



Gulf Herb Society Coast Newsletter

June
2016

P. O. Box 81817 • Mobile, AL 36689 • www.gulfcoastherbsociety.org

Rosemary for Remembrance DATES

Regular Meetings are held at the Mobile Botanical Gardens.

- **June 25th:** Tomato Tango at Cathedral Square Farmers Market 7:30am-Noon
- **June 28, 5:30pm:** End of the Year Party at MBG
- **July No Meeting:** End of the Year Break
- **August 23, 5:30pm:** Herb Day Coordination

HERB DAY!

Herb Artisans – Growing Using Your Favorite Herbs

Includes lunch, info packet, door prizes, and more!

September 17th, 2016, 9am-Noon
at the Mobile Botanical Gardens.

Register at www.gulfcoastherbsociety.org

Thymely NOTES

[Click Here to find us on Facebook!](#) Read herb tips, recipes, and see pictures from our latest events.

- We'll be featuring a **Tip Time** where we share our knowledge with our newer members. Please have a gardening tip in mind to share.
- Please **volunteer** in the herb garden Saturdays after the monthly meetings.

Message from the PRESIDENT

Hi herbies:

I want you to know what a pleasure and privilege it has been to serve as your president this year. My job has been made amazingly easy by having a wonderful Herb Society board and an involved membership. A huge thank you goes out to those of you who regularly come to meetings, bring friends, talk about or group out in public, volunteer to pitch in with our events, weed our garden, bring food, etc.: many hands make like work – as we all know!

I encourage all members to consider volunteering to serve on the board in the future: as we chart new paths and come up with new ideas, fresh perspectives are always welcome! And if board membership is not your thing, just keep on doing what you do best.

Thank you for having extended this opportunity to me this past year!

-Jody Conrad

Did You KNOW Sweet woodruff (sustainable-gardening.com)

Lovely, delicate miniature groundcover for shade. Nicely fragrant – thus the unappealing sounding “odoratum” in its name. I grow it under my deck and it’s far lovelier than anything else I can get to grow there.



Sweet Woodruff by Richard Cooney

Aggressive spreader? – That’s usually the big question with groundcovers: under what situations is it a big hassle to control or a thug toward its neighbors? According to gardener reports on Daves Garden, it can be a problem when grown under ideal conditions – with plenty of moisture and rich soil. Others gardeners complain that it doesn’t spread enough, so there you go – it’s all about the site. When it does grow where you don’t want it, at least it’s easy to dig out (unlike, say, *liriope spicata*, which I think of as very short bamboo in its tenacity).

Uses – Shady banks, borders, edging, under trees and shrubs, even under decks. If spreading fairly vigorously, so keep it segregated from other small perennials. Large perennials, trees and shrubs can hold their own against it. It’s really on the delicate side.

Details

- Not evergreen.
- Has tiny white, fragrant flowers from late spring into summer.
- Happy in part to full shade, even under decks. Survives full sun if given enough water.
- Has long been used as an herb – in potpourris or added fresh to wine (in Germany). Also a tonic, diuretic or sedative, although it’s been found to

cause liver damage. (A leaf or two in your Rhine wine? No problem, so drink up!)

- To 6-10' tall, authorities tell us, but mine is about 4'.
- Hardy to Zones 4-8.
- Native to Europe and the Mediterranean region.

Care

- If you want it to spread, give it regular water and amend the soil. If you don't, pamper it not one bit.
- In hot, moist summers it will die back (look crappy), so shear it to the ground. New foliage will look much better, especially after the temperature goes down a little.
- Propagate by "division", which I'd describe as digging up little chunks from where it's thick and sticking them where it's not.
- Few disease or pest problems.

Harvestmen

(backyardnature.net)

In many backyards the most conspicuous "spider" isn't a spider at all, but rather something related to the spiders, as are scorpions, ticks, mites, centipedes and millipedes. This is the Daddy-longlegs, also known as the Harvestman

Harvestmen Aren't Spiders – If you look at the body of a Daddy-longlegs with your magnifying glass, you'll see why it's not a spider. First of all, instead of its body consisting of two parts, the cephalothorax and the abdomen, as with spiders, there's just one thing. A Daddy Longlegs has its head, thorax, and abdomen all fused together.

Second, instead of the spider's usual eight eyes, a Daddy Longlegs just possesses two.

Harvestmen Are Harmless – You don't need to be afraid of Daddy Longlegs because they have no venom at all. I know that many people say "Though they have mouthparts so small they can't bite, they have the most poisonous of all venoms in the animal kingdom." This is just one of those "urban myths" going around.

Harvestmen Are Leggy Creatures – The most disconcerting thing that can happen with a Daddy Longlegs is that if you try to handle one, one or more of its legs might fall off. This may be an adaptation to help the critter escape its predators. Unfortunately, the loss of legs can be fairly serious to a Daddy Longlegs because its legs are important

sensory organs. One student of harvestman life once wrote, "A study of harvestmen is a study of legs." That's because the legs, especially the second pair, serve as ears, nose, tongue, and perhaps even as supplementary "eyes." The legs are loaded with nerves and literally thousands of tiny sense organs that lie inside microscopic slits in the legs.

