

Herbs Make Scents

THE HERB SOCIETY OF AMERICA
VOLUME XLVII, NUMBER 2



SOUTH TEXAS UNIT
FEBRUARY 2024

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

February 2024 Calendar

- Feb 10, Sat. 9:00 am – 12 noon** **Garden Workday Kolter Elementary** at 9710 Runnymede Dr., Houston, TX 77096.
- Feb 13, Tues. 10:00 am** **Day Meeting:** *"Cooking Inspiration for Your Edible Petals"* will be presented by **Benée Curtis, HSA Rosemary Circle Honoree, 2011 Certificate of Appreciation Awardee** at the **Cherie Flores Garden Pavilion**, 1500 Hermann Dr. Houston, TX 77030. Bring your own lunch. **Free and open to the public.**
- Feb 17, Sat. 10:00 am** **Westbury Garden Workday** at 12581 Dunlap Street, Houston, TX 77035.
- Feb 18, Sun. 2:00 pm** **Herb Day Planning Meeting** at Virginia Camerlo's residence. This is a hybrid meeting with in-person and Zoom options.
- Feb 21, Wed. 6:15 pm** **Evening Meeting:** *"The Many Herbs of Vietnamese Cuisine"* will be presented by **Christine Ha**, the blind cook who won "MasterChef" Season 3. Join us at the **Cherie Flores Garden Pavilion**, 1500 Hermann Dr., Houston TX. Doors open at 6:15 pm, with potluck meal and program at 7pm. **Free and open to the public.**

March 2024 Calendar

- Mar 2, Sat. 9:00 am – 12 noon** **Garden Workday Kolter Elementary** at 9710 Runnymede Dr., Houston, TX 77096.
- Mar 8, Fri. 10:00 am** **Westbury Garden Workday** at 12581 Dunlap Street, Houston, TX 77035.
Note: Change of day
- Mar 12, Tues. 10:00 am** **Day Meeting:** To be announced.
- Mar 15-16** **Pioneer Unit:** plant sale Friday and Saturday; Herbal Forum Saturday. Details: <https://www.herbsocietypioneer.org/>
- Mar 16, Sat. 8:00 am – 11:00 am**
OR
1:00 pm – 4:00 pm **Special Event:** *"Jorge & Destin's Excellent Spring Garden Meet-Up!"* at Jorge's Hidden Gardens 17721 Elizabeth Rd Alvin, TX 77511. Walk through the nursery with Destin and Jorge and select fig trees propagated by Destin, fruit trees, and plants for your spring garden. Raffle, prizes, food and fun! See <https://www.facebook.com/texasgardenguy/>
- Mar 20, Wed. 6:15 pm** **Evening Meeting:** *"Herbs Behind Bars"* will be presented by **James T. "Scooter" Langley, Jr.**, Lee College Horticulture Instructor and Technical Faculty Chair. Join us at the **Cherie Flores Garden Pavilion**, 1500 Hermann Dr., Houston TX. Doors open at 6:15 pm, with potluck meal and program at 7pm. Free and open to the public.
- Mar 23, Sat. 10:00 am** **Westbury Garden Workday** at 12581 Dunlap Street, Houston, TX 77035.

Newsletter deadline: the 25th of every month is strictly enforced. (March Editor is Janice Freeman)



Violets

Happy Birthday!

08 – Terry Snook

14 – Elizabeth Grandich

13 – Maria Treviño

18 – Donna Adair

Chairman's Corner

Happy Valentine's Day!



What a start to 2024 from the perspective of a South Texas gardener. Having moved into our new home just a few months ago, we didn't have much in the ground that needed covering during the MLK Day freeze. What small potted plants we did have I was able to bring inside the back door, along with a small cold lizard or two! I know many of our fellow herbies do have established backyard gardens and I'm sorry for anyone in our community whose efforts to protect from the weather didn't go as planned.

