



Gulf Herb Society Coast Newsletter

April
2019

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

Rosemary for Remembrance DATES

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

- **April 23, 5:30pm:** Regular Meeting at MBG
- **May 4:** Herb Day! Our annual fundraising event at MBG. More info to come.
- **May 28, 5:30pm:** Regular Meeting at MBG

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.

HERB DAY NEWS FOR MEMBERS!

- Please help by donating a door prize. Bring them the day of the event or to our meetings in March and April. Let Kathy Lovitt know if you will help. atinycottage@gmail.com or text 251-680-7979.
- We will be asking for folks to bring brunch food, easy to serve, yummy. Pat has info
- Day of event. Cash or check. Registration 8:30.
- Buy tickets online at <http://tiny.cc/herbday> through May 3rd. \$20 in advance, \$25 day of event. Call or text Kathy to register: 251-680-7979.
- We will be selling our cookbooks for \$12 and aprons for \$15. Herbs will also be for sale.
- You can also register at the Festival of Flowers Gulf Coast Herb Society display.

Did You KNOW

Borage Varieties – Are There Different Borage Flowers

gardeningknowhow.com

Native to warm climates of the Mediterranean, borage is a tall, sturdy herb distinguished by deep green leaves covered with fuzzy white hairs. Masses of bright borage flowers attract honeybees and other beneficial insects all summer long. Home herb gardeners can select from four primary varieties of borage, all equally beautiful and easy to grow. Read on to learn more about various borage plant types.

Borage Plant Types

Below are the common varieties of borage:

Common borage (Borago officinalis) – Also known as starflower, common borage is the most familiar of the different types of borage. Common borage displays intensely blue blooms with contrasting black stamens.



Common Borage

Variegata (Borago officinalis 'Variegata') – This interesting variegated plant displays delicate blue borage flowers and green leaves mottled with white.

Alba – (Borago officinalis 'Alba') – Also known as white borage, Alba is a great choice if you're looking for a plant with intense white blooms. Stalks of white borage tend to be a bit sturdier than common borage and the plant usually blooms later in the season than its blue cousin.

Creeping borage (Borago pygmaea) – Creeping borage is a sprawling plant with fragrant, pale blue blooms that appear from late spring through early autumn. Most borage varieties are fast-growing annuals, but creeping borage is a short-lived perennial suitable for growing in USDA planting zones 5 and above.

All of these plants grow well in full sun, though many borage flowers tolerate partial shade. They also prefer sandy soil, but will happily grow in just about any soil type as long as it drains well. Borage likes to be kept somewhat moist throughout the growing season, but not soggy – another reason drainage is important.

Regardless of the type grown, borage can be prone to reseeding under the right conditions, so deadheading can help alleviate this should it be a concern.

Now that you know about the different varieties of borage plants you can grow in the garden, you are well on your way to becoming a borage connoisseur.

What's the Point of Wasps?

gardenista.com

The picnic is ready. Dietary requirements have been noted and the weather has been kind. Drinks are being poured. And then? A wasp looms into view, followed by another. "They're worse than ever this year," someone says, as a wasp (or yellow jacket) hovers between your drink and your mouth. Most of us at some point have asked: "What are wasps for?"

If Kate Bradbury, editor of *Wild London* was in your picnic party she might say: "If you can't love them, do try to tolerate them." Her book, *The Wildlife Gardener*, even has a section on "How to attract wasps." We pose some reasonable questions:

Do wasps have a point besides being a complete nuisance? "Wasps evolved alongside the other creatures in our gardens and they belong there," says Kate, a wasp apologist. "They prey on caterpillars, grubs and other insects, and so help to keep pest populations down."

How do they find time to bother us as well? "We barely notice wasps in spring and early summer because they are so busy vacuuming up all our pests," explains Kate. They also feed from the flowers of fennel (Above) and angelica. "It's only in summer when they begin to irritate us."

