



Gulf Herb Society Coast Newsletter

April
2022

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

Rosemary for Remembrance DATES

- April 26, 5:30 pm. GCHS Meeting at MBG
- April 30, 9-11 am. **GCHS Open House!** at MBG
More info in Myrtle's Musings.
- May 24, 5:30 pm. GCHS Meeting at MBG
- June 28, 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

Is Cilantro a Perennial Herb?
homeguides.sfgate.com

Cilantro (*Coriandrum sativum*) is a low growing, delicately branched herb that has been used by mankind for at least 5,000 years. The herb is called "cilantro" when grown for its leaves and "coriander" when grown for its spicy cilantro seeds. Though cilantro is an annual plant that is hardy in U.S. Department of Agriculture zones 2 to 11, it may be mistaken for a perennial in frost-free climates because it self-seeds prolifically.

Tip

Cilantro is an annual herb, not a perennial. It self-seeds easily and new plants may grow back the following year if seeds aren't harvested.

Cilantro Plant Hardiness

Though tolerant of light frosts, Cilantro will struggle in hot, humid climates. In cooler climates (U.S. Department of Agriculture plant hardiness zones 3 to 8) cilantro is planted in the spring, while in warmer climates (USDA zones 9 to 11), the herb is planted

in fall or winter. Cilantro bolting occurs easily in hot weather, sending up a flower stalk before it goes to seed, notes Missouri Botanical Garden. Once flowers appear, the leaves become quite bitter.

Culture for Growing Cilantro

Cilantro prefers a location with full sun or partial shade and a well-draining soil with average moisture. The herb grows best in a pH range between 6.5 and 7.5, according to the Texas A&M AgriLife Extension. In warmer climates, cilantro can benefit from afternoon shade to protect the leaves from being scorched.



Cilantro

The herb dislikes high humidity and does not grow in compacted, waterlogged soils and may develop root rot in overly moist situations. If planting a starter plant, plant the herb in its final, permanent location: cilantro has a sensitive taproot that does not transplant well.

Cilantro Seed Propagation

The herb can be propagated by cilantro seeds, sown at a depth of about 0.5 inch. Seedlings should be thinned out to allow about 4 inches of space in between plants. In optimum conditions, cilantro will self sow. If frosts don't kill the plant, cilantro will grow perpetually in the garden.

To keep the plant ready to harvest at all times, sow seeds every three weeks. The plant grows well with most herbs, though it should not be planted near fennel (*Foeniculum vulgare*). It will cross-pollinate with the fennel and reduce fennel seed production, notes the University of Florida IFAS Extension.

Harvest Cilantro Seeds and Leaves

Cilantro leaves can be picked once the plant is about a month old. To prolong the harvest, be sure to cut

any flower stalks as soon as they appear. Leaves are best when harvested early in the morning and eaten when still fresh, though they can be frozen for later use. Cilantro stems are also edible when the plant is young.

It takes about 90 days until the herb's seeds are ready for harvest. To collect seeds, cut whole plants, hang until dry and shake into a paper bag. Rubbing the dried fruits with your hands will cause the pods to fall off, leaving the edible seeds. Do not rush to harvest young seeds as they have a bitter flavor and aren't good for cooking.

Do Marigolds Deter Aphids? pestsbanned.com

Marigolds are a popular choice for gardeners. They are beautiful and relatively easy to grow and maintain. But do these flowers also get rid of the pesky aphids that lurk in your garden?

Yes, marigolds do deter aphids from the area where marigolds are planted but there is a risk that the aphids will simply move to a different part of your garden instead. Better plants for deterring aphids are catnip and garlic.

Do Aphids Like Marigolds?

Aphids do not like Marigolds and will avoid them.

This is a benefit not only to the marigolds but to your whole garden as they will often leave the flowers surrounding the marigolds alone.

That being said, whilst gardeners have spoken about the great benefits of having marigolds to deter aphids, it has been suggested that there is no actual scientific proof that aphids dislike marigolds. But the results in the gardens speak for themselves.

Why Do Marigolds Deter Aphids?

So, if it is true that aphids dislike marigolds and are driven away by them, then there has to be some reason for that.

The reason is plain and simple, the smell. Marigolds have a particularly strong and distinct smell, especially to insects, that aphids really dislike.

Do Aphids Lay Eggs?

However, there are some aspects of marigolds that can be appealing to aphids which include their colour. Yellow

is an aphid's favourite colour so, despite the smell, they may still visit the plant. Try to avoid growing bright yellow marigold varieties if you can.

Also, make sure that you are growing scented marigolds as some strains of marigold have been bred to lack their odour.

Too Many Roots? How to Fix a Root Bound Plant birdsandblooms.com

Find out how to tell if you have a root bound plant. Also find out how to easily fix this problem and how to repot a root bound plant.