With the first freeze of the year behind us, February is here with all its steely gray skies and damp morning dreariness. That said, it is a wonderful time of year to enjoy a holiday celebrating love, chocolate candy and red roses. I'll take a few pink and red hearts in my life any day and am especially pleased to see them this time of year as a harbinger of spring colors to come. I host an annual Valentines making party for my crafty friends early each February and thought this year I'd look on our national HSA website for some recipe inspiration. With a simple search, I was able to find a recipe that will surely give my friends and me some rosy inspiration: **Rose Petal and Chocolate Chai** (<https://herbsocietyblog.wordpress.com/2022/02/14/love-and-gardening-on-st-valentines-day/>) I want to remind all of you that our national website is full of interesting articles and exciting recipes that are worth perusing while preparing for any event on your calendar.

In STU related news, I was so happy to get back into the swing of evening programs last month with our "Fabulous Figs" presentation. Following what felt like a very long winter holiday break, it was rejuvenating to gather around a pot luck meal and catch up with old and new friends. I even left the event with a fig branch to propagate for my new backyard! I'm also happy to announce that Herb Day plans are coming along swimmingly and we members have much to look forward to helping with. Scroll down in the newsletter to read a message from this year's Chair: Virginia Camerlo. Lastly, members, please save the date for our **annual Business Meeting Wednesday June 12, 2024.**

Dena Gaydos, Unit Chair



spruce up your Recipes!



Join Us for

Cooking Inspiration for Your Edible Petals

South Texas Unit Member, Benée Curtis, will give an informative program on the basics of edible flowers including harvesting, preserving and using edible petals

Tuesday, February 13 at 10 AM

Cherie Flores Garden Pavilion, Hermann Park

1500 Hermann Dr., Houston, TX 77004

Free and open to the public. Bring your own lunch.

The HERB SOCIETY of AMERICA



Cardamom

*Elettaria
cardamomum*

- Cardamom comes from the seeds of several plants which are both in the Zingiberaceae or ginger family
- Green cardamom is most commonly the one referred to in recipes comes from the plant *Elettaria cardamomum*.
- Green cardamom has a spicy sweet flavor and is used in sweet and savory dishes from India to Scandinavia and around the world.
- Indian masala chai is a tea with a blend of spices in which green cardamom is a primary distinctive flavor.
- Most flavorful when seeds are removed from the seed pods and are freshly ground.
- Considered queen of the spice world and one of the most expensive, following saffron and vanilla
- For centuries, cardamom oil has been used in Eastern medicine to treat digestive issues.
- Cardamom oil today is used to treat tooth and gum pain, indigestion, and bad breath. It is also used to flavor pharmaceuticals, and as a fragrance in body care products like soaps and perfumes as well as detergents.

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.





HSA-STU FEBRUARY PROGRAM

“The Many Herbs of Vietnamese Cuisine”

Presented Feb. 21, 2024

By **Christine Ha**
Houston Chef, Author, and
Disability Advocate



Christine Ha has written a New York Times best-selling cookbook, opened three successful restaurants in Houston, (The Blind Goat, Xin Chao, and most recently The Stuffed Belly), and received two coveted James Beard Award nominations. She has also given TED Talks all over the world and received the Helen Keller Personal Achievement Award. And, in 2012, she was the “long shot” winner of MasterChef Season 3.

Also in 2012, Christine Ha was losing her sight due to a rare autoimmune disorder. At the time she was enrolled in the Creative Writing Department at the University of Houston. As she explains her foray into competitive cooking, Christine thought that “going on MasterChef would give me something to write about.”

Her cooking experience at the time was limited to a trial and error process of trying to recreate her mother’s Vietnamese cooking. Christine’s mom had passed away when Christine was 14, before she had been able to teach her daughter to cook or write down her recipes. So when the potential MasterChef contestants were asked to present a dish that represented their life story, Christine chose *thit kho*, the dish she grew up eating in her mother’s kitchen.

And the rest, as they say, was history.

Kolter Elementary Garden



Here are the Junior Koltervators using timber bamboo from the garden of Susan Wood.

