



Gulf Herb Society Coast Newsletter

September
2021

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

Rosemary for Remembrance DATES

- September 28, 5:30 pm. GCHS Meeting at MBG
- October 22-23. MBG Fall Plant Sale
- October 26, 5:30 pm. GCHS Meeting at MBG
- December 2-4. MBG Holiday Market

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.
- A Membership form is at the end of the Newsletter. Mail to or drop off: c/o Kathy Lovitt, 109 Grand Blvd, Mobile, AL 36607. Make checks payable to GCHS \$25.00 Questions? Call Kathy at 251-680-7979. -Kathy Lovitt
- A Message from the GCHS President is towards the end of the newsletter.

Did You KNOW

Which Herbs Grow Best Together
motherearthnews.com

Growing herbs can be such a rewarding experience, it gives you the option to flavor your food with fresh herbs instead of using dried herbs from the store. One of the biggest benefits is that growing herbs requires only a little time, effort and room. Even gardeners living in a small space in the city can enjoy the 'fruits' of their labor. However, not all herbs get along - some prefer different living conditions. Figuring out which herbs will grow together happily is the first step towards starting your herb garden.

Why Companion Planting Matters

I know some of you are probably wondering why planting herbs with their proper companions is such a big deal. They're just herbs, right? They should all be able to live together.

While being able to throw them all in one planter in call it a day certainly has its appeals, herbs are a little more picky than that. Some herbs such as rosemary,

thyme and sage prefer a soil that is relatively dry and sandy- while basil and parsley are moisture lovers.

Herbs like mint tend to invade any space near where they are planted. Mint doesn't like to share, so planting it with other herbs may not bode well for your mint's planter partner.

The good news is, most herbs have at least one thing in common - they love the sun.



Banana Mint

The More We Get Together

Now that we've gone over why cohabitation is important, let's start looking into which herbs get along the best. A word of caution; some herbs can impact the flavor of what is planted around them.

For instance, if you try to plant a lemon variety of mint with spearmint they may cross pollinate and deliver some strange and interesting new results. With that warning out of the way, let's get down to business.

Deep-Container Herbs:

- Slow to start from seed, parsley is a biennial; meaning it only lives for two years — so if planting with other herbs make sure you're prepared for its departure.
- Even though rosemary generally prefers different conditions, parsley, rosemary and chives can all be grown together in a window box.

Mediterranean herbs:

Herbs from this region are the ones who tend to prefer a dry and sandy soil. Sage, thyme, rosemary, marjoram, oregano and lavender all fall into this category.

Thyme is a small, creeping herb that will do well when planted with rosemary and variegated sage.

Moisture-Loving Herbs:

Herbs like tarragon, cilantro and basil love full sun as much as the Mediterranean herbs but require more moisture to be happy. Tarragon is considered the "King of Herbs" by the French, as it is a staple in many sauces in French cuisine.

If you have your heart set on making pesto, you'll need way more than a single basil plant. Consider planting several if your goal is mass production of basil pesto!

Mint:

Yes, I'm giving mint its very own section, since it can be so greedy. Mint is a spreading plant that puts out runners and starts to grow sideways. It generally doesn't survive long in a pot, since the pot prevents it from spreading and the original plant dies. If planting inside, put mint in a long window box that will allow it to spread out to the sides. Trim the leaves that start to spread outside the box and keep away from your other herbs.

Growing herbs together requires some planning beforehand, but after you've figured out where everything will go the hard work is pretty much over.

If you mix and match herbs that tend to prefer different conditions, keep an eye on the growth of your plants and look for signs of trouble. With a little bit of time and effort you'll have fresh herbs year round.

Not only does growing your own herbs look nice but it gives you an edge in the kitchen - using fresh herbs in your cooking will have your dinner guests looking green with envy.

What Is Lemon Bee Balm: Learn About Growing Lemon Mint Plants gardeningknowhow.com

Lemon bee balm, or lemon mint, is distinct from but often confused with lemon balm. It is a U.S. native annual herb with a delightful aroma and culinary uses. Growing lemon mint is easy, as its needs are low. It makes a great addition to a meadow or pollinator garden.

What is Lemon Bee Balm?

Monarda citriodora is a member of the mint family. Some other common names for lemon bee balm plants are purple horsemint, lemon mint, plains horsemint, and horsemint.

Lemon bee balm is an herbaceous annual that is native to the central and southern U.S. and northern Mexico. It's fairly common along roads and in pastures or prairies in these areas. Lemon mint grows to about 30 inches (76 cm.) and produces tight, spike-shaped clusters of lavender flowers.

