



Gulf Herb Society Coast Newsletter

August
2019

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

Rosemary for Remembrance DATES

Regular Meetings are mostly held at the [Mobile Botanical Gardens](#), but are subject to change.

- **August 27, 5:30pm:** Regular Meeting & Officer elections at MBG
- **August 31, 8:30-10am:** Herb Garden Work Day at MBG
- **September 21, 10am:** Tour of Jon Archer Agricultural Center.
- **September 24, 5:30pm:** Regular Meeting at MBG
- **October 18th-20th:** **MBG Fall Plant Sale** at [MBG Market Place](#)

See calendar page at the end of the newsletter for complete details.

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 whenever you can. Contact Pat Ivie peivie@comcast.net, 334-315-5874 for info.

Did You KNOW

5 Ways To Protect Herbs From Extreme Heat And Drought

herbgardens.about.com

Herbs, like any other plants, do not thrive well under stressful conditions. With our weather patterns being out of whack, our herbs are not growing as well as they should be at this peak season. There are ways to help reduce stress on your plants, and here are 5 of them.

1. Water Early/Often – Watering seems like a no-brainer, but watering during high heat and drought requires a little different technique.

Normally, a gardener can water on somewhat of a schedule; more for containers and less for in the ground herbs. The idea is to keep the soil moist and the herbs will stay happy. When it is unusually hot and dry, when herbs become the slightest bit dry, there is risk of them virtually frying in the heat. To counteract this, water during the times when it is somewhat cool so the plants can use it the easiest. This means early in the morning, before the sun

starts to heat the soil to uncomfortable temperatures.

My routine during these hot days, is to water my beds no later than 9 am, and never in the evening. This is the time of day that my herbs seem to be at their best, and they have a couple of hours to absorb the moisture before things start getting too hot.



Cuban Oregano

Avoid the urge to water at night if possible (unless you are using drip irrigation or carefully avoiding the aerial parts). Herbs that stay damp all night are perfect conditions for disease to flourish.

2. Mulch Deeply – Not to sound repetitive, but mulching should be considered a vital part of any gardener's tasks. Mulch helps keep moisture in the ground where it does the most good (I mean, what good is it let the water evaporate?), and you may get that. Did you also realize that mulch keeps the ground, and thus the roots cooler as well? This is beneficial for slowing water loss, but it also reduces the stress of the herbs during these crazy-hot days.

Even if you mulched earlier this spring, it is more than likely that the garden could use a touch up. After watering the next time, carry around a bucket of mulch and add another inch or two wherever you can. Your herbs will thank you.

3. Keep Plants Pinched Back – We all do it: ours herbs grow into spectacular specimens, and we can't bear to trim them back. I often struggle with this when I have a unique (or expensive) herb that is growing well.

During times of drought or high temperatures, keeping your herb plants pinched or pruned back is essential. Why have the plant try to nutritionally support a sprawling habit, when it is already struggling to stay healthy in tough times?

To make it seem less painful, try pinching or pruning back every day. Returning with a few small tips of herb is much less painful than cutting off large branches, when the herb is too large. This also keeps

the plant bushy and lush, rather than full of bare stems with unsightly tufts of leaves on the ends.

4. Provide Shade – It might seem counter intuitive, but providing shade during the hottest part of the day might be just what your herbs need. Greenhouse growers know that sliding a shade cloth over the roof of the greenhouse during the hottest part of the summer, keeps the plants inside from frying in the heat. This is the same idea for the home gardener.

Create a movable shade cloth that you can place in front of your struggling herbs, or move them out of the direct heat if they are in containers. I find that moving my containers into the shade every other day, actually keeps them fresher. This is another bonus to having them in containers.

5. Grow Herbs Indoors – When all else fails, consider giving up on the outdoor garden during the drought season. Growing herbs indoors is easy and pretty simple to start if you use a purchased system.

I have indoor and outdoor herb gardens at the same time. This helps when things get too hot outside, and herbs that I use everyday just aren't growing well. I still have them growing in comfort on my kitchen counter.

Cuban Oregano Uses – How To Grow Cuban Oregano In The Garden gardeningknowhow.com

Succulents are easy to grow, attractive and aromatic. Such is the case with Cuban oregano. What is Cuban oregano? It is a succulent in the Lamiaceae family, also known as Spanish thyme, Indian borage and Mexican mint. It is not a true oregano in the family, *Origanum*, but has a scent characteristic of the true oreganos. There are numerous culinary and traditional Cuban oregano uses. Once you know how to grow Cuban oregano, try this lively little plant in containers, a well-drained, partially sunny area of the garden or in trailing baskets.

What is Cuban Oregano? – *Plectranthus amboinicus* is a perennial succulent with aromatic foliage. It is often grown as a houseplant but can thrive outdoors in warm season regions or in summer. Leaves contain pungent oils, which can be harnessed for cooking.

The flavor of Cuban oregano is said to be much stronger than Greek oregano, the herb most frequently used to flavor pizzas and other Mediterranean dishes. Harvesting Cuban oregano and using it in recipes can provide similar flavor

to traditional oreganos but should be used in more moderate amounts to avoid over-seasoning the dish.

