

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.



Herbal Appetizers

Presented by

The Webster Groves Herb Society
at Missouri Botanical Garden
August 26, 2017

Serve appetizers with pizzazz, elegance, and flair
when sweet and savory herbs are in the recipes.



Boursin Cheese

½ t garlic powder	¼ t marjoram
½ t oregano	¼ t cracked black pepper
¼ t basil	¼ t thyme

Mix herbs with 8 oz. whipped butter, softened, and 16 oz. cream cheese, using an electric mixer. Refrigerate overnight to blend flavors. Serve at room temperature with assorted crackers. Store in an airtight container, refrigerated, for up to 2 weeks. Can be frozen.



Eggplant Caponata

1 small globe eggplant, cut in ½ inch dice (about a pound)	3 T red wine vinegar
3 T olive oil	½ t dried oregano
1 medium onion, chopped	½ t dried thyme
2 stalks of celery, diced	6-8 leaves fresh basil, finely cut up
1-2 cloves of garlic, minced	2 t capers, rinsed
1 red pepper, chopped	1 t salt or more to taste
1 lb plum tomatoes, seeded and chopped or 1 can plum tomatoes (15 oz)	ground pepper to taste

Heat oil in skillet, add eggplant cubes, sauté, and stir until softened. Add onions, pepper, and celery. Continue to sauté until softened, stir as needed. Add garlic and cook for about a minute. Add tomatoes and cook while breaking up with a spoon. Let simmer for about 8 minutes. Add vinegar, oregano, thyme, capers, salt, and pepper. Simmer for about 8 to 10 more minutes. Stir as needed to prevent sticking. Mixture should be thickened and not watery. Take off heat. Stir in basil. Cool and chill until ready to serve. Great made a day ahead to blend flavors thoroughly. The following ingredients can be added: chopped and sautéed zucchini, sliced green olives, and toasted pine nuts.

Gluten-free Paleo Flatbread

1 c tapioca flour/starch	⅓ c milk (½ coconut milk and ½ Half & Half)
2 T coconut flour	2 T coconut oil
2 T white rice flour	2 T canola oil
1 egg	2 t fresh rosemary, finely cut
¼ t garlic powder	¼ t black pepper
¼ t onion powder	
¼ t salt	

Set egg and flours out to come to room temperature. Cut parchment paper circle to fit bottom of large cast iron skillet. Heat oven to 450. Place skillet in oven while it heats. Whisk together flours, garlic and onion powders, and salt. Whisk together milks and oils. Pour wet over dry ingredients. Stir to combine. Set aside for 5 minutes. Remove skillet from oven. Stir batter again, then transfer it to skillet and spread to ¼ inch thickness. Sprinkle with rosemary and black pepper. Bake 10 minutes, or until cooked throughout and lightly browned on edges. Remove from skillet. Cut flatbread into strips or wedges to serve. Dip into extra virgin olive oil mixed with Parmesan cheese.



Lemon Thyme Bread

¾ c milk	6 T softened butter
1 T chopped fresh lemon thyme	1 c sugar
2 c flour	2 eggs beaten
1½ t baking powder	2 T lemon peel
¼ t salt	juice of 2 lemons

Preheat oven to 350. Heat milk with several stems of lemon thyme, let steep until cool. Strain stems and use the herb milk infusion with dry ingredients. Mix flour, baking powder, and salt together. In another bowl cream butter and sugar, beating until light and fluffy. Add eggs and beat until blended. Add lemon zest. Add dry flour mixture and herb milk alternately. Pour batter into greased pan and bake for 40 minutes. Let cool and glaze with powdered sugar and lemon juice.



Herbal Cream Cheese

8 oz cream cheese
chopped fresh herbs of your choice, or dried
1 t lemon juice
1 t Worcestershire sauce

Combine ingredients and stir until blended smooth. Serve in a pretty container with edible flowers and small basil leaves on top, or pipe onto a tasty leaf, like a nasturtium or a rose scented geranium leaf.

