

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

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.

Floral Vinegar Combinations

Apple Cider Vinegar

- Nasturtium flowers and leaves, shallot, garlic, hot red pepper
- Nasturtium, garlic chives, dill flowers

Champagne Vinegar

- Roses, lemon balm

Red Wine Vinegar

- Lovage, oregano, marjoram, basil flowers
- Nasturtium flowers and leaves, shallot, garlic, hot red pepper

Rice Wine Vinegar

- Calendula, lemon thyme, lemon basil flowers, lemon zest

White Wine Vinegar

- Chive and garlic chive flowers
- Borage and burnet flowers



Summertime And the Herbin' is Easy

Presented by

The Webster Groves Herb Society
at Missouri Botanical Garden
July 16, 2016

Luscious herbs are plentiful and tasty in the summer. Enjoy these herby recipes.

Quinoa Tabbouleh with Feta



1 c quinoa	1 c chopped fresh mint leaves
Kosher salt	1 c chopped fresh flat leaf parsley
freshly ground black pepper	1 cucumber, unpeeled, seeded, diced
¼ c freshly squeezed lemon juice	2 c cherry tomatoes, halved
¼ c olive oil	2 c medium diced feta

Bring 2 cups water to boil in medium saucepan. Add quinoa and 1 teaspoon salt, lower heat, and simmer covered for 15 minutes, until grains are tender. Drain, place in bowl, and add lemon juice, oil, and 1½ teaspoons salt. In large bowl, combine scallions, mint, parsley, cucumber, tomatoes, 2 teaspoons salt, and 1 teaspoon pepper. Add quinoa and mix well. Fold in feta and taste for seasoning. Serve at room temperature or refrigerate and serve cold. Make ahead: prepare salad without feta, cover, and refrigerate for up to 4 days. Fold in feta and serve.

Rosemary Skewers



Cut rosemary branches 12 inches or longer and soak them in water for 15 to 20 minutes until pliable. Prepare chicken in bite size pieces and marinate for 30 minutes or more. Cut chunks of pepper, onion, zucchini, and any vegetable you like. Use whole cherry tomatoes. Place vegetables in a bowl and coat with olive oil. Arrange chicken and vegetables on skewers and put on grill.

Herbal Vinegars

Flavored vinegars are a tasty method to use herbs and flowers from your garden and farm. Herbal vinegars are inexpensive, easy to make, preserve the flavors of summer in your favorite recipes, and make great gifts.

Vinegar Types

Choose a vinegar type that is pleasing to the taste, but does not overpower the delicate herbs and spices. Cider vinegar is from apple cider aged at least 6 months in wooden barrels, and is best for medium or strong flavored herbs. Malt vinegar is barley and grain mash heated and fermented similar to beer and combined with wood shavings, with a hearty taste for pickles, relish, catsup, and mustard. Rice vinegar is from rice wine and its mild sweet taste is well suited for flavoring with delicate herbs. Wine vinegars are from white, red, and rose wines. The white wines are best with lighter herbs, and red wines are suitable with more robust flavors. Distilled vinegar is from fermented grain or wood pulp and diluted to 5% acidity. It has a harsh flavor and is best suited to cleaning or other household chores. It is not suitable for herbal flavoring.

Equipment

Use wide mouth glass, porcelain, or enamel-coated steel containers with lids for steeping ingredients from 1 week to 1 month. If using jars with metal lids, put plastic wrap or wax paper between the lids and the vinegar to prevent rust. Use stainless steel pots to heat or store the vinegars, but not aluminum, cast iron, or uncoated steel. Use a second group of glass or ceramic bottles or jars with plastic or cork tops to tightly seal the contents and store the finished product. Use wax to seal if desired.

Steeping

A good rule of thumb for most recipes is 1 cup of fresh herb leaves or ½ cup of dried leaves for every 2 cups of vinegar. Place the herbs in sterile jars. Tightly cap the jars and steep in a dark place at room temperature for a week. Shake the jars occasionally. If the flavor is not strong enough after 1 week, wait another week and taste again. If necessary, steep again with fresh herbs to increase the flavor even more.

Bottling

When the flavor is to your taste, strain the vinegar into sterilized finishing bottles. Use a funnel and a triple layer of cheesecloth, muslin, or coffee filter. Cap tightly or seal with a cork and wax. Place a fresh sample of the herbs in the finished bottles for decoration before filling. Store jars and bottles in a cool, dark place.

Herbal Vinegar Combinations



Apple Cider Vinegar

- Dill, bay, garlic
- Horseradish, shallot, hot red pepper
- Dill, mustard seeds, lemon balm, garlic
- Tarragon, chives, lemon balm, shallots, garlic

Champagne Vinegar

- Lemon balm, lemon verbena, lemon thyme, lemongrass, lemon zest

Malt Vinegar

- Tarragon, garlic chives, whole cloves, garlic, shallots

Red Wine Vinegar

- Thyme, rosemary, hyssop, fennel, oregano, garlic
- Rosemary, savory, sage, basil, bay, garlic
- Cilantro, sage, rosemary, bay, and hot red pepper
- Sage, parsley, shallots
- Burnet, borage, dill
- Marjoram, burnet, lemon balm

Sherry Vinegar

- Basil, rosemary, tarragon, dill, sorrel, mint, chives, garlic
- Parsley, thyme, rosemary, bay
- Rosemary, oregano, sage, basil, parsley, garlic, black peppercorns

White Wine Vinegar

- Basil, parsley, fennel, garlic
- Dill, basil, tarragon, lemon balm
- Oregano, cilantro, garlic, hot red pepper
- Mint, lemon balm, lemon basil
- Marjoram, burnet, thyme, tarragon, parsley, chives
- Tarragon, anise hyssop, hyssop, lemon balm
- Savory, tarragon, chervil, basil, chives