Cuban oregano is a member of the mint or deadnettle family. As such, it has characteristic thick, fuzzy leaves with a strong pleasing odor. Leaves are grayish green and finely haired and saw-toothed at the edges. Flowers are borne in panicles and may be white, pink, or lavender.

Plants grow between 12 and 18 inches tall and may develop a trailing habit, making it attractive in hanging baskets. As an in-ground plant, it will spread to a small mounded ground cover. Cuban oregano growing requirements are somewhat different than traditional oreganos, as they may burn in full sun and perform better in some light shade.

How to Grow Cuban Oregano – Choose a site with well-draining, gritty soil in partial sun for this little plant. It is frost tender but does well in tropical to semi-tropical areas year around. In temperate regions, grow the plant in a container and bring it indoors in fall.

Cuban oregano does most of its growth in spring and summer and prefers hot, dry conditions. That doesn't mean it doesn't need water, however. The plant needs regular irrigation but cannot survive consistently wet roots, which makes drainage especially important.

Growing plants in containers makes it easier to accommodate Cuban oregano growing requirements by moving it as the seasonal sun gets hotter in certain areas of the garden. Some noon-day shade is required to prevent leaves from burning and ruining their appearance.

Cuban Oregano Uses – Cuban oregano leaves can be used just like regular oreganos. Harvesting Cuban oregano leaves for traditional medicinal purposes can be traced back centuries. It was useful in treatment of respiratory and throat infections as well as rheumatism, constipation, flatulence and as an aid to stimulate lactation.

Modern applications use it as a substitute for Mediterranean oreganos, either dried or fresh. The leaves may be dried and crushed to add to meat dishes. Fresh leaves, in small amounts, are used in soups and stews, and in stuffing for poultry and other meat. Be cautious, as the plant is very strongly flavored and can overpower other seasonings. This little plant has attractive foliage, the blooms attract pollinators and its use in the kitchen adds another tool to your culinary prowess.

Myrtle's MUSINGS

- I'm teaching a class this fall; 'Gardening Way Down South', for the Eastern Shore Institute of Lifelong Learning.
-Barb Comstock
- Our own Annie Daniels recently received a prestigious professional award for her work as the Chief Pharmacist at Ozanam Charitable Pharmacy, here in Mobile. Ozanam provides maintenance medications to financially stressed patients with serious chronic conditions such as heart disease, diabetes, and high blood pressure. Without such assistance, many patients would have to choose between buying food for their family or buying expensive medications. The Alabama Pharmacy Association named Annie the winner of the 2019 "Bowl of Hygeia Award." (Ozanam's Facebook page explains more about the symbolism of the "Bowl of Hygeia," but it has to do with healing and the pharmacy professions.)

The award is given annually to a selected pharmacist who has an outstanding record of civic leadership in their community. We're grateful to have Annie's leadership in our community, and in our own Gulf Coast Herb Society.
-Patricia Ivie
- On September 7, from 10:00 a.m. to noon, there will be a Mushroom Field Walk at the Crosby Arboretum in Picayune, MS. There will be a talk by an expert from Mississippi State about the ecology, taxonomy, and use by humans of mushrooms,

followed by a field walk in which participants will gather mushrooms and bring them back to the class for analysis and discussion. Further details at crosbyarboretum.msstate.edu.

On September 14, from 9 am to 2 pm, the Pascagoula River Audubon Center (in Pascagoula, MS), the Center will hold its first Hummingbird and Nature Festival, featuring up close views of hummingbirds and bird banding, and a native plant sale. For list of activities and plants for sale, and to purchase tickets, go to pascagoula.audubon.org
-Patricia Ivie

- **The Nominations Committee for GCHS** is seeking members who would like to serve as an executive (treasurer, secretary, historian, or parliamentarian) and/or on one of our committees in the coming year. Stacy Abrams has agreed to be on the membership committee and could use help with building our membership.

We also need our members' help on an Herb Day committee so we can have another successful Herb Day fundraiser. Please contact Annie Daniels at mbdmobile@aol.com, or Julie Castle at jvcastle@bellsouth.net, if you would like to help the Gulf Coast Herb Society!
-Annie Daniels

- **MBG Fall Plant Sale** October 18 - October 20th. Fri & Sat, 9-4 / Sun 11-4 at MBG, MarketPlace. Get the best plants for your Gulf Coast Garden at our Fall Plant Sale! Plant List will be posted here two weeks prior to sale. Mobilebotanicalgardens.org

"DILL"-ICIOUS Cuban Marinade ~ csaproducerecipes

You can use it as a marinade for meat or chicken but can also pour it over veggies and potatoes or toss it with salad greens.

