

Chesapeake Bay Herb Society News



February 2016, Vol. 14, No 2

Message from our President - Spencer Garrett



Daffodils have budded under the snow, with any luck global warming will ease us into spring over the next month. We are actively planning the CBHS

activities for 2016. Please consider signing up for a committee and for hosting a general meeting. We need to identify a Chair for the CBHS Herb Garden Committee. We have a good and experienced group of committee members for the Herb Garden but, we need someone to manage the activities.

2016 CBHS dues of \$25 per member were due in January. Please pay Dana McGrath.

If anyone needs transportation assistance to the meeting next Thursday, please let me know and I will arrange a car pool. Hope to see everyone there.

Cheers,

Spencer slg69@atlanticbb.net
410-827-5434

Thursday, February 11: CBHS Monthly Meeting. Immanuel Lutheran Church 7215 Ocean Gateway, Easton, 6:00 PM. Program topic will be "2016 Herb of the Year" presented by our own Mary Jo Kubeluis. The potluck dinner theme is "Capsicum" foods using all varieties of peppers. Meeting hosts are Jackie and Spencer G.

Tuesday, March 1: Board Meeting, 10:00 AM, Senior Center Brookletts Ave. Easton

Thursday, March 3: Deadline for CBHS Newsletter Items, Noon. Make submissions to Penny Hall

Thursday, March 10: CBHS Monthly Meeting. Immanuel Lutheran Church 7215 Ocean Gateway, Easton, 6:00 PM. Program topic will be "Colonial Herbs" presented by our own Katie Moose. The potluck dinner theme is "A Colonial Dinner" Members prepare 18th Century foods flavored with colonial herbs. Meeting hosts are Sharon H. and Ted M.

Tuesday, April 5: Board Meeting, 10:00 AM, Senior Center Brookletts Ave. Easton

Thursday, April 7: Deadline for CBHS Newsletter Items, Noon. Make submissions to Penny Hall

Thursday, April 14: CBHS Monthly Meeting. Immanuel Lutheran Church 7215 Ocean Gateway, Easton, 6:00 PM. Program topic TBD. Meeting hosts are Kathy C and Wendy M.

The purpose of the Chesapeake Bay Herb Society (CBHS) shall be to: a) Share ongoing knowledge of herbs through their use and enjoyment, and b) Contribute to the community through herbal related projects which benefit both members and the community.

2016 Officers: President: Spencer Garrett, Vice President: Ann Davis,

Secretary: Wendy McGuire, Treasurer: Dana McGrath

www.ChesapeakeBayHerbSociety.org



Upcoming Events

February Dinner Meeting

Our featured speaker at the February meeting will be **Mary Jo Kubeluis** who will give us a talk on Capsicum, The Herb of the Year. You may think of peppers as being a vegetable but they have been classified as an herb. Unlike most herbs, there are hundreds of recipes using peppers and many of them are substantial enough for a meal. Almost every country in the world has numerous recipes using peppers. For your potluck, experiment with different peppers and share your expertise.



We circulated the list of committees at our January meeting and there are still many slots that need to be filled. Listed below are our committees. A description of the activities for each of the committees is included. **Serving on a committee is a good way for new members to get to know one another and provides a good opportunity for them to use their expertise to support the society. We encourage everyone to participate in one committee.**

CBHS Herb Garden at Pickering Creek: This is the most important committee and we have several members who have signed up to work but still need a **chairman and co-chairman and several more committee members.** The duties are to maintain CBHS demonstration garden at Pickering Creek. Maintain volunteer log. Conduct tours of herb garden. Coordinate with program committee for 2 programs. Coordinate CBHS participation for Pickering Creek Hoedown.

Club Historian: Chairman Barbara Suman. We need a co-chairman. Photograph, document, and maintain scrapbooks of CBHS monthly meetings and events.

Garden Historian: Chairman Gwen Seigmann. We need a co-chairman Photograph, document, and

maintain scrapbooks of CBHS activities at the Herb Garden at Pickering Creek.

Membership: Chairman Ann Davis. We need a co-chairman. Greet new members and guests at meetings. Introduce guests at meetings. Interview new and current members for feature articles in CBHS Newsletter. Provide new member contact information to Newsletter Chair, President, and Secretary.

Membership Directory: Chairman Ted Mueller. We need a co-chairman. Collate, publish, and distribute yearly Membership Directory and Calendar of Events.