Lemon Bee Balm vs. Lemon Balm

Lemon bee balm is often confused with lemon balm, another member of the mint family. Lemon balm is

Melissa officinalis and is hardier, growing in slightly colder zones of the U.S. It grows in a large clump up to three feet (91 cm.) wide and two feet tall (61cm.). The flowers are spiky, pale yellow clusters.

Lemon Bee Balm Uses

There are several good reasons to grow lemon bee balm plants in your garden. Many gardeners choose this plant for its ability to attract pollinators and for its delightful, lemony aroma. As an herb, it also has some culinary uses. The leaves add a lemon flavor to cooked foods, salads, and teas. They can also be used in potpourri mixes.

Lemon Bee Balm Care

Growing lemon mint is easy. This herb tolerates poor and rocky soils and actually prefers soil that is sandy or with limestone. It will need full sun to thrive, although it can tolerate a little shade. Once established, watering requirements are low. Lemon bee balm can get by in dry soils.

Although it is an annual, it will readily propagate by seed. If you leave flowers in place, this plant will spread. In fact, it can overrun areas of your garden, just like mint, where conditions are optimal. If you are starting from seed, simply rake the seeds into the soil in early spring or in fall in warmer climates.

Stink Bugs in the Garden hgtv.com

Because the stink bug releases its unpleasant scent when crushed, drowning may be preferred. Stink bug is the name given to a family of insects known for emitting a foul odor as a defense mechanism when facing predators. Broad bodied and shield-shaped, most stink bugs are herbivores, feeding on shrubs, vines, ornamental trees and numerous cultivated crops. They pierce the tissue of plants extracting the juices with sucking mouthparts. Damage is inflicted to plants through feeding, but also by transmission of yeast-spot disease, which can severely reduce crop yield. Active throughout the growing season, stink bug infestations escalate easily in the absence of predators interested in this foul-tasting insect.

Overwintering as adults in dead leaves or under tree bark, stink bugs emerge in the spring when temperatures reach between 60 and 70 degrees, depending on type. Producing two to four generations per season, by June the female stink bug will have laid hundreds of barrel-shaped eggs on long grass or weeds or on the leaves or stems of host plants. Once the eggs hatch, they will complete five stages of development, molting several times before

developing wings as adults, at about five weeks.

Although they are not indigenous to North America, stink bugs have grown to be a common problem throughout the United States. The green stink bug is most often found in southern states and the northeast has faced a growing problem with the brown marmorated stink bug, which was introduced from China sometime around 2001. Issues with stink bug infestations emerge beyond the garden as these noxious bugs find their way into homes. Attracted to light or seeking warm spaces in which to overwinter, physical damage inside the home is rarely a problem, but the odors they emit make them an especially unwelcome guest.

Before stink bugs become a problem in the garden, non-invasive measures can be taken to prevent infestations from developing. Keep lawns mowed and remove all weeds in and around garden plots and nearby structures to discourage the laying of eggs. Cultural consideration is especially important in early spring, but should be maintained throughout the growing season. Clear leaves and lawn debris in the fall to prevent adult stink bugs from overwintering.

When stink bugs appear, hand picking before a widespread infestation is established will disrupt the reproductive cycle, reducing population growth. Because stink bugs release its unpleasant scent when crushed, drowning them may be preferred to squashing.

Spraying plants with soapy water is a practical method of controlling a stink bug infestation. When a stink bug becomes coated with soap, surface membranes of the exoskeleton are impaired, causing them to drown easily in the spray.

Although some insecticides are effective for stink

bug management, those currently available are toxic and may pose risks to pets and children and also impact many beneficial insects. Using pesticides to control a stink bug infestation is not recommended in most cases. The long term impact of broad spectrum pesticides on an integrated pest management strategy can be severe and may cause more problems than it resolves.