Next Open Grassroom days are February 10 and March 2, from 9 am – 12 noon



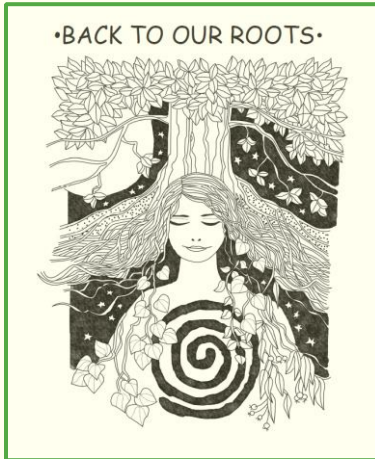
Catherine O’Brien

Life has slowed after a busy holiday season, which is as it should be. But now we are moving out and setting up talks again in the community.

Catherine is scheduled to speak to the Houston Hemerocallis Society on Thursday, January 25 and to Urban Harvest on August 10. Since Catherine’s passion is cooking with herbs, she developed a talk on Mediterranean Herbs to share.

Karen Cottingham is planning to speak on her new favorite topic—figs—to the Charter 100 Houston organization on Tuesday, March 13 at Briar Club.

If you have an herbal topic about which you are passionate, consider joining the Speakers Bureau and sharing your love of herbs.



Back to our Roots

The Westbury Garden and Other “Old School” Herbal Opportunities

Julie Fordes

Westbury Workday - Saturday, Feb. 17 @ 10 am
Westbury Workday - Saturday, March 23 @ 10 am

The freeze has come and gone, leaving gardens everywhere with lots to clean up. We covered the medicinal herb garden with frost cloth after adding a couple bags of leaves before the freeze. Thanks **Debbie Lancaster!** Now that the cloth is removed, (thanks **Donna Yanowski!**) we have lots of treasures to find under the leaves. It was great to have Mother Nature watering for us after the freeze as the Westbury Community Garden lost water for a while. All is back to normal now, whatever that may be. Here are some of the plants that survived and will make a comeback with the warming temperatures.



Take a look at this lovely yarrow!!! This plant takes the prize for the most beautiful after the freeze. That’s not the only award yarrow has this year. **Yarrow just happens to be The Herb Society of America’s Herb of the Year for 2024!** Janice Cox, HSA’s Education Chair gave a webinar on yarrow on January 30. If you missed it, don’t fret, you can still see it. If you are an HSA member you have free, access to this wonderful information when the webinar is archived (which is usually a couple of weeks after it first airs). In fact, membership entitles you to free, unlimited access to all the HSA webinars.



The weblink below is a good description of what was presented on yarrow. Once you take the webinar, you will probably want to come down to the garden and get some yarrow to use in the recipes that Janice provided. Please do!!! You can even take a division with roots to plant in your own garden.

[Member Log In : Portal Log In page : Herb Society of America](#)

We will be cleaning up the garden at the Saturday, February 17 workday or even sooner if the weather allows. March 8 will see us planting for spring. Note the change on the calendar for this Friday morning in March workday. At the Saturday, March 23 workday, I hope to be putting in all the wonderful herbs purchased at the **Pioneer Unit's Herbal Forum and Plant Sale in Round Top** the weekend before. I hope that many of you are going to this great event put on by or sister unit, at least to buy some plants. This year Catherine O'Brien and I have registered for the forum and all that goes with it, and will be spending the night somewhere on Friday!!! The topics look great this year and we will certainly be able to get first dibs on plants!!! Come join us if you can!

Don't forget to sign up to help water the garden. We have open spots in February and March.

[South Texas Unit: STU Westbury Garden Watering Schedule \(signupgenius.com\)](#)





Save the Date

**38TH ANNUAL
HERB DAY**
SATURDAY, APRIL 27TH, 2024



The Herb Society of America
South Texas Unit

Herb Day Update!

Virginia Camerlo
Herb Day Chair

Preparations for the 38th Annual Herb Day are well under way. It is with great excitement that we announce this year's confirmed speakers: Henry Flowers, well known horticulturalist and recipient of the HSA Joanna McQuail Reed Award for the Artistic Use of Herbs; Anita Jaisinghani, chef, author, James Beard Nominee & Semifinalist, and co-owner of Pondicheri restaurant; and South Texas Unit member and long time Program Chair, Karen Cottingham. Check your email and social media (Facebook and Instagram) during the coming weeks for new details as we continue to shape this year's program. Meanwhile, let your imagination run with thoughts of ginger, turmeric and roselle. Registration is anticipated to open by early March.

