



Gulf Herb Society Coast Newsletter

October
2021

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

Rosemary for Remembrance DATES

- October 22-23. MBG Fall Plant Sale
- October 26, 5:30 pm. GCHS Meeting at MBG
- December 2-4. MBG Holiday Market
(GCHS is participating!)

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 Lovitt at 251-680-7979.

• **MBG Holiday Market!** We are participating and need your **help with creative ideas** of what to sell. All donated crafts are appreciated. We also have our cookbooks, aprons and T's to sell. Call Kathy Lovitt at 251-680-7979.

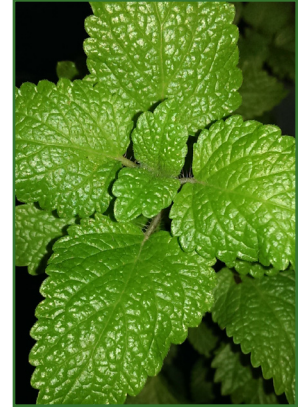
Did You KNOW

Cold Hardy Herbs – Growing Herbs That Survive Winter
gardeningknowhow.com

Growing herbs in your garden is a great and easy way to enhance your cooking. A lot of popular garden herbs, however, are native to the Mediterranean. This means that your cold climate herb garden may take a serious hit from frost and snow. Luckily, there are plenty of herbs that can withstand the cold, as well as ways to protect those that can't. Keep reading for tips on caring for herbs in cool climates.

Cold Climate Herb Garden – The colder your climate, the more your plants run the risk of not surviving the winter. Some cold hardy herbs (mint, thyme, oregano, sage, and chives) are very well adapted. In areas with frost, they grow as perennials, going dormant in the winter and coming back with new growth in the spring.

A few weeks before the first frost of autumn, prune your plants, removing any woody or dead stems and snipping off the upper leaves. This will keep your spring growth in check as well as give you some good material to dry or freeze for the winter – especially if you live in a very cold area, as there is always a chance your herb won't survive to the spring.



Lemon Balm

If you want, dig your plants up and transfer to containers that can be kept by a sunny window throughout the winter. This will protect your plants and give you fresh herbs for cooking all year long. In fact, year-round container growing is recommended for less winter-hardy herbs.

Best Herbs for Cold Climates – Caring for herbs in cool climates usually means choosing the right plants. Some herbs fare much better in cold climates. As previously stated, herbs that survive winter more often than not, particularly if they're able to overwinter with a good continuous snow cover, include the following: Mint, Chives, Thyme, Oregano, Sage

Lavender is actually quite cold hardy, but is often killed off in the winter by too much moisture. If you want to try overwintering it, plant it in extremely well-drained soil and mulch it heavily in the winter. Some other good cold hardy herbs include: Catnip, Sorrel, Caraway, Parsley, Lemon balm, Tarragon, Horseradish

Rhizomes
thedailygarden.us

Rhizomes are stems that grow underground, putting out lateral shoots and adventitious roots as a way to regenerate a plant's genetic information and to expand its territory.

Plants use rhizomes to store foods, such as protein and starch, to carry them through bad weather conditions and to generate new plants using suckers and new other new shoots. Many grasses, such

as bamboo, can invade an area using rhizomes. Other plants that use rhizomes to propagate include poplar trees, asparagus, bindweed, blackberries, iris, rhubarb and most lawns. Ginger and turmeric are also rhizomes.

Rhizomes vs. stolons – Rhizomes are modified stems that grow underground, whereas stolons grow at or just below the soil surface. Botanically, there is also a difference in the spacing between nodes of stolons and rhizomes. Rhizomes have shorter internodes than stolons. Potatoes and other tubers are starch storing stolons.

Pros and cons of rhizomes – The good thing about rhizomes is that they make it easy to propagate new plants from pieces of an old root system. A piece of ginger root can be broken off, placed in good soil and a new plant will start to grow. This ability also makes getting rid of certain weeds far more difficult. Simply pulling it up rarely works because there is almost always a tiny piece of rhizome left behind. From this tiny sample of genetic information, new weeds can emerge. When trying to remove rhizomes, it is a good idea to use a shovel and dig around the entire root system.

Centipedes thedailygarden.us

I am okay with bugs. For the most part, I find them fascinating. I collect them, look at them through a hand lens or a microscope and then, depending on whether they are beneficials or pests, free them or feed them to my chickens. Centipedes have always been an exception, until recently.

Big bad centipedes – Many years ago, I lived on Oahu, where centipedes get really big. When I say really big, I mean up to a foot long and over an inch wide! If that weren't enough, centipedes can deliver a venomous bite that is said to feel like a bad bee sting. These prehistoric monsters will actually raise part of their body up, weaving in the air threateningly, and then chase you down a hallway. And they are tough! You can't kill them by stomping on them in your sneakers. You need a hammer or a heavy duty coffee cup. Believe me, I speak from personal experience. The giant centipedes of the Amazon (*Scolopendra gigantea*) actually feed on lizards, mice, and even birds and bats that are caught in flight! Centipedes give me the heebeegeebees!

