

"Out of gardens grow fleeting flowers but lasting friendships."

...Beverly Rose Hopper

SAGE LEAVES

The Herb Society of America – Wisconsin Unit

May/June 2020 – Vol XXXXI #3

Unit Meetings

Tuesday, May 12 – Zoom meeting at 11 a.m. See future email for invitation information for Meeting ID and Password

Saturday, June 20, 10 a.m. Meeting

Program: Wrap-up Meeting and Brunch
Events and Highlights of the 2019-2020 Year

Location: (Tentative) St Christopher's Church, 7845 N River Road, River Hills
(weather-permitting will be held outdoors), else on "Zoom" (check your email)

Luncheon: Informal bring-your-own picnic brunch/drink and chair

Herb & Artisan Fair, Boerner Botanical Gardens, MAY 16, cancelled due to Coronavirus Pandemic

HSA Central District Gathering in Green Bay, WI - June 5-6, 2020 has also been cancelled due to the Coronavirus Pandemic

There will be a HSA EdCon (Educational Conference) in Baton Rouge, April 29-May 1, 2021

HSA Annual Meeting of Members in Charleston cancelled for April 2020 (rescheduled for end of April 2022)

Please mark your calendars for the above dates and locations

Editor: Diane Kescenovitz, kescenovitz.diane@att.net – if you will be going out of town for an extended period of time, please notify Diane of change of address or request e-mail copy – thanks!

Subscription Rate: \$6 for 6 issues

Wisconsin Unit Web: Herb-Society-Wisconsin.org (Editor: Diane Kescenovitz)

Herb Society of America office: Herbs@HerbSociety.org

Herb Society of America web: www.herbsociety.org

NEWSBUDS...

Notes from Melody

During this time that we cannot be together at our meetings and events, we can still be connected with our newsletter, Sage Leaves, our website <https://herb-society-wisconsin.org/> and with our Zoom meeting opportunity. This issue will be our first for an all by email electronic edition. Our beneficial newsletters are archived at the Members' section of our website. Do look at the website to see the additional information that has been added. Informative planting information from past talks that Nino has presented for our unit can be found under Resources then Explore Herbs. Thank you, Diane and Nino for arranging to have this valuable information available for our members.

At this time, our Board has had an opportunity to have a remote April Board Meeting. I am so proud of them for trying "Go to Meeting." Their willingness to try the technology, help each other and work through our technology challenging meeting. We successfully completed our business items. While we had to decide to cancel the Herb & Artisan Fair, I appreciate all the planning that was involved.

Thank you to: Pat G who arranged for many vendors then needed to alert them to the cancellation, Denise for tracking the money for vendor checks in & out of our account, AJ for arranging the "Ladies Heirlooms," Denise for planning to manage the Tea Room, Mary Kay & Donna for planning to manage our Artisans Café, Lore for setting up the volunteer schedule, Marji, Rory, Carole and Susan for the speeches they would have given at the Fair and to you, our members, who planned to attend that day and volunteer your time. Our membership has proven to be our greatest asset by giving time, energy and monetary donations in support of our unit.

Personally, during this time period: I'm teaching a college course remotely, enjoying babysitting a 4-year old great-granddaughter, been reading and have started lettuce by seed and purchased lettuce plants for my salad bowl.

Online Reading - Favorite websites 4 Elements <https://www.fourelementsherbals.com/> Master Gardener Articles <https://wimastgardener.org/articles/> Fine Gardening <https://www.finegardening.com/garden-photo-of-the-day> Fine Gardening Vegetable Garden See 10 Basils <https://www.finegardening.com/kitchen-gardening> If you want to chat about any of the reading & planting, give me a call 262.878.9941.

We will stay in touch during this Safer at Home and create a "new" normal for our HSA WI Unit. Hope to be Zooming with you!

Warmest regards, Melody

Congratulations Nino and Val -- 25 years HSA Milestone Congratulations to the following members who have reached the Rosemary Circle milestone of 25 years as HSA members. You are an inspiration to all of us!
Rosemary Circle Recipients Valerie Brumder and Nino M. Ridgway Wisconsin Unit, Carolee Snyder and Louise Rennecker Member at Large, Central District

HSA Annual Meetings My trip to HSA in Charleston was cancelled for April, but I got to see Charleston on a recent P Allen Smith tv program. I do plan to go there in 2022. Our member, Mary Williams, who lives in both WI and LA is the chair for HSA Educational Conference in Baton Rouge, LA on April 29-May 1, 2021. Charleston will be the 2022 Annual Meeting of Members. HSA has a three day conference on odd numbered years and smaller annual meeting on even numbered years.