This special community outreach event, complete with speakers, educational tables, plant sales, vendors, refreshments and lunch, will take place on Saturday, April 27th. STU members who volunteer to help with the event are eligible for discounted admission. Please consider donating needed items or participating in workshops as they are announced.

The next Planning Committee meeting will be held **on Sunday, February 18 at 2 pm** at the Camerlo residence. This will be a hybrid meeting with an in-person and Zoom option (we will have a microphone!). For questions **or interest in volunteering**, please contact **Virginia Camerlo** at camerlocan@gmail.com



Herbal Craft Items and Crafters Needed for Herb Day Marketplace

Herbal Crafts incorporating herbs or items that enhance our gardens and homes will be sold in the Herb Day Marketplace. For example: teas, blends, fragrances, cosmetics, greeting cards and decorative fiber craft. Workshops are held to make some of the items; when members make on their own – please coordinate your craft ideas to double check inventory supplies, coverage/overlap and costs with **Janice Stuff**, jestuff@pdq.net.



Start Member Grown Plants in February

In addition to the array of seasonal herb and vegetable plants that will be offered for sale through our wholesale connections, many plants will also be grown by STU members. Please consider potting up divisions or starting seeds throughout the year for donations to both Herb Day and Herb Fair. NOW is a good time to start growing from seed, especially if you have access to a sunny window or greenhouse. We are currently acquiring a variety of ginger and turmeric rhizomes to pot up. Please contact Virginia Camerlo if you are interested in growing from seed or have supplies to donate. We always have seeds to share. **Keep an eye out for workshop dates! ***NEEDED*** Pots of varying sizes (4", 6", 1 gallon).**



Let's Add Your Name!

Herb Day Planning Committee Coordinators

- Herb Day Chair** – Virginia Camerlo
- Catering** – Donna Yanowski and Maria Treviño
- Door Prizes** - Lucinda Kontos
- Education Tables** – Karen Cottingham
- Folders** – Lorena Jamarillo
- Gift Bags** – Janice Freeman
- Herbal Marketplace** – Janice Stuff
 - Culinary Blends & Teas – Dena Gaydos
 - Fragrances – Faith Strunk
- Make & Take Activity** – Stephanie Calloway
- Photography** – Donna Adair
- Plant Sales** – Jeanie Dunnihoo
- Program/speakers** – Karen Cottingham
- Publicity** – Virginia Camerlo & Karen Cottingham
- Refreshments** – **Assistance Needed**
- Registration, cashier, name tags** - Maria Treviño
- Member-grown Plants** – **Assistance Needed**
- Membership** – Susan Wood & Carolyn Kosclskey
- Speaker's Angels** – Susan Wood
- Table Décor** – Mary Starr
- Vendors** – **Assistance Needed**
- Website** – Benée Curtis

COUNTING YOUR HOURS A HOW TO FOR NEW MEMBERS AND REFRESHER FOR OTHERS

Carolyn Kosclskey, Membership Chair

Collecting volunteer hours is an important job for each unit! We are asked by HSA to submit a sum of our members' hours each year at the end of July. During the year from July 1 through June 30 each member records their volunteer hours on their personal calendar and submits that total in early July to the membership chair. Hours are recorded in 1 hour and ½ hour increments, rounding up for 15+ minutes of activity. What counts? Volunteer hours can take on many forms. Examples include, but are not limited to the following:

Attendance at live and virtual business meetings, and Full Moon Ramble events:

Participation in preparing for Unit Events such as the New Member Orientation, Herb Day and Herb Fair. This also includes time spent preparing and crafting articles sold at Herb Day and Herb Fair;

Gardening at the Westbury Community Garden or a school garden;

Education such as preparing and presenting for a group, or writing a book review or article for the newsletter including submitting recipes and photographs;

Administrative work such as fulfilling a board position or appointed position.

