



Gulf Herb Society Coast Newsletter

February
2022

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

Rosemary for Remembrance DATES

- **February 22, 5:30 pm.** GCHS Meeting at MBG
- **March 17-19 2022.** *Plantasia Plant Sale!* at MBG
- **March 22, 5:30 pm.** GCHS Meeting at MBG
- **April 26, 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.
- 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.

Did You KNOW

How to Save an Over-Watered Plant homeguides.sfgate

An over-watered plant may appear healthy at first, but soon otherwise healthy leaves begin to drop off and the roots and lower stems become mushy. Foliage may also yellow or develop mildew and mold. The plants aren't drowning in the wet soil, but suffocating. Roots can't pull the oxygen they need from over-soaked potting soil and fungal organisms attack the weakened plant tissues. Prompt action can sometimes save a plant before root rot claims its life.

Lift the plant out of the pot gently. Turn the pot on its side and slide the plant out gently to minimize damage to the root system.

Work as much soil from the roots as possible with your fingers, taking care not to break the roots.

Cut off any overly soft, rotten roots with clean shears. Remove any roots that appear dead or are badly damaged.

Fill a new clean pot a third full with pasteurized potting soil. Use a pot the same size as the old one that has at least one bottom drainage hole.

Set the plant in the pot, spreading the roots out over the soil. Adjust the depth of soil beneath the roots so the top of the root ball sits 1 inch beneath the pot rim.

Add soil to the pot until the plant is at the same depth it was growing at previously. The crown of the plant where the stems emerge from the roots must sit even with the soil surface.

Water the soil lightly to settle it. Keep the soil slightly moist. Empty the drainage tray after watering so the soil doesn't reabsorb the excess moisture.

Keep the plant in a warm room away in bright but indirect sunlight. Direct sun can scorch the foliage on weakened plants. Resume normal plant care once new growth appears on the plants, which shows that the roots have recovered.

- Things You Will Need
Shears, Pot, Pasteurized potting soil

Tip – A single over watering likely won't damage the plant. If this occurs, hold off on further irrigation until the top inch of soil has dried to the touch.

Warning – Fungus problems often occur on plants suffering from over watering. Treating the plant with a fungicide can prevent disease problems as the plant recovers.



Cinnamon Basil

Cinnamon Basil Vs. Thai Basil: SPICEography Showdown spiceography.com

Cinnamon and Thai basil both belong to the same family that includes regular basil (AKA sweet basil or Mediterranean basil) and mint. One factor that can make a comparison between these two tricky is that some people refer to cinnamon basil as Thai basil. Both cinnamon basil and Thai basil are common ingredients in Thai cooking. The Thai basil that most people from the West know is a separate plant that is also called horapha. These two herbs clearly have a lot in common but there

are also some major differences that we will cover in the SPICEography Showdown below.

How does cinnamon basil differ from Thai basil? – As its name suggests, cinnamon basil gives a cinnamon-like flavor to your food in addition to some of the notes that you would expect from basil. The cinnamon flavor comes from a compound called methyl cinnamate.

In comparison, the flavor that Thai basil brings to food is closer to the anise or licorice flavor than it is to that of cinnamon. Thai basil also has an intense camphor note. You should note that cinnamon basil is just one of multiple herbs that are sometimes called Thai basil. Holy Thai basil is also known as kra phao is among them.

Cinnamon basil does not handle being cooked very well. Its flavor profile is not as robust as that of Thai basil, which is basically made for high-heat dishes. Thai basil's flavor profile blooms in Southeast Asian wok-preparations.

Can you use cinnamon basil in place of Thai basil and vice versa? – Cinnamon basil can work as a substitute for Thai basil. Since Thai cooks use both, neither herb has a flavor profile that will seem out of place in a Thai dish. Both are pungent, which means that either will work if all you want is an intensely aromatic herb with a basil note. The two herbs are also nutritionally similar.