Programs: Chairman Marylou Whelan, co-chairman Sharon Harrington. Committee members would help with program ideas. Plan programs for monthly meetings based on input from committees and members.

Raffle: Chairman Lin Moeller. We need a co-chairman. Collect contributed items from members and conduct raffle at meetings.

Trips: We need a chairman and co-chairman. Select destinations and coordinate travel arrangements for *CBHS on the Go*.

Upcoming Events (cont'd)

Adkins Arboretum in Feb., March

Dog walking every Thurs. 10AM

Feb. 13, Art reception: Juried Art Show 3-5PM

Feb. 19, Paint brush party at Queen Annes Centre for the Arts 7-9

Feb. 20, Soup and Walk

Feb. 27 i phone Photograph Basics 1-4 PM

Mar. 3 & 7 Color Pencil introduction 9:30-3:30

Mar. 5 First Sat. guided walk 10Am

Adkins Arboretum, 410-634-2847 adkinsarboretum.org



February's Special Days: A Potpourri of Celebrations - Dana

Herb of the Year for 2016: [Peppers!](#)

Flower of the Month for February: [Violet](#): Faithfulness, Wisdom and Hope

February is [Chocolate Month](#) & [Heart-Healthy Month](#)

February 5: [World Nutella Day](#). Did you know that hazelnuts [have been used medicinally](#)? Check out "Uses" at the link.

February 9: [Mardi Gras](#).

February 10: [National "Have a Brownie" Day](#). Fannie Farmer, the First Lady of American Cookery, published the first written recipe for brownies in 1896.

February 14: Valentine's Day, voted the Sweetest Day of the Year by Chocolate Lovers Everywhere.

February 17: Random Acts of Kindness Day.

February 18: [National "Drink Wine" Day](#).

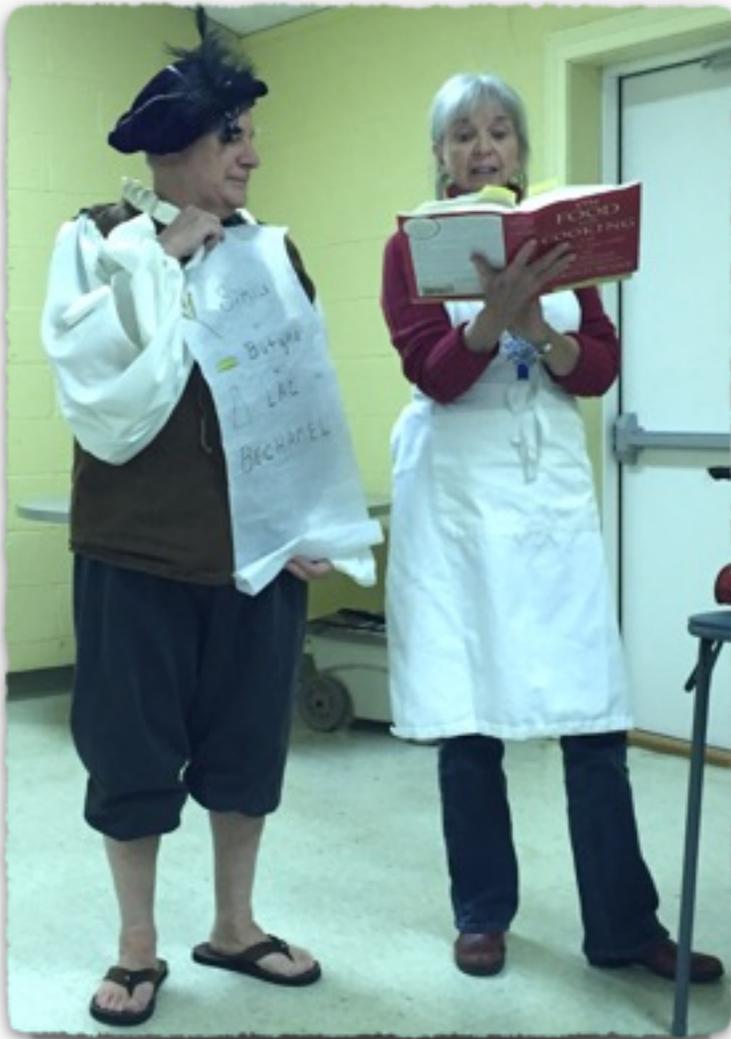
February 28: [National Chocolate Soufflé Day](#).