Apparently, in China, large centipedes are skewered and deep fried. Sorry, I just can't.

The tiny centipedes in my garden, however, are an entirely different story.

So what are centipedes? – Centipedes are not insects. Insects have three main body parts and three pairs of legs. Centipedes are arthropods with segmented bodies and many, many legs. In fact, their name is Latin for hundred and foot, but they can have more or less than one hundred legs. With all those feet, centipedes can move pretty darned fast. Can you imagine keeping track of all those feet? In 1871, Katherine Craster wrote *The Centipede's Dilemma*:

A centipede was happy – quite!
Until a toad in fun
Said, "Pray, which leg moves after which?"
This raised her doubts to such a pitch,
She fell exhausted in the ditch
Not knowing how to run.

Paralyzing legs – There's nothing like overthinking to mess yourself up, right? Well, centipedes have evolved to grow each new set of legs a little bit longer than the pair in front. Scientists believe this is so the insects don't trip over themselves, but the centipede's first pair of legs evolved in a completely different way. They are venomous graspers, called maxillipeds, which are used to hold and inject their prey with paralyzing venom. Luckily for us, most centipedes are too tiny to pose a threat to gardeners in the field.

Centipede description – Centipedes have long, generally flat bodies with lots of legs, a pair of rear legs that look like a forked tail, and a body part found only in centipedes and no other creature: forcipules. Forcipules are modified front legs that look and act more like pinchers. Most centipedes are blind. Their highly effective antennae have 14 segments that seem to make up for being eyeless. They can discern light and dark, but that's about it. Most species of centipede hear and feel vibrations through their antenna.

Centipedes can be pale grey, but mostly they are dark red or brown. Scientists estimate that there are 8,000 species of centipede, each with their own description. Only 3,000 species have been found so far and they are everywhere. There are even centipedes within the Arctic Circle.

Centipede species – There are five orders of centipedes:

Craterostigmomorpha - found only in Tasmania and New Zealand

Geophilomorpha - soil centipedes

Lithobiomorpha - stone centipedes

Scolopendromorpha - tropical centipedes

Scutigermorpha - house centipedes

Each order can have a wide range of types, sizes, and colors.

Don't confuse soil centipedes with garden centipedes. Garden centipedes, also known as pseudo centipedes or symphylans, are not true centipedes. In fact, they are only distantly related. Garden centipedes are smaller than true centipedes and they are not venomous.

Centipedes in the garden – Centipedes hide in leaf litter, under stones, and in logs. They lack the waxy cuticle, or outer layer, that most insects and spiders have, so centipedes lose water very quickly.

Being carnivores, centipedes will spend their nights looking for insect larvae, soil-dwelling mites, baby snails and slugs, and worms. This puts them firmly in the category of beneficial insects, in my book.

If food becomes scarce, centipedes may also begin feeding on the roots of cabbage and other garden favorites, but this is usually the work of millipedes and not centipedes.

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 at 5pm. Curbside pickup for online orders is Oct 13th, 15th, 20th, 10am - noon.
- **Old Dauphin Way Association Plant Swap!** October 30th, 10am-12mp at Central Presbyterian on the corner of Ann & Dauphin. No money exchanged simply trade potted plants for potted plants. I will be asking for a cash donation for the church's food pantry. They feed over 600 Mobile families a week. -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!
- We had a beautiful morning in the Herb Garden! Thanks to Beth, Susan and Nicole for joining me. We weeded a lot! Then added wild bergamot, bee balm, milkweed and violets to some of the beds. We purchased these plants from the MBG plant sale. Then Nicole showed us how to make those beautiful dried herb and flower Christmas ornaments that we will sell at Holiday Market. She made it look easy; I hope mine turn out as pretty! -Anne Daniels

"DILL"-ICIOUS Tuna - Lemon Balm Bread ~ tasteofhome.com

Makes 1 loaf

This moist quick bread tastes best the day after it's made. Lemon balm is a lovely addition to both the batter and glaze.

