

"Flowers...are a proud assertion that a ray of beauty outvalues all the utilities of the world."

... Ralph Waldo Emerson

SAGE LEAVES

The Herb Society of America – Wisconsin Unit

July/August 2022 – Vol XXXXIII #4

Unit Meetings

There will be no unit meetings in July or August.

Herb Day at Boerner Botanical Gardens – July 24, 11 a.m. – 3 p.m.

***Unit Meetings:** 9:30 am Social, 10:00 am Meeting, Luncheon at 12:00 pm

*September 17 (Saturday): St. Christopher's Church - Annual Meeting

*October 18 (Tuesday): St Christopher's Church – To be Announced

*November 19 (Saturday): St Christopher's Church – Herb Study – Ginger (Zingiber Officinale)

December 7 (Wednesday): Holiday Luncheon – Town Club, Fox Point, 10 a.m. Social, Noon Luncheon

*January 17 (Tuesday): St Christopher's Church - Grants & Scholarship Program

*February 21 (Tuesday): St Christopher's Church – To be Announced

*March 18 (Saturday): St Christopher's Church – To be Announced

April 1 (Saturday): Symposium – Woman's Club (New Date – not March)

*April 18 (Tuesday): St Christopher's Church – Elections

*May 16 (Tuesday): St Christopher's Church – Prep for Herb & Artisan Fair

May 20 (Saturday): Herb & Artisan Fair at Boerner Botanical Gardens

*June 17 (Saturday): Wrap-up of Events

July (Sunday): Herb Day at Boerner Botanical Gardens (Date to be announced)

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!

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Herb Society of America office: Herbs@HerbSociety.org

Herb Society of America web: www.herbsociety.org

Facebook Page: Herb Society of America – Wisconsin Unit

NEWSBUDS...



An enormous thank you to all who planned, prepared, worked and volunteered during the wonderful Herb & Artisan Fair. At our June "wrap up" meeting, I figuratively "rolled out the red carpet" (aka powerpoint) and gave Oscar Awards for the best directors, casting director, actresses, production developers, producers and photographer... as volunteers at our 2022 Herb & Artisan Fair. As I said, I do want to shout out, loudly, my deep and sincere appreciation to all our members for before and the day of the Fair!

Our next event is the July Herb Day. The template to use for the research on fragrant herbs was sent out at the time I'm writing this. We look forward to the Sunday event at Boerner. I hope they have more lavender lemonade for sale at the concession stand!

Our Out & About Social event to the Olive Sprig is planned for July 13th. Hope to see many of you there for the tour and lunch afterwards. Send Joanne any other ideas for summer outings.

Summer in July means daylilies—lots and lots of daylilies! And sunflowers, hydrangeas, milkweed, echinacea, and more! My garden is even more alive with summer color, and I have a friend who hybridizes daylilies and shares her bounty. I can't wait for my two rows of daylilies to be blooming with colors: light and dark yellows, pinks and of course whites.

Enjoy the best of the summer,
Melody

Executive Board:

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Sage Leaves:	Diane Kescenovitz
Sunshine:	Pat Greathead & Joan Amundson
Symposium:	Denise Nelson
Web Master:	Diane Kescenovitz



Please check your home mailbox:

You should receive your renewed HSA membership card mailed to your home. Please contact Denise Nelson if it has not arrived by June 30, 2022.

During the first week of September, you should receive a white business envelope with important information about the Annual Meeting. Read the contents and bring the papers with you to the Saturday, September 17th event.

Thank you.

<p><i>Out & About</i></p>	<p>Hello, Wednesday, July 13th is the date for our Out & About summertime activity. We'll be touring <i>The Olive Sprig in Cedarburg</i> from 10 - 11 a.m., followed by lunch at the <i>Cream and Crepe</i> restaurant next door. The tour will include tastings of various infused olive oils and balsamic vinaigrettes and browsing through the shop which offers so many foods, gifts and collectibles. The cost is \$5.00 for the tour and tastings with a 10% discount off anything you buy in the shop. Lunch is on your own. I need your email reply by Wednesday, July 6th so I can pass on the number coming. Cream and Crepe address: N70 W6364 Bridge Road, Cedarburg, Wisconsin Cream and Crepe phone: 1-262-377-5944 My email address: joa38rugg@gmail.com</p> <p>We'll be celebrating <i>July-December</i> birthdays at our <i>Annual meeting</i>, Saturday, September 17th and will be asking each of you for ideas and helping hands to make the event happen. I promise it will be a good way to say hello again and begin the new Herb Society year. There'll be more information in the next Sage Leaves edition. I hope you can stand the suspense until then.</p> <p>Have a wonderful, relaxing and enjoyable summer. Joanne</p>
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Our 2022 Scholarship Winner is One Reason We All Worked So Hard at the 2022 Herb and Artisan Fair!