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|-------------------------------|-----------------------------------|---|
| • 1/4 cup
chopped garlic | or sea salt | 1. Mix together the garlic, onions, orange juice, and lime juice in a bowl.
2. Heat the olive oil in a large saucepan.
3. Slide the contents of the bowl into the hot oil — be very careful because the liquid will splatter.
4. Simmer for 5 minutes to soften the onions and garlic.
5. Season the marinade with the rest of the ingredients. Pour everything into a blender or food processor and pulse to combine.
6. Pour into a plastic container and cool to room temperature; then cover and refrigerate. This marinade keeps for up to 2 weeks in the fridge. |
| • 1/2 cup
chopped onion | • 1 TBL black
pepper | |
| • 1 cup fresh
orange juice | • 2 TSPs ground
cumin | |
| • 1/2 cup fresh
lime juice | • 1 cup Cuban
oregano | |
| • 1/2 cup olive oil | • 1 TBL chopped
fresh cilantro | |
| • 4 TSP Himalaya | | |

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 Calendar of Activities – August - December 2019

August 27, 2019 – Tuesday, 5:30-7:00pm. Monthly meeting of GCHS at the Botanical Center, Mobile Botanical Gardens, 5151 Museum Drive, Mobile. Election of officers, meet and greet for members and guests, refreshments provided by current officers.

August 31, 2019 – Saturday, 8:30-10:00am. Work in the Herb Garden for 1 to 2 hours. Email Annie Daniels, mbdmobile@aol.com, or Pat Ivie, peivie@comcast.net, if you can help.

September 21, 2019 – Saturday, 10:00am. Tour of the lovely gardens, including an herb garden, maintained by the Master Gardeners at the Jon Archer Agricultural Center, 1070 Schillinger Rd, Mobile. MaryJo Broussard will be our knowledgeable guide. After the tour we will gather for lunch at a west Mobile restaurant (to be announced).

September 24, 2019 – Tuesday, 5:30-7:00pm. Monthly meeting of GCHS at Botanical Center. Kathy Lovitt will present tips on how to use herbs and natural materials to decorate for the holidays. *Members are encouraged to bring something to share for our refreshments at the meeting.*

October 5, 2019 – Saturday, 8:30-10:00am. Work day in the Herb Garden behind Botanical Center. Bring favorite gardening tools and gloves.

October 22, 2019 – Tuesday, 5:30-7:00pm. Monthly meeting of GCHS at Botanical Center. Joan Hoffman will show us how to successfully propagate plants for the garden. *Members are encouraged to bring something to share for refreshments at the meeting.*

November 19, 2019 – Tuesday, 5:00pm. One of our periodic dinner adventures exploring the use of herbs in local restaurants. Meet at Mirko Italian Restaurant, Legacy Village Shopping Center, 9 Du Rhu Drive, Mobile. Come enjoy the food and the company.

December 15, 2019 – Sunday 2:00-4:00pm. Holiday Cookie Swap at member Pat Ivie's house. Bring your favorite holiday cookies to share at the party. If there are any cookies left, we'll swap cookie treats to take home.

NOTE: The above listed plans may change, or additional events and meetings may be added, so please check back frequently

MOBILE BOTANICAL GARDENS Calendar for 2019 – 2020

EVENTS/ SOCIAL (for more info [CLICK HERE!](#))

- **Fall Plant Sales** October 18 - October 20, 2019. Time: Fri & Sat, 9-4 / Sun 11-4. Location: MBG, MarketPlace. Get the best plants for your Gulf Coast Garden at our Fall Plant Sale! Plant List will be posted here two weeks prior to sale.

CLASSES (for more info [CLICK HERE!](#))

- **Friday Garden Sketch Club.** November 9, 2018 - April 5, 2020. Fridays, 2-4pm. Fridays, 2-4pm. MBG Larkins Classroom. General Admission (\$5) for non-members
- **Vignette Drawing and Design.** August 16 - September 27, 2019. Time: Fridays, 10am - 1pm. Location: MBG Larkins Classroom

PRESENTATIONS (for more info [CLICK HERE!](#))

- **Marion Deane Drummond Lecture Series.** September 22, 2018 - October 19, 2019. Time: See specific lecture for details. Mobile Botanical Gardens

GCHS Food Team Duties

- Make sure kitchen tables and counters are clean
- No food left in fridge
- Pick any trash off floor
- Clean spills from floor
- Take out garbage & place new - bags in cans bags are on to fridge
- If table and chairs are to be put up we will let you know - if not they can be left out
- Make sure all doors are locked
- Thermostats must be left as you found them



GULF COAST HERB SOCIETY

2019/2020 MEMBERSHIP

New Member? Y N

Name: _____ Phone _____

Address _____ City/State/Zip: _____

Email _____ (to receive our Newsletter and updates)

Committees I am interested in: _____ Herb Garden _____ Membership _____ Herb Day

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

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

INFORMATION FOR MEMBERS

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 month, unless otherwise announced in our newsletter and emails.

Refreshments are served at each meeting, it's optional to bring something to share.

Meetings start at 5:30p.m., program will follow, work days in Herb Garden TBA

Questions? Email Patricia Ivie, at peivie@comcast.net or

Annie Daniels, at mbdmobile@aol.com.

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

Or bring your check or cash to one of our meetings

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