



Diann's Herb Newsletter

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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:

2016 Capsicum
 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

The tint of autumn, a mighty flower-garden, blossoming under the spell of the enchanter Frost

--John Greenleaf Whittier

Herbal Pairings

I was asked recently to provide a chart of which herbs go well with which foods. So here I have listed the more common culinary herbs and the foods they may be paired with. This is by no means a complete list. If you have a favorite herb or food that is not here, get in touch with me to share information:

HERB	PARTS USED	BEST USED WITH THESE FOODS
Basil	leaves	tomatoes, meat, poultry, cheeses, potatoes, garlic
Bay laurel	leaves	soups, meat, poultry, winter squashes, pumpkins, custards
Chervil	leaves, flowers	eggs, tomatoes, chicken, fish, peas, carrots, shellfish, squashes
Chives	leaves, flowers	vegetables, eggs, fish, cheeses
Cilantro (coriander)	leaves, seeds	tomatoes, chiles, corn, chicken, cucumbers, citrus, avocados
Dill	leaves, flowers, seeds	fish, cheeses, eggs, chicken, corn, asparagus, cucumbers
Fennel	leaves, flowers, seeds	Seafood, lamb, beets, tomatoes, eggplants, peppers, onions
Hyssop	leaves, flowers	beans, beef, lamb, beets, cabbages, carrots, tomatoes
Lemon balm	leaves	beans, beef, lamb, fruits, cabbages, carrots, beets, tomatoes
Lemon verbena	leaves	fish, carrots, beets, chiles, ginger, citrus, fruits, berries
Lovage	leaves, stems	fish, clams, mussels, chicken, spinach, carrots, corn, tomatoes
Marjoram	leaves, flowers	fish, shellfish, meat, eggs, mushrooms, beans, eggplant, tomatoes

Summer gathers up
her robes of glory,
And, like a dream,
glides away.

--Sarah Helen
Whitman

Mint Spearmint	leaves	Fruit, summer squashes, chocolate, carrots, beets, ginger, lettuce, fish
Oregano	leaves	tomatoes, summer squashes, beef, eggplants, olives, capers, anchovies
Parsley	leaves	vegetables, eggs, fish, cheeses
Rosemary	leaves	meat, poultry, shrimp, tuna, onions, tomatoes, breads, citrus, corn
Sage	leaves, flowers, stems	meat, poultry, asparagus, onions, mushrooms, pumpkin, blueberries
Savory	leaves	beans, meat, peppers, kale, onions, summer squashes, cabbages
Rose-scented geranium	leaves, flowers	berries, apples, chocolate, citrus, apricots, plums, rhubarb, custard
French tarragon	leaves	seafood, meat, poultry, carrots, peas, tomatoes, eggs, asparagus
Thyme English/French	leaves, flowers	vegetables, eggs, fish, cranberries, cheeses, fruits, meat, poultry
Thyme Lemon	leaves, flowers	seafood, meat, poultry, vegetables, fruits, eggs

Dried Herbs for Beauty (from *The Herb Quarterly*, Fall 2010)

You can use dried herbs in place of fresh in your favorite recipes. Just use half as much dried ingredients as you would fresh. Here are some ideas:

- Make your own toners and after-bath splashes by adding 1 to 2 teaspoons of dried herbs to one cup of witch hazel. Spray or splash on your skin.
- Add dried herbs to your favorite facial-mask recipes. Calendula and chamomile both calm and cleanse.
- Make "Tub Tea." Tie up dried herbs inside squares of cotton fabric. Hang a square from your bath faucet as you fill your tub with warm water.
- Using a coffee or spice grinder, grind dried herbs along with oatmeal for a simple cleansing powder that can be used instead of soap.
- Create cleansing hair rinses by adding a tablespoon of dried herbs, such as rosemary or sage, to a cup of boiling water. Let the mixture steep and cool completely and then use as a final rinse after shampooing.

FYI: Herbal Breads workshop scheduled for Sat., Oct. 17, 10:00am to 1:30pm; has space available.

Recipes

The recipes below were prepared by Emily of Corner Market Catering Company and served at the Herb Day September 19, 2015.

Tarragon chicken salad with grapes and almonds (6 servings)

- 1½ lbs. boneless skinless chicken breasts
- ¾ cup finely chopped celery
- ½ cup finely chopped scallions
- ½ cup toasted almonds
- ¾ cup red or black seedless grapes, halved
- ¾ cup good mayonnaise
- ¼ cup sour cream
- 1 tsp lemon juice
- 2 tbsp fresh tarragon (or 1 ½ tsp dried tarragon)
- Pinch cayenne pepper
- Kosher salt



Sprinkle chicken breasts with kosher salt. Spread on a sheet pan, cover with foil and bake at 325 degrees for 45 minutes, or until done (155 degrees on a meat thermometer), and juices run clear when pricked with a fork. Cool slightly, then shred, and mix with celery, scallions, grapes, and tarragon. Whisk together mayonnaise, sour cream, lemon juice and cayenne. Toss, and adjust seasonings, and add a little extra sour cream if you want it creamier.

Lavender chess pie

- 1 pie shell
- ½ cup butter
- 1½ cups sugar
- 3 eggs, beaten
- 1 tbsp cider vinegar
- 1 tbsp vanilla
- 1½ tsp fresh lavender, finely chopped, or ½ tsp dried lavender
- ½ tsp salt

Melt butter, cool slightly. Beat eggs and sugar together until smooth. Add melted butter, vinegar, vanilla, lavender, and salt. Combine well. Pour into pie shell and bake at 300 degrees for 50 minutes.

Devilled eggs with bacon horseradish and dill

- 12 hard boiled eggs, peeled
- 2 celery ribs, finely chopped
- 4 scallions
- 6 slices of crisply cooked bacon, finely chopped
- 2 tbsp fresh dill, chopped
- 1 tbsp celery seed
- 1 cup good quality mayonnaise
- ¼ cup horseradish
- Salt and cayenne pepper to taste
- Fresh dill for topping



Cut eggs in half and place yolks in a bowl. Add mayonnaise, horseradish and mix until creamy. Fold in celery ribs, scallions, bacon, dill, and celery seed. Garnish with more fresh dill.

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Newsletter
3072 Nicole Road
Clarksville, TN
37040

931-648-8701

www.diannsgreenhouse.com

diann@diannsgreenhouse.com