



Gulf Herb Society Coast Newsletter

July
2021

Mailing Only: 109 Grand Blvd • Mobile, AL 36607 • www.gulfcoastherbsociety.org

Rosemary for Remembrance DATES

- **July 27, 5:30 pm.** GCHS Meeting at Arroy Thai Restaurant.
 - **August 24, 5:30 pm.** GCHS Meeting at MBG!!!
- 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.
- **2021/2022 GCHS membership dues** are due August, 2021 Make checks payable to GCHS \$25.00
Mail to or drop off: % Kathy Lovitt, 109 Grand Blvd, Mobile, AL 36607. Questions? Call Kathy 251-680-7979
-Kathy Lovitt

Message from the PRESIDENT

Hello Everyone!

I want to thank all our members for the great year we had despite the COVID pandemic. We all learned how to Zoom, wear masks when working in the Herb Garden, and keep in touch with each other. I have enjoyed being your President and hope we can keep adding to and learning from our Herb Garden. Please welcome Beth Poates as your incoming President!

We decided at the June meeting to meet at Arroy Thai restaurant on the fourth Tuesday of July at 5:30 p.m. That will be July 27th. Our new year begins with our August meeting, which will be held IN PERSON at the Mobile Botanical Gardens! So plan for the year ahead, I think it will be great!

-Annie Daniels

Did You KNOW

Vietnamese Coriander
advicefromtheherblady.com

Vietnamese coriander (*Persicaria odorata*) is widely used in Southeast Asian cuisines. The taste is described as a lemony cilantro or spicy mint.

It is most closely associated with Vietnamese cooking where it is known as rau ram. The leaves are used raw in salads, and cooked in soups and stews. Other names for this herb include Cambodian mint, laksa leaf and praew leaf.



Vietnamese Coriander

In Cambodia, the leaves are also used in salads, soups and stews as well as Cambodian summer rolls. Elsewhere in Southeast Asia, the leaves are used in laksa, a spicy soup eaten in Singapore and Malaysia.

Interestingly, in Vietnam the plant is thought to suppress the libido. Buddhist monks grow it in their gardens and eat it daily in the belief that it will help them keep their vow of celibacy.

Vietnamese coriander is a tropical perennial that is hardy in zones 9 – 11. In colder areas, it is grown as an annual or it can be brought indoors for the winter. Related to knotweed, the plants can become invasive. They are short, about 6 inches tall, with a tendency to sprawl. Unlike mint which is determined to take over the world, Vietnamese coriander will stop growing when it runs out of space. So either confine it to a small corner of your garden or in a container.

The plants prefer partial shade and moist soil. In their southeast Asian home, they are understory groundcovers, growing in the shade of other plants. They are often found growing along the banks of streams and ponds. They will tolerate full sun if kept in very moist soil. The stems are jointed like their knotweed cousins. The leaves, lance shaped, variegated maroon on top and solid burgundy underneath, grow from the stems at each joint. For cooking, use young leaves. The leaves become tougher and less flavorful as they age.

Vietnamese coriander is easily propagated via both stem and root cuttings.

Signs that Show Your Plants Need Nitrogen
balconygardenweb.com

Learn how to check for Signs That Show Your

Plants Need Nitrogen and save their foliage and flowers from getting damaged over time.

Nitrogen deficiency in the soil brings noticeable signs in the foliage of plants. Since it is an essential component responsible for plant development, it is essential that you always look out for Signs That Show Your Plants Need Nitrogen.

Why is Nitrogen Necessary for Plants?

Plants need nitrogen to make proteins and amino acids. It is also an essential part of their DNA structure. If the plant is not getting enough nitrogen, then it won't be able to make cells, which may lead to stunted growth and eventually death.

Signs That Show Your Plants Need Nitrogen

- The plant's foliage becomes pale green to yellow-green, losing its shine. Younger leaves are affected the most in particular.
- The stems will become droopy, turning into a shade of purple or reddish.
- Plants produce smaller than ordinary blossoms that may wilt and die faster than expected. Since the plant doesn't support growth due to the lack of nitrogen, the resulting blooms may be less and of poor quality.
- Without sufficient nitrogen in the soil, plant development is probably going to be delayed and it will show stunted growth.

What Causes Nitrogen Deficiency?

- Too much manganese, potassium, and zinc in the growing medium.
- Low nitrogen content in the soil.
- Too much calcium or chloride in the water or soil.
- High pH value in the soil.
- Nitrogen, being easily soluble, getting washed from the growing medium.