The winner of the 2022 \$1,000 Unit scholarship is Jansen Kapla, A Culinary Arts student at MATC*. Jensen has a GPA of 3.9 and received exceptional references from a current instructor at MATC and a former manager at Metcalfe's Market in Wauwatosa. Superlatives they used to describe Jensen are "I would highly recommend him for this field – not just our industry, but for any career he chooses. He's top of the line...he gets straight A's...has a very bright future. I predict that he'll have his own restaurant someday. He's destined to be a star in his field." (From a current instructor.) A former manager says Jensen was "...extremely helpful to all of our customers...he's real star, he's smart. He worked about 20-30 hours a week, often worked full-time. I appreciated his going above and beyond to learn." Besides being a full-time culinary arts student with a 3.9 GPA in his 1st year, Jensen currently works 25-30 hours per week at a line cook/prep cook at Bavette La Boucherie and has volunteered as a cook at the Ronald McDonald House' annual "Chef's Dinner" at MATC's Student Gallery Night. He says that "Getting this scholarship would be an incredible opportunity for me as I am a full-time student as well as having to work part time (and sometimes full time) in order to support myself and my culinary dreams. The scholarship would provide me with the financial freedom to spend more time volunteering and getting involved within my community instead of having to worry about working enough to have enough money to pay for school rent, utilities and other life expenses."

In his application, Jensen answered the question about using, or planning to use, herbs in (his) baking and/or cooking: "Yes, I love herbs! Rosemary, thyme and parsley are almost always in my dishes! I love using tarragon as well as dill for a fun, fresh twist! I always use fresh herbs in class and hope to one day have my own garden of herbs I can pull from and use in my daily, personal cooking. I would love to take a gardening class to learn more about it as I am not as knowledgeable as I would like to be."

Be sure to attend our January 2023 meeting to meet Jensen!

2021-2022 Grants & Scholarship Committee Members: Eva Boldt, Denise Nelson, Susan Williams, and Chair Lore Borth

***COOK, PLATE, DINE** – a locally produced TV series showcases the Culinary Arts program at MATC. The four-part series (7/10-31 on Channel 36) follows student chefs as they master the art and science of cooking, from basic knife skills and egg cookery to preparing fine dining meals at MATC's Cuisine Restaurant.

July Herb of the Month: Doublemint 'Madeline Hill' (*Mentha x gracilis* 'Madeline Hill')

(Nino Ridgway)

'Doublemint' Madeline Hill is a variety of *Mentha* that was named after herb pioneer extraordinaire Madeline Hill of Hilltop Farms in Texas. She grew and sold herbs beginning in the 1960's and helped popularize herbs for the mainstream culinary world. She was also very active in the Herb Society of America.

'Doublemint' has a strong flavor with hints of both spearmint and peppermint. It is an attractive variety with neat, dark green foliage and reddish-purple stems. Like all mints, it will travel aggressively around your garden and then invade the neighbors! Keep it in a pot away from the garden; even if its roots don't escape the pot, it will drop seeds on the soil nearby and spread in this manner.

'Doublemint' is a perennial hardy to zone 4 or below. Seeds of mints will likely produce offspring with inferior flavor to the parent, so this is not a good way to propagate them. Divide or root cuttings instead. Mints are relatively pest-free but may be troubled with flea beetles or powdery mildew. The best way to deal with these is to cut the plants down hard and dry the cut material for future use. It is important to keep the plants from blooming (better flavor, less self seeding), so cutting them to the ground should be done periodically anyway

The flavor of 'Doublemint' pairs well with sweet dishes, especially those containing chocolate. It also makes an excellent tea or flavored water. It is not my preferred mint for mint sauce or to use with meats and savory dishes (use spearmint or applemint instead). Mint has a long list of medicinal uses. I personally use it as a tea to settle a queasy stomach, and as an antidepressant. When you're feeling down, there's nothing like lying face-down in the mint patch and taking some good, deep breaths! The original aromatherapy...

August Herb of the Month: Lemon Balm (*Melissa officinalis*)

(Nino Ridgway)

I have a love-hate relationship with lemon balm. It has a lovely lemony fragrance and nice flavor if used fresh in salads, dressings, flavored water, and as a garnish. It can be used to make a lemony pesto and to add a lemon zing to soft cheeses. It's flavor does not stand up to cooking or drying, however, and I prefer lemon verbena. The hate comes in in the garden!

