



Diann's Herb Newsletter

FALL 2014

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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 21st century:

2015 Savory
 2014 Artemisia
 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

Bees do have a smell, you know, and if they don't they should, for their feet are dusted with spices from a million flowers.

-Ray Bradbury

FALL-BLOOMING PLANTS FOR INSECTS & BIRDS

As summer gives way to fall, nectar-loving birds and insects need to prepare for the winter. We can help them by growing plants that bloom in the fall. Although most herbs prefer to bloom in the spring and summer, there are many that bloom in the late summer and fall or with deadheading, they will have a second flush of fall blooms.

Lavender (*Lavandula sp.*): Though lavender usually blooms in the spring, cooler temperatures this year are causing lavender to bloom again. It's a favorite of pollinators because of the tubular calyx and corolla.

Sage (*Salvia spp.*): Several sages attract hummingbirds, butterflies, and bees in the fall. Pineapple sage is a brilliant red-blooming herb to enhance your fall garden and feed the birds.

Catmint (*Nepeta x faasseni*): Deadhead the early summer flowers of catmint to encourage a repeat bloom in the fall. Delightfully fragrant to both humans and pollinators, catmint's purple flowers are especially beloved by bees. **Catnip** (*Nepeta cataria*), a relative also attracts bees.

Thyme (*Thymus spp.*): To bloom a second time, thyme requires little or no deadheading. It is so rich in nectar that it retains its flavor even after blooming—unlike most other herbs that become less flavorful after blooming. Thyme is a good companion plant for tomatoes and eggplant since it attracts favorable pollinators.

Basil (*Ocimum spp.*): Allow a few basil plants to bloom for autumn for the pollinators. Plant a few extras, like the Thai basil, cinnamon basil, or citrusy lemon basil. Once they bloom, the leaves will lose their flavor, but the bees and butterflies will thank you.

Anise Hyssop (*Agastache spp.*): Sometimes called hummingbird mint, anise hyssop is a long-blooming perennial herb loaded with nectar. The spiked reddish or purple blooms attract both hummingbirds and bees. Pick some of the leaves for tea before you let it bloom.



*Handle a book
as a bee does a
flower—extract its
sweetness,
but do not
damage it.*

--John Muir

Borage (*Borago officinalis*): If you can keep the deer from eating it, borage is irresistible to bees and wasps. (Yes, some wasps are also pollinators.) The lovely sky-blue star-shaped flowers will bloom from spring to autumn. It is an annual, but it will reseed. It prefers to be planted from seed where you want it to grow.

Rosemary (*Rosmarinus officinalis*): This highly-fragrant, woody herb has delicate blue flowers full of nectar and is especially adored by bees. Except for the Arp variety, it is a tender perennial in Zone 7 and should be protected in the winter.

Lemon balm (*Melissa officinalis*): Lemon balm has delectable, lemon-scented foliage and the flowers attract foraging honeybees. Although it is in the mint family, it is easier to control than true mints.

Winter savory (*Satureja Montana*): While summer savory, an annual, blooms all summer, winter savory, a perennial, blooms in late summer and fall. Both are excellent nectar sources for bees. By the way, savory is the *Herb of the Year* for 2015, so it will be featured in my winter herb newsletter.

Sweet marjoram (*Origanum majorana*): While its relative, oregano, is a hardy perennial, sweet marjoram is a tender perennial in Zone 7, and should be moved inside in the winter. Its small, fragrant pink-purple flowers attract bees and hoverflies (an often-overlooked pollinator).

Hyssop (*Hyssopus officinalis*): Often confused with anise hyssop, hyssop looks quite different; however, it too attracts pollinators with its long blooming, mint-scented flowers in shades from violet to white.



Fennel (*Foeniculum vulgare*): The umbel shape of fennel's acid green flowers makes a good landing pad for butterflies to dine and serves as an attractant for bees and hoverflies, as well. Pictured is bronze fennel which makes a striking display in any garden. (Don't confuse it with Florence

fennel, which is grown for its edible swollen stem.)

Other fall blooming herbal pollinators to include in your garden: Oregano, Mint, Calamint, Heliotrope, Lemon verbena, Yarrow.

--some info taken from Sheryl Normandeau, , Fall 2014

Herbal Workshops

"Making Herbal Breads" workshop is October 11.

For more information about the 2014 Herbal Workshops go to www.diannsgreenhouse.com.

Market News

I plan to be at the Clarksville **Downtown Market** Oct. 18 & 25 with perennials.

Recipes

Mediterranean Herb Paste

(3/4 cup)

Fall is the time to make this versatile flavor paste and freeze it for use as a poultry rub or to spice stuffing. It can form the basis for a vinaigrette, soup, dip, or spread, and even as a flavoring for savory muffins and scones. Freeze it in ice cube trays or 1/2 cup amounts.

- 1 large bunch fresh sage
- 10 cloves garlic
- 1/2 cup fresh thyme leaves
- 1/4 cup fresh rosemary leaves
- 2 tablespoons Dijon mustard
- 1 tablespoon sea salt
- 1/4 cup olive oil
- 1 tablespoon tarragon or white wine vinegar

1. Using a large knife, finely chop sage leaves
2. In a mortar and pestle, pound the garlic into a pulp.
3. Add sage, thyme, and rosemary leaves. Pound and grind until well-mixed into the garlic.
4. Add mustard and salt and grind to a paste, adding the olive oil by the tablespoon until a thick paste is achieved. Add vinegar just before the last of the oil is added.

Note: You can use the food processor to make this paste; the consistency will be smoother, with fewer pieces of the individual herbs.

To make Mediterranean Herb Vinaigrette: In a clean jar with a tight lid, combine 1 scant tablespoon of the Mediterranean Herb Paste, 1/4 cup olive oil and the juice of 1/2 lime or lemon.

Use Mediterranean Herb Paste when roasting chicken and vegetables: Preheat oven to 375 degrees F. Arrange chicken, fleshy part up, in a shallow roasting pan or on a rimmed baking sheet. Rub 1/4 cup Mediterranean Herb Paste evenly over the chicken. Distribute roughly cut carrots, onions, and potatoes in single layer evenly around the chicken thighs. Drizzle oil over vegetables and chicken. Bake for 40 minutes or until chicken and vegetables are cooked through.

Use Mediterranean Herb Paste for roasted vegetables with pasta: Preheat oven to 375 degrees F. Combine sliced zucchini, red pepper, onions, carrots, parsnips or other favorite vegetables in a bowl. Toss with 1/4 cup Mediterranean Herb Paste. Transfer to a shallow roasting pan or a rimmed baking sheet. Bake for 35 to 40 minutes or until vegetables are tender. Toss with cooked pasta and add more Mediterranean Herb Paste as desired.

--Pat Crocker, *Preserving*, 2011

*To make a prairie it
takes a clover
and one bee.
One clover,
and a bee,
And revery.
The revery alone
will do.
If bees are few.*

--Emily Dickinson

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