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.

Everything Lavender
Presented by
The Webster Groves Herb Society at Missouri Botanical Garden
June 17, 2017
Lavender Wands
Gather an uneven number (11, 13, 15) of fresh-from-the-garden lavender stems (from Lavandula x intermedia varieties such as ‘Grosso’ or ‘Provence’) in a bundle. The freshest stems are most pliable. Choose the longest, sturdiest stems.

Tie a knot with ribbon (2 yards of ¼ inch satin ribbon) around the base of the flowers, the shorter length being about 18 inches long.

Gently bend the stems over the lavender heads one by one, being careful not to break them. Enclose the short end of the ribbon inside the stems. Look at the top of the flower head. The pattern should remind you of umbrella spokes, as smooth and evenly spaced as possible.

Weave the longer length of the ribbon between the lavender stems using an over-under pattern. Weave the ribbon tightly, as the lavender shrinks as it dries.

Keep the stems evenly spaced around the flower heads.

Continue to weave the ribbon over and under each stem.

A pattern emerges, encasing the lavender flowers in your ribbon like a pretty cage.

When you reach the bottom of the flower heads, they should be completely wrapped in ribbon. Pull the shorter end of the ribbon out from the lavender cage.

Wind the ribbon around the stems a few times and tie a knot, then a bow.
Lavender Overview by Jackie C, WGHS

When you think lavender, think Mediterranean, sunny, warm, dry, rocky, and sandy. Lavender is an unusual herb as it prefers dry, rocky, and sandy soil, and very little or no fertilizer. If you pick up a handful of soil, squeeze it tightly, and it falls apart when you open your hand, you have the perfect soil for lavender.

In the genus lavender, there are over 90 families, but in our zones (5-6), we usually only talk about three: *Lavandula angustifolia*, *Lavandula x intermedia*, and *Lavandula stoechas*.

The most often grown lavender is *angustifolia*. Although considered hardy to zone 6, we still lose them. Most of the culinary lavenders come from the *angustifolia* family, but not all *angustifolias* are culinary.

A favorite is ‘Folgate’ as it is culinary and very hardy in our zone 6 climate. ‘Betty Blue’ is another wonderful choice as are all in the Ellegance line. Most lavenders are just that when in bloom, lavender. The Ellegance line however, has blue, pink, and white flowers. Although most *angustifolias* bloom only once, ‘Buena Vista’ is not only a repeat bloomer, but also culinary. A star!

The next most popular are the *intermedia*. They are a cross between the *angustifolia* and the *latifolia*. They are hardy in our zone 6, but their main feature is their size. They can get really big so they need room and lots of it. My ‘Grosso’ was nearly 9 years old when I lost it and was over 5 feet wide and tall.

The *intermedia* group also blooms only once, but the blooms are long lasting and have long stems. My favorites are ‘Grosso’ and its cousin ‘Dilly Dilly.’ This family is not culinary except for ‘Provence.’ The *intermedias* are generally used in perfumes, soaps, cleaning products, and insecticides as they are very high in oils and have a camphor-like fragrance. Thus in the garden, they are fragrant, and deer don’t like them. Hurray!

Our third group, the *stoechas* are generally not hardy in our zones. But don’t let that stop you as this group blooms continuously all season. They are non-culinary, but their contribution is their continuous bloom and unusual flowers.

Oatmeal Lavender Cookies

| ½ c brown sugar, firmly packed | 1 T milk | 1 c uncooked quick rolled oats |
| ½ c granulated sugar | ½ t baking soda | ¼ c chocolate chips |
| ½ c butter | ½ baking powder | 1 t grated orange rind |
| 1 egg | ½ t salt | 2 T lavender flowers |

Preheat oven to 350. Cream sugars with butter. Add egg, vanilla, and milk and beat until smooth. Sift together flour, baking soda, and baking powder, and add to batter. When beaten smooth, add oats, chips, orange rind, and lavender. Beat the mixture well. Drop cookies 2 inches apart on well-greased cookie sheet and bake until light brown. Makes about 3 dozen 2-inch cookies.

Cilantro and Coriander

The International Herb Association 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.