



*" Christmas is a season for kindling the fire for hospitality
in the hall, the genial flame of charity in the heart."*

...Washington Irving

SAGE LEAVES

Herb Society of America – Wisconsin Unit

November/December 2021 – Vol XXXXII #6

Unit Meetings

Saturday, November 20, 9:30 Social, 10:00 am Meeting

Program: Herb Research Study: 2022 International Herb of the Year™ – Viola-Violet, Pansy, Heartease, Tricolor Pansy"

Share recipes for Thanksgiving's 400th Anniversary

Location: St. Christopher Church

Wednesday, December 8, Holiday Luncheon, 10 a.m. Social, Noon Luncheon

Donation collection for Repairers of the Breach (see invitation for suggested items)

Location: The Town Club, 7950 N Santa Monica Blvd., Fox Point, WI 53217

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!

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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 – reminder: password for members is HSA-WI@76

NEWSBUDS...

From the Chair:



Autumn Greetings!

I have been in Halloween mode lately, painting faces on pumpkins and gourds. Some of you know I have a black cat called Billy Holiday, and even he gets a costume. It's also time to think about the first pilgrim dinner that was in 1621 and that it's the 400th anniversary. I have tried a few recipes to share for our November meeting that include pumpkin hummus, a carrot puree, pumpkin custard and turkey sliders for all that leftover turkey. Let me know if you want to share a recipe with or without a tasting sample for an appetizer, side dish, or other fall food item.

The program for our November meeting is research on The Herb of the Year™ Viola. Sue Obry will present on aspects of the viola, Pat with the History/Folk Lore, and I have a couple recipes using Crème de violette liquor.

I'm looking forward to our holiday party and the lovely setting at the Town Club with all the festive decorations---definitely a photo op.

Hopefully, you've been enjoying the newest issue of the *Herbarist*. I love the article we sponsored on Leaf Rubbings. It was nice to see our unit receive credit for the sponsorship.

Enjoy our vibrant colorful Fall. See you at our unit meeting.

Melody

Congratulations – 2021 Membership Pins

5-Susan Obry
5-Eva Boldt
5-Kate Normolye
5-Joanne Ruggieri
10-Lore Borth
10-Valerie Kupcczak-Rios
10-Diane Kescenovitz
15-Pat Greathead
15-Mike Timm
25-Gerry Kovatch

OUT AND ABOUT

Hello, I'm thinking about snuggling in again as Winter approaches and wondering how a poetry read while sipping hot cider in our homes - via Zoom - would be welcomed. I have one particular poem that I like and maybe some of you have "that special verse" you'd like to share also. Let me know if you like the idea.

A SHORT POEM TO GET YOUR ADRENALIN GOING:

Title: "FLEAS"

Poem: ADAM HAD 'EM.

Gotcha!

Joanne

Herb of the Month for November 2021: Carob (*Ceratonia siliqua*)

(Nino Ridgway)

Carob, or locust bean, is a large tree in the pea family. It is native to Mediterranean countries and is grown for its large edible pods. The pods were historically used as animal feed, and were considered inferior for human consumption. In the USA, carob became popular as a substitute for chocolate in the 1970's health food craze. Carob-laced brownies, cookies, and cakes were promoted by avant-garde foodies, but many of their customers found the flavor far inferior to chocolate. Carob quickly went out of favor, but it has enjoyed a recent resurgence because it is naturally sweet and needs much less sugar than chocolate to make it palatable. Also, it does not contain caffeine compounds and is easier to digest. If it is not promoted as "tasting like chocolate" (it doesn't), people are more receptive to it as an "interesting" flavor. It is still used for animal feed, including dog treats. A more recent process uses the seeds (not the pods) to produce "locust bean gum", a common food thickening agent and also a filler in gluten-free products.

Carob is listed as hardy to USDA Hardiness Zone 8, (about 20 degrees Fahrenheit), so we are not going to grow it here in Wisconsin anytime soon. It is an attractive ornamental tree and is quite drought resistant, so it is a popular shade tree and urban street tree in California and in the South along the Gulf of Mexico.