I have spent more time trying to kill lemon balm than anise hyssop, chives, and valerian combined. (It's in the mint family – what can I say?) I still have not been successful. It flowers early and often, and if you don't catch it, it will seed EVERYWHERE. The only herb that rivals lemon balm for invasiveness is garlic chives, and those are not shy about showing their flowers and seeds, so it's relatively easy to head them off (heh-heh). Since fresh lemon balm is hard to come by and the dried stuff has no flavor, you really have to grow your own or have a friend (who may become your enemy) grow it for you.

That said, lemon balm has many devotees. Like mint, lemon balm will soothe an irritated digestive tract and is also anti-depressant (see mention of face planting in the mint patch above). It can improve appetite and decrease bloating and gas. Lemon balm leaves are used in sleep pillows and as a tea for insomnia. CAUTION: Lemon balm has been shown to interact or interfere with some pharmaceuticals. Consult a doctor, pharmacist, or herb practitioner before using this herb medicinally.

RECIPES

MEXICAN BLACK BEAN MARINATED SALAD*

(Nino Ridgway – June 18, 2021 Mtg)

1 15 oz can black beans, drained
1 15 oz can pinto beans, drained
8 oz frozen corn, cooked & cooled
1 C diced sweet red pepper
1/2 C diced green pepper
3 scallions, cut finely, including greens
1/2-3/4 C yellow onion, diced finely
1/2 C finely chopped fresh cilantro

Dressing:

1/4 c apple cider vinegar
1/3 C extra virgin olive oil
2Tbsp sugar or honey
1 tsp ground cumin



1/4 tsp mild chili powder
1/2 tsp garlic powder
1/2 tsp black pepper
Juice of 1 small lime (optional)

Quantities and ingredients can be adjusted according to your taste and what you have on hand. I never make it the same way twice! Vegetarian/vegan and gluten-free! Recipe also works well with parsley instead of cilantro.

*also called Texas Caviar. Can be served as an appetizer with "Scoops" corn chips.

Pimiento Cheese and Grilled Peach Toast

Southern Lady Magazine
(Louise Block -June 18, 2021 Mtg)

1 (4-oz) jar pimientos, drained
¼ mayonnaise
1 oz. cream cheese, softened
1 ½ tsp stone-ground mustard
½ teaspoon plus 1/8 tsp salt, divided
8 oz. sharp Cheddar cheese, coarsely shredded
2 firm peaches, halved
2 avocados, halved
Olive oil, for brushing
6 ¼ inch thick slices French bread
2 tsp fresh lime juice
1/8 tsp black pepper
Garnish: fresh radish sprouts

In a medium bowl, stir together pimientos, mayo, cream cheese, mustard and ½ tsp salt. Fold in Cheddar. Cover and refrigerate until ready to use. Heat a cast-iron grill pan over medium heat until slightly smoking. Lightly spray pan with cooking spray. Lightly brush cut sides of peaches and avocados with olive oil. Place peaches cut side down, on prepared pan. Cook until peaches are just soft and charred, 3-4 minutes. Remove and set aside. Brush both sides of each bread slice with olive oil. Place bread on pan. Cook until toasted and charred, 5-6 minutes, turning once halfway through. Let cool completely on a wire rack. Scoop avocado pulp into a small bowl. Add lime juice, remaining 1/8 tsp salt and pepper. Using a fork, mash avocado until mostly smooth. Set aside. On a flat working surface, slice peaches 2/8" thick.

To assemble, place toasts on a serving platter. Spread desired amount of cheese mixture onto toasts. Divide avocado mixture evenly between toasts atop cheese mixture. Equally divide sliced peaches among toasts, slightly overlapping peaches to create a shingled effect. Garnish with radish sprouts, if desired. Serve immediately.

Mixed Fruit Salad with Lemon-Basil Dressing (Serves 8)

Joanna Cismaru of "jocooks.com" (2013)
(Denise Nelson brought to June 18, 2021 Mtg)

Ingredients:

Lemon-Basil Dressing
2 Tablespoons fresh lemon juice
1/2 tsp sugar
1/4 tsp salt
1/4 tsp ground mustard
1/2 tsp onion powder
1/8 tsp pepper, or to taste
3 Tablespoons olive oil
1/4 cup chopped fresh basil

Fruit Salad:

1 cup each of cubed fresh pineapple, sliced strawberries, kiwifruit, watermelon, cantaloupe, blueberries and raspberries.
(Use whatever fruit you prefer or is in season.)

Instructions:

1. In a small bowl add all the dressing ingredients and whisk well.
2. In a large serving bowl, combine the fruit. Drizzle with dressing and toss to coat. Refrigerate until serving.

