

## WGHS Autumn Herb Gathering

October 8, 2016

9am-2pm

Rolling Ridge Nursery in Webster Groves

at 60 North Gore

Vicki Lander of Flower Hill Farm

talks about herbs for beautiful display and arrangements

Amanda Canete of Elements Herbology

talks about herbs for healthy living

Enjoy herbal tastings and herbal demonstrations

Peruse and purchase unique herbal gifts,  
herbal books, cookbooks, and calendars

### Mango Salsa



2 mangoes, diced	1 small red bell pepper, diced
1 habanero or 3-4 hot chiles such as serrano or jalapeno, stemmed, seeded, diced	¼ c chopped cilantro juice of 1 lime, or to taste salt to taste
3 or 4 green onions, sliced thinly with some green	

Mix all ingredients in a bowl and let stand for an hour to develop the flavor. Serve with poultry or fish, as a table salsa, or with tortilla chips.

### 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.



## Peppers, 2016 Herb of the Year

Presented by

The Webster Groves Herb Society

at Missouri Botanical Garden

May 14, 2016

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 and is a member of the same family of plants as the tomato, potato, and eggplant.

Some peppers are good for pickling, some peppers are better for salsa or sauces. Most peppers are good eaten fresh or cooked and most dry well.

Both sweet and hot peppers are delicious prepared on the grill. Roasting peppers brings out their sweetness and enhances their flavors.

Peppers are an important ingredient of chili powder, curry powder, and Tabasco sauce. Also in the pepper family are mild preserved pimientos, ground paprika, and sweet pepper flakes. The hot varieties are processed into ground pepper, crushed red pepper, and cayenne pepper.

Most peppers contain Vitamins A, B, and C, potassium, magnesium, iron, and folic acid.

Peppers are easy to grow. Plant them in the spring and they fruit in the summer. Ideal growing conditions for peppers are in a sunny location, 70 to 84 degrees F in a well-drained loamy soil. Peppers are ready for harvest about 50 to 75 days after planting.

## Sweet Peppers

Sweet peppers are available in green, red, yellow, purple, ivory, and chocolate, and include green, yellow, and red bell peppers, such as California wonder, Chocolate, and Purple Beauty; pepperoncini peppers, sweet banana peppers, and paprika.

Bell peppers are tasty sliced fresh or stuffed with meats, rice, tomatoes, and cheese, and baked.

Sweet specialty peppers are smaller and sweeter than bell peppers in shades of light yellow to cherry red. Shapes range from mini-bell to round to long and thin. They are delicious fresh, stir fried, or pickled.

## Hot Peppers

Hot peppers, commonly called chile peppers, include habanero, jalapeno, poblano ancho, serrano, and shishito.

Hot peppers are mildly hot to mouth-blisteringly hot. They are tasty fresh, added to salsas and sauces, stuffed, grilled, roasted, dried, and ground for seasoning.

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.

## Peperonata

¼ c olive oil  
2 onions, diced  
3 garlic cloves, diced  
2 bay leaves  
1 t chopped fresh thyme

5 or 6 bell peppers, red, green, yellow  
orange or any combination  
salt and pepper to taste  
5 ripe tomatoes, seeded and chopped  
or 28 oz can of tomatoes, drained well

Heat olive oil in skillet and add onions, garlic, bay leaves, and thyme and cook over medium heat until onions are soft and lightly colored. Stir frequently. Add peppers and ½ teaspoon of salt. Cook briskly at a little higher heat until peppers begin to soften. Then add tomatoes and reduce heat to medium. Simmer until excess water has cooked away which takes about 15 minutes. Add salt and pepper to taste at end of cooking.

This is tasty warm on rice or pasta, cool for crostini or bruschetta, and stirred into scrambled eggs or to top a pizza!

## Savory Shortbread

2¼ c all-purpose flour  
½ t cayenne pepper  
1 c butter, chilled, cut into small pieces

2 c. grated sharp Cheddar cheese  
½ c milk  
1 T Worcestershire sauce

Pulse flour and pepper in bowl of food processor. Add butter and pulse until the mixture resembles coarse meal, 8 to 10 seconds. Add cheese to the processor and pulse until combined. Transfer mixture to a large bowl. Stir in milk and Worcestershire sauce until well combined.

Form mixture into two one-inch-diameter logs and wrap in parchment paper. Chill in refrigerator until firm, about one hour.

Heat oven to 350. Line two baking sheets with parchment paper. Remove logs from refrigerator. Cut each one into ¼ inch rounds. Place rounds on prepared baking sheets about an inch apart. Bake until golden about 12 minutes, rotating baking sheets halfway through baking. Transfer shortbread to wire racks to cool. Store in airtight container up to two days.