With the arrival of spring, it is time to start thinking about getting into the garden and adding new plants. Each time I remove a plant from its container, I am looking for circling roots, which is the classic sign of a root bound plant. Find out how to fix this problem and repot a plant.

How Does a Plant Become Root Bound?

Plants become root bound (also called 'pot bound') when they outgrow their container and aren't repotted in a larger one. So, their roots grow around and around, which halts growth. My new lavender plant (above) had circling roots. You can see how the roots grew in a circular pattern.

Signs of a Root Bound Plant

- Slow or no new growth.
- Roots growing out of the drainage hole.
- Plants that have been in the nursery too long without being repotted.

How to Fix a Root Bound Plant

The solution is very simple. Cut the roots.

- Make numerous downward cuts so that the circular roots are cut. This forces the roots to grow outward when they are replanted.
- Remove any brown or black roots, which are most likely dead. Keep the white roots, which are alive.
- 'Massage' the root ball of your plant, which will help loosen the roots even more.

Repot a Root Bound Plant

Replant your plant and its freed roots in a larger pot or in the ground. The newly cut roots will grow outward and your plant will start growing again.

That's all there is to fixing a root bound plant. I love it when gardening problems are easy to fix, don't you?

Note: Be cautious when a garden center has a 'special' sale on plants. Sometimes they do this to get rid of plants that have been in their pots for too long rather than having to repot them.

Myrtle's MUSINGS

• **Herb of the Month – Cilantro/Coriander!**

Scientific name: *Coriandrum sativum*. Cilantro is native to the Mediterranean, and many sources point to 6,000 BC and the Nahal Hemar cave, an ancient archeological site in Israel, as the time and place of its origin.

The word coriander is derived from the Latin word *coriandrum* and the Greek word *koris*, which means "bug," a reference to the herb's pungent aroma. Even though they are different parts of the same plant, cilantro and coriander have different cooking properties and flavor notes and cannot be used interchangeably in recipes, according to cookbook author Monica Bhide.

Cilantro covers the bases for several nutrients, including calcium, potassium, iron, Vitamins A, E

and K and folate. The seeds are considerably rich in fiber — more than two grams in two teaspoons. Great Resource: foodprint.org & herbsociety.org

• **Gulf Coast Herb Society OPEN HOUSE!**

April 30th, 9-11am at the Mobile Botanical Gardens.

We will have a couple of short demonstrations for people to enjoy, (taught by our members, Priscilla and Barb). Members

have volunteered to talk about the herbs in a bed they select to represent. The gift shop will sell our cookbooks. Ms. Sybil has volunteered to make pre-bag cookies for a snack and we will have herb water for people to drink. A Flyer is at the end of the Newsletter. *We will pay for the first 50 non-MBG members attending!*



“DILL”-ICIOUS Sheet Pan Cuban Chicken with Citrus Avocado Salsa ~ halfbakedharvest.com

- 1 1/2 pounds boneless chicken breasts or thighs
- 1/4 cup extra virgin olive oil
- 3 cloves garlic, minced or grated
- 1/4 cup fresh chopped oregano
- 1 teaspoon cumin
- 1/2 teaspoon cayenne pepper
- 2 tablespoons orange zest + orange juice
- zest + juice of 1 lime
- kosher salt and pepper
- 1 sweet onion, sliced
- 2 russet potatoes, cut into wedges
- 1 bell pepper sliced
- 1 small orange, sliced

CITRUS AVOCADO SALSA

- 1 avocado, diced
- 1 orange, diced
- 1 cup fresh cilantro, chopped
- 1 jalapeño, seeded and chopped
- juice from 1 lime
- pinch of flaky sea salt

1. Preheat the oven to 425 degrees F. Serving 6
2. On a rimmed baking sheet, combine the chicken, 2 tablespoons olive oil, the garlic, oregano, cumin, cayenne, orange juice + zest, lime juice + zest, and a large pinch each of salt and pepper. Toss well to evenly coat the chicken.
3. Add the onions, potatoes, and bell peppers, and toss with the remaining 2 tablespoons olive oil and a pinch each of salt and pepper. Arrange everything in an even layer.
4. Add the orange slices and then transfer to the oven. Roast for 40-45 minutes, tossing halfway through cooking until the chicken is cooked through and the potatoes golden.
5. Meanwhile, make the salsa. Combine all ingredients in a bowl and toss to combine.
6. To serve, top the chicken with the salsa. Eat!

GCHS Officers 2021 – 2022

President ~ Beth Poates • President-Elect ~ Vacant • Recording Secretary ~ Larry Liles

Treasurer ~Kathy Lovitt • Historian ~ ... • 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

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

April 30th, 9-11am: GCHS Open House! at the Mobile Botanical Gardens

May 24th, 5:30pm: GCHS Meeting at the Mobile Botanical Gardens

June 28th, 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!](#))

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

Annual Open House

Mobile Botanical Garden
April 30th 9am - 11am
First 50 Free Entry - \$5 After

Come visit our beautiful garden and learn about the herbs planted in the different beds

Members of the Herb Society will be giving brief talks and answering questions about the herbs in the beds.

