



# Diann's Herb Newsletter

FALL 2009

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**The International Herb Society selects the Herb of the Year. Here are a few from the past plus the current ones:**

**2010 Dill\***  
**2009 Bay Laurel**  
**2008 Calendula**  
**2007 Lemon Balm**  
**2006 Pelargonium**  
**2005 Oregano**  
**2004 Garlic**  
**2003 Basil**  
**2002 Echinacea**  
**2001 Sage**  
**2000 Rosemary**

\*Look for a wealth of information on varieties of and uses for dill coming up in the winter issue—even a dessert using dill

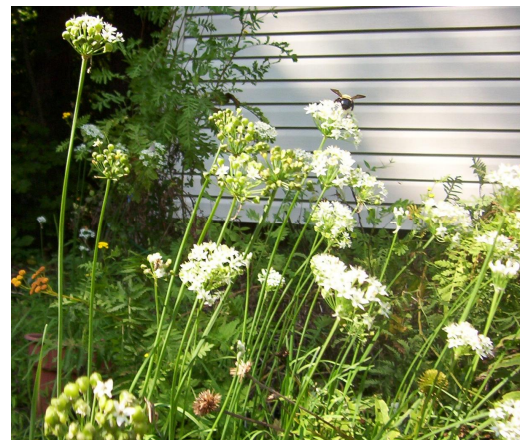
## Can You Believe It's Time to Plant Perennials?

I don't know about you—but I'm struggling with the idea that it's fall. All the rain and mild weather have hardly seemed like summer. And my tomatoes are just now at their peak. I suppose there'll be a lot of green tomatoes when frost comes. The basil is still lush and green, but it's trying desperately to go to seed. The deer are eating my pepper plants—even the hot peppers. Their tastes are broadening. In the past they avoided the mints; now they seem to relish them. They needed a good trim anyway.

## 5 Hardy Perennials You'll Want to Plant in Your Garden Now

### Garlic Chives (*Allium tuberosum*)

Unlike onion chives, garlic chives have flat leaves and grow a little taller, with large, white, umbel-like blossoms. They're considered a hardy perennial from Zones 4-9. A combination of garlic and onion, this herb is good for a variety of uses as a seasoning and garnish. It's popular in Asian cooking. As with all alliums, you can use garlic chives around other plantings to deter deer or grow it along deer routes in your yard. (Unfortunately, in my yard, everywhere is a deer path.) Provide garlic chives with average soil and watering, full to part sun, and space about 6 to 8 inches apart. If you don't have a lot of room you'll want to deadhead the flowers before they go to seed (Use the flowers in floral arrangements and for garnish. They're very pretty.), or else they'll self-sow profusely and take over your garden in time.



**Hyssop (*Hyssopus officinalis*)** Considered a perennial, hyssop is an almost hedge-like evergreen. It grows 18 to 24 inches tall, with square stems that yield lipped flowers with spikes of blue, pink, or white. As always, the blue flowers, which are the most common, are great for attracting bees. Use raw leaves and shoot tips in salads or as a flavoring in soup. The leaves used in a tea can relieve gas and stomach aches and loosen phlegm. Hyssop is often used with horehound for bronchitis, cough, and asthma, Hyssop likes full sun, and well-drained soil that is sandy, neutral, or limey.

**Lovage** (*Levisticum officinale*) Lovage looks like overgrown celery and has a distinct celery-like aroma. Lovage grown 4 to 5 feet tall and 3 feet wide, boasting broad umbels of greenish yellow flowers, This is an old fashioned perennial herb. Its celery-like flavor can be used in soups, stuffing, or salad, as well as in casseroles and marinades. Lovage tea can be used as an antiseptic, and also for digestive problems, flatulence, and coughs. Lovage likes rich, well-drained, moist soil and does well in either full sun or part shade.

