Gulf Coast Herb Society Newsletter

November 2024

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

Rosemary for Remembrance DATES

- **November 10, 11 & 19.** 1-4pm. Work Project Dates at the Larkins Room
- **November 12th.** GCHS Meeting at MBG (Social time begins 5:00pm following with the meeting at 5:45pm).
- **No December Meeting**
- **December 6-7th.** Our Holiday Market Fundraiser

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. Make checks payable to GCHS - $25.00.

Message from the PRESIDENT

Hello Everyone!

Our November meeting will be November 12th in the Larkins Room. 5:00 Social Time and meeting will start at 5:45. Ariel Cashin from Mobile Botanical Gardens will be doing a talk on making MockTails for the Holidays. There will not be a meeting on November 26th due to the Thanksgiving Holiday. There will not be a December meeting. We will be having our Christmas Cookie Swap at Pat Ivie's home on December 15th at 2:00 pm.

Our Holiday Market fundraiser will be December 6 and 7th at MBG. Members, please contact Alicia to sign up for a time to work in our area. Also, please tell all your friends and co workers to come by and shop at the Holiday Market and MBG Gift Shop for great Christmas gifts or home items. We will have lots of "good stuff" to sell. Master Gardeners will also be at MBG on the same days with Holiday Greenery. MBG will have a lot of beautiful Poinsettias in all kinds of sizes and colors to sell as well.

Reminder: Work project dates are Nov. 10, 1-4, Larkins Room; November 11 and Nov. 19 at Pricilla's home. Both dates start at 1:00.

Membership dues were due in August, if you haven't paid your dues, please get up to date. You can contact Annie Daniels or Beth Poates. Thank you!
-Beth Poates

Caraway Seeds

Did You KNOW

HERB OF THE MONTH:

Varieties Of Caraway – Are There Different Caraway Plant Species You Can Grow

gardeningknowhow.com

Fans of caraway seed muffins know all about the seed's heavenly aroma and slightly licorice flavor. You can grow and harvest your own seed to use in the spice cupboard, but first you need to choose the varieties of caraway that will perform best in your garden. There are approximately 30 caraway plant species, mostly native to Asia and Mediterranean regions. Caraway plant varieties are used across the globe, but they are usually classed by region and growth habit.

Different Kinds of Caraway – Caraway has been used in food and as a medicine for centuries. The commonly cultivated variety has several cultivars but most remain unnamed. It is best to group the different kinds of caraway by their growth pattern, either annual or biennial. Technically, there are no listed named varieties. Annual caraway requires a longer growing season, while biennial types of caraway are grown in cooler regions.

Biennial Caraway Plant Varieties – Biennial varieties of caraway (Carum carvi f. biennis) need two seasons to produce umbels and the "fruits," erroneously called seeds. Caraway plant varieties are classed in the carrot family and produce characteristic umbrella-shaped clusters of flowers. Each of these will develop into a fruit that, when dried, is used in cooking and traditional medicines.

In the first year, biennial plants form rosettes. In the second year, a stalk is sent up to bear the umbels. In some cases, a third year of flowers may develop but repeat sowing annually is necessary for a consistent supply of seed.

Annual Types of Caraway – There are different kinds of caraway due to cultivation preferences and wild hybridization, although none have been named. Of these, annual caraway plant species (Carum carvi f. annua) are grown in warm regions and planted in winter. The long growing season allows the plant to produce the rosette and flowering stalks all in one year.

In these areas, the plant will often reseed itself and purposeful re-sowing is not necessary. Some gardener's state the flavor of annual caraway plant varieties is sweeter than that grown in northern regions as a biennial.

Tips on Growing Different Kinds of Caraway – All types of caraway prefer well-draining, humic rich soil in full sun. Caraway is slow to germinate and can take up to three weeks to sprout. It is best to plant directly outdoors rather than to transplant. This is to avoid disturbing its taproot, which can interrupt establishment.

Provided soil is fertile, no supplemental food is necessary. Keep soil somewhat moist. You can lightly harvest the leaves for salads and use the taproot after the fruit is harvested.

As seed heads begin to dry, tie a permeable sack around the umbels to preserve the fruits. Separate the chaff and dry seeds for storage in a cool, dark location.

Bring a Bouquet of Herbs to Thanksgiving Dinner
lifehacker.com

Flowers are fine and wine is dandy, but herbs are more useful.