Myrtle's MUSINGS

- **The Herb Society of America** is having its Southeast District Meeting in Alabama on October 21-22 at Petals From the Past. Registration is open to non-members, though the fee is slightly higher than for members of HSA. I thought you might want to include this in the next newsletter, the programs and events sound fun! [**SOUTHEAST DISTRICT GATHERING**](#)
-Pat Ivie
- **Mobile Botanical Gardens Fall Plant Sale!** is October 22nd-23rd. 22nd 9am-3pm, 23rd 9am-noon. Get the best plants for your Gulf Coast garden! Plant list will be available online October 8th 5pm. Curbside pickup for online orders is Oct 13th, 15th, 20th, 10am - noon.
- **Old Dauphin Way Association Plant Swap!** is October 30th 2021. Need to start potting up for the swap. More info on the swap next month.
-Joan Hoffman
- **MBG Holiday Market!** December 3-4, 2021. TBD. The Gulf Coast Herb Society is joining in the Holiday fun this year! We are making potpourri and herb ornaments, and we will also be selling an assortment of herb plants presented in baskets or burlap wraps with handles – ready for gift giving!

“DILL”-ICIOUS Tuna - Tomato, Tuna & Tarragon Salad ~ [eatingwell.com](https://www.eatingwell.com) *Yield: serves 4*

- | | | |
|---|---|--|
| • 1/2 cup diced red onion | (about 1 cup) | 1. Place onion in a small bowl and cover with cold water. Refrigerate for 20 minutes. Drain. |
| • 1/3 cup reduced-fat mayonnaise | • 1/4 cup packed coarsely chopped fresh tarragon leaves | 2. Whisk mayonnaise, salt and pepper in a medium bowl. |
| • 1/4 teaspoon kosher salt | • 8 cups torn lettuce, or mixed greens | 3. Add tuna, celery, tarragon and onion; stir to combine. |
| • Freshly ground pepper to taste | • pound small ripe tomatoes, cut into wedges | 4. Serve on top of the lettuce (or mixed greens) with tomato and lemon wedges. |
| • 2 6-ounce cans chunk light tuna in olive oil, drained | • 1 lemon, cut into 8 wedges | |
| • 2 stalks celery, thinly sliced | | |

GCHS Officers 2021 – 2022

President ~ Beth Poates • President-Elect ~ Vacant • Recording Secretary ~ Larry Liles
Treasurer ~ Kathy Lovitt • Historian ~ Jennifer Williams • Ways & Means ~ Kathy Lovitt
Parliamentarian ~ Martha Fuller • Weeders & Planters ~ Sybil Burnett & Nita Crandall • Newsletter Editor ~ Qjuana Cooney

GULF COAST HERB SOCIETY Calendar of Activities 2021 – 2022

September 28th, 5:30pm: GCHS Meeting at the Mobile Botanical Gardens

October 22nd-23rd: 22nd 9am-3pm, 23rd 9am-noon. Mobile Botanical Gardens Fall Plant Sale!

October 26th, 5:30pm: GCHS Meeting at the Mobile Botanical Gardens

December 2-4, 2021: MBG Holiday Market

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 2021 – 2022

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

- **Georgia Roussos Catered Lunch.** Wednesdays and Fridays. 11:30am - 12:30pm. \$15
Boxed lunches with desserts may be purchased online and picked up curbside at the Gardens on Wednesdays and Fridays.
- **Mobile Botanical Gardens Fall Plant Sale!** Oct. 22-23. 22: 9a-3p, 23: 9a-noon. Get the best plants for your Gulf Coast garden! Plant list will be available online Oct. 8, 5p. Curbside Pickup for online orders is Oct. 13, 15, 20, 10a-noon.
- **The Artful Pumpkin Patch Extravaganza!** October 23rd. 10am - 3pm at the Artful Garden Gift Shop.
- **Costumes & Trick or Treat!** October 30th. 10am - 3pm at the Artful Garden Gift Shop.
- **Fall Master Gardener Speaker Series!** Monday & Tuesday, November 1st - 2nd, 6pm - 8pm each evening.
- **MBG Holiday Market.** December 3-4, 2021. Shop local and support three great non-profit organizations – Mobile Botanical Gardens, Mobile County Master Gardeners, and the Gulf Coast Herb Society! Pre-Order your Holiday Greenery online for the best selection – Details TBA. **The Gulf Coast Herb Society is joining in the Holiday fun** this year! They are making potpourri and herb ornaments, and they will also be selling an assortment of herb plants presented in baskets or burlap wraps with handles – ready for gift giving! Proceeds go towards supporting their educational programming and maintaining the Herb Garden at the Mobile Botanical Gardens.

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

- **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.
- **Poetry Writing Workshop.** Wednesdays 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.
- **Botanical Art: Learning How to Draw II: Colored Pencil.** Fridays. 10:00 am - 1:00 pm. \$125 – \$150.
For those who simply wish to take their drawing skills to a higher level and those who continue to explore the world of botanical drawing and painting – this class is specifically designed for you!

