

Autumn Herb Gathering

October 14, 2017

8:30 – 2:00

Rolling Ridge Nursery, Webster Groves, MO

herbal speakers herbal tastings herbal demonstrations
unique herbal gifts tasty herbal treats herbal books
herbal cookbooks herbal calendars



Annual Herb Sale

April 2018

First Congregational Church, Webster Groves, MO

Many varieties of culinary, ornamental, and medicinal herbs

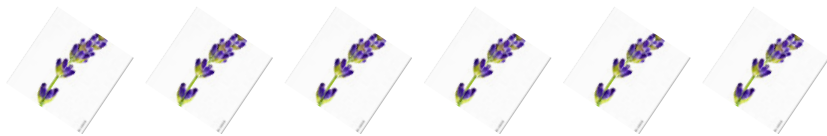
herbal treats books herbal advice

herbal demonstrations

About WGHS

WGHS provides student scholarships in herb-related studies, donates plants and funds to community projects, donates plants and member hands-on help in maintaining the herb gardens at Hawken House in Webster Groves, Mudd's Grove in Kirkwood, and the History Village Herb Garden at Faust Park in Chesterfield.

These gardens are open to the public and showcase the herbs that grow so well in this region.



The Fragrance of Herbs

Presented by

The Webster Groves Herb Society

at Missouri Botanical Garden

May 20, 2017

Enjoy the fragrance of rosemary, basil, thyme, chocolate mint,
and other fragrant herbs.

What is Aromatherapy?

Aromatherapy is the practice of using the natural oils extracted from flowers, bark, stems, leaves, roots or other parts of a plant to enhance psychological and physical well-being.

The inhaled aroma from these essential oils is widely believed to stimulate brain function.

Essential oils can also be absorbed through the skin, where they travel through the bloodstream and can promote whole-body healing.

A form of alternative medicine, aromatherapy is gaining popularity. It is used for a variety of applications, including pain relief, mood enhancement, and increased cognitive function.

Many essential oils are available, each with their own healing properties.

Do not use full strength essential oils on the skin or ingest them; mix them with olive oil, almond oil, or other carrier oil.

One resource to check out is National Association for Holistic Aromatherapy (<http://naha.org/about/>).





10 Essential Oils from Common Herbs and Spices

Basil (*Ocimum basilicum*)

Used in making perfume and in aromatherapy

Lemon Grass (*Cymbopogon citratus*)

Oil is useful for an insect repellent

Black Pepper (*Piper nigrum*)

Distilled from berries, warm and soothing for treating muscle aches and promoting digestion

Parsley (*Petroselinum crispum*)

Used in soaps, detergents, colognes, cosmetics, and perfumes, especially men's fragrances

Chamomile

Roman (*Chamaemelum nobile*) and German (*Matricaria recutita*) varieties are used medicinally in aromatherapy. German contains more anti-inflammatory agent.

Star anise (*Illicium verum*)

Highly fragrant and used in cooking, perfume, soaps, toothpaste, and creams; most star anise is used to make Tamiflu in treatment of influenza

Clove (*Syzygium aromaticum*)

Used as a topical anesthetic to relieve dental pain

Spearmint (*Mentha*)

Flavors mouthwash and chewing gum, among other applications

Ginger (*Zingiber officinale*)

Used medicinally in many cultures

Rose (*Rosa*)

Distilled from rose petals and used as a fragrance

Lemon Lavender Cupcakes

To add a citrus flavor and aroma to any yellow or white cake recipe, add ½ to 1 teaspoon of lemon zest (finely grated) to the batter before baking. To add a subtle lemon flavor and aroma to vanilla frosting, add a teaspoon or two of lemon juice and ¼ teaspoon of lemon flavoring to frosting. Sprinkle dried lavender buds lightly over frosted cupcakes.

Rosemary Bread

Wet Ingredients

3 eggs
2 T honey
2 T granulated sugar
¼ c canola oil
¼ c cream cheese

½ t rosemary

Dry Ingredients
1 c glutenfree flour
½ t salt
¾ t baking powder

¾ t baking soda

¼ t xanthan gum
¼ t cream of tartar
2 T finely chopped almonds
2 T potato starch

Butter bottom and sides of 8 inch round pan. Cut parchment paper to fit the bottom of the pan. Mix wet ingredients in mixer bowl. Beat 5 minutes on medium speed. Stir dry ingredients together. Add dry ingredients to wet ingredients. Beat on medium speed. Pour into prepared pan. Bake at 325 for 30 minutes

Cilantro and Coriander 2017 Herb of the Year

The [International Herb Association](http://www.internationalherbassociation.org) has selected cilantro and coriander (*Coriandrum sativum*) as the 2017 Herb of the Year.

Cilantro is the plant and coriander is the seed.

Cilantro leaves have a strong, peppery flavor. Coriander seeds have a light lemony flavor.

Cilantro leaves and coriander seeds flavor Asian, Indian, Mexican, Spanish, Tex-Mex, and Thai dishes. Cilantro enhances the flavors of peppers, onions, tomatoes, beans, chicken, and yogurt.

Cilantro leaves are a major ingredient in salsa and guacamole.

Cilantro is tastier fresh than dried. Freeze it or make flavored oil or vinegar to enjoy during fall and winter.

Cilantro is native to southern Europe and the western Mediterranean regions.

Cilantro grows well in average, well-drained soils in full sun to light shade.

Butterflies love cilantro.