- 1/2 cup butter, softened
- 1 cup sugar
- 1/4 cup finely chopped lemon balm leaves
- 2 large eggs, room temperature
- 1-1/2 cups all-purpose flour
- 1-1/2 teaspoons baking powder
- 1/4 teaspoon salt
- 1/2 cup milk
- 1/4 cup chopped walnuts, optional
- 1 tablespoon grated lemon zest
- GLAZE:
- 1/3 cup sugar
- 2 tablespoons water
- 1 tablespoon lemon juice
- 2 tablespoons finely chopped lemon balm leaves

1. In a large bowl, cream the butter, sugar and lemon balm. Add eggs, one at a time, beating well after each addition. Combine the flour, baking powder and salt; add to creamed mixture alternately with milk. Stir in walnuts if desired and lemon zest. Pour into a greased 8x4-in. loaf pan. Bake at 350° for 50-60 minutes or until a toothpick comes out clean.
2. In a small bowl, whisk the sugar, water and lemon juice; stir in lemon balm. Spoon over warm bread while still in the pan. Cool for 10 minutes before removing from pan to a wire rack to cool completely.

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

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. TBD. *The Gulf Coast Herb Society is joining* in the Holiday fun!

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.
- **Walk & Talk with Fred Nation & Bobby Green!** Friday, November 5th, 1:30pm.
- **"Fall" in Love with Chickens!** Presented by the Mobile Bay Area Backyard Chicken Club. A family fun day at Magnolia Hill. Saturday, November 6th, 10am-noon and 1-3pm.
- **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 GCHS 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

Hello fellow Herbies!

Thanks Annie, Susan, and Nicole for coming out to work in the herb garden last Saturday. It was a perfect day to work on the herb beds! Nicole stayed and gave us a lesson on how to make our Christmas ornaments with the dried flowers! The finished product was so pretty!!! You will be impressed! These ornaments/balls are really going to be a hot item at the Holiday sale! For those of you who do not know, we will be selling clear glass balls with dried flowers, herbs, etc., inside the ball. Thank you, to Barb Comstock for all the flowers that you lovingly, dried for this project! That was an awesome donation! Annie also has quite a few dried flowers she is donating! If anyone else has dried flowers, please bring them to the workparty or to our October meeting!

Please read your emails! Kathy Lovitt has sent out an important email about work party dates at her house. Kathy has some great projects for us to work on for the Holiday Market sale! Getting together will be a lot of fun and making our items will make our product even more special! Give Kathy a call and let her know when you can come help!

Don't forget about the Botanical Gardens Plant Sale this weekend, starting on October 23rd. A reminder from Ms. Nita.... if you have some extra time, please come hang out and help with the sale by answering questions about growing herbs. Basic Fall/Winter herbs are being sold and you do not have to be an herb expert to answer questions! Answer what you can and if you don't know the answer, you can most probably find someone else close by who will know the answer! Or...you can look it up and then, you will know the answer! It should be a really nice weekend to be out of doors. Come hang out with fellow gardeners sharing and learning gardening secrets!

Mark your calendar for our October 26th meeting. The meeting will be held at the Cheese Cottage at 5:30. Thanks go out to Pat Ivie for making those reservations. This nice Fall weather will make this a good meeting to socialize, with just a few announcements! The Cheese Cottage dining is outside, so you might want to bring a light jacket just in case.

See ya at The Cheese Cottage!

Beth

Gulf Coast Herb Society Monthly Minutes

September 28, 2021 at The Mobile Botanical Gardens

After much socializing and shared snacks, President Beth Poates formally started the meeting at 6 PM. She noted that with today's signup sheet was another information page that she plans to use to develop a Society Directory, and encouraged us to fill it out. Eleven members were in attendance. Beth is also exploring another place for next month's meeting, which will be announced via email if there is a change. She then discussed some of the logistics and atmosphere for the upcoming Holiday Marketplace at the Mobile Botanical Gardens on December 2-4.

Pat Ivie gave Kathy Lovitt's Treasurer's report. We have a balance of \$2,678.81 after our \$2,000 donation last month to the MBG. Additionally, 20 members have paid current Society dues.

Pat also shared a handout on the upcoming Herb Society of America, Southeast District's meeting, October 21-22, at Petals from the Past in Jemison, AL.

Beth gave a feedback report on how the MBG has planned to spend our \$2k donation, which was quite lengthy. It was welcomed to know what we were funding.

Recording Secretary Larry Liles requested approval of our June and August minutes which were published in the September newsletter. M/S/A as written.

An animated discussion was then held on ideas and ongoing projects for our Holiday Marketplace fundraising efforts. Among these were arranged clear ornaments, felted ornaments, plants, mini-terrariums, plus more. Barb Comstock had brought a large assortment of dried herbs and foliage for projects she was working on. Kathy Lovitt will be sending out emails for joint craft work dates.

Barb also discussed her plans for sharing a strategy list for developing membership, as a basis to build upon.

We touched upon the idea of updating our Society Herb Book, with the possibility of selling it in the MBG Gift shop. It will be noted that the Gift Shop is bulging with new and interesting items. Many which are from local artists.