In July when submitting your total hours no need to itemize, just remember hours can be in whole hours or half hours as needed (2 ½ hours = 2.5 hours).

Carolyn



Inspired by “Fabulous Figs”, We Offer Two Treasured Fig Recipes From Bill Varney’s Collection



*“If you have figs in your knapsack,
everyone will want to be your friend.”*

Albanian Proverb

Do you really love figs? Well, I really love figs! in cakes, mixed drinks, pie, baked as appetizers, preserves, chutneys. Here is my version of Fig Cake.

Fig & Almond Cinnamon Basil Cake



- 4 tablespoons butter, melted, plus extra for greasing pan
- 1 cup of organic almonds
- 1/4 cup fresh organic cinnamon basil
- 1/4 cup organic sugar
- 2 tablespoons organic brown sugar
- 1/2 cup organic white flour
- 1/2 teaspoon baking powder
- 1/8 teaspoon salt
- 4 eggs beaten
- 2 tablespoons honey
- 1/2 teaspoon almond extract
- 1/4 cup St. Elder Natural Elderflower Liqueur
- 15 to 16 ripe figs, sliced into quarters

Preheat the oven to 375 degrees. Butter a 9 inch fluted tart pan or as I really like to do, butter 12 small tart pans. Set them aside. In a food processor, add the almonds and 1/4 cup of sugar and grind to a coarse texture. Add the cinnamon basil, pulse, and then add the flour, baking powder and salt and pulse.

In a mixing bowl, beat the eggs, melted butter, honey, almond extract and elderflower liquor. Add the almond/flour mixture from the food processor and mix well, then add the figs. Mix the figs in well until the batter is smooth. Pour the batter into the pan or pans. Sprinkle the top with a little brown sugar. Bake for 30 minutes or until top is golden. Cool before serving.



Fresh Fig Pie or Tarts

For a 9-inch pie pastry:

1 stick (1/4 pound) of chilled unsalted butter, cut into half inch cubes

1 cup all-purpose flour

1/2 teaspoon sugar

A pinch of kosher salt

3 tablespoons to 1/4 cup ice water.

Preheat oven to 350 degrees. Combine the butter cubes, flour, sugar, and salt in the work bowl of a food processor fitted with steel blade. Pulse on/off 3 to 4 times to break up the butter into pea sized bits. With the machine running, add the water a little at a time. Do not allow the dough to form a ball. Stop the machine and check the consistency of the dough. It should gather into a cohesive dough when you squeeze a bit together into your palm. Add a bit more water if necessary. Turn the crumbly dough onto the work surface of a counter with a little flour on the work surface. Knead by hand a couple of times, just enough to make the dough smooth. Pat the dough into a 6-inch disk and wrap in plastic wrap. Refrigerate for about 20 minutes to firm up the dough before using.



For the filling:

2 cups fresh figs cut in quarters

1/2 stick of butter, softened

3/4 cup sugar

1/3 cup flour

1/4 tsp. of nutmeg

2 eggs

2 tbsp. fresh lemon juice

Zest of one lemon

1 tsp. finely minced cinnamon basil

2 drops of almond extract

Mix all ingredients except the figs together.

Roll out your pie pastry, place in the pie pan (or tart pans, if using), and prick all over with a fork. Bake the pastry at 350 degrees for 7 to 10 minutes. Increase the oven temperature to 375 degrees. Fill the baked pastry shell with the prepared filling, top with the figs, and bake for 30 to 45 minutes at 375 degrees. Can serve at once or serve at room temperature.

Enjoy!!!



Karen and Albert recently enjoyed Bill's hospitality



GETTING FIRED UP! A NEW MEMBER FIRE CIDER SOCIAL



“Welcome” to new members Ro Jones, Cecilie O’Gara, Debbie Gordon, and Linda and Steven van Heeckeren; and “Thank You” to organizers, shoppers, choppers, welcomers, and Fire Cider advisors, Karen Cottingham, Dena Gaydos, Tricia Bradley, Maria Treviño, Julie Fordes, Debbie Lancaster, and our lovely hostess, Elizabeth Grandich.



