



Gulf Herb Society Coast Newsletter

April
2025

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

Rosemary for Remembrance DATES

- **April 22th.** GCHS Meeting at MBG (Social time begins 5:00pm following with the meeting at 5:45pm).
 - **May 27th.** GCHS Meeting at MBG (Social time begins 5:00pm following with the meeting at 5:45pm).
 - **June 24th.** GCHS Meeting at MBG (Social time begins 5:00pm following with the meeting at 5:45pm).
- 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.

Did You KNOW

HERB OF THE MONTH: Salad Burnet: An Herb That Tastes Like a Cucumber
gardenbetty.com

I recently dug and divided the salad burnet in my herb garden and a thought occurred to me — why didn't more people use this ancient herb? With its clean, crisp cucumber flavor, salad burnet is surprising to those who try it for the first time, and appreciated the more it's used in the kitchen....

I recently dug and divided the salad burnet in my herb garden and a thought occurred to me — why didn't more people use this ancient herb? With its clean, crisp cucumber flavor, salad burnet is surprising to those who try it for the first time, and appreciated the more it's used in the kitchen.

Introduced to Elizabethan England in the 16th century as an ornamental herb, the leaves were floated as a garnish in goblets of wine. Eventually they found favor in European cuisine (where they're often bundled together with other herbs at the markets these days), the name alone telling you what they're most used for.

But salad burnet (*Sanguisorba minor*) isn't just for

sprinkling on salads. It can be folded into cream cheese or compound butter to brighten little tea sandwiches, or infused into a bottle of vinegar to make a zesty salad dressing. It can turn into a fresh, tangy

puree for topping steamed fish and swirling into light soups. And personally, my favorite is using it as a garnish for gin and tonics, iced teas, lemonades, and what I call "spa water" — cold, refreshing glasses of cucumber- and lemon-scented water.



Salad Burnet

Like many Mediterranean herbs, salad burnet is drought tolerant and heat tolerant. It's a hardy perennial herb in zones 4 to 10 and can even survive mild winters outside, despite its delicate appearance. With some protection in severe climates, it's one of the first plants to bounce back in spring.

Salad burnet spreads by rhizome and seed and stays green all year long, growing in a low, loose rosette of fern-like sawtooth leaves. It forms a clump that can easily be divided to transplant elsewhere. In spring, clusters of pink and purple flowers appear on spikes, eventually drying into seeds you can collect (or you can simply let the plant self-seed).

If you cut your salad burnet back (and you should, to encourage the growth of tender and tastier new leaves), you can save the flowers to eat; they're especially pretty as a salad accent. I liken the taste to borage, another cucumbery plant. The leaves can be stripped off the stems or the stems can be used whole. Their flavor is freshest when picked and eaten the same day.

I grow mine in the middle of an herb bed alongside African Blue basil, True French sorrel, lemon verbena, stevia, oregano, and chives. It also makes an ideal container plant if you're short on space.

With my cucumber plants winding down for the

season, having a handful of salad burnet leaves to toss into a bed of greens instantly brings a bit of summer into the kitchen... a nice way to tide me over until the next crop of cukes come into the garden.

Seven Culinary & Medicinal Herbs to Attract Hummingbirds nittygrittylife.com

Creating a hummingbird garden is salve for the soul. Learn how to attract hummingbirds using culinary and medicinal herbs. Using herbs to attract hummingbirds is medicine for your mind, body and soul.

Herbs may be medicine for the body and the mind, but hummingbirds are medicine for the soul.

My grandmother fostered my love of hummingbirds – in fact, all birds really – from an early age. Many feeders hung along the eaves of the house, one in particular outside the breakfast table window where one could watch the tiny birds flit by for a quick sip for hours at a time. I remember standing on a small yellow stool beneath that feeder, as still as I could, to be a little closer to the vibrant hummers. Something I did with my own children many years later.

Perhaps my grandmother has always known about hummingbird medicine, without really “knowing.” Hummingbirds exist only in the Americas, and as such, have a strong connection to the native peoples of western continents. Not surprisingly, many Western cultures associate hummingbirds with joy and happiness. Hummingbirds stay aloft and owe their unique flying patterns to flapping their wings in an infinity symbol pattern – connecting the tiny birds with a sense of eternity. These tiny creatures also symbolize resurrection as the sleep in hibernation, death-like state called torpor, but awaken to their industrious buzzing and flitting with the warmth of the sun. Simply said, hummingbird medicine is the uplifting medicine for the soul.