HSA Blog Do you enjoy reading about herbs? If you do, why not subscribe to the HSA Blog? The latest informative and entertaining herbal information will be delivered right to your e-mail inbox as soon as a new blog article is published. It's easy! Just go to the herb society blog to subscribe. You'll find a link to the tab under "Learn" on the HSA website. Look for the box on the right hand side of the page that says "Follow the HSA blog."

HSA Webinar - Did anyone get a chance to view any of the recent webinars? We'd love for you to give us a summary at our next Zoom meeting in May. You do need your login and pass word info. The upcoming webinar is **Antique Roses and Their Uses** with Stephen Scanniello - Rosarian, Historian and Author, Thursday, May 21st, 2020 - 1pm Eastern Log in and register at <https://www.herbsociety.org/portal-log-in-page/hsa-webinars.html> The past

webinars are archived at <https://www.herbsociety.org/portal-log-in-page/past-webinars.html> And, some of them have wonderful handouts available.

Chicago Tea Festival Fall 2020 The *March, 2020 Tea Sipper News* announced that the Chicago Tea Festival is listed for Oct. 31, Nov 1-2, 2020. Last year, the first day of the weekend event was for business vendors only. Carole and I reported at the November meeting we enjoyed the informative international marketplace (vendors' hall). The event ended with an afternoon tea and buffet with the speaker, *TeaTime* editor Lorna Reeves.

<https://teasippersociety.com/register/forever-free-tea-sipper/>

Tea Time Book club <https://www.teatimemagazine.com/book-club-afternoon-tea/>
<https://www.teatimemagazine.com/book-club-afternoon-tea/2/> The plot thickens with mystery in "Pies before Guys" by Kirsten Weiss.

Book Review Online Info: A Plain Vanilla Murder Many of you enjoyed the book, *A Plain Vanilla Mystery* by Susan Wittig Albert. The author has several items on her website See 6 Facts <https://susanalbert.com/a-plain-vanilla-murder-book-27/> or Author Website Herb Info <https://susanalbert.com/herb-snips/>
Susan's Recipes <https://susanalbert.com/recipes/> All about Thyme Newsletter <https://susanalbert.com/newsletter-archive/>

Online Reading - Favorite websites 4 Elements <https://www.fourelementsherbals.com/> Master Gardener Articles <https://wimastergardener.org/articles/>
Fine Gardening <https://www.finegardening.com/garden-photo-of-the-day> Vegetable Garden See 10 Basils <https://www.finegardening.com/kitchen-gardening>

Unit Membership Renewals are due May 12, 2020

We appreciate your support of The Herb Society of America during these tough times. HSA-WI Unit has been meeting for almost 45 years. We may need to be apart for a few months, but with electronic communication we can be in contact with each other through the newsletter, emails, the webpage and Facebook. Please reach out to a member you don't know from our directory, visit by phone and make a new friend!

My thanks to so many of you for already mailing in your membership renewals. If you have not done so yet, please send your renewal fees for the 2020-2021 business year to me by May 12th. You should have received a renewal form with the amount due for your type of membership (individual, joint or business) in March. If you need a replacement form, please let me know. On that form is a survey, so the Board can assess what members would like to do in the next year and who has an interest in helping on various committees.

(If you are a committee chair and have receipts for budgeted expenses, please send them to me for reimbursement.)

Please send your check (payable to HSA-WI Unit) to me at the address listed below. Thanks!

Denise Nelson - Treasurer
W72N904 London Court
Cedarburg, WI 53012

Out and About

Chef's Table (Louise Block)

Sunday, August 2, 2020 - 1860's tea in the Afternoon The Elmbrook Historical Society will present an Old Fashioned Tea in the Historic Dining Room of the Dousman Stagecoach Inn Museum, 1075 Pilgrim Parkway, Brookfield on Sunday, August 2 at 1:00. Tea includes a selection of teas, tea sandwiches, a selection of scones, biscuits, or fruit breads, fresh fruit, cookies, tarts, pies or cake, tea or lemonade. A docent led tour of the Inn is also included. Menu reflects foods of the period. Cost is \$20 per person. Contact elmbrookhistoricalsociety@gmail.com

Pre-registration and pre-payment are required. To date Diane K, Denise N, Lore B, AJ, Donna K, Marlene M, Tricia H, Louise B have registered.