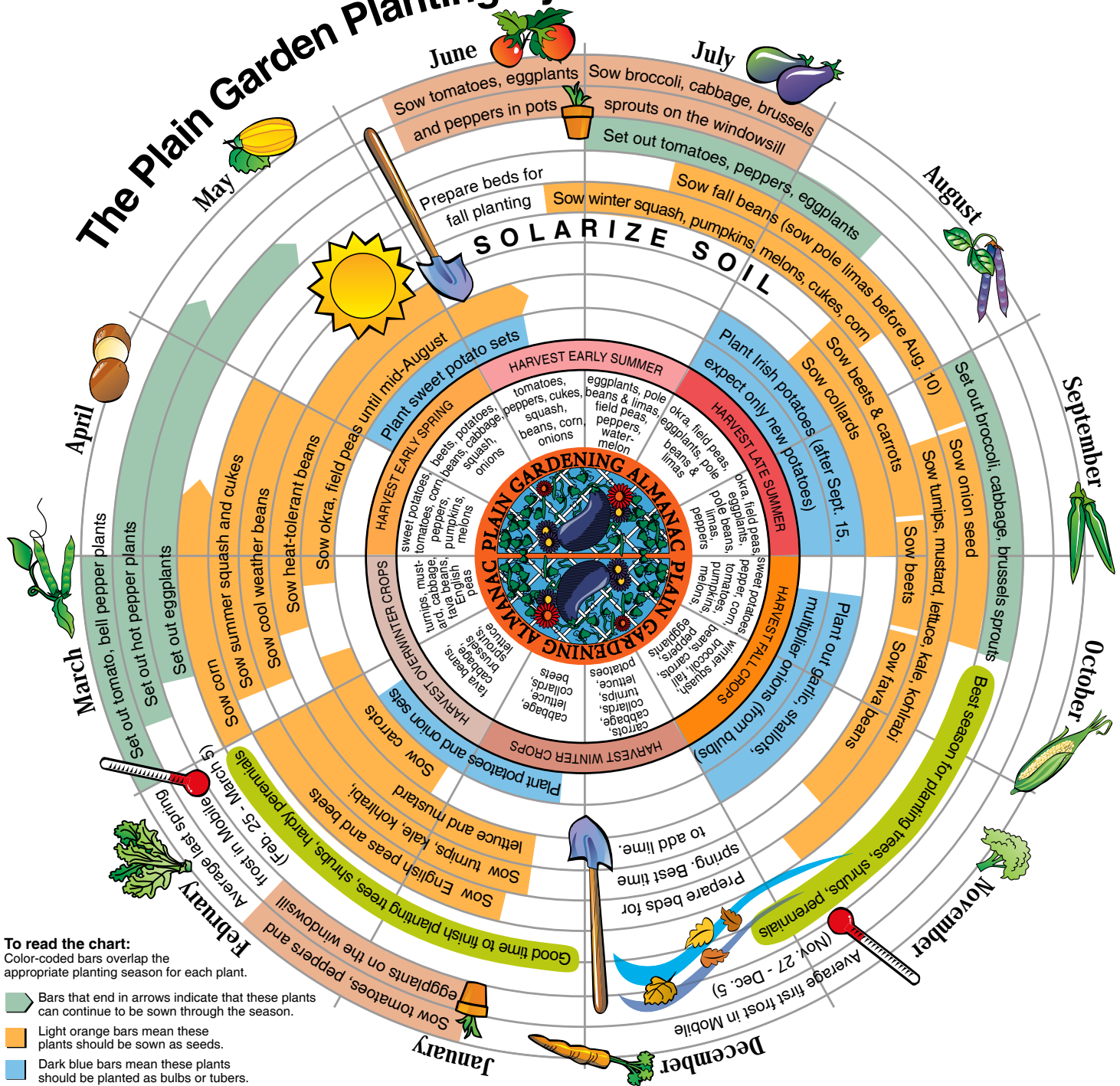
Anne Daniels announced that there would be an Herb Garden work party Saturday (10/16) with an email going out to everyone. She also reported on a large collection of Society memorabilia with her that had been retrieved from Della Shultz home, including old news letters and minutes. It appears that the Society was initiated in 1985, with formal organization the next year. The early history documentation is sparse, with a reorganization in 1994. After which it became a policy for the Society to not make medicinal recommendations with the use of herbs. In 2016, there was a Twenty-thousand-dollar donation and grants to clean up the herb garden. Further review of this cache needs to be conducted.

Larry Liles gave a brief notice of finding apothecary chests used by the British Barber's Guild in the 1600s and their use of herb gardens. He also reminded members of the lecture on Douglas Tallamy's Zoom lecture on "The Nature of Oaks" on 10/5 that was emailed to members by Pat Ivie.

Beth wanted all of us not to forget Herb Day coming up next April and to keep brain storming ideas on how we can make it a successful event.

Meeting adjourned at 7 PM.
Respectfully submitted
Larry Liles

The Plain Garden Planting Cycle





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!