



# Gulf Herb Society Coast Newsletter

May  
2022

Mailing Only: 109 Grand Blvd • Mobile, AL 36607 • [www.gulfcoastherbsociety.org](http://www.gulfcoastherbsociety.org)

## Rosemary for Remembrance DATES

- **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](mailto: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

**Herb of the Month: Plant Dill to Feed Black and Anise Swallowtail Caterpillars!**  
[homeguides.sfgate.com](http://homeguides.sfgate.com)

Dill (*Anethum graveolens*) is a wonderful herb, from the celery family, for attracting Black and Anise Swallowtail butterflies to your garden. It's a popular host plant, meaning that the adult female butterflies will lay their eggs on it to feed their caterpillars. Dill seed and leaves are very popular as a culinary herb in many dishes, dressings and dips—if the caterpillars don't eat them all!

Although most likely originating in the Mediterranean, dill has naturalized in parts of Europe and North America. Dill is grown around the world not only for culinary use, but also for its attractive feathery foliage and umbels of yellow flowers.

### Characteristics of Dill Plants

Dill is an annual that usually grows around 2-3' tall. It is erect, with feathery fern-like leaves. The large umbels of yellow flowers that appear in late summer are a bit unusual (for an herb) in that they don't produce a lot of nectar. This makes dill a much better host plant than a nectar plant.

*Anethum graveolens* likes full sun and tolerates poor soil, but prefers fertile soil with consistent medium moisture. It can handle dryness but may bolt earlier than normal. Dill does not like hot weather and so does best in cooler climates, or in spring/early summer in hot climates. Partial shade in hotter climates helps. Dill also grows well in large, deep containers.



Dill

### How to Start Dill Seeds

Sow dill seeds about 1/4" deep directly outdoors after the danger of frost has passed. Germination takes place in about 1-3 weeks at 60-70F. Thin to about 1 ft apart. Dill can also be started indoors several weeks before your last frost.

### How to Save Sunburned Plants [balconygardenweb.com](http://balconygardenweb.com)

Too much exposure to harsh light can scorch the leaves of the plants. If you too have experienced this, here's a guide on How to Save Sunburned Plants.

Long exposure to direct sunlight can cause scorching or burning of the leaves, turning them yellow and brown. This can happen in late spring or summer when plants accustomed to lesser light feel the heat of the warmer months. You should immediately adopt some cultural habits that can help you learn How to Save Sunburned Plants from irreconcilable damage or death!

### What Do Sunburned Plants Look Like?

When you notice the leaves turn brown or yellow, know that it is the only sign of sun scalding. When the plant is exposed to harsh sunlight for a longer duration of time, it causes tissue damage to the exposed outer layer of the foliage, making them turn brown. It may even cause the stems to burn up in tender plants.

This can also happen to low-light plants that are suddenly exposed to more light than they need. Sun damage can also happen to heat-loving plants, if they are constantly exposed to the harsh afternoon sun, especially during an unexpected, prolonged heatwave.

#### Can You Save Sunburned Plants?

Sunburn is much easier to prevent than to cure. Once the leaves are fully damaged, you can do nothing but snip them away and give support and care to the plant for the new growth.

The best way to promote sun-resistant leaf growth and prevent sunburn damage is slowly acclimation to bright sun, called Hardening Off. It is a process that can take about 10-14 days, after which your plant should again be ready to face the sun.

#### How to Save Sunburned Plants

1. First, cut off the damaged leaves as they won't heal or return to being green and full of life, ever.
  2. Immediately shift the plant to a shadier spot, away from any direct sunlight to prevent any further damage. You can gradually move it back to its sunnier place, which does not get harsh afternoon sunlight for long hours.
- Tip: Consider adding a sheer curtain near the plant to block direct sunlight while giving it the dappled light it needs to grow.
3. If your plant lost too many leaves due to sunburn, it won't need much watering like before. So, only water when the topsoil dries out.
  4. It would help if you also cut down on fertilizing your plant after losing most leaves due to sunburn. It is best advised to stick to your original schedule but ensure the amount of fertilizer is reduced to half. When the new leaves begin to appear, you can gradually increase the dose.

#### Some Additional Tips

For garden plants, it is a good idea to spray water on the foliage in the afternoon to keep the leaves cool, especially if they are directly exposed to the harsh sun. It will also keep the plant safe from burning its leaves.

If your plant is growing in a shaded or dappled area, never change its location directly to a bright, sunlit

spot, as it will result in burnt leaves. Slowly acclimate it to more light, in the gap of 5-7 days, to make it used to the increased sun exposure.