Seven Culinary & Medicinal Herbs to Attract Hummingbirds – Attracting these delicate and beautiful birds to your home is an easy task if you are a gardener or herbalist. In fact, many culinary and medicinal herbs perfect fodder for hummingbirds! Learning how to attract hummingbirds to your landscape has never been easier. Here are a few culinary and medicinal herbs that pull double duty in your hummingbird garden:

Bee Balm – Bee Balm, a showing medicinal herb, is a total knock out in the landscape and major attractor of pollinators. Red (*Monarda didyma*) and lavender

(*Monarda fistulosa*) varieties have great medicinal value as a diffusive and digestive herb perfect for herbal facial steams and for feeding hummingbirds. Bee balm might just be the answer to the question of how to attract hummingbirds to your garden!

Sage – Common Sage is an unsung culinary and medicinal herb. Sage is cooling and relaxing, with some studies suggesting it has some really positive benefits for neurological issues. When allowed to flower, sage produces lovely blue-purple flowers making this one of the most outstanding herbs to attract hummingbirds to your landscape.

Borage – Borage is the quintessential summer herb with its cucumber flavored blossoms is a beloved herb of hummingbirds too. Try freezing a few blossoms in cubes of ice for a festive treat while leaving the rest for our little, feathered friends to enjoy. This fuzzy addition to the hummingbird garden is sure to impress your feathered friends.

Pineapple Sage – If you have never experienced the wonderful scent of pineapple sage, you are missing out. I love to add a few sprigs to my ice water or iced tea on hot summer days to infuse its fabulous flavor and aroma. And if you are wondering how to attract hummingbirds to you landscape it seems that our favorite little birds are equally attracted to this lovely herb.

Anise Hyssop – Licorice-y anise hyssop is a powerful attractor of pollinators, and is also a sterling respiratory herb. Foliage from dark green to lime-y chartreuse with tall spires of regal purple, this is a stunning herb for encouraging a hummingbird garden.

Rosemary – Who knew that culinary and respiratory workhorse rosemary could bring all the hummingbirds to the yard? Rosemary is one of the most powerful herbs to attract hummingbirds to the garden. I can't help but brush my hands through rosemary every time I pass by, and it seems that hummingbirds can hardly resist the plant's attractive blue flowers.

Catmint – Perhaps one should think twice about planting this herb for the hummingbirds if they also have critters of the feline persuasion, but catmint is a powerful attractor of our favorite little flitters too!

Now that you're considering all the wonderful herbs to attract hummingbirds with culinary and medicinal herbs, consider filling a feeder or two with this recipe from my friend Chris at Joybilee Farm. And for more tips on creating a medicinal herb garden visit this post.

Gardening "To Do" Tips for May almanac.com

- Make another planting of warm-weather vegetables such as beans, corn, squash, eggplant, tomato, and peppers. Southern favorites include okra, southern peas, and sweet potatoes.
- Finish pruning spring-flowering trees and shrubs after they bloom. Lightly prune azaleas.
- Make sure that crops have plenty of mulch during dry spells.
- Get ready for hurricane season. Check your trees for damaged or weak branches and prune as needed. Consult a professional.
- Remove suckers from your tomato plants. Be sure that the plants are tied up on stakes or trellises and vines are not on the ground.
- Mulch between the rows in your garden to help control soil temperature and retain moisture.
- Continue to plant heat-loving herbs, including basil, oregano, sage, Mexican tarragon, and rosemary.
- Be sure to check your plants for any diseases or insects; treat them when necessary.
- Watch out for insects devouring your plants, especially tomatoes. See Almanac.com/Gardening for our Pest pages to control them as early as possible.
- Water early in the morning and deeply, avoiding leaves.
- Fertilize your annual and perennial flower beds. Remove any dead flowers from your plants to encourage new growth.
- Plant annuals that can take the summer heat, such as angelonia, wax begonia, and ornamental pepper.
- Plant bulbs for a summer of color, including early- to late-blooming varieties of daylilies.

Myrtle's MUSINGS

- Our rooftop garden in Atlanta is coming along. We had a few cold snaps but everything's doing pretty well except for a few tender plants. We're trying out a dwarf fig tree variety called Little Miss Figgy (pictured in the black pot on the right). We also adopted a new dog a couple of weeks ago. He doesn't have a name yet but he loves hanging out with us on the roof. We're looking forward to see how everything does.