The primary role of the Thanksgiving guest is to enjoy the food and hold an interesting conversation. I never expect a gift, but they are always nice to receive.

I would not be sad if every guest brought a bottle of wine, or flowers, or any other "standard" host gift—especially if guests are bringing food. Food is a gift itself, and I never expect anyone to bring a dish and an additional token of appreciation. But just in case you're looking for a simple-but-thoughtful gift to bestow on your host, I recommend a bouquet of fresh herbs. While I appreciate a bottle of wine, bouquet of flowers, or something more practical like a new tea towel or pair of serving utensils, I would be absolutely thrilled if someone showed up to Thanksgiving dinner with a bundle of herbs I could use at the last minute as I see fit.

A bouquet of fresh herbs is a great host gift. I can usually manage to buy enough herbs for my recipes, but often forget to buy some for garnishing. What a gift it would be for my supply to be replenished at the last moment. Some sage for frying into crispy little bits, rosemary sprigs for garnishing a cocktail, thyme leaves for the salad dressing—all of these would be welcome additions to my hectic Turkey Day kitchen.

Plus, they just look pretty. Grab a good assortment of herbs most commonly associated with Thanksgiving flavors—sage, rosemary, thyme—then flesh it out with some fresh bay leaves, marjoram, or a little mint. Tie it all up like a piece of twine, like you would a bouquet; or, if you build a big bouquet, put it in a vase or mason jar with some water.

Know Your Seeds: Caraway vs. Fennel
greatist.com

You have a recipe that calls for caraway seeds, but you only have a jar of fennel seeds on your pantry shelf. Can you sub them in? It depends. Caraway, also known as meridian fennel, and the fruit (seeds) are often used whole and have a flavor that's similar to anise. Caraway is often used as a spice in breads (especially rye), and is also found in sauerkraut. Nearly a third of the world's supply is grown in Finland and most recipes call for only a small amount (likely a teaspoon) of the pungent seed.

Fennel seeds come from the fennel plant, which is a flowering herb that has a variety of uses. The bulb, foliage, and seeds of the fennel plant are used—the seeds taste similar to anise and are sometimes used in sweet desserts or included in a breath-freshening post-dinner digestive aid made of various dry-roasted seeds and seasonings (often found in India and Pakistan). Fennel seeds are also the primary flavoring for Italian sausage, and their flavor is most prominent when they're toasted or sautéed in oil.

Caraway and fennel seeds can be used interchangeably, but the subtle flavor differences will be detectable. So basically, if you're in a pinch, go for it, but it makes sense to keep a separate jar of each in your pantry. Check out our seven recipes for caraway and fennel seeds and you'll have plenty of ways to use these flavorful additions to any recipe.

Gardening Tasks by Month for Mobile, AL (December)
almanac.com

- Look around for garden tools and supplies that you're missing—and add them to your holiday gift list! Find gifts for others!
- In some southern areas, you can still plant cool-season vegetables, such as beets, broccoli, cabbage, onions, and carrots.
- In some areas, you can still plant cool-season herbs such as parsley, thyme, sage, dill, fennel, cilantro, comfrey, and garlic.
- Remember to clean the rows in your garden to help prevent insects and diseases.
- Test your soil. Now is a good time to add lime if it is necessary.
- Start planning next year's garden. Think about which crops did well and which didn't fare well so that you can order better varieties next time. Think about the quantity of each crop and whether it was enough or too much. Assess learning before ordering seeds for next year.
- Before sending your seed order, draw a map of the garden area. This way, you'll order the right amount of seeds.
- In empty garden beds, spread manure and compost over the garden and plow under to prepare your soil for next year.
- Add fallen leaves to your compost pile or use for mulch.

Myrtle's MUSINGS

- Gulf Coast Herb Society members Pat Ivie, Debra Morrow and Annie Daniels attended the Herb Society of America Southeast District meeting in Dothan, AL. We learned about the beer brewing process and tasted hops at the Folklore Brewing and Meadery company. We tasted Indian herbs, learned about their use in Indian culture and cuisine and had a wonderful dinner at Taj Restaurant. We also learned about growing roses from a young lady at Dothan Nursery, which is a destination in and of itself! Members of HSA from several states attended and we enjoyed the Dothan Area Botanical Garden which is only 30 years old but has many areas to see and explore, including a Butterfly Garden.
  -Annie Daniels

"DILL"-ICIOUS Melting Cabbage ~ eatingwell.com

4 servings

This velvety cabbage in this easy cabbage recipe melts in your mouth and picks up the flavors of caraway, cumin and garlic as it simmers in broth in the oven. Serve it alongside roasted pork or chicken.