Demonstrations on the uses of herbs.



Join the Herb Society!

The Plain Garden Planting Cycle

May Sow corn, beans, and peas

June Sow tomatoes, eggplants, and peppers in pots

July Sow melons, cucumbers, and zucchini

August Sow squash, pumpkins, and winter squash

September Sow winter wheat, rye, and barley

October Sow winter wheat, rye, and barley

November Sow winter wheat, rye, and barley

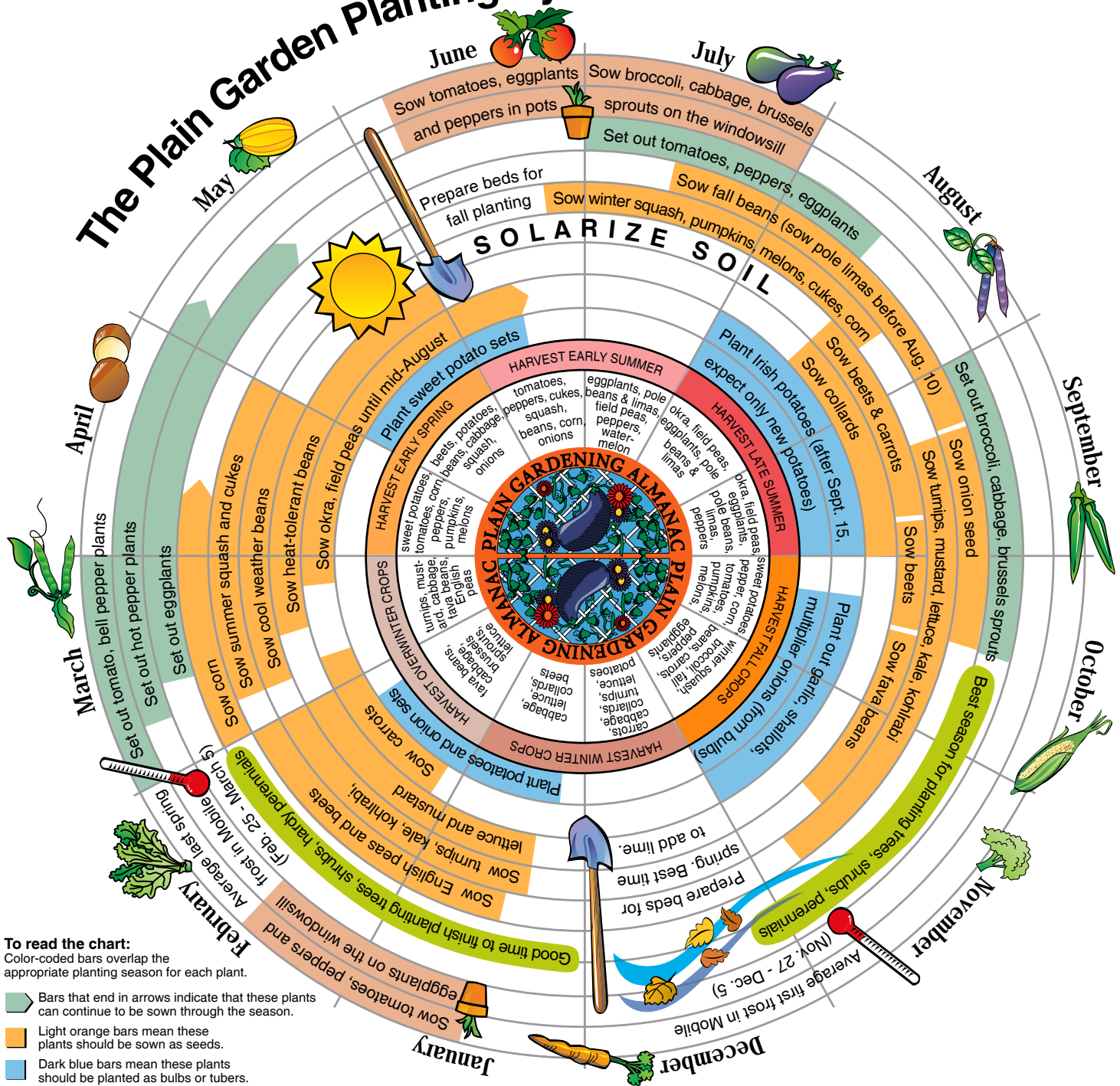
December Sow winter wheat, rye, and barley

January Sow winter wheat, rye, and barley

February Sow winter wheat, rye, and barley

March Sow winter wheat, rye, and barley

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!