- Qjuana and Richard Cooney



The Start of Our Rooftop Garden

“DILL”-ICIOUS Salad Burnet Cheese Dip ~ saladburnet.org

- | | | |
|---|--|---|
| • 8 oz. package of cream cheese | • 1 T. finely minced, fresh parsley (optional) | 1. Blend cream cheese and mayo with the minced fresh herbs with a fork. Do not add the herbs to the food processor. |
| • 1/2 C. mayo | | 2. Cover and chill until ready to serve. It's best to let the flavors meld for at least an hour. Can be used as a dip or spread with: |
| • 3 T. finely minced, fresh salad burnet leaves | • 1 T. finely minced, fresh chives (optional) | Crackers |
| | | Chips |
| | | Veggie Trays |

GCHS Officers 2024 – 2025

President ~ Beth Poates • President-Elect ~ Joy Harrison • Membership ~ Lydia Criswell
Hospitality ~ Priscilla Gold Darby • Treasurer ~ Annie Daniels • Historian ~ Vacant • Ways & Means ~ Alicia Davis
• Newsletter Editor ~ Qjuana & Richard Cooney

GULF COAST HERB SOCIETY Calendar of Activities 2025

- **April 22th.** GCHS Meeting at MBG (Social time begins 5:00pm following with the meeting at 5:45pm).
 - **May 27th.** GCHS Meeting at MBG (Social time begins 5:00pm following with the meeting at 5:45pm).
 - **June 24th.** GCHS Meeting at MBG (Social time begins 5:00pm following with the meeting at 5:45pm).
-

MOBILE BOTANICAL GARDENS Calendar for 2025

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

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

Preschool Storytime: Tales and Trails in the Gardens. Thursdays 10:30am - 11:30am until May 22nd. Tales and Trails in the Gardens Preschool Storytime Returns! Tales and Trails preschool storytime returns to Mobile Botanical Gardens thanks to the generous support of the Lilian S. Woolford Charitable

Botanical Art: A Drawing Class for Beginners Only. Fridays from 10am- 1pm until May 23rd. BOTANICAL ART: A DRAWING CLASS FOR BEGINNERS ONLY Instructor: Derek Norman

Sketch Club in the Gardens. Fridays, 2-4pm. The Larkins Classroom OR at Magnolia Hill Studio. A casual sketch club experience with oversight from Derek Norman, botanical arts instructor. Cost: FREE for MBG Members, regular admission for nonmembers.

Spring Break Camp: Art in Bloom Nature and Art. Monday, April 21st through Wednesday, April 23rd, 9am – 4pm. "Art takes Nature as its model." -Aristotle Are you looking for a unique and engaging way to keep your child entertained and educated during Spring Break? Look no further!

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

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 | | | |

GCHS March 2025 MINUTES

The meeting was called to order on 2/25/25 at 545pm by Joy Harrison in the Larkins Classroom at MBG

MEMBERS PRESENT

Julie Castle
Beth Poates
Priscilla Gold-Darby
Joy Harrison
Lisa Davis
Avalisha Fisher
Jane Finley
Lydia Criswell
Dr. Dana Nettles
Barbara Phillips
Della Schultz

VISITORS PRESENT

Cindy Klimmer
Melissa Curtis

OLD BUSINESS

March 29,2025 was the Master Gardeners Spring Festival. Herbs were sold this year. Mary Ann Tomberlin and Lisa Davis distributed herb literature and Gulf Coast Herb Society information.

NEW BUSINESS

The 40th Anniversary Celebration of the Gulf Coast Herb Society will be held on April 26,2025 from 3-5pm. The Celebration will be a tea party in honor of Sybil Burnett. Speakers at the celebration will be Frederick Walsh, Cindy Klimmer, and McCoy Burnett. The party will be limited to MBG members, Herb Society Members, and Master Gardeners. The Herb Society has two tea dispensers and Jane Finley has one dispenser. We need to borrow one more dispenser. The Larkins Classroom will host the speakers and the food/drinks. The outside area of the classroom will be for social gathering.

Volunteers for the teas:

Peach Basil - Della Schultz
Pineapple Mint Tea-Julie Castle
Lavender and Lemonade - Dana Nettles
Fresh Mint-Barbara Phillips

Herb Education Day will be held on 5/17/25. Debbie Boutelier will be the guest speaker. Ms. Boutelier is the incoming president of Alabama Master Gardeners and previous president of the National Herb Society. The Education Day will have two sessions: Planting with herbs and Cooking with Herbs.

Beth Poates motioned for the members presents to vote on the Ms. Boutelier' speaking fee (\$250.00), hotel room for one night and a tank of gas. Motion was approved by members. Volunteers are needed to work.

Members discussed working on herb beds. Jane Finley has some unusual hours herbs to add to the beds.