Why do they have to do that? Because their nest is breaking down, says Kate. When the workers are feeding the young early in the season, the grubs secrete a sugary solution as a reward for the adults who feed them. After the queen stops laying eggs in late summer, there are fewer hungry grubs and less sugar for the workers. "This forces them to look for their sugary treat elsewhere, which is when they fixate on our fizzy drinks, fruit, and jam sandwiches," Kate explains.

I prefer wasps to go about their business unnoticed. How can I get them to leave me alone? "If you eat outside in summer," says Kate, "why not leave a blob of jam on a plate nearby? They are far less likely to bother you if they have an easier food source nearby."

I have discovered a large wasp nest under the eaves. How can I move it? "Moving a wasp nest would be very dangerous!" says Kate. The papery nest will contain about 10,000 wasps. "If you stay out of the flight path of a wasp nest, then you should be able to live with it in summer," says Kate. "Social wasps are annual so they won't return next year."

Any other tips? Fermenting fruit is attractive to

wasps but it can also make them drunk, so they are more clumsy and more aggressive. Hook your hammock elsewhere in late summer.

Serata Basil Info: Learn How To Grow Serata Basil Plants

gardeningknowhow.com

If you think of basil as an Italian herb, you aren't alone. Lots of Americans think basil comes from Italy when, in fact, it hails from India. However, the pungent flavor of basil has become an integral part of many Italian dishes.

You'll find many types of basil available in commerce. One heirloom variety you might want to try is basil Serata (*Ocimum basilicum* 'Serata'). Read on for lots of Serata basil information, including tips on how to grow Serata basil in your herb garden.

What is Serata Basil?

Basil is a popular garden herb and a favorite of gardeners since it is so easy to grow. All annual basil varieties thrive during the warm season and require a sunny location in the garden. There are dozens of varieties and cultivars of basil and most of them will give tomato dishes a kick. But basil 'Serata' is something special and definitely worth a second look.

This is a type of basil plant that has been around so long that it is classified as an heirloom. It has ruffled leaves and a good spicy basil flavor. Basil 'Serata' is a unique variety of heirloom basil with a strong flavor and an attractive look. In fact, according to Serata basil information, these plants are really lovely. The bright green leaves of Serata basil plants have fancy ruffled edges. These make them pretty enough to do double duty as a garnish.

If you are considering growing Serata basil plants, you'll want a little more Serata basil info.

How to Grow Serata Basil

Most basil is fairly easy to grow, and Serata basil plants are no exception. You'll need to site this basil in a sunny spot of the garden, preferably a full sun location, to help it thrive.

Basil needs well-draining soil with a soil pH of between 6.0 and 6.5. Fortunately, this pH range is also ideal for most other vegetables. Enrich the soil by blending in organic compost since Serata basil plants prefer a rich soil.

Start basil seeds indoors a month before your outdoor planting date. Sow them ¼ inch (.6 cm.) deep and watch for them to sprout within 10 days.

Pot up a plant when you see two sets of true leaves. Transplant in the garden when the temperature warms and mulch with pine straw.

The Banana Plant is an Herb brokenssecrets.com

We've learned about the importance of fruits and veggies on the food pyramid since grade school. We've learned that carrots, peas and broccoli are vegetables and apples, pears and strawberries are fruits.

But most of us probably haven't learned that the banana plant is an herb or that tomatoes, avocados, string beans, squash, eggplant, green pepper, okra, green beans, cucumbers and corn kernels are fruits.

Merriam-Webster defines an herb as "a seed-producing annual, biennial, or perennial that does not develop persistent woody tissue but dies down at the end of a growing season."

Banana plants do not have the typical wood trunk that supports a tree. Its leaves twist and turn around each other to form a stem that can be 12 inches thick and can grow up to 40 feet tall. At the end of each harvest the plants die completely and grow again the next season. The bananas produced by the plant are the fruit of the herb.

A fruit is defined in the botanical world as the part of the plant that bears the seed – therefore putting tomatoes, cucumbers, avocados, green peppers and more in the fruit category.

In the legal world, however, vegetables as we know them remain as is – all fruit classifications thrown aside. In the 19th century the U.S. Supreme Court ruled that fruits and vegetables were to be classified according to how they are commonly consumed.