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

- **Plauche Bog Garden Dedication & Presentation!** Sunday, November 14th, 1pm - 4pm

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 | | | |

Message from the PRESIDENT

Hi Everybody!

I hope everybody is doing well and anticipating some Fall weather! Last month we had a great meeting! We covered a lot of territory, enjoyed awesome snacks, and had a great speaker; Alice Marty from Master Gardeners. The GCHS made a donation of \$2,000. to the Mobile Botanical Gardens. We have received a very nice Thank You letter from Robin. I have learned from Robin, MBG plans to "apply those funds to support the herb garden: repair of arbor benches, upgrade of lighting at arbors, new mini-lights at the gazebo structure, and ongoing maintenance of the brick beds and fountain area." "Wow! That is awesome news!

This month, our meeting will be on September 28 at the Botanical Gardens at 5:30. Please bring a snack to share. Again, if you are more comfortable with a mask, please do not hesitate to wear one! We will be snacking and talking about the Holiday Market Sale. Please bring your ideas to the meeting. We have to get started soon, December is just around the corner! Kathy will talk more on this subject!

We had a productive work day in the Herb Garden on August 28th. Thank you to everybody who came out and worked; (Pat, Susan, Barb, Annie, Beth, I hope I didn't leave anyone out)! A lot of clean up and trimming was accomplished. Fortunately, it was a little overcast so it wasn't too "stiffling" for us to work. Thanks Annie, for organizing the work day.

There are several activities coming up at MBG...Fall Plant Sale, a speaker series, etc., check out their web site for MGB Events and Classes. They have a lot of good stuff going on!

I plan on checking to see about having our October meeting at the Cheese Cottage. The weather should be a little cooler for an outdoor meeting! I will update everybody by email and newsletter. And...one more request.....I want to update our membership list so we can stay in touch. Please email me your name, address, phone number, email address, and your birthday. My email is poates57@gmail.com. Thanks in advance!

Happy Fall, ya'll!

Beth

Gulf Coast Herb Society Monthly Minutes

June 12, 2021

A nicer day to resume in-person meetings could not have been found. Alicia Davis' offer to host our meeting poolside at her residence was a great choice. Alicia lives on Kali Oka Rd off Highway 45 north of the Industrial Parkway (Hwy 158). Her home is located on land that has been in her husband's family for over 100 years. The approach is a long gravel road past a welcoming herd of long horned cattle, an old log cabin and then her home with lush gardens all around. The meeting was scheduled for 2 PM but President Annie Daniels decided that we should enjoy the hors d'oeuvres and other delights brought by the participants and allow more time for members to find their way to the meeting. We ended up with ten participants and started our business meeting at 3:25 PM. Larry Liles volunteered to take minutes.

M/S/P to accept the minutes from our May 25th Zoom meeting.

There was no Treasurer's Report, but as there were no expenses incurred since the last report, our balance is unchanged.

Meetings can resume in the Botanical Gardens and August will be the next time for our regularly scheduled fourth Tuesday of the month meeting, August 24th at 5:30 PM.

Prior conversations had included a restaurant meeting in July. This will be a social event as July normally has no GCHS meeting. After discussion, the Arroy Thai Restaurant on July 27 at 5:30 PM will be the social. (Located near downtown at 966 Government Street which is a couple blocks west of N. Broad Street)

Annie scheduled another herb garden work day for June 26th. Discussion included an earlier start time to avoid the heat. Members will be notified. There is actually a need to start harvesting some of our herbs. Annie stated that she intends to continue organizing herb garden work days after her term expires. This may provide a role for non-GCHS helpers to participate in maintaining the Garden.

Della Schultz reported that among the GCHS finds she unearthed at her home was a large display of the "before and after" photos when the Garden's brick planters were built. It was agreed that the photos should be saved. Larry will remove them from the board where they are stapled, and scan the images. Annie will arrange them in a "scrapbook" which she hopes to place in the Botanical Garden archives. This discussion led to a review of the history of the Herb Garden.

The nominating Committee of Susan Abrams and Barb Comstock had two open positions in their slate for next year. Parliamentarian (which generally is not needed) and President-elect. A discussion was held that the title of the latter position needs reconsideration as it often is not a successor position. Three new positions, Beth Poates as President, Larry Liles as Recording Secretary and Asst Photographer Nicole Owler were voted and approved by the attendees. Officers continuing in positions included Treasurer Kathy Lovitts, Membership Chair Barb Comstock, and Historian Jennifer Williams. Their term begins immediately. This entire process led to a discussion for more members to meet the challenges to maintain the GCHS, a review of past officers and activities, and a sharing of our individual histories with the group. Among us were one year to 20+ year members. The group expressed their thanks to Annie Daniels for her time as the Society President during the trying times of a national pandemic.

