



# Gulf Herb Society Coast Newsletter

March  
2025

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

## Rosemary for Remembrance DATES

- **March 25th.** GCHS Meeting at MBG (Social time begins 5:00pm following with the meeting at 5:45pm).
- **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).  
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. Make checks payable to GCHS - \$25.00.

## Did You KNOW

**HERB OF THE MONTH: What Is Mustard?**  
[thespruceeats.com](http://thespruceeats.com)

Mustard, the condiment, is made from the tiny round seeds of the mustard plant, a member of the Brassicaceae family. In order to release their flavor, the seeds must be broken—coarsely cracked, crushed, or finely ground—then mixed with enough liquid to make a spreadable paste, which can then be used as a condiment or as an ingredient in many culinary preparations.

**Fast Facts** – Long Shelf Life: One to two years, Many Varieties: Yellow, brown, coarse, extra spicy, flavored  
Condiment Origin: Ancient Rome, Name: Latin for "burning must", Use: Mostly as a condiment but used as an ingredient too

**What Is Mustard?** – Its name—mustard in English, moutarde in French, mostarda in Italian—is thought to come from a contraction of the Latin mustum ardens meaning "burning must." This is a reference to the spicy heat of mustard seeds and the ancient practice of mixing the ground seeds with must, the fresh, unfermented juice of wine grapes.

Mustard is one of the earliest spices on record,

appearing in Sanskrit manuscripts around 3000 BC. It is thought to be one of the first crops to be domesticated, and mustard was used throughout ancient Egypt, India, and China.



Mustard Greens, Red Giant

The history of mustard as a condiment dates back thousands of years to the early Romans, who ground mustard seeds and mixed them with wine to create a paste, which was probably not very different from the prepared mustard we know today.

**Varieties** – While there are about 40 species of mustard plants, only three of them are used to make mustard: black (*Brassica nigra*), brown (*B. juncea*), and white or yellow (*Sinapis alba*). Mustard, however, takes many different forms depending on how the seeds are ground, what liquid is used (vinegar, wine, juice, or water), and what other flavoring ingredients are added. White mustard, which originated in the Mediterranean, is the antecedent of the bright yellow hot dog mustard we are all familiar with. Brown mustard from the Himalayas is familiar to many as Chinese restaurant mustard, and it serves as the base for most European and American mustards as well. Black mustard originated in the Middle East and in Asia Minor, where it is still popular, primarily as a spice in seed and powder form.

Different types of mustard seeds can be—and often are—blended to combine their different characteristics and make a kind of hybrid mustard.

Among the most popular types of mustard are Pommery (coarse), Dijon (containing wine or grape juice), English (hot), Chinese (spicy), German (coarse and slightly sweet), and American (bright yellow and slightly sweet).

**Mustard Uses** – Mustard comes in four basic forms—seeds, powder, oil, and prepared mustard—and each can be used in different ways: Seeds can be cracked



and used as a seasoning before or after cooking, as they are in many Middle Eastern cuisines. Seeds are also often used as a pickling spice.

Mustard powder, either on its own or in a blend of powdered spices, can be used as a dry rub or sprinkled on food as a seasoning agent before grilling, roasting, or sautéing. Ground mustard can also be used to make your own prepared mustard.

Oil extracted from mustard seeds can be used for cooking. High-quality mustard oils can be drizzled over finished food like olive oil to add spice and flavor. Prepared mustard is used widely as a condiment and goes especially well with charcuterie, classic dishes like choucroute garnie, baked ham, and, of course, hot dogs. Other flavorings—honey or garlic, for example—can be added to prepared mustard, and it is also frequently used as a cooking ingredient.

**How to Cook With Mustard** – While we usually think of mustard as a condiment to slather on hot dogs or just about anything else, it can also be used as a key ingredient in cooking. Prepared mustard can be used in sauces, dressings, and marinades, where spicy flavor and creamy viscosity is desired. And mustard seeds, powder, and oil can be used too.

The green or red leaves of mustard plants are edible, delicious, and widely used in many cuisines, but they come from other species in the Brassicaceae family.

**What Does It Taste Like?** – While there is great variation in taste from one kind of mustard to another, there are some basic flavor characteristics that you will find in just about every type and manifestation of mustard. There is always an element of spiciness, from very mild to burning hot. Hot or not, there is also an underlying sweetness from the plant itself, and there is usually a subtle but persistent aroma of yellow mustard flowers.

**Mustard Substitute** – If mustard is not available, horseradish or Japanese wasabi could be substituted. Alternatively, depending on what you intend to do with it, you could use a chile pepper-based hot sauce.