Myrtle's MUSINGS

- **Market in the Park for Spring.** Cathedral Square, 300 Conti St. April 27 to July 27 Saturdays - 7:30am – 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. For more information, please call: (251) 208-1550.
- **GCHS's Herb Day! Saturday, May 4th, 9am-12pm** at the Mobile Botanical Gardens. Our annual fundraiser will have guest speaker Chef Cory Garrison, the executive chef of the Grand Hotel. More info on the attached flyer and our [website](#). -Anne Daniels
- **Felderisms.** Anybody can plant an herb. All you do is plant the green side up. Plant lavender in winter and treat as annual. He taunted the beauty of Butcher's Broom and does not understand why no one grows it to sell. Proper name is *Ruscus aculeatus*. It is called Butcher's Broom because butchers used dried stems to clean their butcher blocks. Crushed up beer cans make great plant pot feet. These tip were gotten from listening to his talk at Festival of Flowers.

"DILL"-ICIOUS 3-Ingredient Garlic-Herb Grilled Chicken Wings ~ epicurious.com

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| <ul style="list-style-type: none">• 2 pounds chicken wings (flats and drumettes attached or separated)• 6 medium garlic cloves, finely grated or pressed• 1/4 cup chopped rosemary, | <ul style="list-style-type: none">thyme, and/or oregano• 2 tablespoons vegetable oil• 1 1/2 teaspoons kosher salt, plus more• 1/2 teaspoon freshly ground black pepper, plus more | <ol style="list-style-type: none">1. Pat wings very dry with paper towels. Whisk garlic, herbs, oil, 1 1/2 tsp. salt, and 1/2 tsp. pepper in a large bowl. Add wings and toss to coat. Cover bowl with plastic wrap or transfer wings and marinade to a resealable plastic bag. Chill at least 30 minutes or up to overnight.2. Prepare a grill for two zones, medium and medium-high, or heat a grill pan over medium. Working in batches if necessary, grill wings over medium heat, turning occasionally, until skin is starting to brown and fat is rendering, about 12 minutes. Move wings to medium-high zone of grill or increase heat under grill pan to medium-high. Cook wings, moving to a cooler section of grill or reducing heat if they start to burn, until cooked through, an instant-read thermometer inserted into the flesh but not touching the bone registers 165°F, and skin is crisp and lightly charred, 5–10 minutes.3. Transfer wings to a platter. Season with salt and pepper and serve immediately. <p>Do Ahead: Wings can be marinated 1 day ahead; keep chilled.</p> |
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GCHS Officers 2018 - 2019

President ~ Joan Hoffman • President-Elect ~ Pat Ivie • Recording Secretary ~ Annie Daniels

Treasurer ~ Kathy Lovitt • Historian ~ Martha Adams • Ways & Means ~ Kathy Lovitt

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!

GULF COAST HERB SOCIETY'S HERB DAY SATURDAY, MAY 4, 2019



VENUE

Mobile Botanical
Gardens
5151 Museum Dr.
Mobile, AL 36608



TIME 9:00am – 12:00 Noon
Registration: 8:30am

PRICE \$20 In Advance
\$25 Day of Event

Featured Guest Speaker

CHEF CORY GARRISON Executive Chef Grand Hotel

Cory Garrison is the Executive Chef at the AAA Four Diamond award winning Grand Hotel in Point Clear, Alabama, and is known for his innovative cuisine and focus on local seasonal ingredients. Come learn about growing, harvesting, and cooking with herbs, as they do at the fabulous Grand Hotel!



ACTIVITIES

- Shopping & Refreshments begins at 9:00am
- Program begins at 10:00am – 12:00 Noon
- Raffle Tickets 5 for \$20.00. *Cash or Check*
- Door Prizes!
- GCHS "Sybil Burnett Herb Garden"
- Register early to guarantee seating!
- Cooking with Herbs, Tastings & Herb Sales!

TICKETS

- Buy tickets online at:
<http://tiny.cc/herbday>
or on our website!
- Tickets at the door are cash or check only.
- For Registration Questions:
TEXT Kathy Lovitt at
251-680-7979.

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