The meeting was adjourned at 630 pm.

Minutes submitted by Lisa Davis



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

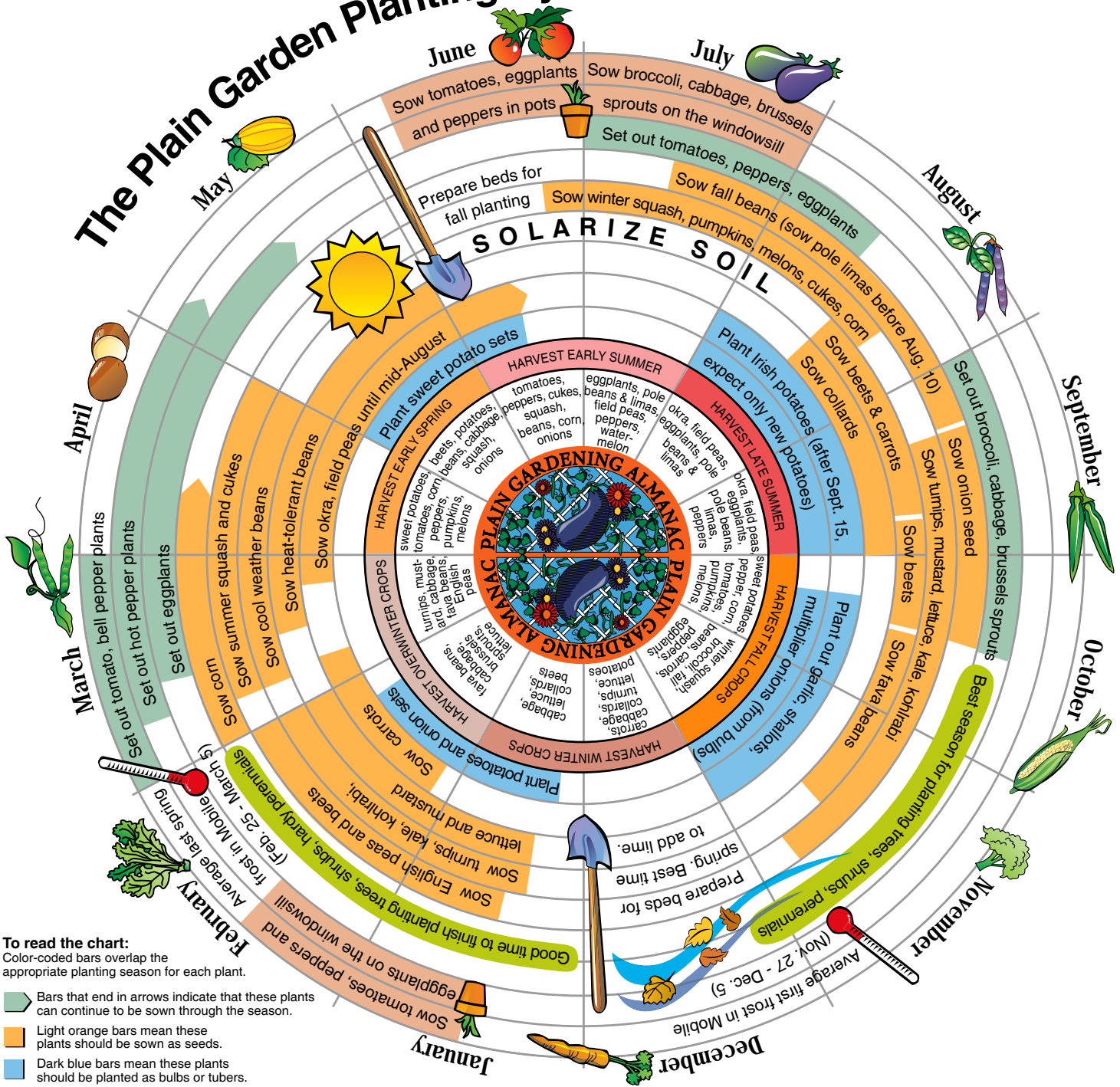
Questions? Email Beth Poates at poates57@gmail.com or

Annie Daniels, at mbdmobile@aol.com.






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

The Plain Garden Planting Cycle

Month	Planting Instruction
May	Sow corn
June	Sow tomatoes, eggplants and peppers in pots
July	Sow peas
August	Sow beans
September	Sow squash
October	Sow pumpkins
November	Sow winter vegetables
December	Sow winter vegetables
January	Sow winter vegetables
February	Sow winter vegetables
March	Sow winter vegetables
April	Sow winter vegetables



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.