

## WGHS Annual Herb Sale

April 22, 2017

8:30 – 2:00

First Congregational Church of Webster Groves  
(Lockwood & Elm)

Many varieties of culinary, ornamental,  
and medicinal herbs

basil    mint    rosemary    thyme    sage  
oregano            lavender            scented geraniums  
fennel            cilantro            more herbs  
heirloom    tomatoes    peppers    eggplants  
recipes            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 Joy of Herbs

Presented by  
The Webster Groves Herb Society  
at Missouri Botanical Garden  
March 18, 2017

Herbs benefit vegetable plants.  
Grow these herbs near your vegetable plants for a bountiful harvest.

### Basil (*Ocimum basilicum*)



Basil benefits asparagus, peppers and potatoes.

### Cilantro



Cilantro with tomatoes gets shaded and won't go to seed as quickly.

### Onions (*Allium*)



Onions aid beets, carrots and lettuce.

## 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.

Purchase plants at our Annual Herb Sale (April 22, 2017) or sow seeds directly in garden soil after the last spring frost date, or in containers.

Butterflies love cilantro.

### Herbal Spread

Enjoy this simple recipe for adding a little zing to your cheese dips and herbal butters.

½ t dried oregano	¼ t dried rosemary	8 oz butter, softened
¼ t dried thyme	¼ t cracked black pepper	16 oz cream cheese, softened
¼ t dried dill weed	¼ t garlic powder	

Crush all herbs in a mortar and pestle. Combine herbs with butter and cream cheese. Spread on sandwiches, crackers, chips, breads, or snacks. Try growing your own herbs, all the herbs in this recipe will be available at our annual plant sale on April 22, 2017 and are easy to grow in full sun, in your garden or in a pot.

## Spinach (*Spinacia oleracea*)



Spinach aids strawberries.

## Nasturtium (*Tropaeolum*)



Nasturtium, parsley, and lovage benefit zucchini, beets and corn.

## Lavender (*Lavandula*)



Lavender is the herb for culinary, medicine, fragrance, and insecticides!



An herb enclosed in a card sends a message:

Rosemary – remember

Fennel - strength, worthy of praise

Allspice – compassion

Spearmint - warmth of sentiment

Oak leaves - bravery, valor

Germander - facility, readiness

Hyssop - cleanliness, purity

Lavender - distrust, failure

Mallow – kindness

Mugwort – happiness

Parsley – feasting

Deep red rose – bashfulness

Red rosebud - pure and lovely

Sorrel - parental affection

Basil - good wishes