**Mustard Recipes** – Though mustard is primarily used as a condiment, it can also function as an excellent cooking ingredient in a variety of different ways to add flavor, spice, and texture to many preparations. Salmon, Whole-Grain Mustard and Dill Tartlets, Mustard-Marinaded Pork Tenderloin, Groninger Mustard Soup

**Where to Buy** – Mustard can be found in the condiment aisle of almost every supermarket. High-quality, uniquely flavored artisan-level mustards can also be found in gourmet food shops and online sites.

**Storage** – Closed jars of prepared mustard kept in a cool, dark place, can last for years. Once the jar is opened, however, it should be closed tightly and kept in the refrigerator, where it can last for up to a year. The sooner you consume an open jar, however, the better, because the flavor and aroma lessen over time, especially when it is being frequently opened and closed.

### **The Difference Between an Earthworm & Compost Worm** [memesworms.com](http://memesworms.com)

Earthworms have been used for literally thousands of years by gardeners for composting and improving the soil, as they enrich it with organic matter, and also aerate the soil. Earthworms are a natural presence in all healthy soils. But did you know that there are actually two different kinds of earthworms? What is the difference between an earthworm and a compost worm? The differences are relatively small, but very important to understand before you choose what kind of earthworm to introduce to your garden or compost bin.

Earthworms and compost worms are both similar-looking and have their uses but there is one major difference. Earthworms are 'True Worms' which means they are segmented and the segments grow back if they are cut off. They also have a direct digestive tract. Composting worms, although they are small, fast moving & can reproduce quickly, do not decompose soil like earthworms do because they do not have the same digestive tract or the segments. They will also die after a few days since composting worms eat only food scraps and don't eat soil.

Both of these worms are often confused with one another because of their similar appearance. Unlike compost worms, the worm that you find in the dirt is not ideal for your compost bin. Earthworms consume organic matter and are beneficial to soil as they eat decaying organic matter, which produces rich fertilizer in the form of castings, while also improving the moisture and drainage qualities of the soil. Compost worms on the other hand, are simply scavengers that feast on decaying plant material, and don't do the soil any good at all. Our composting worms reproduce quickly and efficiently when provided with a food source such as vegetable scraps.

Each species fulfills an important job in the natural environment which can be traced to its evolutionary roots. Earthworms and composting worms live in different habitats. Earthworms live in the soil, whereas composting worms live in the compost pile or bin. Also, each group has a different body design that enables each type of worm to fulfill its responsibilities better than another species.



## Herbs That Grow in Wet Soils

[almanac.com](http://almanac.com)

- This month is good for tender vegetables, such as beans, sweet corn, squash, melons, and cucumbers. Plant two or more rows of corn for better pollination.
- Ensure that your lawn is getting enough water (1 inch per week).
- Continue planting warm-season crops: tomatoes, peppers, eggplants, and cabbage. Plant okra, too!
- Mulch your garden well to preserve moisture and keep down weeds.
- Ensure that your garden receives 1 inch of rain per week. Set out an empty tuna can to measure the amount of rainfall.
- Watch out for insects such as aphids and use an insecticidal soap spray if needed. See [Almanac.com/Gardening](http://Almanac.com/Gardening) for our Pests & Problems page.
- Plant an herb garden. Basil, parsley, oregano, chives, sage, rosemary, and thyme are good choices.
- Remove any weeds in your garden, as they compete with your plants for water and nutrients.
- Plant new annuals and bedding plants, such as coleus, geraniums, impatiens, marigolds, phlox, salvia, and zinnias.
- This is a great time to plant many bulbs such as: canna, caladium, blood dilly, and iris.
- Divide herbaceous perennials, clumps of bulbs, and

ornamental grasses if the garden looks too crowded. Replant or give away!

- Remove any dead flowers from plants to encourage new growth.
- Apply new mulch around your plants, shrubs, and trees, if needed.
- This is a great month for planting shrubs and trees.
- Prune spring-flowering shrubs after they finish blooming. Fertilize azaleas, camellias, and any other shrubs that need fertilizer.

## Myrtle's MUSINGS

- We moved into our new apartment and the rooftop garden is starting to take shape. Stay tuned!