Herb of the Month for December 2021: Cloves (*Syzygium aromaticum*)

(Nino Ridgway)

Clove is an evergreen, subtropical, broadleaved tree in the myrtle family. It is native to the Moluccas of Indonesia, and is grown in many tropical countries including Mexico, Brazil, Jamaica, Kenya, and Sri Lanka. The edible part is the bud, which is harvested when mature but not yet open. The buds are then dried and packaged. The distinctive flavor of clove comes from the essential oil eugenol.

Cloves are used in many cuisines, usually paired with other herbs and spices such as cinnamon, cumin, allspice, orange peel, peppercorns, and vanilla. Cloves are incorporated into such classic blends as pumpkin pie spice, Moroccan spice blend, chai tea mix, Chinese 5 spice mix, and rubs for meat. They are used to flavor meats, baked goods, and hot drinks such as mulled wine. Cloves are found in many condiments, such as ketchup, Worcestershire sauce, and chutney. Cloves are also used to flavor cigarettes, especially in Asia. Pomander balls of oranges studded with cloves are popular at Christmas.

Many claims have been made as to the medicinal value of cloves, including pain relief, fever reduction, and lowering of blood sugar. None of these claims have been proven, but research is ongoing. Cloves may interfere with medications used for blood clotting and other disorders, so should only be taken medicinally or in quantity with medical supervision.

Like carob, cloves are not a tree to grow in Wisconsin. Their USDA Hardiness Zone is 12!



*Celebrate the harvest
Blessings of gratitude
Set the table
For a feast
Enjoy the Wonderful food.
Friends and Family
Far and near
Football, food and fun
Thanksgiving time
The turkey's here
Memories for everyone.*

Recipes

Almond-Parsley Pesto

(Louise Block – 9/21 Mtg)

- 1 packed cup fresh parsley leaves
- 1/3 cup sour cream
- 1/4 cup freshly grated Parmesan cheese
- 3 tablespoons olive oil, or more as needed (I found 2 worked well)
- 2 tablespoons toasted silvered almonds
- 3 cloves garlic – I reduced to 2
- 1/2 teaspoon salt

In a blender, combine the pesto ingredients and process until smooth, adding more oil if necessary to create a sauce-like consistency.

Note: I blended garlic only to get finer, then I added parsley, Parmesan, almonds and salt. Finally, I added sour cream then drizzle olive oil. As mentioned above I reduced to 2 tablespoons as I wanted to be more paste like for spreading.

To create wrap:

Flour tortilla - Spread with Almond Parsley Pesto down center, Add chopped Roma tomatoes, Fresh tiny mozzarella balls, Fresh basil, Arugula or spring mix with spinach and French crispy onions

"What did the tea plant say when the farmer gave it a drink of water? Matcha-bligned. "

Cranberry-Pineapple Minis

(Louise Block – 9/21 Mtg)

- 20 oz crushed pineapple
- 2 3 oz Raspberry Jello (I used sugar free)
- 1 16 oz whole cranberry sauce
- 2/3 cup walnuts
- 1 apple

Drain pineapple, Reserve juice. Add water to equal 2-1/2 cups
Pour into saucepan. Bring to boil. Pour over gelatin
Stir in pineapple, cranberry sauce, walnuts, apple
Pour into lined cupcake wrappers.

Wintery Reminder



If Milwaukee Public Schools are closed for inclement weather on a Unit meeting day, our meeting will be cancelled also. If you are out of the closing announcement area, please send me your cell number now and I will send you a text. Melody



Diane Kescenovitz
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(Return Service Requested)



Herbal lyrics, sung to the tune of "The Twelve Days of Christmas." By Ann McCormick

*On the twelfth day of Christmas my garden gave
to me,
Gold Lady's Bedstraw,
White, downy horehound,
Lavender for cleansing,
Dark green rosemary,
Flat leaves of alecost,
Green boughs of boxwood,
Silver sprigs of sage,
Sweet garden thyme,
Kissing mistletoe,
Juniper,
Rue the herb of grace,
And the pungent scent of pennyroyal*



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 1/1/22 and 3/1/22.

