



Gulf Herb Society Coast Newsletter

February
2019

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

Rosemary for Remembrance DATES

Regular Meetings are held at the [Mobile Botanical Gardens](#).

- **February 26, 5:30pm:** Regular Meeting at MBG
- **March 14-17:** Plantasia Spring Plant Sale! at MBG
- **March 26, 5:30pm:** Regular Meeting at MBG
- **April 23, 5:30pm:** Regular Meeting at MBG
- **May 4:** Herb Day! Our annual fundraising event at MBG. More info to come.

Thymely NOTES

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

- Please **volunteer** in the herb garden Saturdays after the monthly meetings or whenever you can. Contact Pat Ivie peivie@comcast.net, 334-315-5874 for info.

Did You KNOW

Attracting Birds To Your Herb Garden ezherbgardening.com

Add texture and depth to your herb garden by attracting birds. Now this can be done in several ways.

A bird bath. Place a bird bath in your herb garden. Birds need water, especially in the winter and the harsh heat of summer. A bird bath will make your garden the in place to go. In the winter the birds flock around our small fish pond because we keep it heated.

A bird feeder. Place your feeders near your herb garden. Provide ground feeders as well as hanging feeders for song birds. And a bright humming bird feeder is a must.

Trees and bushes. Plant your herb garden near bushes and trees. This gives birds the cover they desire when they come to your garden to feed or bathe.

Plants to attract humming birds.

These herb plants will bring humming birds to your garden. Each one is a perennial and blooms at a different time. Plant each one to invited humming birds from spring thru fall.

Anise Hyssop – Humming birds love the blue flowers of this plant. Sun to partial shade.

Anise Sage - The lavender and white flowers bloom from August through fall. Sun to partial shade.

Bee Balm – This tall plant comes in orange-red, pink and purple. My red Bee Balm does the best at attracting humming birds. It blooms in late summer. Sun to partial shade.

Catmint – These lavender flowers start in the spring and bloom through June. Sun and shade.

Comfrey – This is another early spring and summer favorite. Flowers range from pink to blue. Sun to partial shade.

Hyssop – This late bloomer has blue flowers. Plant in full sun.

Rosemary – This plant flowers in different hues of blue during the spring and early summer. Plant in full sun.



Anise Hyssop - Kudos

Plants that attract birds

Bring the pleasure of song birds to your garden with these herb plants.

Bee Balm – This is still one of my favorites.

Marigolds – Adding Marigolds to your herb garden will keep out bugs and bring in the birds. The birds love to pick at seeds in the old heads. Grow in full sun to part shade.

Sun Flowers – Plant in full sun to attract a huge variety of song birds. The birds will come to the mature heads in late summer thru fall.

Verbena – Grows as an annual here. It attracts both birds and butterflies. Plant in full sun.

Yarrow – This summer perennial I blooms from June thru August. Plant in full sun.

Companion Planting for Vegetable Gardens growveg.com

There are plenty of ways in which you can work with nature to help cultivate your crops successfully. For example, you can plant basil next to tomatoes to help ward off whitefly or you can use nasturtiums to lure aphids away from your pole beans. Clever planting schemes can deter pests or lure beneficial insects such as ladybugs and lacewings on to your plot. Some plants can even be used as structural support for others.

Deterring pests – Simply by planting a row of strong-smelling plants next to a row of vulnerable vegetables, you can ward off many pests (such as carrot root fly, white fly and aphids). Carrot root fly can smell carrots from up to a mile away. But if you plant alliums (such as leeks, onions or garlic) near your carrots, this masks their sweet, carrot-y smell. Alliums also deter slugs. So try growing salad leaf crops (such as lettuce and rocket) amongst them. Further, alliums prevent fungal infections. So a row of onions planted near strawberries helps to prevent the strawberries from developing mold.

Basil and marigolds act as a natural insect repellent when planted amongst tomatoes, helping to ward off whitefly. Similarly, a row of nasturtiums planted amongst beans attracts aphids away from your crop. This is because nasturtiums are more appealing to aphids than beans, so the pests will always go for their favored treat if there's the option to do so.

The following plants help deter pests from your crop:

Basil – wards off whitefly when planted amongst tomatoes

Nasturtium – attracts aphids away from beans

Alliums – confuse carrot root fly and protect against slug damage

Lavender – confuses pests

Nettles – attract cabbage white butterflies, keeping them away from brassica crops

Beneficial insects – Planting brightly colored flowers near your crops will attract a wide range of insects to the area. More bees visiting your plot will result in more pollination of your vegetable blooms and therefore lead to bigger yields. Attracting ladybugs and lacewings to your crop will also help reduce damage from aphids. The predators will lay their eggs on your crops. These will hatch into larvae which can each eat up to 150 aphids per day.