#### Types of Garden Worms [gardenguides.com](http://gardenguides.com)

Earthworms are highly prized by gardeners and composters for their ability to process organic material and enrich soil with nitrogen and other nutrients. And although there are more than 4,000 different worm species, all are categorized into three types, anecic, endogeic and epigeic. These words refer to where the worm lives in conjunction to how they eat. All worms, despite their dwelling and eating habits, benefit the earth, process organic matter and increase the soil.

##### Anecic

According to the Colorado State University Extension Service, anecic worms include earthworms that build permanent burrows in the mineral layers of the soil. They then drag organic matter from the soil surface into their burrow to be used as food. These worms include common fishing bait worms, as well as nightcrawlers and dew worms. These worms eat ground litter as well as soil and grow to be between 8 and 15 centimeters long.

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##### Endogeic

Endogeic earthworms refer to worms that live and feed in the mineral soil, as opposed to feeding or dwelling at the soil surface. According to the Great Lakes Worm Watch, produced by University of Minnesota's Natural Resource Research Institute, endogeic earthworms ingest mineral soil and digest the organic material and microorganisms from it.

"They rarely feed at the surface, but may be found under logs and rocks and are often seen at the surface after heavy rains when the surface moisture makes it possible for them to disperse without drying out," the site states. Endogeic worms range in size from 2 to 12 centimeters and have no pigment.

## Epigeic

Epigeic earthworms live and feed on the surface of the soil. The Compost Bin, an organization dedicated to recycling organic waste, asserts that epigeic worms are commonly used in vermicomposting, which is composting that utilizes surface worms to process compost materials quickly. These worms have poor burrowing ability and prefer to live in loose topsoil. These worms are generally small, ranging in size from 1 to 7 centimeters and are reddish in color. Epigeic worms are commonly referred to as red worms, manure worms, brandling worms, red wigglers or compost worms.

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## Myrtle's MUSINGS

- The Gulf Coast Herb Society Open House on April 30th went really well with a good turnout, great weather, and everyone seemed to enjoy themselves. ***Pictures are at the end of the newsletter.***
- We had a Work Day in the herb garden this past weekend, on 5/14/22. ***Pictures are at the end of the newsletter.***

## "DILL"-ICIOUS Almond, Dill and Sardine Bucatini ~ [tastingtable.com](https://tastingtable.com)

Serving 2

- |   |  |   |
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| <ul style="list-style-type: none"><li>• One 4½-ounce tin sardines in tomato sauce</li><li>• ⅓ cup good olive oil</li><li>• 2 garlic cloves, thinly sliced</li><li>• 3 teaspoons Espelette, divided</li><li>• 3 tablespoons fresh chives, finely chopped</li><li>• Kosher salt, to taste</li></ul> | <ul style="list-style-type: none"><li>• ½ pound bucatini</li><li>• ½ cup roasted and salted Marcona almonds, roughly chopped</li><li>• ¼ cup finely chopped dill, plus more to garnish</li><li>• 1 lemon, finely zested and juiced</li><li>• Flaky salt, to finish</li></ul> | <ol style="list-style-type: none"><li>1. Bring a large pot of salted water to a boil.</li><li>2. Lay the sardines on a paper towel and, working one at a time, use a sharp paring knife to fillet each fish from head to tail (see the video). Remove and discard the fish bones and reserve the sardine fillets and tomato sauce.</li><li>3. In a large skillet over medium-high heat, add the olive oil and garlic, and cook, stirring often until aromatic, about 2 minutes. Add 2 teaspoons of the Espelette and continue to cook until the garlic is soft and translucent (without browning), 2 minutes more. Stir in the chives, half of the sardines and the remaining 1 teaspoon of Espelette; remove from heat and season with a pinch of salt.</li><li>4. Add the pasta to the boiling water and cook until almost al dente, 7 to 8 minutes. Drain and reserve 1 cup of the pasta water.</li><li>5. Add the reserved tomato sauce to the sauté pan and return to medium-high heat. Add the pasta, almonds and dill, and thin out the sauce with ½ cup of pasta water, cooking 1 to 2 minutes. Stir in ¾ of the lemon zest and the remaining sardines. Cook until the sauce is mostly reduced, another 2 to 3 minutes. Taste and adjust the sauce consistency and season with pasta water, salt and lemon juice.</li><li>6. Divide the pasta between 2 bowls and sprinkle the remaining lemon zest over top. Garnish with a pinch of flaky salt and dill, and serve.</li></ol> |
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### 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**

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**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*

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### **MOBILE BOTANICAL GARDENS Calendar for 2021 – 2022**

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**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



## OPEN HOUSE PICS!!!!

Many thanks to our members and the Mobile Botanical Gardens for promoting our Open House! We had lots of fun and plenty of guests.



Beth Poates (right) presents Sybil Barnett with a gift card for her contributions to the Open House.