The CBHS Herb Society members experienced a once in a life time event at last month's meeting. Sharon Harrington gave a very informative demonstration of the six basic sauces. She was ably assisted by Apicius, Roman gourmet and lover of refined luxury who came from Rome to help with her presentation. Below are some of the photos from that meeting.



Apicius and Sharon



Apicius and Sharon



Spencer sampling Sharon's sauce

Ask the Plant and Pest Professor

“Ask the Plant and Pest Professor” is based on questions received and answered by the Home and Garden Information Center (HGIC), an educational outreach program of the University of Maryland Extension. Please visit our website for gardening, pest management information or to send us a question by clicking ‘Ask Maryland’s Gardening Experts’. Follow us on Facebook, Instagram and Twitter.

Question: Which of the following herbs are hardy enough to survive being planted outdoors

in Maryland winters: parsley, garlic, chives, lovage, oregano, fennel, marjoram, rosemary, sage and thyme?

Answer #1: Under most normal winters, all of the herbs mentioned will survive. But our winters are very variable so in some years winter protection would be advisable. A layer of mulch placed around plants after the ground is frozen helps to protect the roots from the freezing and thawing of soil. After the danger of frost has past rake the mulch away from the crown of the plants. Plant your herbs in a protected location to

shield them from drying winter winds. Rosemary can be winter-killed and could benefit from a temporary burlap windbreak. A screen can be easily constructed by wrapping burlap around garden stakes. Garlic is planted in the fall. The bulbs are harvested in early July so replanting each season is necessary.

*Ask the Plant and Pest Professor:
Herbs, Trees, and Flowers
January 10, 2016 by University of
Maryland Extension*

Just a gentle reminder that your CBHS \$25 dues are due now for our 2016 year. Thank you to those who have already paid
You can mail your check to Dana, or pay at the February 11th meeting next week.



Capsicum The Herb of the Year



Most of us think of peppers as a vegetable. But they are also classified as an herb. The International Herb Association chose peppers (or capsicum) as the 2016 herb of the year.

Most cultivated peppers, from the mild bell pepper to hot jalapeños, are from the species *Capsicum annuum*. *Capsicum frutescens* produces the peppers from which Tabasco sauce is made. Extra hot habanero or Scotch bonnet chiles are from the species *C. chinense*. There are about 27 species of *Capsicum*, about half of which have been used by humans. *Capsicum* are members of the nightshade family that includes tobacco, tomatoes, potatoes and eggplant.

Capsicum peppers are not related to our ground table pepper. Table pepper comes from the plant *Piper nigrum*, which is native to the Asian tropics.

Capsicum has been cultivated in the Western Hemisphere for more than 9000 years. Columbus brought seeds back to Europe, where they were first used primarily as ornamental plants. But according to Jan Timbrook, curator of ethnography at Santa Barbara Museum of Natural History, in most other parts of the world, as soon as chiles became known, they were immediately adopted to enhance, and even transform, local cuisines. Chiles make possible such dishes as Indian curry, Thai peanut sauce, Chinese hot and sour soup, Hungarian goulash, Italian pepperoni and Cajun jambalaya.



The heat in peppers comes from a group of alkaloid chemicals called

capsaicinoids, principally capsaicin. Some chiles can blister the skin, so be sure to wear gloves when handling them and avoid letting the juice contact your eyes.

The oily compounds in the peppers dissolve in fat and alcohol, but hardly at all in water. That's why beer is a better heat quencher than water. Even better are dairy products like milk and yogurt. They contain protein compounds that strip capsaicin from its receptor binding sites.

The heat in peppers is measured as Scoville Heat Units. Some of the comparative heat is:

- Bell Pepper 0
- Anaheim 500-1000
- Pasilla 1000-1500
- Jalapeño 2500-5000
- Serrano 5000-15,000
- Yellow Wax 5000-15,000
- Cayenne 30,000-50,000
- Chile Pequin 30,000-50,000
- Chipotle (dried) 50,000-100,000
- Habanero 100,000-300,000

Health Benefits of Capsicum

Like many herbs, peppers also have medicinal uses. Red peppers are rich in vitamins A and C and contain carotene, an antioxidant. They have been shown to reduce levels of cholesterol and triglycerides.