This is the recipe for the Fire Cider served at the New Member “Get Fired Up” Fire Cider Social on January 27. This beverage was also served at the Education Table at Herb Day 2023.

GET FIRED UP! FIRE CIDER

From the kitchen of Catherine O'Brien as modified from Rosemary Gladstar's original recipe*

Ingredients

1 large yellow onion, chopped
5 cloves garlic, chopped
1-2 fresh jalapeños (with or without seeds, depending on how hot you prefer) or
3-4 cayenne peppers
4 Tablespoons fresh ginger root, peeled and chopped or grated
¼ cup fresh horseradish root, peeled and chopped or grated (You might want to do this outdoors since the odor can be overpowering)
1 teaspoon turmeric root, grated
1/8 teaspoon black pepper
1/8 teaspoon cayenne pepper
Juice of ½ lemon
Apple cider vinegar
Honey

Directions from Catherine:

Place all the botanical ingredients and spices in a quart canning jar. Cover with apple cider vinegar, leaving very little head room. Put either parchment paper or Saran wrap over the rim of the jar before putting on the lid and screwing the ring down. The vinegar can be corrosive and rust your lid. Steep the mixture at room temperature for up to four (4) weeks. Shake daily. After four weeks, strain the herbs from the apple cider vinegar. Add an equal amount of honey to the vinegar. Use fire cider to cleanse the throat; use daily or after exposure.

Additional suggestions from Karen:

Fire Cider is one of those concoctions perfect for improvisation. If you like your tonics “hot”, add plenty of hot pepper, ginger, and horseradish; if not, go easy on the pungent and fiery ingredients. For the New Member Fire Cider Gathering we offered the basic ingredients plus “extras” so everyone could personalize their tonics. “Extras” included “chai” spices such as cardamom, cloves, allspice berries, cinnamon sticks, and star anise; dried sage and oregano for an immune boosting kick; dried roselle for a rosy glow; and juniper berries and needles for a hint of the Hill Country. Add honey or not, it's up to you. And when it's time to strain out your botanic material, don't forget to use it to make an amazing soup!

*See “Hill Country Fireside Fire Cider” by Karen Cottingham in the January 2021 edition of *Herbs Make Scents* for additional inspiration and a link to Rosemary Gladstone's original recipe <http://www.herbsociety-stu.org/newsletters.html>



AT-HOME RECIPES

February 2024

Carolyn Kosclskey



In the northern hemisphere February is considered the last month of winter and a transitional month offering a gentle reminder that spring is not far away. Left behind are memories of the relentless summer heat as well as the winter darkness and cold and rain of this past calendar year. A glimmer of light ahead signals new beginnings.

SO MANY HOLIDAYS TO CELEBRATE PLUS A BONUS DAY

There are quite a few holidays this month with 29 days, some more so than others may lend themselves as inspiration for meal plans. Monthly observances include **Black History Month** and **American Heart Month**. The month begins with **Groundhog Day** along with the American Heart Association **National Wear Red Day** on February 2nd. **Fat Thursday** falls on February 8th with **Shrove Tuesday/Mardi Gras** February 13th, the next day being **Ash Wednesday**—Easter falls on March 31st. The Lunar New Year which begins in January celebrating the year of the dragon celebrates the **Chinese Lantern Festival** on February 10th. A very popular American day of celebration is on Sunday February 11th—**Super Bowl LVIII** (58). Abraham Lincoln's birthday is February 12th and George Washington's birthday is the 22nd, but **President's Day** (originally established in 1880 as George Washington's birthday) is celebrated on Monday the 19th. Traditionally President's Day has been celebrated with a cherry pie.