- 1 head green cabbage (about 2 pounds), outermost leaves removed
- 4 tablespoons extra-virgin olive oil, divided
- 3/4 teaspoon salt, divided
- 3/4 teaspoon ground pepper, divided
- 1 medium onion, halved and sliced
- 4 large cloves garlic, sliced
- 1 teaspoon caraway seeds
- 1 teaspoon cumin seeds
- 3 tablespoons tomato paste
- 2 cups low-sodium chicken or vegetable broth
- 1 teaspoon dry mustard
- Chopped parsley, for garnish
- Whole-grain mustard, for serving

1. Preheat oven to 350°F.
2. Slice cabbage in half through the root. Cut each half into 4 wedges, keeping the root intact. Heat 1 tablespoon oil in a large cast-iron or other heavy ovenproof skillet over medium heat. Add 4 cabbage wedges and cook until browned in spots on both sides, 3 to 5 minutes per side. Transfer to a plate and sprinkle both sides with 1/4 teaspoon each salt and pepper. Repeat with 1 tablespoon oil, the remaining cabbage and 1/4 teaspoon each salt and pepper.
3. Add the remaining 2 tablespoons oil, onion, garlic, caraway seeds and cumin seeds to the pan; cook, stirring, until starting to soften and brown, 2 to 3 minutes. Add tomato paste and cook, stirring, until starting to darken, about 2 minutes. Add broth, dry mustard and the remaining 1/4 teaspoon each salt and pepper; increase heat to medium-high and bring to a boil. Return the cabbage to the pan, overlapping the wedges if necessary. Bake, turning once, until the cabbage is very soft and the sauce has reduced and thickened, 40 to 45 minutes. Sprinkle with parsley and serve with mustard, if desired.

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MOBILE BOTANICAL GARDENS Calendar for 2024

EVENTS/ SOCIAL (for more info CLICK HERE!)

Lunches at the Gardens. Lunch with dessert and drink included. Fridays, 11:30 – 12:30 . The Botanical Center at Mobile Botanical Gardens. Catered by Georgia Roussos Catering. Menus are posted monthly and are $12.50 to $15.00 per person, tax included. Select meal and pay.

CLASSES (for more info & Registration CLICK HERE!).

Beginner Hand Sewing Class: Christmas Ornaments. Tuesdays. November 5, 12 & 19. 3:45pm - 5:00pm. Join Sara Habel, Director of Education at Mobile Botanical Gardens, for a delightful beginner hand sewing class tailored for children ages 8-11. Tuesday afternoons, young crafters will discover the joy of hand stitching while creating an assortment of charming felt holiday ornaments. In this interactive and engaging class, students will learn fundamental hand sewing skills. Cost: $15 members, $20 not-yet members (members will receive $5 refund after purchase)

Homeschool Nature Walks: W.O.N.D.E.R. Wednesdays. November 6th & 20th. 10am - 11am. Guided Homeschool Nature Walks for Families. Join Mobile Botanical Gardens for engaging, hour-long guided nature walks, specifically designed for homeschooling families. Starting, Wednesday, November 6th, explore our Gardens and Forests every other Wednesday morning at 10 am throughout November and December.

Writers In Nature with Sue B. Walker. Wednesday mornings 10am - Noon. The Larkins Classroom. A Writing group under direction of Sue B. Walker Members of the group meet weekly to discuss creative writings.

Preschool Storytime: Tales and Trails in the Gardens. Thursdays.10:30am - 11:30am. Join us on Thursday mornings beginning at 10:30 am in various locations throughout MBG's 106 acres to enjoy preschool storytime together.

Sketch Club in the Gardens. First Friday of the Month, 10:30am-11:30am. The Larkins Classroom OR at Magnolia Hill Studio. Cost: FREE. A Casual sketch club experience with oversight from Derek Norman, our MBG Artist in Residence.

Botanical Art #3: Learning How to Paint in Watercolor. November 8, 15 & 22nd. 9am - 1pm. Learning How to Paint in Watercolor – with Derek NormanA Six-Week Course on the Art of Botanical Painting with Watercolor. FREE for members or with admission; registration required

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 and mail % Annie Daniels, 1355 Carson Rd W, Mobile, AL 36695

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.