- Qjuana and Richard Cooney



The Start of Our Rooftop Garden

## “DILL”-ICIOUS Chicken Curry with Yogurt: Recipe ~ [k--ravings.blogspot.ca](http://k--ravings.blogspot.ca)

serves: 4

### Marinade

- 1 whole chicken cut into pieces

Juice of half a lemon

- 2 tsps of ginger and garlic paste

- 1 tsp each turmeric, chilli powder and garam masala salt and pepper to taste

- 2 tsps yogurt

### Sauce

- Oil

- 2 Red Kashmiri chillies OR Paprika powder

- 1 sliced red onion

- 1 tsp black mustard seeds

- 2 tsps ginger and garlic paste

- 1/2 tsp turmeric

- 1/2 tsp garam masala

- 1 large finely chopped tomato

1. Marinate the chicken for 30 mins to overnight with the lemon juice, ginger and garlic paste, spices, salt pepper and yogurt.

2. In a saute pan heat some oil and add the red chillies, followed by the onion and mustard seeds. Cook the onions till golden brown and remove from pan.

3. In the same pan add the chicken and cook for a few minutes till nice and golden brown.

4. Add more ginger and garlic paste and the additional spice powders followed by the tomatoes. Cook this for 30 mins, stirring frequently and adding water if required.

5. Finish with a cup of stirred yogurt by incorporating a few tbsps at a time and folding it into the gravy.

## 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**

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## **MOBILE BOTANICAL GARDENS Calendar for 2025**

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

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

**Introduction to Qi Gong and Tai Chi.** Tuesdays & Fridays. 9am - 10am. This course focuses primarily on basic breathing techniques and movement practices to improve concentration, balance, and overall health. We will employ visualization and meditation. Of course, these practices help us to achieve relaxation, reduce stress, and aid the natural healing processes of the body.

**MBG Docent Training Class.** February 4, 11, 18 & 25; 8:30-12am. Classes and activities will take place at the Mobile Botanical Gardens, in the Larkins Classroom, at Magnolia Hill outdoor classroom and throughout the Gardens. Participants are expected to attend all sessions. A training manual and reference handouts will be provided. Participants will become familiar with the various garden collections, the facilities and regular program offerings through guided walks and activities.

**Sketch Club in the Gardens.** Every Friday, 2-4pm. The Larkins Classroom OR at Magnolia Hill Studio. Cost: FREE for members. A Casual sketch club experience with oversight from Derek Norman, our MBG Artist in Residence.

**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 FEBRUARY 2025 MINUTES

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

## VISITORS PRESENT

Cindy Klemmer            New Director of MBG

Jo Barton    New member

## NEW BUSINESS

1. GHS members need to pay their dues
2. Beth Poates will have a herb meeting on Feb. 28 at 3 pm in the Giftshop. The meeting will be with Seth to discuss replacing the dirt and around the perimeter of the herb garden. Also, discussing plants we want to keep in that area.
3. The 40th Anniversary of the Herb Society's planning meeting will be held on 3/6/25 at 3pm in the Larkins Classroom. The 40th Anniversary will be held on 4/26/25 from 3-5pm. The theme is "Celebration of Herbs". and will be a tea party. The party will be limited to Master Gardeners, Herb Society, and MBG members. The party will also be in honor of Sybil Burnett. A gift for Sybill will be discussed at the planning meeting.
4. Herb Education Day will be held on 5/17/25. The board is working on speakers. Annie Daniels suggested Jason Powell from Petals from the Past.
5. On Sunday, 3/9/25 MBG is hosting the 2025 National Conference of the Southern Garden History Society from 11-1:30pm. The MBG expects two tour buses to casually tour the gardens. MBG is asking for 2-3 members of the Herb Society to be present. Joan Hoffman and Annie Daniels volunteered.
6. Plantasia will be 3/14-3/16. The Preview Party will be on Thursday, 3/14. Beth Poates would like to sponsor a table for 8 people for \$150.00. Alicia Davis called for a motion and Julie Castle seconded the motion. All members present passed the motion.
7. Lydia Criswell discussed the Mobile County Master Gardener Spring Festival that will be held on 3/29/25 from 9-2 at MBG.  
Container compatible vegetables will be for sale. Free admission to MBG. Vendors and food truck will be available. Jack LeCroy is one of the speakers.
8. Lydia Criswell discussed the need for more advertising of events and maybe using different resources.
9. Joan Hoffman discussed a Good Housekeeping article on Spilanthes (toothache plant). This herb is an antioxidant and anti-inflammatory and has relaxation benefits.
10. March 1,2025 will be an Herb Garden workday. Annie Daniels will be there at 10am.
11. The January minutes were read by Alicia Davis.

The meeting was adjourned at 630pm.

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](mailto:poates57@gmail.com) or

Annie Daniels, at [mbdmobile@aol.com](mailto:mbdmobile@aol.com).

Check out our website [www.gulfcoastherbsociety.org](http://www.gulfcoastherbsociety.org) Like us on Facebook!