Nicole Owler then held the floor for a discussion of herb books she has assembled, including Southern Herb Growing (copyright 1987) by Madelene Hill (born 1913), whom we learned had visited a GCHS meeting with her daughter and discussed her book. Nichol then shared many different plant examples that she has experimented in drying using different techniques. She discussed the different uses of the dried items. A very popular one was the clear globes for Christmas ornaments sold at the Holiday Market. This led to sharing of other ideas for the Holiday Market, the need to start preparing now and a review of the loss of the Springtime event this year due to Covid restrictions. This opened up many small side discussions that just do not work with Zoom-type meetings.

We stopped at 4:35 PM for a group photo. Nicole had also taken photos around the garden earlier. This was followed with some dessert, with most members leaving around 5:15 PM.
Welcome back live meetings.

Respectfully submitted
Larry Liles

Gulf Coast Herb Society Monthly Minutes

August 24, 2021 at The Mobile Botanical Gardens

After over a year away due to Covid-19, the Society resumed live meetings in our normal location at the MBG Gift Shop. Tasty appetizers were shared to start the meeting with incoming President Beth Poates formally starting the meeting at 5:50 PM.

Greetings were extended to all with mention of our well attended social at the Arroy Thai restaurant on July 27th. Among Beth's handouts were dates to remember for the coming year, but subject to change.

- MBG Holiday Market December 2-4, 2021
- MBG Plant Sale March 17-20, 2022
- Fairhope Arts and Crafts March 17-20, 2022
- Mobile Festival of Flowers March 24-27, 2022
- Mobile County Master Gardeners Workshop, under consideration May 2022

Outgoing President Anne Daniels announced that there would be an Herb Garden work party the next Saturday (8/28) with an email going out to everyone. She is also working on a handout to give guests about our GCHS.

Beth announced we still have a vacancy in our VP position and solicited any volunteers. No interest was shown.

Membership Chair Barb Comstock said she is working on creating a gift box for new members to help them understand our organization.

Treasurer Kathy Lovitt mentioned that we had a successful fund raiser in the Winter of 2019 before everything shut down, and our expenses have been minimal since then, with our treasury balance at \$4,403.81. We discussed the benefit that our Society receives from being associated with the MBG, such as room use and some garden maintenance. A motion was entertained, seconded and approved to donate \$2,000 to the MBG for unrestricted use. Later in the meeting a check was presented to Ms. Nita Grandall, MBG Plant Sales Manager, to show our appreciation. (FYI: Beth is a non-voting member of the MBG Board) Kathy Lovitt is also our Ways and Means Chair. She led a discussion of our fund-raising efforts with a review of our past efforts. She has offered her home as a base for working on our Holiday Market efforts. We also discussed possible educational efforts for Arbor Day and National Herb Day, which is June 10th. Nita Grandall added that the MBG plant catalog will come out on 10/8, and if the Society would like to add a plant order with the Garden's order, then she needs it by 10/1. This led to a request for member volunteers to sell herbs on 10/22-23 from 9AM to 3PM in two shifts.

The business portion of our meeting adjourned.

We then moved over to a nearby hall to hear Alice Marty from the Mobile Master Gardeners give a slideshow and lecture on "Creating a Butterfly Garden in your Back Yard." This lecture started with some butterfly identification slides. Then we covered their life cycle, with some emphasis on Monarchs, and overwintering of local species. Then we got into reviewing host plants for caterpillars and nectar feed plants for adults, with a lot of member participation. Alice is giving a future Zoom talk just on Monarchs which we will be notified to attend. We left with a printout of an article Alice wrote on making a "Three Pot Butterfly Garden, or Potted Potpourri for Butterflies."