One of the most traditionally celebrated days on the February calendar is **Valentine's Day** and many of the recipes for that day feature strawberries. What's not to love about a beautiful red and fragrant fruit that's low in calories, high in fiber, potassium and powerful antioxidants! The strawberry is a perennial and a member of the rose family and most of those in stores this month will be from Florida and California. In a 2009 New York Times article food scientist Harold McGee wrote that "strawberries, raspberries, and blackberries washed in 125°F (51°C) water fared best, producing just one moldy berry out of 30." <https://www.serious-eats.com/how-to-clean-strawberries-so-they-last-longer-7551632> After washing spin dry in a salad spinner lined with paper towels. There is an abundance of recipes in cookbooks and on the internet for its use in beverages, salads and desserts. There is a great recipe from member **Janice Dana** for *French Strawberry Glaze Pie* (February 2021) and for *Chocolate Cherry Cake* (February 2022) from treasurer **Maria Treviño**, both of which may be found in the recipe sections of the online *Herbs Make Scents* newsletter archives found at <http://www.herbsociety-stu.org/newsletters.html>. And for all of our female readers, remember you can also celebrate **Galentine Day** on February 13th with your gal friends.



RED ALERT

A strawberry mocktail straight from Hollywood!

This strawberry drink is made more delicious by the addition of charred red bell pepper. Place the peppers on a grill or on the burner of your stove until they char and get smoky sweet, then use a paper towel to clean off the ash. You don't have to roast it, but when you do it's so much better. The ancho syrup enhances the smoky and brings the sweet.

1 red bell pepper
2 cups strawberries (about 16 ounces), hulled
1 ½ ounces fresh lime juice
½ cup Ancho Simple Syrup (recipe below)
Ice
Sliced strawberries for garnish

Directions

Roast the red pepper by placing it directly on a hot grill, on a stove's gas burner or under a broiler. Use a pair of tongs to turn the pepper until all sides are completely blackened. Put the charred pepper into a bowl and cover tightly with plastic wrap. The skin will loosen as the pepper steams. Once the pepper has cooled, remove the blackened skin, slice the pepper to open it and remove and discard stem, seeds and membranes.

In a blender, combine the roasted pepper, strawberries, 16 ounces (2 cups) water, the lime juice and ancho simple syrup and blend until smooth. Strain the juice through a fine-mesh sieve into a large container or pitcher, discarding solids. Cover and refrigerate the juice until ready for use. Makes 4 servings.

To serve, give the mixture a gentle stir, pour into ice-filled rocks glasses and garnish each with a strawberry slice.

ANCHO SIMPLE SYRUP

2 cups water
¼ teaspoon ancho chile powder
2 cups sugar

In a medium pot, bring 16 ounces (2 cups) water to a boil. Remove from the heat, add the ancho powder and let steep for 10 minutes. Add the sugar and stir until it dissolves. Transfer the syrup to a clean bottle or airtight container and store in the refrigerator until ready to use.

<https://www.latimes.com/recipe/strawberry-bell-pepper-non-alcoholic-drink-recipe-danny-trejo>



BRUSSELS SPROUT SLAW WITH APPLES AND PECANS

From the kitchen of Ana Jaramillo

Ingredients

1 pound trimmed Brussels sprouts
6 tablespoons extra-virgin olive oil
1 tablespoon lemon zest
¼ cup fresh lemon juice
½ teaspoon crushed red pepper
1 diced Granny Smith or Honeycrisp apple
2 ounces shredded Parmesan cheese
1/3 cup toasted and chopped pecans
1 tablespoon honey
1 teaspoon kosher salt
½ teaspoon black pepper

Directions

Thinly slice 1 lb. trimmed Brussels sprouts using a mandolin or food processor fitted with the slicer attachment. Transfer sliced Brussels sprouts to a large bowl. Add the extra-virgin olive oil, lemon zest, lemon juice and crushed red pepper; toss to coat. Add 1 diced Granny Smith or Honeycrisp apple, shredded Parmesan cheese, pecans, honey, kosher salt and black pepper; toss to coat. Let stand 5 minutes to allow the Brussels sprouts to wilt slightly and the flavors to mingle. Serves 8.

<https://www.southernliving.com/recipes/brussels-sprout-slaw-apples-pecans-recipe>

The At-Home Recipe section features recipes that would be interesting to our readership. Member and non-member readers are always invited and encouraged to submit recipes.

The Herb Society of America
South Texas Unit
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Find our Unit on the web at:
www.herbsociety-stu.org

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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.

