



# Diann's Herb Newsletter

SUMMER 2013

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**The International Herb Association selects the Herb of the Year. Here is a list of the ones starting from the beginning of the 21<sup>st</sup> century:**

**2013 Elder**  
**2012 Rose**  
**2011 Horseradish**  
**2010 Dill**  
**2009 Bay Laurel**  
**2008 Calendula**  
**2007 Lemon Balm**  
**2006 Pelargonium**  
**2005 Oregano**  
**2004 Garlic**  
**2003 Basil**  
**2002 Echinacea**  
**2001 Sage**  
**2000 Rosemary**

*And so with the sunshine and the great bursts of leaves growing on the trees, just as things grow in fast movies, I had that familiar conviction that life was beginning over again with summer.*

--F. Scott Fitzgerald

## IHA 2013 Conference in Tennessee

The International Herb Association will be meeting on the quiet side of the Smoky Mountains in picturesque Townsend, Tennessee, July 26-29, 2013. The conference will focus on the 2014 Herb of the Year—Artemisia. The Artemisia genus was named for the Greek goddess Artemis (Roman, Diana). It contains many aromatic, highly-medicinal, decorative, and more-or-less edible plants (e.g., French tarragon). Found in gardens, waysides, and waste lots throughout the world, there's probably an Artemisia growing near you. Please join us as we all get better acquainted with this family.



Friday, July 26, you may opt for a tour to Knoxville. Small, comfortable buses will pick you up Friday morning for a pleasant drive to the University of Tennessee, where you will enjoy a trek through the extensive trial gardens with Dr. Sue Hamilton, ([www.utgardens.tennessee.edu](http://www.utgardens.tennessee.edu)) including a large herb garden. A box lunch will be provided, and then it's off to the Knoxville Botanical Gardens ([www.knoxgarden.org](http://www.knoxgarden.org)).

Back at Highland Manor Inn Friday evening everyone will enjoy a casual meet-and-greet cook-out to renew friendships and get acquainted with newcomers.

Saturday morning, July 27, will begin with a short walk across the courtyard to a continental breakfast followed by herbal sessions in the conference room. Featured presenters include Susan Belsinger, Sue Hamilton, Pat Kenny, and Lisa Bedner, among others. Lunch, like most of the meals, will feature at least one dish with French tarragon. During breaks you may browse the vendors, bid on silent auction items, or take a stroll and enjoy the view.

Saturday evening you may choose the option to attend the hosted dinners, which will be held at the Laurel Valley Country Club ([www.laurelvalleytn.com/restaurant](http://www.laurelvalleytn.com/restaurant)), where you can be enchanted by sweeping views of the mountains, while discussing herbal

interests with the experts.

Sunday, July 28, we're back to interesting educational sessions in the conference room at Highland Manor. Presenters are Jim Long, Chuck Voigt, Tina Marie Wilcox, and Stephen Lee, who will demonstrate the fine art of making absinthe and other liqueurs which contain herbs, particularly Artemisia.

The banquet Sunday evening will begin with a wine tasting and will include presentation of awards, entertainment, and a live auction. Doug Elliott, the 2013 Otto Richter Award Recipient, will inform and entertain us with his great knowledge of ancient plant lore.

For those who would like to enjoy more of the Great Smokey Mountains, the optional tour on Monday, July 29, will include a tour of Cades Cove ([www.cades Cove.net](http://www.cades Cove.net)), the most visited national park site in the U.S. A box lunch will be provided at the Heritage Center, which celebrates the unique human history and rich cultural heritage of East Tennessee and the Great Smoky Mountains region.

Visit the website, [www.iherb.org](http://www.iherb.org), for the registration form and updates. Call or email Diann if you have questions about the conference. There is a limited number of internships available for attendees with a special interest in herbs and a limited budget.

## Herbal Workshops

Two workshops at Diann's Greenhouse are still available this year:

Aug. 24, Sat., 9-12, *Make Herbal Oils and Vinegars*

Oct. 12, Sat., 10-1, *Making Herbal Breads*

I will decide on the scheduling of the fall hypertufa workshop after the IHA conference.

Go to [www.diannsgreenhouse.com](http://www.diannsgreenhouse.com) for more information and registration form for the workshops.

## Clarksville Downtown Market

The Clarksville Downtown Market in Public Square is getting bigger and better each year; there are now 70 vendors. If you haven't been, you are missing a great opportunity to enjoy Saturday and purchase locally grown meats, produce, plants, and much more.

I will be not be vending at the DTM after July 1; however, my plants will be available at Diann's Greenhouse at 3072 Nicole Road anytime you'd like to come. Remember to call ahead (931-648-8701) to make sure I am at the greenhouse. I will try to be back at the market in September with perennials for fall planting.

*No price is set on  
the lavish summer;  
June may be had  
by the poorest  
comer.*

--James Russell  
Lowell, *The Vision  
of Sir Launfal*,  
1848

## Recipes

### Spicy Thai-style Herb Marinade

The “traditional” American chili sauce is recognizable by its sweet tomato flavor enhanced with peppers and onions. In this recipe, however, it offers brightness—but without the overwhelming ketchup-like taste. It has all the flavor components: sweet, sour, salty, bitter, and umami (meaty or savory), and works equally well with other meats. Although this is really a summer sauce, it is also delicious in fall or winter as a marinade and braising liquid (with the addition of a little chicken stock) for slow-roasted, country-style pork ribs. It also makes an excellent table condiment. Use the red chili garlic sauce to taste; if you like spice, the more the better!

2 stalks lemon grass  
1 12-ounce jar of American-style chili sauce  
¼ cup (or more to taste) Asian red chili garlic sauce  
⅓ cup soy sauce  
⅓ cup canola oil  
¼ cup rice wine vinegar  
3 tablespoons fresh lime juice  
2 tablespoons Asian fish sauce  
2 tablespoons minced garlic  
2 tablespoons minced ginger  
2 tablespoons honey  
2 cups packed, chopped fresh mint leaves  
1 cup packed, chopped fresh cilantro leaves  
1 cup packed, chopped fresh basil leaves  
6 tablespoons toasted sesame seeds

To prepare lemongrass, cut off root tip. Remove tough outer leaves. Cut stalk in thin slices up to where the stalk becomes tough. Chop finely. In a medium mixing bowl, combine all ingredients and whisk together well. Makes 5 cups.

--Roxanne O'Brien, "Summer Herb Sauces," *The Herb Quarterly*, Summer

### Fruit Is Not Just for Eating

**Strawberries:** High in salicylic acid, these red summer staples can work wonders on troubled skin conditions such as acne. Rub a fresh strawberry over your face and let the juice sit for 20 minutes before rinsing. They also do double-duty as a tooth whitener: simply rub a fresh strawberry over your teeth and gums, then rinse well with some water that has a bit of baking soda added to it.

**Pineapple:** This tropical fruit contains a powerful enzyme that works wonders for softening rough feet. Soak your feet in fresh pineapple juice or rub a slice of fresh fruit over them, concentrating on rough spots. Let the juice sit for 10 minutes; then rinse off and follow with rich oil.

--Janice Cox, "Seasonal Fruit Beauty," *The Herb Quarterly*, Summer

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