Thank you from our Newly Elected Secretary and Treasurer:



Tricia Hallam, Secretary



Denise Nelson, Treasurer

MARCH 2020 HERB OF THE MONTH: BERGAMOT ORANGE

(Nino Ridgway – 4/16/20)

Citrus x bergamia is a close relative, perhaps a hybrid, of lemon and orange. The fruits are green and bumpy and so sour they are inedible. The juice may be used for marmalades or to add flavor to baked goods. However, the main commercial use of bergamot orange is the essential oil which is extracted from the rind of the fruits to make perfumes. It also provides the distinctive flavor of Earl Grey tea.

Bergamot orange is NOT the same as wild bergamot, the common name for *Monarda fistulosa*, also known as bee balm. This lilac colored wildflower is a beautiful and fragrant North American native colonizing fields and meadows. Wild bergamot got its name because the flavor is reminiscent of bergamot orange.

APRIL 2020 HERB OF THE MONTH: POPPY

(Nino Ridgway – 4/16/20)

Melody has already introduced us to the April Herb of the Month in her email to members on April 10 (forwarded by Pat Greathead). Here are some additional factoids and personal experiences!

Papaver somniferum (sleep inducing poppy) is also known as bread-seed poppy and opium poppy. It is an aggressively self-seeding annual with beautiful but short-lived flowers and attractive seed pods. The fresh seed pods (especially of strains bred for high alkaloid content) yield a milky sap which is used to make opium. Opium can be used to produce morphine, codeine, heroin, hydrocodone, oxycodone, and other drugs. Obviously, it is illegal to do this!

Each dried pod produces hundreds of tiny black seeds. If left uncollected, the seeds drop to the ground and produce new plants next year. They can become weedy, but I love to scatter the seeds and let the lovely flowers and blue-green foliage come where they will amongst my other garden plants. Their bloom period is short – early to mid-summer, and the foliage dies down quickly after bloom. To keep the number of plants under control, I harvest most of the seed pods early, let them mature and dry away from the garden, collect the seeds for baking, and then use the pods in dried flower arrangements.

Growing tips: Buy seed packets or even try seeds from your spice jar! Plant in early to mid- spring or in the fall. Seeds require light (cover lightly if at all) and a few weeks to germinate, so you might not see the tiny silvery blue-green seedlings right away. Once germinated, they will grow quickly to 2-3 feet in height. The flowers produce lots of pollen (but no nectar) and are pollinated by bees. Poppy plants do not transplant well, so don't try to move them. You can grow them in a planter, but they will be ugly once bloom is finished. Remove the spent stems and let other plants take over.

MAY 2020 HERB OF THE MONTH: SORREL

"Lemonade In A Leaf" By Carole Kincaid

In the United States 200 years ago thirsty farmers thought of Sorrel as "Lemonade in a leaf". It's late April and Sorrel is not up yet in my herb garden. I discovered Sorrel many years ago in France. There we cooked fresh Sorrel leaves

for a warm soup. Egyptians make a refreshing Sorrel Tea. Just combine fresh sorrel leaves and hibiscus flowers to make the infusion a lovely fuchsia color high in Vitamin C. Before we started taking Vitamins after 1907, many people like Eskimos used citrusy Sorrel to help cure flu and respiratory problems. Sorrel contains Oxalic acid like spinach, so up to ½ cup a day is safe. ½ cup has the Vitamin C of ½ an orange. Sorrel is a fast growing perennial. So try it in your garden.

Recipes

Vanilla Extract

(from "A Plain Vanilla Murder" by Susan Wittig Albert)

3-5 vanilla beans

8 oz vodka, rum, or brandy

Split the beans and chop into chunks. Put them into a lidded jar and add your choice of alcohol. (Vodka is neutral. Susan's personal preference is brandy.) Screw on the lid, put it on a dark shelf, and give it a good shake from time to time. Use when its flavor suits you. Add more beans and bean scraps and top off the jar with alcohol for an infinite supply.