That said, cinnamon basil and Thai basil will not give you exactly the same flavor profile. Both the Holy Thai basil and horapha varieties of Thai basil deliver a spicy intensity that verges on being peppery. That intensity (as well as the strong camphor note) are among the characteristics that set them apart from cinnamon basil. If you are trying to get a flavor similar to that of Thai basil, there are better options than cinnamon basil even though cinnamon basil is not a bad substitute.

When should I use cinnamon basil and when should I use Thai basil? – Aside from its use in Thai cooking, you can use cinnamon basil in sweet dishes where it can stand in for sweet basil and for cinnamon. Use it in seasonal fall dishes that feature squash or pumpkin. You can use it in place of mint as well. Alternatively, you can use cinnamon basil to give traditional basil dishes a new flavor twist. Like sweet basil, cinnamon basil goes well with tomatoes. It is a particularly good partner for stewed tomatoes and other forms of cooked tomatoes. Cinnamon basil is also great a tea herb.

Use Thai basil in Thai stir-fried dishes and other cooked applications since its flavor does not fade as quickly when

compared to other basil varieties. It stands out in salads where it can provide a flavor profile that is zestier and brighter when you compare it to that of regular sweet basil.

Difference Between Gnats & Fruit Flies homeguides.sfgate.com

When you're constantly shooing tiny flies away, you're probably not looking too closely at them. You might even find yourself dismissing them as either fruit flies or gnats, not caring which they are. While fruit flies and gnats are both tiny pests that irk a lot of people, they're completely different creatures.

Fruit Fly and Gnat Families – Although fruit flies and gnats are both small flying insects, they're from different families. The common fruit fly (*Drosophila melanogaster*) is in the Drosophilidae family, while gnats come from different families, including Sciaridae, Anisopodidae and Mycetophilidae, and there are many gnat species.

Finding Fruit Flies – Fruit flies are the ones you're likely to see in the kitchen. They gravitate to warm and wet areas without much air flow. As the name implies, they invade vegetables and fruits in kitchens. Although fruit flies can appear at any time of year, they're particularly prevalent at the end of the summer and in fall. They're drawn to mature produce.

Finding Gnats – If little flying insects are making you throw your arms up in exasperation outdoors, there's a strong chance you're dealing with gnats, rather than fruit flies. Gnats are generally seen outside. Fungus gnats, for example, are typical sights in moist soil outdoors. They also spend a lot of time in rotting organic matter, so you might see them near your compost pile. Fungus gnats once in a while find themselves indoors, and they may breed there. Eye gnats, like fungus gnats, live outdoors.

Clear Physical Differences – Although you'll likely never get a close look at a gnat or fruit fly that's annoying you, they don't all look exactly the same. Mature fruit flies are generally beige or brownish-orange, roughly 1/8 inch long. They typically have red eyes. Eye gnats are usually glossy and black and around 1/16 inch long. Fungus gnats are generally deep gray or black. When they're adults, they usually reach roughly 1/8 inch long.

Gardening Tips for the Southeast Region for March almanac.com

- Apply a layer of mulch around your newly planted shrubs, flowers, and vegetables.
- Continue another planting hardy vegetable crops that

mature quickly. Good choices are turnips, mustard, radishes, and spring onions.

- Thin plants when they are 2 to 3 inches tall to give them room for growth.
- Side-dress your early-planted crops with compost.
- Once all danger of frost has passed, you can transplant tender vegetables, such as tomatoes and peppers. Before planting, harden-off by placing containers outdoors in a sheltered area for a few days.
- Check sprinkler systems for any issues and fix, as needed.
- If danger of frost has passed, plant warm-season crops, such as beans, squash, and corn.
- Remember to water your plants, especially any transplants.
- Keep a look out for insects. Control aphids with soapy spray on leaves.
- Rake up any leaves from your lawn and fertilize it after all danger of frost has passed.

