses for serving

Add cold milk and heavy cream to bowl of a stand mixer then stir in vanilla extract, sugar, skim milk powder (for structure) and salt. Wrap small chunk of dry ice in kitchen towels and carefully pulverize with a rolling pin until finely crushed with no pieces large than a pea. Place crushed dry ice in stainless steel bowl making enough equal to volume in mixer bowl. Turn on stand mix and by large spoonfuls every 30 seconds gradually add all of dry ice. Remove bowl from mixer, cover and place in freezer for 5 minutes.

Remove mixer bowl from freezer after 5 minutes. Using large spoonfuls add to piping bag. Bag may be briefly placed back in freezer to firm up mixture until ready to fill cones.

Bonus recipes:

www.marthastewart.com/355960/no-churn-vanilla-ice-cream (No churn ice cream)

www.youtube.com/watch?v=gVvy3ZbZjSo (Making ice cream in a bag / 5:32)



ROSEMARY CITRUS SORBET

Did you know - Granita (Sicilian) is a semi-frozen dessert with a crystalline texture made from sugar, water and various flavorings. A sorbet, or Italian Ice, contains no dairy and is made with fruit and sugar, the texture being fairly smooth and soft. A sherbet is also fruit-based but contains milk making it creamier than sorbet. Ice cream must contain at least 10% milk fat, according to the USDA, and is sweet and creamy. A gelato (Italian) is a lower fat ice cream.

Ingredients

½ cup sugar

½ cup water

1 ½ teaspoons packed fresh rosemary leaves

½ cup frozen lemonade or pink lemonade juice

1 teaspoon lemon juice

In a small saucepan, bring the sugar, water and rosemary to a boil. Remove from the heat; let stand for 2 minutes. Strain and discard rosemary. Stir in the grapefruit juice and lime juice. Pour into a shallow 1-quart dish; cover and freeze until edges begin to firm, about 45 minutes. Stir and return to freezer. Repeat every 30 minutes or until slushy, about 1 hour.

Inspired by www.tasteofhome.com/recipes/rosemary-citrus-sorbet

HOMEMADE FROZEN BLUEBERRY DOG TREATS

www.crazyforcrust.com/blueberry-frozen-dog-treats-recipe

Supplies: any shape silicone mold or ice cube tray

Ingredients: Plain yogurt (any fat content), blueberries or any other fruit your dog likes

Yogurt Layer: Line the base of the mold with yogurt in a thin layer. Freeze until solid, at least 20 minutes. If your pet cannot tolerate dairy coconut oil may be used.

Blueberry Layer: Blend blueberries in a blender or food processor (adding a bit of water if needed). Pipe the yogurt on top and freeze again.

Store in airtight container in freeze.

Labor Day is on Monday, September 6 and is the last of the big 4 summer holidays, the end of summer and the beginning of schools. "Remembered family recipes" for this holiday will be featured with various members invited to tell how they celebrated this fun holiday from years past.

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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