Restorative Ginger-and-Turmeric Noodle Soup

(AJ Star – From "Food and Wine")

Ginger-and-Turmeric Curry Paste

4 medium garlic cloves, roughly chopped

5 medium shallots, roughly sliced

1 (3-inch) piece fresh ginger, peeled and roughly sliced (about 1 1/4 ounces)

3 serrano chiles, stems removed, roughly sliced

2 teaspoons fresh lime juice

2 teaspoons ground cumin

2 teaspoons ground turmeric

1 teaspoon ground coriander

1/4 cup good-quality coconut oil

Garlic oil

1/4 cup olive oil

1 large garlic clove, very thinly sliced

Soup

1 tablespoon olive oil

4 cups vegetable stock (such as Swanson)

1 (13.5-ounce) can coconut milk

10 ounces uncooked udon noodles

1 1/2 teaspoons fine sea salt

1 (5-ounce) bunch Swiss Chard, stems removed, roughly chopped

2 scallions, finely chopped

1 cup fresh cilantro leaves

1 lime, quartered

Directions:

Step 1 Make the ginger-and-turmeric curry paste - Combine garlic, shallots, ginger, chiles, lime juice, cumin, turmeric, and coriander in a blender or food processor, and pulse until ingredients are finely chopped. Add coconut oil, and pulse until ingredients form a smooth paste. (Keep any unused paste in an airtight container in refrigerator up to 7 days, or freeze in an airtight container.)

Step 2 Make the garlic oil - Heat olive oil in a small saucepan over medium-high. Add the garlic slices, and cook until sizzling, 30 to 40 seconds. As soon as you see any sign of browning, remove from heat immediately, as the garlic will continue to cook and turn completely golden in the hot oil.

Step 3 Make the soup - Heat a deep, high-sided skillet over medium-high, and drizzle with olive oil. Add 1/2 cup turmeric-and-ginger curry paste. Reduce heat to low, and cook, stirring constantly, until aromatic, 2 to 3 minutes. Stir in vegetable stock and coconut milk. Let simmer 6 to 8 minutes to allow the flavors to meld.

Step 4 - Meanwhile, bring a large pot of salted water to a boil, and add noodles. Cook according to package directions for al dente. As soon as the noodles are al dente, drain and rinse under cold running water. Divide noodles evenly among 4 serving bowls.

Step 5 - Season broth with salt. Turn off heat and stir in chard. To serve, ladle broth mixture over the noodles. Top with scallions and cilantro; drizzle with garlic oil. Serve with lime wedges.

Starting Seedlings

(Peggy Gibbs-Zautke)



Many of us have already started growing plants by seed in anticipation of starting another year of gardening. Growing your own plants by seed can be rewarding, if you choose plants that have the greatest chance for success and follow some good growing techniques.

I don't recommend starting perennial herbs by seed. You will see them offered in catalogs, but they do not grow true to seed. Generally all annual herbs should be started indoors and then transplanted outside when night temperatures stay above 50 degrees.

Herbs that are best sowed directly outside are dill, cilantro and nasturtiums.

Techniques for success:

- Buy pelleted seed, if possible, from a reliable source. Pelleted seed is easier to handle and requires less thinning. It is worth the extra cost.
- Read the packet! Sowing time is critical. A little later is better when sowing at home because there is less possibility of stretching.
- Select a container with good drainage.
- Use sterile soilless medium. I like to use Burpee eco friendly seed starting mix made from coconut coir, a renewable resource unlike peat moss.
- Create good air circulation
- Light: not your windowsill! A good grow light is a T5 fluorescent. It is small and efficient.
- Soil temperature should be warm around 70 degrees.
- Thin seedlings
- Provide even moisture.

My favorite companies to buy seed are: Johnnys seeds, Baker Creek and Parks/Burpee. Good Luck!

Edible Container Gardens

APRIL 15, 2020 BY ANN MC CORMICK

Besides the usual rash of spring planting in garden beds, this is a good time to start a new container garden. Even if you have little or no solid ground to plant, containers will allow you to grow a few herbs with minimum work and maximum pleasure.