Myrtle's MUSINGS

• **Plantasia! Spring Plant Sale** at the Mobile Botanical Gardens. March 17th – 19th – FREE. Friday and Saturday hours – 9am to 4pm. Sunday hours – 11am to 4pm. Plant list available online two weeks prior to sale.

Spring Plant Sale Preview Party: Thursday, March 17th from 4pm to 7pm. First pick of the plants, with refreshments! Tickets: \$25 in advance or at the gate. To buy tickets and more info go to mobilebotanicalgardens.com.

• **Festival of Flowers**, March 11 - 13, LoDa Style, in Cathedral Square is a cultural delight for Mobile and the surrounding areas as well as a boost to downtown businesses. The community event, open to the public through a required donation, was attended by more than 10,000. Proceeds of the 2022 Festival of Flowers LoDa Style will be used to purchase Advanced MRI Patient Care Monitors at Ascension Providence Hospital. festivalofflowers.com/

“DILL”-ICIOUS Cinnamon Basil Cookies ~ mymidlifekitchen.com

Serving 24

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| <ul style="list-style-type: none">• 2 cups all purpose flour• 1/2 tsp. baking powder• 1/2 tsp. salt• 2/3 cup butter (see my notes)• 1 cup sugar• 1 large egg• 1 tsp. vanilla extract• 1 tbsp. lime zest• 3 tbsp. chopped fresh cinnamon basil | <ol style="list-style-type: none">1. Wash and dry the basil leaves. Finely chop them and set them aside. Sift together the flour, baking powder and salt, and also set them aside.2. Using a standing mixer, beat together the remaining ingredients (butter through basil) until all of the ingredients are fully incorporated. Slowly beat in the flour mixture until a firm dough forms. Turn dough out onto plastic wrap and form into a log shape. Refrigerate at least 1 hour, or overnight.3. Preheat oven to 375 degrees. Remove dough from the refrigerator and slice into 1-inch rounds. Place them on a parchment paper-lined baking sheet, and bake for 8-10 minutes, or until the cookies begin to lightly brown at the edges.4. Remove cookies from oven and cook on a wire rack.5. Serve immediately, or store in an airtight container for up to a week. <p>Recipe Notes: I did mention above that I had a note on the butter. The original recipe calls for softened butter. I think I would use slightly chilled butter instead, as having softened butter made the cookies a little flatter than I think was originally intended. They have a shortbread texture, but not the fluffy consistency I expected from the ingredients.</p> <p>What I love about this recipe is that such simple ingredients can produce such a unique flavor profile. The lime zest gives the cookies a brightness that is hard to distinguish but clearly present. And the Cinnamon Basil plays on your senses, making you think of pepper, spice and other warm elements. It's refreshing and intriguing all at the same time!</p> |
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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

February 22th, 5:30pm: GCHS Meeting at the Mobile Botanical Gardens

March 17-19, 5:30pm: Plantasia Spring Plant Sale

March 22th, 5:30pm: GCHS Meeting at the Mobile Botanical Gardens

April 26th, 5:30pm: GCHS Meeting at the 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 2021 – 2022

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

- **Plantasia! Spring Plant Sale** March 17th – 19th – FREE. Friday and Saturday hours – 9am to 4pm. Sunday hours – 11am to 4pm. Plant list available online two weeks prior to sale.

Spring Plant Sale Preview Party: Thursday, March 17th from 4pm to 7pm. First pick of the plants, with refreshments! Tickets: \$25 in advance or at the gate. To buy tickets and more info go to mobilebotanicalgardens.com.

- **One Enchanted Evening 2022. Mobile Botanical Gardens presents Through the Looking Glass: Envisioning the Future.** Thursday, April 7, 2022 at 7pm.

Not only will this 2022 event raise awareness of the beauty of the Gardens, it will celebrate the bright future MBG now has due to financial stability realized through City operational support combined with the creation of an endowment fund.

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

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

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 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!