Respectfully submitted
Larry Liles

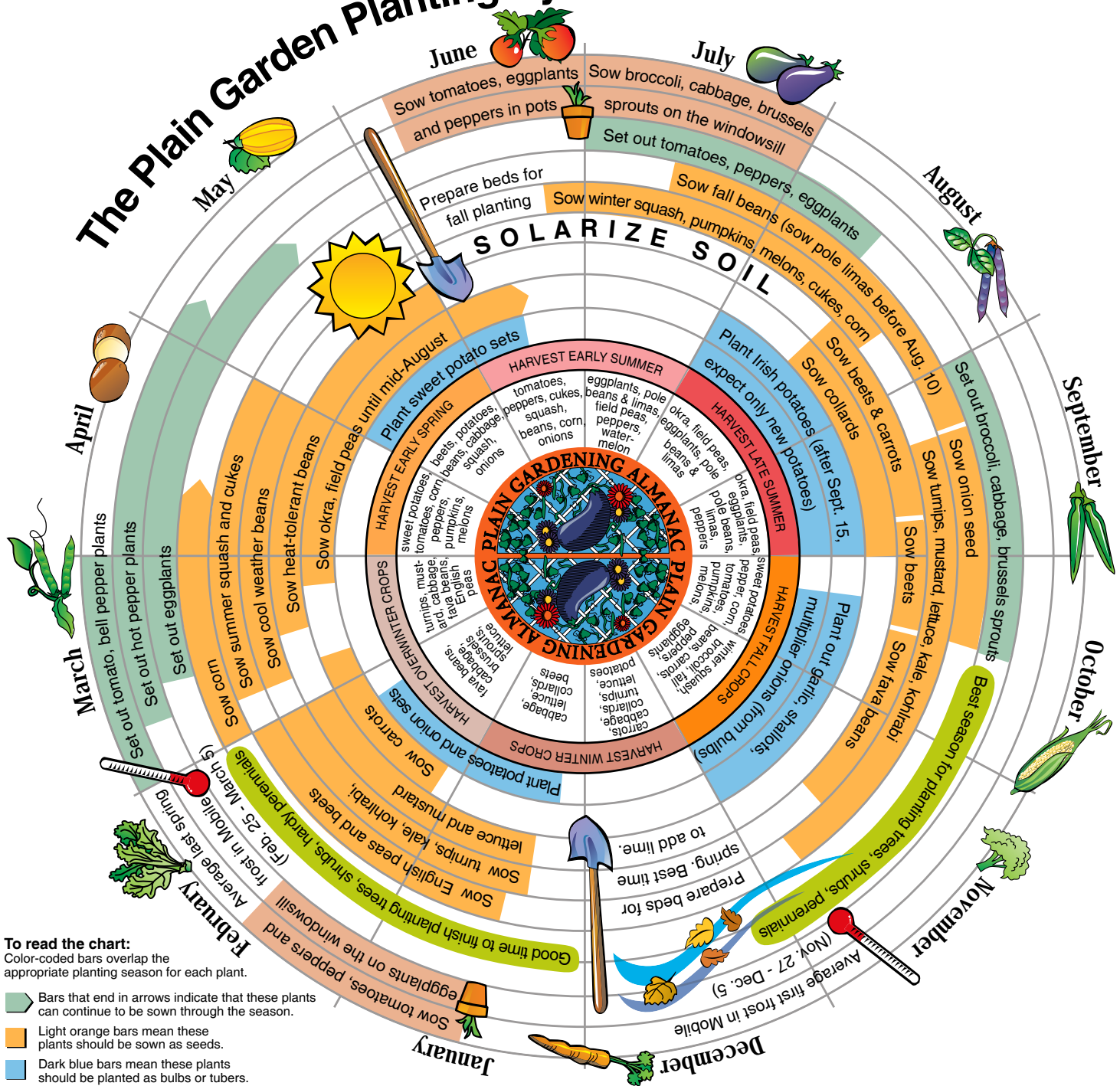
The Plain Garden Planting Cycle

May Sow corn

June Sow tomatoes, eggplants and peppers in pots

July Prepare beds for fall planting, Sow winter crops

SOLAR



Color-coded bars overlap the appropriate planting season for each plant.

- Bars that end in arrows indicate that these plants can continue to be sown through the season.
- Light orange bars mean these plants should be sown as seeds.
- Dark blue bars mean these plants should be planted as bulbs or tubers.
- Green bars mean these plants should be 6-inch-high transplants when put in the garden.
- Brown bars indicate that these plants should be sown in pots in a cold frame or inside the house.



GULF COAST HERB SOCIETY MEMBERSHIP FORM

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.

**Please make check payable to GCHS
mail % Kathy Lovitt, 109 Grand Blvd. Mobile, AL 36607
Or bring your check or cash to one of our meetings**

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, emails and Facebook.

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?

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