Mint & Cucumber Infused Limeade @mustloveherbs

7 C water
4 limes squeezed and strained or 8 T
2 C of lavender simple syrup – recipe follows
½ C of fresh mint (more if desired)
1 medium cucumber – sliced

In a large pitcher combine water, lime juice, mint cucumber slices and lavender simple syrup. Place in fridge and allow to infuse for a minimum of four hours, but overnight is preferred. Enjoy over ice.

Lavender Simple Syrup @mustloveherbs

C water
1 C sugar
1 T fresh lavender buds

Place all in a sauce pan. Bring to a boil. Stir to make sure sugar is dissolving. Allow to boil for one minute before removing from heat. Allow to cool before using.



Tips for Herb Harvesting

(Herb n' Cowgirl)

Sometime after the Fourth of July, herb gardeners are occasionally overcome with strange needs. We scout for flat surfaces around the house. Spare tables, the top of the clothes dryer, nothing is safe. Then we raid our gardens for armfuls of basil, rosemary, and sage. Green mounds spring up everywhere in the house and spill over into the garage as we gather from our herb garden. If you're having these urges, take heart. Just follow my simple tips and you can dip with confidence.

- Start by collecting your gloves and harvesting equipment. Use sharp clippers so you don't mangle the stems. Have something to carry the clipped herbs: a bucket, a large basket, or even grocery bags will do the trick.
- Perennial herbs such as oregano and thyme are the simplest to harvest. Cut about one third to one half of the plant's height any time during the growing season.
- Basil, chervil, and other annual herbs grown for their leaves can also be harvested periodically during the summer. Once they near maturity, many annuals actually benefit from harvesting. Clipping delays them from going to seed. This will encourage your herbs to focus on growing leaves.
- Gathering dill, caraway, and other seed producers requires more careful timing. Watch for the seeds to plump and turn brown. Clip the heads immediately or you'll lose your harvest to hungry birds or high winds. Place seed heads upside down in a bag and allow the heads to finish ripening for about two weeks.
- For all your herbs, harvest only parts that are in good condition. Leaves, seeds, or flowers that are damaged or wilted won't improve after they're clipped.

For most herbs, drying is the best way to preserve them for cooking. Wash your just-clipped branches to remove any dust and dislodge most garden critters. Shake well and lay the stalks in a single layer on an absorbent towel placed on a flat surface. Each day during the drying, fluff the herb stalks to expose new parts to the air and to prevent mold from taking hold. If you live in a humid area, consider using a small fan. Allow them to air-dry for 8-14 days until the leaves are crackly. Store in an airtight container away from light.

That's all there is to it. Harvest only healthy herbs. Make sharp cuts. Keep the herbs clean. Dry them quickly. Store away from light and moisture. Next time you're struck with the need to harvest, you'll know what to do.

Harvesting Herb Seeds

Once temperatures soar it will be time to start harvesting seeds from coriander, fennel, dill, and other seed-bearing herbs. This can be frustrating because it's all too easy to shake the seeds off the heads and onto the floor or other places you never intended. After all, seeds are designed to drop off the parent plant at the slightest disturbance.

To minimize your loss, clip the seed heads just as they fade from green to brown. Cut off the stalk and immediately place it head down in a clean brown grocery bag. Fill the bag with other seedheads without overcrowding them. Air needs to circulate down into the bag to avoid mold. Bring the bag indoors and leave undisturbed in a dry place for a week or two.

After about a week the seeds should be thoroughly dry. Rub them off the stems with your fingertips. Remove the spent heads. When you are done you will have a pile of seeds in the bottom of the bag. Pour into a wide bowl. Use your fingers or gently blow on them to remove any stray leaves or stem pieces. Store seeds in an airtight jar.

BIRTHDAY SHOUT OUTS from Pat Greathead, Membership Chair

The following fantastic members will be celebrating their birthdays in July and August. Please send them wishes of a happy day & year:

7/2 Mike Timm

7/3 Michael Dudley Williams

7/18 Valerie Kupczak-Rios

7/22 Melody Orban

7/29 Kate Normoyle

8/12 Mary Beth Mahoney

8/20 Joan Janssen

8/21 Anne Maehle



"Gratitude is the fairest blossom which springs from the soul."

... Henry Ward Beecher

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



ODE TO THE GARDENER

*We wish you a restful season
We wish you some books a pleasin'
We wish you the peace of winter
That's our wish for you. Then...
We wish you a plannin' season
We wish catalogs a teasin'
We wish you a golden springtime
That's our wish for you.
May you enjoy the herbal kingdom
And use the outdoor freedom
We wish you a fruitful harvest
That's our wish for you.*

... J E Janssen



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 9/1/22 and 11/1/22.