The following flowers and herbs are ideal for attracting beneficial insects to your crop:

Candytuft, Cilantro, Sunflower, Lavender and Echinacea

Support network – Using certain crops to help others is another great way to ensure success in your vegetable garden. The traditional 'three sisters' approach involves planting a bed with sweet corn, beans and squash plants (such as pumpkin and zucchini) all growing together. Each plant provides natural shelter and protection for the other. The large leaves of the squash plants shade the sweet corn's roots from sunlight. They also act as a natural mulch by suppressing weeds and preventing moisture from evaporating from the soil's surface. The tall stems of the sweet corn provide a sturdy support for the beans to climb up. In turn, the beans fix nitrogen into the soil,

which benefits both the sweet corn and the squash plants.

Other sturdy plants (such as Jerusalem artichokes) can provide shelter from wind for vulnerable crops. You could also try growing spinach between broad bean plants (the fava beans will offer protection from slugs and wind damage) or grow cabbage seedlings amongst leeks to hide them from pigeons.

Summary – Use strong-smelling vegetables such as alliums (onions and garlic) and herbs (rosemary and basil) to confuse pests and prevent them from attacking your crop

Attract beneficial insects to your vegetable plot by planting flowers and herbs (such as candytuft and cilantro)

Build a support network – use larger vegetables to protect smaller plants and seedlings by acting as a wind block or as a climbing support

The Secret to Getting the Most Out of Dried Herbs

thekitchn.com

While I'd love to cook with fresh herbs all the time, it's not always feasible. Between the occasional lack of practicality, the lack of availability (hello, mid-January), or last minute cooking, sometimes dried herbs are a more convenient choice. And, when used correctly, dried herbs can be your secret weapon to making a seriously flavorful dish.

Dried herbs are an underrated resource. They're inexpensive, versatile, and have a much lengthier shelf life than their fresh counterparts. The most important thing to know about these pantry staples is how and when to use them. Follow these four tips to get the most flavor out of your dried herbs.

1. Stick to woody dried herbs. Not all herbs are that great when dried. Woody herbs – like oregano, thyme, and rosemary – all tend to dry nicely and retain their flavor well. Basil, chives, and other soft, tender herbs tend to lose much of what makes them good once dried. For these, I'd rather buy and use them fresh than settle for the mediocre flavor of their dried counterpart.

2. Replace dried herbs regularly. Even though dried herbs are, well dried and not fresh, freshness matters. Dried herbs don't necessarily spoil or go bad, but they do lose potency and flavor over time. The fresher they are, the tastier they'll be. It's best to toss and replace dried leafy herbs every one to three years.

3. Add them at the right time. As the saying goes, timing is everything – and this couldn't be more true

when you're cooking with dried herbs. To get the most flavor, be sure to add dried herbs during cooking — don't wait until the end. In fact, the earlier you add them, the better; it gives the herbs more time to infuse their flavor into whatever you're cooking.

4. Rub dried herbs between your fingers before using.

How you're adding dried herbs to a dish makes a difference, too. Instead of just sprinkling them in the pot, rub dried herbs between your fingers to crush and break them up first. This simple step releases some of the oil left in the leaves, which equals another dose of flavor.

Myrtle's MUSINGS

- Did you know that oil is harvested from Camellias? More on this later after more research..Also that there are Camellia/Azalea hybrids?
-Barb Comstock
- The Gulf Coast Herb Society will meet on Tuesday, February 26, at 5:30 p.m. at the Mobile Botanical Gardens. This will be an Herb Day planning meeting and we will announce our speaker and ask for your help to make Herb Day a success. **Herb Day will be on May 4 this year.** Dues are now \$15 for those who haven't renewed yet. Please remember we do have someone at the gate that can give you a ride to the Botanical Center if you need it. Also, we would like for those of you that are going to attend to please bring something to share. Since we enjoyed a dinner meeting last month at Red or White, we did not have a formal meeting and there are no minutes to publish. See you at the Gardens!!
-Anne Daniels
- **Old Dauphin Way Plant Swap** will be March 30th at Central Presbyterian at Dauphin and Ann. 10-12pm
-Joan Hoffman

