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 21, 2018
First Congregational Church, Webster Groves, MO

Many varieties of lavender
learn about planting lavender,
collecting and drying lavender buds,
lavender pruning techniques and appropriate time
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.

Bringing Herbs inside for the Winter
Presented by
The Webster Groves Herb Society
at Missouri Botanical Garden
September 30, 2017

Late summer gradually becomes autumn and eventually winter. Mornings are
crisp. Trees blaze with color. Leaves flutter to the ground.

Our thoughts turn to bringing herbs inside for the winter, taking cuttings for
growing indoors, preserving herbs for culinary uses and decorative purposes,
drying herbs and flowers.

Drying Herbs and Flowers

Dry herbs by hanging, in an oven, in a food dehydrator, or on a screen.

Hang herb bunches, upside down by the stem using twist ties, twine, or
rubber bands, in a dry, well-ventilated area until the herbs are dry and brittle,
a week or more. For large amounts of herbs to dry, create a makeshift
clothesline to hang the herbs or use a clothes drying rack.

To dry in the oven, place herbs on a cookie sheet and use the lowest possible
setting until the herbs are dry.

Place smaller herbs on screens until dry.

Store dried herbs in airtight containers away from light and heat. Most herbs
keep for about a year.

When putting your herb garden to bed in the autumn, leave some winter
interest for wildlife to feed and find shelter.
**Herb and Olive Oil Loaf**

1 T butter  
3 yellow onions, chopped  
4 large eggs  
½ c extra virgin olive oil  
⅛ c milk  
2¼ c all purpose flour  
⅓ t ground pepper

1 T fresh thyme, chopped  
1 T fresh rosemary, chopped  
1 T fresh sage, chopped  
2½ t baking powder  
1 t salt  
½ t ground pepper

Cook onions in butter until golden and caramelized. Set aside. (This step can be done a day ahead and onions refrigerated). When ready to bake, preheat oven to 350 degrees. Butter and flour a 9 by 5 loaf pan. Put eggs in mixer and beat on medium speed. By hand, in another bowl, mix flour, corn meal, herbs, baking powder, salt, and pepper. Turn the mixer to low and slowly add flour mixture to egg mixture. Mix until combined. Fold in caramelized onions. Pour into prepared pan. Bake until wooden toothpick inserted in center, comes out clean, about 50 to 55 minutes. Let cool in pan for a few minutes. Remove from pan and cool on rack. Delicious!

**Refrigerator Tomato Jam**

1½ lb fresh tomatoes, or 28 oz good quality canned tomatoes  
1 inch small piece of fresh ginger, peeled and chopped, about 1½ t  
1 or 2 jalapenos, chopped  
2 cloves garlic, chopped  
1 c sugar

Peel and seed tomatoes. Chop ingredients by hand or in a food processor on pulse. Pour into a saucepan. Simmer until thick and syrupy, 30 minutes or more. Stir occasionally to prevent sticking. When it is jam consistency (coats the back of a spoon), cool, and pour into sterilized jars. Keep refrigerated. Lasts for a few weeks in refrigerator. To preserve longer, follow hot bath canning procedures.

**Autumn Herbal Wreaths**

Use dried plant material of herbs and flowers to make charming wreaths to decorate your home.

Silver King artemisia makes a lush background especially if you add flowers and herbs. Roses, zinnias, ageratum, mint, hydrangeas, spiraea, grass plumes, lavender, clematis, astilbe, echinacea, Veronicas, and sages are flowers and herbs that dry and retain their color.

An autumn wreath is a delightful way to bring the herb garden into your home!

**Grow Basil Under Grow Lights**

Basil does well under grow lights indoors during the winter. Set the lights to be on 16 hours a day. Take cuttings now, that have at least 6 leaves. Pull off the bottom three and put the cutting in water. In two weeks, the basil roots adequately to plant it in a pot. Set it under the light, close to the light. As the basil grows, raise the light so it doesn't touch the top leaves.

Take cuttings from these potted basils during the winter, and root these in water and plant them also. The basil actually blooms under grow lights.

It's refreshing to snip fresh basil leaves in January and February and enjoy them in pasta dishes or salads.