Barb Comstock gives a talk on the history and uses of cilantro.



Door Prize Winners! The prize was a mixed herb planter from sponsor Zimlich's Garden Shop.



Priscilla Gold Darby gave a great demonstration of preserving herbs with salt.



The Herb Garden at Mobile Botanical Gardens



## May 2022 Work Day in the Herb Garden





# The Plain Garden Planting Cycle

**May** Sow winter vegetables, Prepare beds for fall planting

**June** Sow tomatoes, eggplants and peppers in pots

**July** Sow winter vegetables

**August** Sow winter vegetables

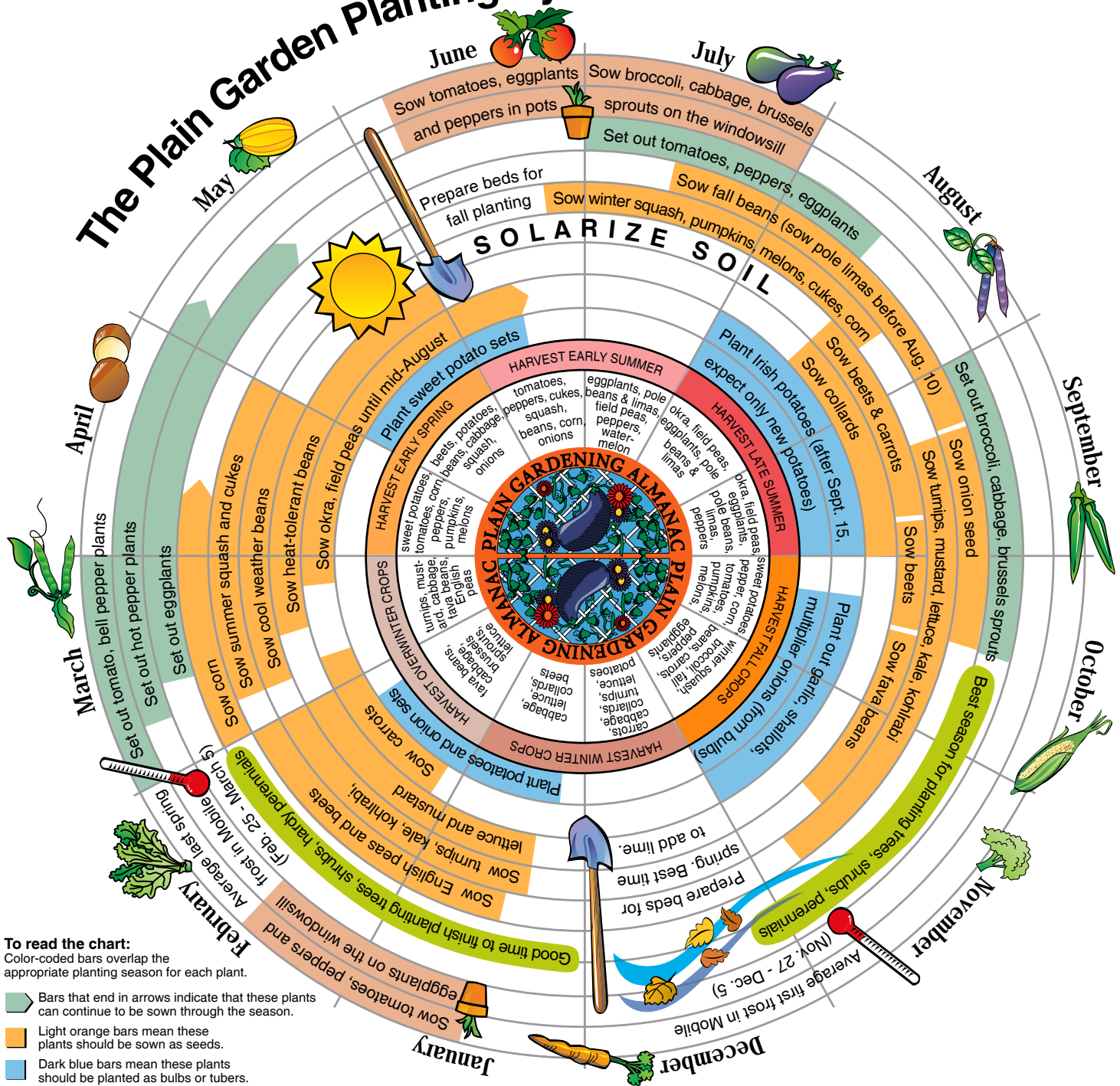
**September** Sow winter vegetables

**October** Sow winter vegetables

**November** Sow winter vegetables

**December** Sow winter vegetables

**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](http://www.gulfcoastherbsociety.org) Like us on Facebook!