- **Plantasia Spring Plant Sale 2019.** March 14, March 17, 2019, Thursday Preview, Fri & Sat 9-4, Sun 11-4, Location: Mobile Botanical Gardens MarketPlace. Get the best plants for your Gulf Coast garden at our largest plant sale of the year! Plant list posted 2 weeks prior to sale. Sale Date: March 15 – 17 Friday & Saturday, 9am – 4pm Sunday, 11am – 4pm Ticketed Preview Party: Thursday, March 14 from 4pm – 7pm. mobilebotanicalgardens.org
- **Festival of Flower.** March 21–24. Thurs.-Sat., 10a-5p; Sun., 11a-5p, the enchantment of Dutch Gardens comes to Mobile. Providence Hospital Campus, Mobile, USA. festivalofflowers.com
- **Gallery of Gardens 2019 and Brie Arthur.** April 5 -6, 2019, Time: TBA, Location: Various Tour gardens by the water on this year's Gallery of Gardens! mobilebotanicalgardens.org
- **26th Annual Camellia Classic Open Car Show.** Saturday, April 6, 2019. Enjoy a display of hundreds of vintage and classic automobiles as Bellingrath Gardens and Home hosts the Mobile Bay Mustang Club's 26th Annual Camellia Classic Open Car Show on the Great Lawn. It's all for a good cause, too; proceeds from car registrations will go to *Feeding the Gulf Coast (formerly Bay Area Food Bank)* and the Autism Society of Alabama. bellingrath.org
- **Market in the Park for Spring.** Cathedral Square, 300 Conti St. April 27 to July 27 Saturdays- 7:30 a.m. to noon. The City of Mobile's Certified Alabama Farmers Market has a new name- Market in the Park -along with a new logo and location. The Spring Market is in Cathedral Square, with not only the vendors you've come to love, but with new vendors as well! Now you have more locally-produced, locally-made items to choose from. For more information, please call: (251) 208-1550.

“DILL”-ICIOUS Cilantro Crema ~ eatingwell.com

Serves 4
Serving size: 2 tablespoons

Turn an ordinary taco into something special with this creamy, herb-studded sauce in place of plain sour cream. It's traditionally made with Mexican crema, a tangy-sweet cultured cream; if it's available in your area, it can be used in place of the sour cream.

- ½ cup reduced-fat sour cream
- 3 tablespoons chopped fresh cilantro
- 1 tablespoon minced scallion greens
- 1 teaspoon seeded and minced serrano chile
- 1/8 teaspoon salt
- Freshly ground pepper, to taste

1. Combine sour cream, cilantro, scallion greens, chile, salt and pepper in a small bowl until smooth.

Make Ahead Tip: Cover and refrigerate for up to 1 day.

GCHS Officers 2018 - 2019

President ~ Joan Hoffman • President-Elect ~ Pat Ivie • Recording Secretary ~ Annie Daniels
Treasurer ~ Vivian DeVivo • Historian ~ Martha Adams • Ways & Means ~ Vivian DeVivo
Parliamentarian ~ Julie Castle • Weeders & Planters ~ Sybil Burnett & Nita Crandall • Newsletter Editor ~ Ojuana Cooney



GULF COAST HERB SOCIETY

2018/2019 MEMBERSHIP

New Member? Y N

Name: _____ Phone _____

Address _____ City/State/Zip: _____

Email _____ (to receive our Newsletter)

Yearly dues are \$25 and payable in September. Make checks payable to GCHS.

Date _____ Amount \$ _____ Paid by _____ Cash _____ Check # _____

Membership information shared with: _____ President _____ President-elect _____ Treasurer

_____ Membership Chairman _____ Newsletter Editor _____ Membership List Updated

-----**INFORMATION FOR MEMBERS – PLEASE DETACH BELOW**-----

Welcome to the Gulf Coast Herb Society! We meet at the Mobile Botanical Gardens from 5:30 to 7:00pm the fourth Tuesday of the months listed below, unless otherwise announced.

September, October, November, December (Christmas Party), January, February, March, April, May and June (No meeting July or August)

Light Refreshments are served at each meeting, everyone is asked to pitch in to help.

Meetings start at 5:45 program will follow, spring and fall work day in Herb Garden TBA

Questions? Email Joan Hoffman, President, at joanhon13j@gmail.com

Please make check payable to GCHS and Mail to PO BOX 81817, Mobile AL 36689

Check out our website www.gulfcoastherbsociety.org Like us on Facebook!