**Rue** (*Ruta graveolens*) Rue is a shrubby perennial, growing 2 to 3 feet tall with pretty, smooth, blue-gray leaves that are divided and fern-like. The flowers are small and yellow, and fairly insignificant. In most references, this herb has fallen out of favor. Modern tastes don't enjoy its bitter flavor, and medicinal claims have been subject to scrutiny. However, rue is beautiful in flower arrangements and nosegays. Cats dislike its odor, so it's great for deterring felines wishing to use your garden as a litter box. Rue likes full to part sun, well-drained soil and a sheltered site. It tolerates dry weather. Use long sleeves and gloves when handling or touching. In hot weather it may give a rash. Do not plant near basil as it makes a bad companion.

**Salad Burnet** (*Poterium sanguisorba*) Here is a perennial that appears in mid-spring, grows to about 16 inches tall and 9 inches wide. It's an attractive plant and filler for your perennial garden with fern-like leaves and pink, ball-like flowers in May and June. Its leaves have a nutty, cucumber flavor that's good in salads, soups, casseroles, vinegars, and cream cheese. It's best to use this herb early in the season, but you can cut it back for the better tasting young leaves. Its fresh leaves aid in digestion, and a decoction of the roots has been used to stop bleeding. An infusion of the leaves can help soothe sunburn. Salad burnet likes sun with perhaps a touch of shade and well-drained soil.

*To make a good salad is to be a brilliant diplomatist. The problem is entirely the same in both cases: To know exactly how much oil one must put with one's vinegar.*  
-Oscar Wilde

**2009 Herbal Workshops** The following 2009 herbal workshops still have spaces available:

Monday, Sept. 14 (9-11AM)	Making Herbal Oils and Vinegars
Tuesday, Oct. 13 (1-3 PM)	Decorating with Dried Herbs

Check [www.diannsgreenhouse.com](http://www.diannsgreenhouse.com) or call me for details of these workshops (931-648-8701).

## Recipe

### Salad for One

6 3- to 4-inch long leaves to form the base of the salad, such as young chard, endive, kale, lettuce, radicchio, or spinach  
6 to 12 smaller salad leaves, 1- to 2-inches long, such as arugula, beet green, salad burnet, cress sprigs, dandelion, or sorrel  
Several leaves or sprigs of soft-leafed herbs, such as anise-hyssop, basil, dill, fennel, lovage, mint, or perilla  
Edible flowers, such as those of borage, chive, fennel, nasturtium, runner bean, sage, rosemary, viola, calendula, or rose petals  
About 1 tablespoon Vinaigrette

#### Vinaigrette

1/4 cup red wine vinegar  
1 Tbs coarsely chopped green onions  
Freshly ground black pepper to taste  
3/4 cup mild extra-virgin olive oil  
2 tsp Dijon mustard  
2 Tbs balsamic vinegar  
1/2 tsp salt

Puree all ingredients except the olive oil in a food processor. With the machine running, pour in the olive oil in a steady stream. Store the dressing in the refrigerator; it will keep for several weeks. Bring to room temperature and shake before you dress the salad.

#### Lovage Seed Bread

*Makes about 14 rolls or two 1-lb loaves*

1/2 ounce fresh yeast  
1/2 tsp sugar  
1 3/4 cup warm water  
2 tsp salt  
2 1/2 cups whole wheat flour  
2 1/2 cups white flour  
1 Tbs vegetable oil  
1 medium onion, grated  
1 Tbs lovage seeds

Mix the yeast, sugar, and warm water together in a bowl. Leave in a warm place until frothy.

Mix the flours, salt, and oil together in a bowl. Add the yeast mixture and onion, kneading to make a soft dough.

Knead lightly on a floured surface for 10 minutes until the dough is smooth and elastic. Place the dough in a bowl, cover with a damp cloth and leave to rise in a warm place for about 1 1/2 hours until doubled in size.

Turn out the dough onto a floured surface and knead for about 5 minutes. Shape into rolls or loaves and place on a baking tray or in greased loaf pans. Brush the dough with a little water and sprinkle with the lovage seeds. Leave to prove for 20 minutes. Preheat the oven to 450 degrees. Bake for 10 minutes, then reduce the oven temperature to 400 degrees for a further 15-20 minutes. Turn out on to wire racks to cool.