**The Plain Garden Planting Cycle**

**May** Sow corn, beans, and peas

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

**July** Sow cucumbers, melons, and squash

**August** Sow eggplants, peppers, and tomatoes

**September** Sow eggplants, peppers, and tomatoes

**October** Sow eggplants, peppers, and tomatoes

**November** Sow eggplants, peppers, and tomatoes

**December** Sow eggplants, peppers, and tomatoes

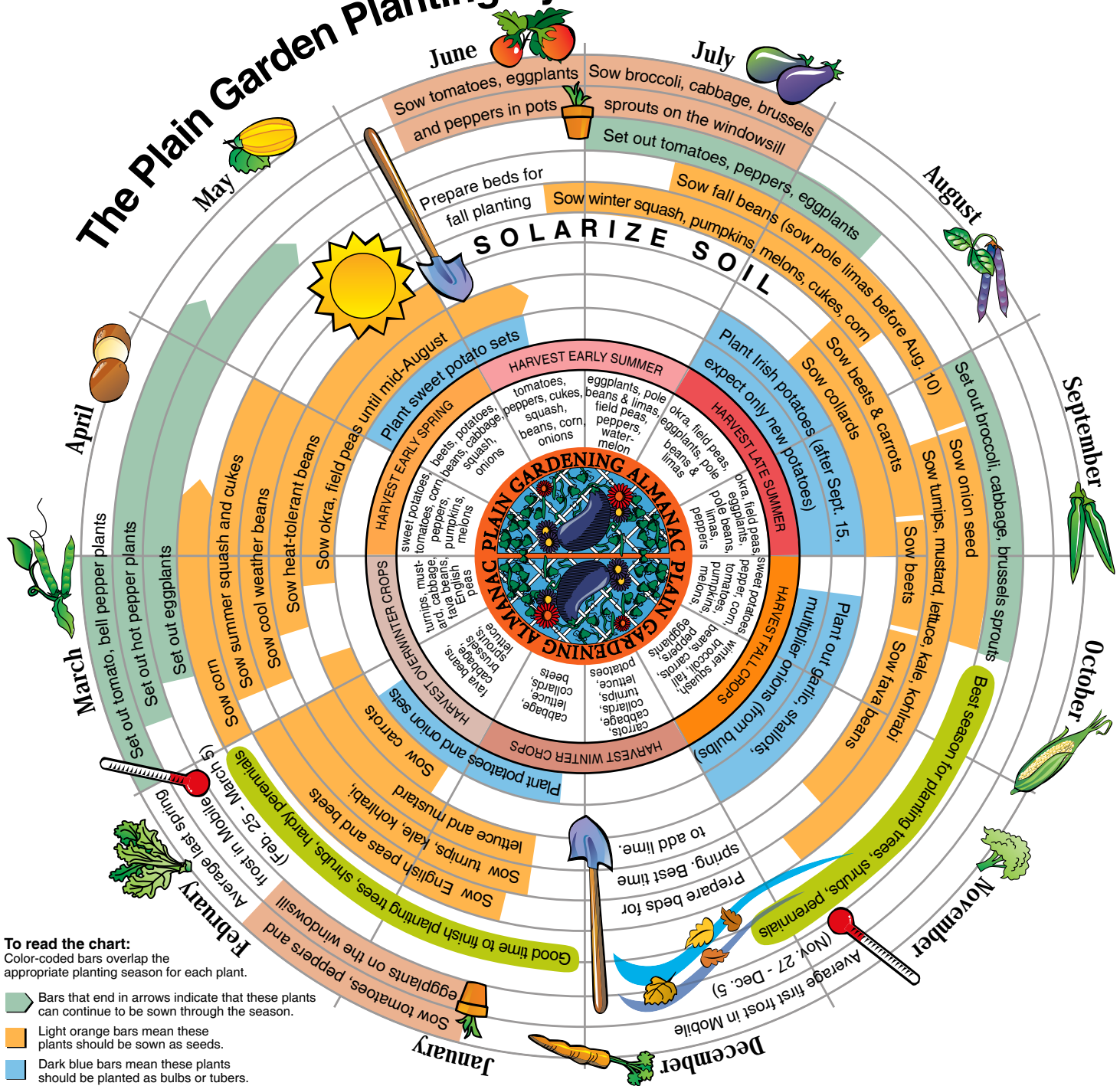
**January** Sow eggplants, peppers, and tomatoes

**February** Sow eggplants, peppers, and tomatoes

**March** Sow eggplants, peppers, and tomatoes

**April** Sow eggplants, peppers, and tomatoes

**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.