



Herb Newsletter

JULY 11, 2006

VOLUME 1, NUMBER 1

Annuals are still available. Call today.

The International Herb Society selects an herb for each year:

2006 Pelargonium

2005 Oregano

2004 Garlic

Recently Arrived

The following herb plants arrived at Diann's Greenhouse recently:

Sweet Cicely *Myrrhis odorata* Sugar saver. Sweet, anise-scented leaves and stalks (fresh or dried) add delightful flavor to sweets and desserts, saving about half the sugar. Of particular interest to diabetics

Sweet Woodruff *Galium odoratum* (*Asperula odorata*) Vanilla-scented leaves are essential in Maybowl, traditional German punch. Helpful for migraine, nervous conditions, stomach pain. Needs shade. Very attractive plant.

Golden Oregano *Origanum vulgare* 'Aureum' Golden foliage is a nice color contrast for rock gardens and edges of flower beds. Mild oregano flavor.

Huntington Carpet Rosemary *Rosmarinus officinalis* 'Huntington Carpet' The dense carpeting habit makes this very popular as a ground cover. The dense ground-hugging foliage and masses of deep blue flowers create a dramatic flowing "waterfall" effect. It's excellent in containers, window boxes and baskets also.

Tricolor Sage *Salvia officinalis* 'Tricolor' Aromatic foliage with white and pink streaks. Grow in/outdoors in full sun. Winter mulch.

Southernwood *Artemisia abrotanum* Leaves can be used in sachets and potpourris, and as a moth repellent. Try a leaf in salads, or throw on the fire to refresh the air.

Piss-off Plant *Plectranthus* 'Sumcol 01' Cats and dogs won't go near it. For some reason not yet understood, furry critters absolutely detest the odor of this plant and won't go near it. When planted three feet apart, the Piss-Off Plant will protect a whole garden. Surprisingly the plant is not particularly offensive to humans, and it does not harm children or pets. And it has succulent leaves and attractive lavender flowers. In fact, originally it was bred in Europe as an ornamental, and only later was its unique animal-repelling feature discovered.

Sliver Mound Wormwood *Artemisia schmidtina* 'Nana' Soft, silky, shimmering silver foliage, in neat, lovely 12" mounds.

Scented Geranium *Pelargonium* **Herb of the Year for 2006.** Nostalgic scent plants. They have charmed window gardeners since their introduction to England in the 17th century. They later revolutionized the perfume trade in France. Leaves are used in potpourris, perfumes, and for flavoring preserves and desserts. Available fragrances include chocolate mint, lavender, eucalyptus (clorinda), pine (fernleaf), filbert, rose, orange, and peppermint.

RECIPES

*"There's
rosemary, that's
for remembrance:
pray, love,
remember; and
there is pansies,
that's for
thoughts.*

*Here's fennel for
you, and
columbines;
there's rue for
you; and here's
some for me: we
may call it herb-
grace o'Sundays;
O you must wear
your rue with a
difference.
There's a daisy. I
would give you
some violets, but
they withered all
when my father
died."*

*--Ophelia, Hamlet.
Act IV, Scene V*

Diann's Greenhouse

3072 Nicole Rd.

**Clarksville, TN
37040**

931-648-8701

dinance@att.net

Rose Geranium Cake

10 Rose Geranium leaves
Cake mix of your choice

Grease bottom and sides of two 8" cake pans and dust with flour. In each pan place 5 Rose Geranium leaves with the dark top sides down; set aside. Prepare the cake mix according to package directions. When layers have cooled 15 minutes, invert into cake racks and carefully remove leaves; cool thoroughly. Frost with Rose Geranium frosting.

Variation: Peppermint Geranium leaves and a chocolate cake mix with Peppermint Geranium frosting.

Rose Geranium Frosting

1/3 cup butter, softened
2 cups sifted powdered sugar
1 ½ teaspoon vanilla
2 teaspoons milk or cream

1 to 2 tablespoons rose scented geranium leaves

Chop rose geranium leaves in food processor; add remaining ingredients; process until spreading consistency. Add more milk or cream if necessary.

Rose Geranium Sugar

Place 1-inch sugar in a container that has a secure lid. Place a layer of rose scented geranium leaves over the sugar. Cover with 1-inch sugar, then leaves, repeating until the required amount of sugar is used. Cover tightly and let sit overnight. Shake vigorously, and allow to sit overnight. Repeat this for 3 or 4 days, and then remove all leaves. Store away from heat and light. Great for adding to tea, cakes, cookies, scones, frostings, etc. Also tasty when peppermint, lemon, lime, or orange geranium leaves are used.

Lavender Tea Cakes

A versatile herb, lavender is used in a range of dishes, from baked chicken to glazed pound cake. The recipe below employs lavender sugar, which can include the flowers or just their aroma, depending on whether you choose to strain the sugar. These soft cookies pair well with either hot or cold tea on a sunny afternoon.

3 cups self-rising flour
2/3 cup lavender sugar, divided
1/3 cup milk
5 tablespoons vegetable oil
1 egg
1 tsp vanilla extract
Water

Preheat oven to 350 degrees F. Combine baking mix, 1/3 cup of lavender sugar, milk, oil, egg, and vanilla in a large bowl. Beat until well blended. Form dough into 1-inch balls and dip one side in water, then in the remaining lavender sugar. Place on a greased cookie sheet, sugar side up and bake for 8-10 minutes. Makes 21/2 dozen.

Lavender Sugar

Use this sugar to sweeten teas, sprinkle on cakes and flavor cookies.

1 cup sugar
½ cup dried lavender buds

Layer sugar and lavender in a glass jar. Seal tightly and store in a dark place for 2-3 weeks, shaking jar occasionally. If desired, strain and discard buds before using.