According to Timbrook, the U.S. Food and Drug Administration has approved capsaicin for relieving the pain of shingles (Herpes zoster). Clinical studies have also found it an effective pain reliever for diabetic nerve degeneration, cluster headaches, mastectomy, chemotherapy or radiation, and arthritis. Capsaicin ointments are available over the counter for relief of sore muscles and arthritis pain.

Capsaicin may also help in digestion by stimulating the flow of saliva and gastric juices that aid in digestion. It may also help in decreasing the incidence of acid reflux. Some studies are being conducted to determine if capsaicin

can help suppress growth of cancerous tumors.

Capsaicin helps people adapt to hot climates by stimulating the cooling center in the hypothalamus to lower body temperature. The sweating they induce provides evaporative cooling.

Storing and Using Peppers

The U.S. Department of Agriculture recommends storing unwashed peppers in a plastic bag in the refrigerator. Peppers should stay fresh for about a week, with green peppers staying fresh a little longer than red and yellow ones.

To freeze peppers, remove the stem and seeds, then chop, dice or

slice them. Spread the pieces in a single layer on a cookie sheet. Freeze the tray for an hour or longer. Later place the pieces in sealed bags in the freezer.

To roast peppers, cut a small slit near the stem. If grilling, use a long-handled fork to turn the pepper over the flame until blackened. Or broil the peppers in the oven about 4 inches from the heat source. Place blackened peppers in a Zip-lock bag for 15 minutes to allow them to steam. After removing the peppers from the bag, scrape the blackened skin off using a table knife. Remove the stem and seeds.



Pepper Recipes

Southwestern Pepper Cups

5 green bell pepper (medium, halved and seeded, or use red or yellow peppers)
1/3 cup onion (chopped)
1 1/2 garlic clove (chopped)
3 cups rice, cooked
1 can tomatoes with chiles (10 1/2 ounce, diced and undrained)
1 can whole kernel corn (8 1/2 ounce, drained)
vegetable cooking spray
1/3 cup cheese, cheddar, shredded



1. Wash hands.
2. Blanch peppers in boiling water 2 to 3 minutes. Drain. Set aside.
3. Cook onion and garlic in oil in medium skillet over medium high heat for 3 minutes.
4. Combine rice, tomatoes with chiles, corn and onion mixture. Mix well.
5. Spoon into pepper halves, place on baking sheet coated with cooking spray.
6. Bake at 350 degrees for 10 minutes or until hot. Sprinkle with cheese.
7. Bake again at 350 degrees for 5 to 10 minutes or until hot and cheese melts.

Serves 10

Nutrition Information

for 1/2 prepared pepper, 1/10 of recipe (170g)

<i>Key Nutrients</i>	<i>Amount</i>	<i>% Daily Value*</i>
<i>Total Calories</i>	<i>110</i>	
<i>Total Fat</i>	<i>1.5 g</i>	<i>2%</i>
<i>Protein</i>	<i>3 g</i>	
<i>Carbohydrates</i>	<i>21 g</i>	<i>7%</i>
<i>Dietary Fiber</i>	<i>2 g</i>	<i>8%</i>
<i>Saturated Fat</i>	<i>1 g</i>	<i>5%</i>
<i>Sodium</i>	<i>210 mg</i>	<i>9%</i>

*Percent Daily Values are based on a 2,000 calorie diet.

Pepper Recipes

Roasted Jalapeño Poppers

12 large jalapeño peppers
2 ounces feta cheese
4 ounces cream cheese, at room temperature
4 ounces shredded smoked pepper Jack cheese, or other hot pepper cheese, or extra-sharp Cheddar
A small handful fresh cilantro, finely chopped
2 tablespoons grated onion



Cut 1/3 of each pepper off lengthwise and scoop out the seeds. Place on a baking sheet. If peppers do not sit flat on the baking sheet, slice a thin piece off the bottom of the pepper so it will not roll around.

Mash the feta, cream cheese, shredded cheese, cilantro, and onion together and stuff the peppers with the mixture. Roast for 15 to 18 minutes, or until the peppers are tender and the cheese is brown at the edges and bubbly.

Roasted Garlicky Sweet Peppers And Chiles

3 pounds sweet red peppers (such as bell or Aztec), quartered lengthwise, seeds removed
½ pound red chiles (such as cayenne, Fresno, or jalapeño), halved lengthwise, seeds removed if desired
8 garlic cloves, peeled
½ cup olive oil
Pinch of sugar
Kosher salt and freshly ground black pepper
2 tablespoons red wine vinegar



Preheat oven to 300°. Toss sweet peppers, chiles, garlic, oil, and sugar in a large baking dish; season with salt and black pepper. Roast peppers and chiles, tossing every 30 minutes or so, until they are completely softened and starting to caramelize in spots, 2–2 ½ hours. Let cool, then add vinegar and toss to combine.