Harvestmen Ecology – Average Daddy Longlegs eat a wide variety of foods, including: aphids, caterpillars, beetles, flies, mites, small slugs, snails, earthworms, spiders, other harvestmen, decaying plant and animal matter, bird droppings and fungi. One in a terrarium will survive on tidbits of bread, butter and fatty meat as well. If you watch one eat, notice how after each meal it draws its legs one at a time through its jaws, cleaning them. Birds are among its enemies. Daddy Longlegs release a stinking odor as a defense against predators.

Every ten days or so the average Daddy Longlegs molts. It splits open its body case, or exoskeleton, then takes about 20 minutes to drag its long legs from their old casings.

Once you watch Daddy-longlegs long enough, you might notice that there's a smaller-bodied, long-legged form, and a larger-bodied, shorter-legged one. The small-bodied, long-legged one is the male. There are over a hundred Daddy-longlegs species in North America north of Mexico!

The Name "Harvestman"

John LaSala writes us that he's read that harvestmen are called harvestmen because they're most conspicuous in the fall, at harvest time!

What Is Wrong With My Herbs?

(herbgardens.about.com)

A benefit of growing herbs, is that they do not suffer many of the problems that flowers and vegetables do. Something that you might face, is the problem of mildew or mold. Both of these things can damage and kill even the most prolific herbs.

Herbs need proper ventilation and sunlight to prevent the kind of environment that molds and mildews like. If you see what you believe to be mold (recognized by a slimy, brown or black area on the leaf or stem), or mildew (a powdery or fuzzy grayish white patch), there are some emergency steps you can do to try and prevent them from doing more damage and possibly killing your herb plant.

- Prune off the affected area - I like to pinch off with my fingers and then wash my hands before moving

to a healthy plant.

- Thin the foliage and possibly the plants - This allows for better air circulation
- Water less often - you may be overwatering and allowing the moisture loving molds to proliferate.
- Remove the entire plant - Sometimes, removal of the plant is necessary. If you find that the simple changes does not improve your herb health, you may have to remove and relocate the herb.

Myrtle's MUSINGS

-  **Tomato Tango** is one of our major fundraising events where we sell fresh tomato sandwiches in Cathedral Square during Market on the Square. The sandwiches are accompanied by homemade herb spreads and refreshments. If you want to donate your time or food items, contact Gulf Coast Herb Society member **Kathy Lovitt** at kathy.atinycottage@gmail.com.

The event is made possible every year by Todd, owner of Cafe 219 downtown. The city will not let us make sandwiches in Cathedral Square, so Todd has graciously offered up his kitchen for us

to prepare sandwiches. If you volunteer for Tomato Tango on June 25th, please show him the Gulf Coast Herb Society's appreciation.

- **Membership Dues** are \$15 for a single person, \$25 for couples - due by the end of our calendar year, which is August. Please pay Lettie McDaniel at the next meeting.
- **Herb Day** is our biggest yearly fundraiser. Don't forget to tell your friends. Includes lunch, info packet, door prizes, & more! Featured presenters include Mobile Botanical Gardens, Mobile County Master Gardeners & the Gulf Coast Herb Society with delectable dishes from their cookbooks featuring favorite herbs mint, parsley, basil, thyme & lemon balm.

Also featuring the Montrose Garden Club and the 2016 Herb of the Year: Peppers!

Seating is limited and **pre-registration is required**. The registration form is on our website at www.gulfcoastherbsociety.org.

"DILL"-ICIOUS Herb Lemonade Recipes ~ MarthaStewart.com

Lemon Verbena Lemonade

Servings:8 Yield: Makes 7 cups

- 1 1/4 cups sugar
- 1 1/4 cups water
- 1/4 cup lemon verbena leaves
- 5 cups fresh lemon juice, strained (from about 24 lemons)
- Lemon Verbena Ice Cubes, for garnish (optional)

1. Bring sugar and water to a boil in a small saucepan, stirring to dissolve sugar. Remove from heat, and add lemon verbena. Cover, and steep for 15 minutes. Strain through a fine sieve, and let cool completely.
2. Combine lemon juice and lemon verbena syrup in a pitcher. Fill glasses with lemon verbena ice, and divide lemonade among glasses.

Mint Lemonade

Servings:6

- 1/4 cup sugar for simple syrup
- Ice cubes
- 1 2/3 cups freshly squeezed lemon juice
- 2 tablespoons julienned mint, plus leaves for garnish
- 1 lemon, sliced 1/4-inch thick, plus more for garnish

1. In a small saucepan, combine sugar and 1/4 cup water. Bring mixture to a boil, stirring until the sugar has dissolved. Remove from heat. Let stand until completely cool.
2. In a large pitcher half-filled with ice, add 2 cups water, lemon juice, simple syrup, mint, and lemon slices. Stir to combine. Serve over ice. Garnish with mint leaves and lemon slices.

GCHS Officers 2016-17

Mary Beth Allison ~ President • Kathy Lovitt ~ President-Elect • Della Schultz ~ Recording Secretary
Lettie McDaniel ~ Treasurer • Joan Hoffman ~ Historian • Lettie McDaniel ~ Ways and Means
Josie Carter ~ Parliamentarian • Sybil Burnett ~ Weeders and Planters • Qjuana Cooney ~ Newsletter Editor