

WGHS Annual Herb Sale April 30, 2016

8:30 – 2:00

First Congregational Church of Webster Groves
(Lockwood & Elm)

Many varieties of culinary, medicinal, and ornamental herbs

basil mint rosemary thyme sage oregano lavender
scented geraniums fennel more herbs veggies peppers
heirloom tomatoes native plants books recipes
herbal advice herbal demonstrations herbal treats

Peppers (*Capsicum* spp.) 2016 Herb of the Year

The [International Herb Association](#) has selected peppers (*Capsicum* spp.) as the 2016 Herb of the Year. Capsicum includes sweet bell peppers and hot chili peppers. Some peppers are good for pickling, some peppers are better for salsa or sauces. Most peppers are good eaten fresh and most dry well.

Sweet Peppers: California Wonder green, California Wonder golden, Sweet Chocolate bell, Iko Iko bell, Purple Beauty bell, Yolo bell, Gourmet, and sweet banana
Hot Peppers: habanero, red habanero, jalapeno, early jalapeno, Tam jalapeno, Paper Lantern, poblano ancho, serrano, and shishito

Hot peppers are often called chile peppers. Jalapenos are the most common chile peppers in the U.S and range from mild to medium hot. Dried jalapenos are called chipotles. Poblanos range from mild to medium heat. Dried poblanos are called anchos. Serranos are hotter than jalapenos. Habaneros and shishitos are very hot.

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.



Easy Herbs to Grow

Presented by

The Webster Groves Herb Society

at Missouri Botanical Garden

April 16, 2016

Easy herbs for beginners to grow include basil, chives, lemon balm, parsley, sage, and thyme.

Basil (*Ocimum basilicum*)

Basil is an annual in the St. Louis area and easily grows in full sun in the ground or in containers. Basil can be culinary, ornamental, and medicinal. Basil is a warm weather herb that thrives in the heat of the summer, but is cold-sensitive, fading in the early fall as the temperatures drop. Snip the leaves for use and you will have basil until frost.

Sweet basil adds delicious flavors to pesto, tomato dishes, soups, salads, salad dressings, cheeses, eggs, and meat dishes. Other basil varieties include Thai basil with an anise scent, lemon basil, and holy basil.

Chocolate Basil Cookies

1 box chocolate cake mix	2 T water (part vanilla)	2 eggs
½ cup oil	2 t dried basil	

Mix all ingredients. Use a 1 inch scoop to form balls. Place on parchment lined cookie sheets. Bake at 350 degrees. Check for doneness at 7 minutes. Makes about 5 to 6 dozen cookies.

Chives (*Allium schoenoprasum*)

Perennial drought tolerant chives grow about 12 inches tall. Their pretty light purple flowers look like clover blossoms and attract bees and butterflies. Chives are a flavorful garnish for pork, lamb, and chicken, pastas, salads, dips, cheeses, herb butters, and sour cream. Add chives at the last minute as overheating destroys the flavor.

Toss the edible flowers in salads, sprinkle them over omelets, and enjoy them in pasta dishes. For a special treat, make chive blossom vinegar.

The purple flowers dry nicely and add texture to dried flower arrangements and wreaths.

Lemon Balm (*Melissa officinalis*)

Perennial Lemon balm has a strong, but pleasant lemon scent. Enjoy lemon balm leaves in hot or iced teas, salads, soups, sauces, and vegetables. Lemon balm grows well in full sun to partial shade and grows about two to three feet tall and wide.

Gluten Free Peanut Butter and Lemon Balm Cookies

1 c peanut butter	1 egg
¾ c sugar	1 T chopped fresh lemon balm leaves

Mix all ingredients and form into balls (use a 1 inch scoop). Chill for 10 minutes. Flatten with crisscross pattern with a fork. Bake at 350 degrees on parchment lined cookie sheets for seven minutes or until done in center by touch.

Parsley (*Petroselinum crispum*)

Parsley is a biennial; it will grow for two seasons. The first year parsley has the tastiest and most tender leaves. The second year parsley bolts and produces seeds.

Fresh parsley is tastier than dried. Parsley freezes well, is easily chopped when partially frozen, and may be a substitute for fresh parsley, but it is not as tasty.

Parsley enhances the taste of dishes without overpowering the other flavors in meatloaf, potatoes, soups, stews, omelets, salads, fish, yogurt, sour cream, butter, and cream cheese. Combine parsley with other herbs for tabbouleh, bouquet garni, or fines herbes.

The black swallowtail caterpillar likes parsley so plant extra for them. Your reward is swallowtail butterfly visits all summer. Both curly and flat leaf parsley provide texture in your gardens.

Sage (*Salvia officinalis*)

Common sage is a hardy perennial plant that can grow two feet tall in sun. Common sage's beautiful blue flowers are edible and make wonderful garnishes for salads and other dishes. Most sage flowers are attractive to bees and butterflies.

Culinary favorites include perennial 'Berggarten' sage, tender perennial Tricolor sage, purple sage, and tender perennial Golden sage. Common sage (including golden and purple) flavors pizza, omelettes, and pasta.

Pineapple sage, an annual, is both culinary and ornamental with a delicious pineapple fragrance. The beautiful scarlet flowers bloom in autumn and attract migrating hummingbirds. The leaves and flowers flavor teas, herbal vinegars, jellies, and syrups.

Thyme (*Thymus vulgaris*)

The thyme family includes perennial upright compact thymes, creeping thymes, variegated thymes, and lemon thymes. Snip fresh thyme to enjoy all summer. The sweet, warm, spicy flavor complements chicken, fish, soups, stews, vegetables, breads, and desserts. Thymes can also be part of Italian seasoning herb mix, Cajun herb mix, classic herbs de Provence, and bouquets garnis. Thymes can also combine with other herbs in potpourri, room fresheners, moth repellants, and sleep sachets.

Thyme dries easily. Store in tins or glass jars away from light and heat. Creeping thymes soften the edges of retaining walls, stepping stones, and containers.

Parmesan and Thyme Crackers

1 stick butter	1 t kosher salt
3 oz. grated parmesan cheese	1 t chopped fresh thyme leaves
1¼ cups flour	½ t freshly ground black pepper

Preheat oven 350 degrees. Whip butter until soft. Add Parmesan, flour, salt, thyme, and pepper and beat until smooth. Roll out dough on floured surface. Cut with round cookie cutter. Place on sheet pan and bake 22 minutes.

Herbal Blend for Cheeses and Butters

parsley	thyme	celery seed	lemon peel
basil	dill	dried onion powder	

Mix equal parts of these herbs. Mix and match any of these herbs to have on hand to blend with softened cream cheese, chevre, or butter, or simply sprinkle on top of cheese in a bowl or on a cheese board. This recipe is delicious with most herbs and the addition of garlic powder. Store herbal blend in a jar or ziplock bag.