So can you just put any ol' herb or vegetable together in a pot? Not really. Here are three basic rules for creating a container garden.

Rule 1: Planning a container garden is like planning a dinner party – you want the guests to all get along. An herb that grows big and acts like a bully (lemongrass for example) shouldn't be planted with a shy little plant that is easily overshadowed (such as garden thyme or pennyroyal).

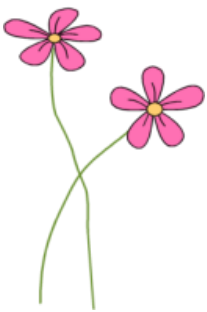
Rule 2: Group plants (whether herbs or not) by similar water and sunlight needs. Don't plant water-hungry basil with dry-soil sage. Once plants are tucked into the same container they are "joined at the hip," so to speak, and will get the same amount of water or light.

Rule 3: Keep the mature size of the herb in mind when selecting a pot. Garden dill or fennel (which can grow to 6 feet) will look downright silly if placed in a 12-inch pot. It's also likely to starve for lack of root space.

COOKING WITH HERBS COLLECTIONS

To help you select plants that will go together in the pot and in the kitchen, here are some cooking herb collections:

- Pizza pot – oregano, globe basil, bush tomatoes, bell peppers
- Southwestern spicy – chiles (your choice of heat), cilantro, garlic
- Asian stir-fry – lemon grass, Thai basil, ginger
- Salad – applemint, spearmint, thyme, salad burnet, chives, parsley
- Herbal teas – lemon verbena, sage, thyme, cinnamon basil, catnip, lavender, peppermint, lemon balm



What's Great About Gardening? (from Eberts Newsletter)

- 1. Gardening to have something to care for and nurture.** Creating a beautiful garden and watching it grow not only enriches the planet, but it's good for the soul, too.
- 2. It's a healthy habit!** Gardening is good exercise, a great way to unwind and relax, and it's a great stress reducer.
- 3. You can make it a "family affair."** Getting out in the garden with children and teaching them about how things grow is a great way for them to learn about patience and teamwork.

4. Express your creativity. Putting together your very own beautiful garden oasis gives you a sense of pride, and just plain makes you feel good as the plants grow and you spend time enjoying the fruits of your labor with friends!



5. Unleash Your Inner Chef.

Growing your own fresh herbs and vegetables and incorporating them into the landscape is very satisfying and economical. Why not get involved with a local community garden? What could be better than making new friends and growing your own food too?

6. Attract and care for wildlife. Bringing the birds and bees into your landscape with the right plants that attract the pollinators, as well as beautiful garden accents like birdbaths and feeders provide hours of enjoyment for you and your feathered and winged friends!

7. It's Fun! If you're an avid gardener, the abundant enjoyment that you experience with each success keeps you coming back for more - again and again!

Spring reminds us of how beautiful things can be - not just our in our landscape, but in our relationships with one another and all of the other abundant blessings in our lives. Take some time to cherish the little things...warm sunshine, a hand to hold or a single blossom! Have a happy day!

Diane Kescenovitz
2427 W Plum Tree Court
Mequon, WI 53092
(Return Service Requested)



Subtle Spring

*Be aware if you want to hear
Subtle suggestions that spring is near.
Spring is unruly, it sighs and it weeps,
Pushing wet, woolly clouds away as it weeps.
Trees hold up naked black twigs needing sleeves
Waiting for nature's designer green leaves.
Golden haired willows kiss damp mossy ground
A fat belly robin yanks a worm he has found.
The fairies line-dance on toadstools at night
A frog band croaks tunes to their delight
Departing winds tease temperature to rise,
A lemon drop moon glows in soft misty skies.
Pastel primrose spreads chartreuse fluffy arms
Bold tulip bows to bright daffodil's charms.
Sage, thyme and hyssop sprout shoots anew
Basil, rosemary, tarragon show a few, too.
Rain showers drops on scarecrow's hair
Subtle spring signs spring out everywhere.*

Jejanssen, "Under The Leaf"



If you have an event, article, recipe, etc. in which you feel members might be interested, please send to Diane at kescenovitz.diane@att.net and I will try to put it in the next issue of SAGE LEAVES if there is room.

Future SAGE LEAVES will be mailed out to arrive by 7/1/20 and 9/1/20.