How To Correct Nitrogen Deficiency In Soil

- Here are the following ways in which you can correct it.
- The quickest way to deal with the situation is to use a fertilizer with high nitrogen content with a high N value. You can also use a balanced fertilizer according to the instructions on the label.
- Add well-rotted horse, cow, or chicken manure, blood, or alfalfa meal to the soil.
- Using compost from time to time also ensures that the right nitrogen level is maintained in the soil.
- You can also plant nitrogen-fixing plants like beans and peas.
- Adding coffee grounds to the growing medium is also a good way to boost nitrogen.
- Use fish emulsion, which has an NPK ratio of about

5:1:1 – '5' being the nitrogen.

- Add grass clippings as mulch. When they will decompose, they will add nitrogen to the soil.

Basil Plant And Flies: Does Basil Keep Flies Away?

gardeningknowhow.com

Herbal plants have many beneficial properties. Some herbs are useful companion plants that prevent pest problems. It is said that basil can keep flies from pestering you. Does basil keep flies away? Let's separate the fact from the fiction and get an answer to the pesky question regarding basil and flies.

Basil is one of the warm season herbs that are classics in summertime cooking. The plant requires plenty of sun and heat but basil can be grown indoors by a southern window for convenience. There are many varieties of basil, adding a twist on the plant's flavor in essences of citrus, licorice, cinnamon, and spice.

Flies on Basil

The intense scent and oil in basil and many other herbs are often used to deter common household pests. The pungent herb seems to repel flies and basil pest control has been used since ancient times. Basil is intolerant of cold temperatures and needs a full day of sunlight. The plants are useful as potted herbs in a sunny, bright kitchen or outside in the warm summer months around the vegetable or herb garden.

Potted basil plants require well-drained soil and should not be allowed to stand in a dish of water. Soggy soil attracts small gnats and basil plant flies which are annoying and difficult to remove.

Outdoor basil plants are susceptible to whiteflies in spite of their ability to repel domestic house flies. Repeated applications of a horticultural soap may help get rid of basil plant flies. Basil pest control seems to have limited effectiveness when the pests are actually on the plant!

Does Basil Keep Flies Away?

Most herbs with strong oil content and scent appear to have some repellent properties for domestic pests. Basil contains very heady oil and is useful in the kitchen to keep small gnats and flies out of food.

Small moisture gnats that live in the soil of potted plants are also foiled by mixing in some dried basil to the soil. The plant doesn't kill flies, but anything that prevents them from contaminating the kitchen and food and is non-toxic is a useful product.

In a nutshell, information on basil and flies is more in the form of folklore. That being said, you can try the basil method because the worst thing that can happen is you have a fresh lovely herb to use. The best is a pest-free kitchen.

Message from the PRESIDENT-ELECT

Hello Everybody!

I hope everyone had a great 4th of July! I want to thank Alicia Davis for her hospitality and for sharing her beautiful gardens with all of us at the end of year/installation of officers party. I know everyone that attended had a great time. It was great fellowship after a long year of isolation and zoom meetings! I am looking forward to a new year of seeing faces in person and working together! I also want to thank Nicole Oowler for her great presentation about drying flowers and the references that she gave us. This was perfect for our upcoming Christmas ornament project!

Annie, what can I say? You were an awesome President! You took the challenge and ran with it!!! Covid restrictions made this past year so "abnormal"! You continued to hold us together and have meetings. You led us in the right direction for the Christmas project with MBG and we had great success! You also led us in our herb garden work projects; cleaning the individual gardens and planting new "stuff"! You also handled the "Zoom Challenge", to continue to have our monthly meetings! You were, (and still are), AWESOME! Your leadership is much appreciated! Thank You from all of us!

A couple of reminders:

Dues are due in August. You can make your check out to GCHS and mail it to: GCHS, c/o Kathy Lovitt, Treasurer, 109 Grand Blvd. - Mobile, AL 36607. Our dues are \$25.00.

Our July meeting will be held on July 27th, at 5:30. Location will be at Aroy Thai Cuisine, 966 Government Blvd; They have beautiful Basil and Mint herbs growing behind the restaurant in the parking lot!. The owner will ask his Grandfather to speak to us about his secrets of success with growing herbs. (We did this dinner a couple of years ago and it was sooo much fun)! Feel free to bring a guest!

Please shoot me a email if you plan to come so that I can let the restaurant know how many people to expect. My email address is poates57@gmail.com.