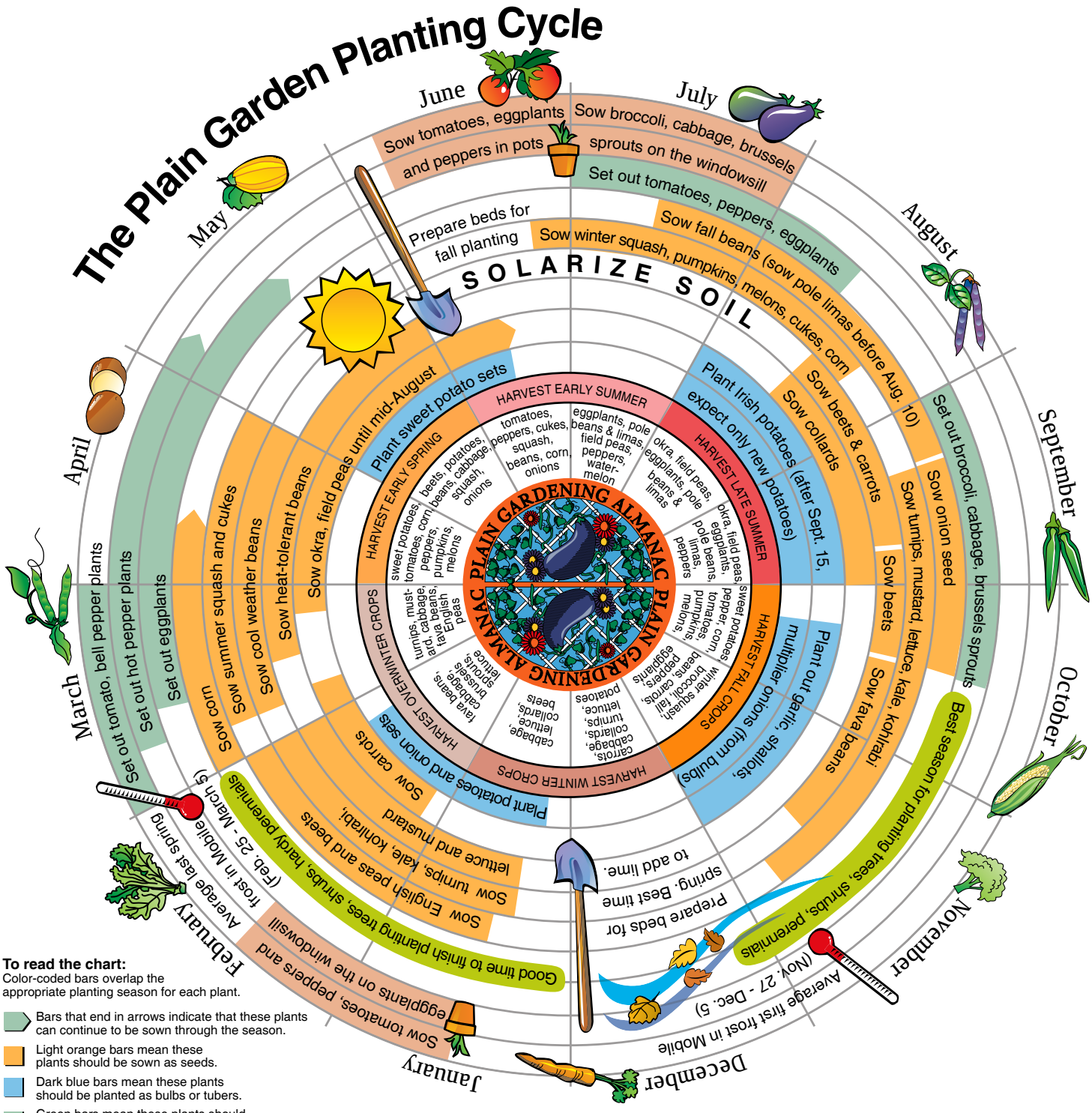
Refreshments are served at each meeting, it's optional to bring something to share.

Meetings start at 5:30p.m., program will follow, work days in Herb Garden TBA

Questions? Email Beth Poates at poates57@gmail.com or

Annie Daniels, at mbdmobile@aol.com.

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



To read the chart:
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.