Peppers and chiles can be roasted 1 week ahead. Cover and chill. Bring to room temperature before serving. Don't like it hot? Remove the seeds to tone it down, or make this addictive condiment with sweet peppers alone.

Serves 8

Herbal Hints



**Do You Love
HOT & SPICY**

Do you slather your food in Sriracha sauce or top everything with Tabasco?

If so, a new study from the British Medical Journal says you could actually live longer than those who aren't putting much "spice" in their life. Up the spicy intake to six times a week and that number increases to 14 percent. Sounds good, right?

We thought this might be too good to be true. While we don't want to rain on your pepper parade, we do want to set the story straight. So here's the good and bad news.

THE GOOD

Weight Control

One of the biggest benefits of eating spicy food (especially jalapeños, habaneros and cayenne) comes from capsaicin. This natural chemical speeds up the metabolism by increasing heart rate and body temperature. The best time to eat spicy food is with a heavier meal during lunch or dinner. It will stimulate the digestive tract.

Fountain of Youth

Eating spicy food could help you live longer. But what about looking younger?

Spicy food can slow down the aging process by increasing blood flow to the face and body. This makes skin look and feel more youthful.

Healing

Spicy foods are an excellent way to relieve sinus congestion and open up the breathing airway. Not only helps people with sinus conditions potentially decrease their symptoms, but it also helps increase blood flow and overall circulation which improves healing properties. They are chock full of vitamins like A and C, they can help boost the immune system and even fight the common cold.

Heart Helper

Spicy food acts as an antioxidant and blood thinner, which aids in heart disease by improving cardiac blood vessel strength.

Herbal Hints (cont'd)

Anti-inflammatory

Spicy food can help with pain and healing by increasing blood flow to an affected area. Capsaicin is the active ingredient in scotch bonnet peppers and it's known to fight inflammation. This can be also be good for people with auto immune diseases, Parkinson's and even asthma sufferers.

Anti-bacterial

Who knew spicy food can actually kill stomach bacteria? A big benefit of peppers help prevent further infections throughout the body.

Temperature Regulation

One of the most interesting things about spicy food is that it can heat up your body when it's cold out and, surprisingly, can cool your body off when you are hot. Eating spicy food makes you sweat and sweating actually helps your body temperature regulate itself. So while it may seem strange, definitely put more heat on your food when the heat is on.

THE BAD

Irritant

While capsaicin has benefits, it also has some downsides. Capsaicin can be a very potent irritant. It can cause damage to the lining in the stomach, which in turn can cause gastritis, stomach ulcers and even intestinal disease such as colitis. Ouch!

A Bad Burn

You may like the burning sensation spicy food has on your tongue, but the flip side to that is spicy food can

also cause heartburn and/or reflux disease. The reason being: its acidic and irritant properties can cause a rather unwanted effect once it hits your insides. If you experience any of these conditions after eating spicy food, add a side of cream or yogurt to your dish. This may help protect the digestive system by neutralizing the burning potential and temper the irritant properties that can cause harm. Also when paired with a cooked or raw vegetable, you'll lessen the burn.

Taste"less"

While you may think spicy food is enhancing the taste of your food, the fact is spicy foods can also cause damage to the taste buds hampering your sense of taste. This might be the reason why over time you feel like you can turn up the heat even more on your favorite foods - or explain why you can eat the Buffalo wings with the "too hot to handle" sauce.

The Unspeakable

You probably won't want to tell your friends if you suffer from this spicy side effect, especially not while eating but spicy food can worsen hemorrhoids by causing further damage and irritation. It can also make IBS (irritable bowel syndrome) worse, and even potentially cause diarrhea. Not fun.

Eye-yi-yi

If you've ever chopped peppers at home you may know about this unwanted side effect. You are chopping and seeding when all of the sudden you rub your eye. You should be careful not to touch your eyes if handling anything spicy and you may not realize it, but even after hand washing it may still be on your skin. To be safe you may want to wear gloves and take them off and discard them immediately after preparing the pepper.

Happy Valentine's Day