

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

Herbal Tastings

Herbal Demonstrations

Mediterranean soil mix

Moth repellent

Unique Herbal Gifts

Lavender sachets – Lavender wands – Herbal hand lotion

Talc-free body powder – Lip balm – Body mist

Dried flower wreaths – Room spray

Herbal postcards – Catnip bug repellent

Tasty Herbal Treats

Cookies – Sweet and savory breads – Herbal seasonings

Herbal and Gardening Books – Cookbooks – Calendars



Herbal Summer Fruits

Presented by

The Webster Groves Herb Society

at Missouri Botanical Garden

August 27, 2016

Luscious herbs are plentiful and tasty in the summer.

Enjoy these herby recipes.



Simple Syrup

1 c water 2 c sugar 2 T dried herbs or 3-4 T fresh herbs

Combine water and sugar. Bring to a boil and boil for 5 minutes.

Remove from heat. Stir in herbs. Let steep till the syrup is cool. Strain.

Add tasty herbal flavors to tea, lemonade, and other beverages with simple syrups. Mints or lemon herbs make very tasty simple syrups. Simple syrups are quite tasty over fresh fruits too.



Fruit Salsa

1 tomato

1 orange, peeled and segmented

2 kiwis, peeled and sliced

1 red onion, coarsely chopped

1 avocado, peeled and pitted

1 bunch cilantro

2 jalapeño chile peppers

garlic salt to taste

In a food processor, place tomato, orange, kiwis, red onion, avocado, cilantro and jalapeño chile peppers. Process using pulse setting until finely chopped but not quite smooth. Transfer to a medium bowl, and sprinkle with garlic salt. Serve with tortilla chips.