Our August 24th meeting will be at MBG. I plan to have a speaker! Plse. plan to bring a snack/dish to share! (It will still be daylight and we will have someone at the gate for our safety)!
-See you soon! Beth Poates

Myrtle's MUSINGS

- We have a container garden out on the balcony that I have to adjust for the kind of sunlight we get. We have a lot of the same herbs we brought from Mobile plus my favorite, anise hyssop. We have our 5 types of basil that's doing good. We have enough in the summer to eat herbs for every meal of the day. Our tropical Asian plants we brought from Mobile are doing good, like our midsummer cilantro replacement Vietnamese coriander. In the winter we have a closet outfitted with grow lights to keep them alive.
- Q Cooney

"DILL"-ICIOUS Shrimp and Basil Stir-Fry ~ bonappetit.com

Yield: serves 4

- | | | |
|---|--|--|
| <ul style="list-style-type: none">• 3 Fresno chiles, coarsely chopped• 6 garlic cloves, smashed• 1/2 cup sugar• 2 Tbsp. fish sauce• 4 Tbsp. vegetable or grapeseed oil, divided | <ul style="list-style-type: none">• 1 tsp. kosher salt, plus more• 1 lb. large shrimp, peeled, deveined• 2 cups basil leaves (about 1 bunch)• Lime wedges (for serving) | <ol style="list-style-type: none">1. Blend chiles, garlic, sugar, fish sauce, 3 Tbsp. oil, and 1 tsp. salt in a blender until smooth. Transfer marinade to a medium bowl and add shrimp; toss to coat. Let sit 10 minutes.2. Heat remaining 1 Tbsp. oil in a large nonstick skillet over medium-high. Just when oil begins to smoke and working in batches if needed, add shrimp, leaving marinade behind, and cook, turning once, until lightly charred around the edges, about 1 minute per side.3. Remove pan from heat. Add basil and toss vigorously until basil is wilted. Transfer shrimp mixture to a platter. Serve with lime wedges alongside. |
|---|--|--|

GCHS Officers 2020 - 2021

**President ~ Annie Daniels • President-Elect ~ Beth Poates • Recording Secretary ~ Martha Adams
Treasurer ~ Kathy Lovitt • Historian ~ Jennifer Williams • Ways & Means ~ Kathy Lovitt**

Parliamentarian ~ Martha Fuller • Weeders & Planters ~ Sybil Burnett & Nita Crandall • Newsletter Editor ~ Ojuana Cooney

GULF COAST HERB SOCIETY Calendar of Activities – 2020 - 2021

July 27th, 5:30pm: Arroy Thai Restaurant. 966 Government Blvd.

August 24th, 5:30pm: Mobile Botanical Gardens

HERB DAY Postponed. Date to be determined.

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 2020 – 2021

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

- **Georgia Roussos Catered Lunch.** Wednesdays and Fridays. 11:30am - 12:30pm. \$15
Georgia Roussos Catering provides boxed lunches with desserts that may be purchased online and picked up curbside at the Gardens on Wednesdays and Fridays.

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

- **Delving into Poetry.** July 21 & 28th 10:00am - 12:00pm. \$50 – \$65
Join the Writers In Nature for a month long workshop on reading, writing, and discussion poetry. Class led by Dr. Sue B. Walker, former Poet Laureate of Alabama.
- **Discover Pointed Pen Calligraphy.** July 22nd, 29th, August 5th, 12th. 1:00pm - 3:30pm. \$100 – \$125
Join Donna Brown for this 4-week workshop that will introduce you to the beautiful and elegant art of pointed pen calligraphy. You don't need great handwriting to make beautiful calligraphic.
- **Yoga Class.** Monday and Thursday. 4:00pm - 5:00pm. \$10 – \$12.
Join Elise Saunders for an evening yoga class held in our Larkin Classroom! Classes offered Monday and Thursday evenings from 4:00pm -5:00pm Please note: Please bring your own mat and any props.
- **Botanical Art: Learning How to Draw I – An introduction to drawing.** July 23rd, 30th, August 6th, 13th. 10:00 am - 1:00 pm. \$125 – \$150.
If you have long held the desire to learn how to draw then this class is for you. And also, for those who simply wish to take their drawing skills.

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

GCHS Food Team Duties

- | | | | |
|---|---|---|--|
| • Make sure kitchen tables and counters are clean | • Clean spills from floor | • 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 |
| • No food left in fridge | • Take out garbage & place new - bags in cans bags are on to fridge | | • Thermostats must be left as you found them |
| • Pick any trash off floor | | | |

