All Call for Drying Herbs

The hustle is on as we prepare for the HSA Educational Conference and Annual Meeting of Members being held in Little Rock, May 3rd – 7th, 2017. The Ozark Unit has agreed to help us with making herbal wreath centerpieces. Although they do have some dried herbs available to use, there are lots of tables, so we need to start drying additional herbs. Now is a good time to start before winter sets in when many of the herbs are no longer available.

Mary Roark has graciously provided us with a list of plants to be used for the wreaths. Herbs that are being used for blooms should be picked and dried when they are flowering:

- Artemisias – foliage and bloom
- Anise Hyssop – blooms
- Bay – leaves
- Basil – foliage and blooms
- Cockscomb
- Dill – blooms
- Dittany of Crete – foliage & blooms
- Gomphrena
- Hydrangeas
- Lambs Ears – small leaves & flowers
- Larkspurs – flowers
- Lavender – foliage & flowers
- Lemon Verbena
- Marjoram
- Mints
- Mint Marigold
- Mountain Mint
- Oregano
- Peppers – small – hot
- Rosemary
- Roses
- Rose Hips
- Sages
- Statice
- Straw Flowers
- Sweet Annie
- Tansy
- Thyme
- Winter Savory
- Yarrow – yellow is best
- Zinnias

(Continued on Page 4, “Instructions for Drying Herbs”)
Virginia Alexander had a plantation with some well-rotted manure. Several of her grandchildren, and a strong man from her plantation, helped Virginia dig up the sod and bring it to the new garden site at the Arkansas Territorial Restoration, now called the Historic Arkansas Museum (HAM). There was an old walkway by the Woodruff buildings they dared not remove, so the size and shape of the garden was determined by the old walkway. After they prepared the soil, they hired a well-known, local brick-layer - Orange Brady, to put in walks to make the beds accessible.

The new medicinal garden literally had its initial roots from the members of the Arkansas Unit. Members brought plants from their own gardens to put into it: thyme, fennel, orris, monarda, peppermint, parsley, basil, plantain, comfrey, mugwort, tansy, rosemary, sage, onions, and garlic.

Then the field trips started. Several members went to Pelsor, Arkansas with Celia Bankhead as their guide. They came back with their first wild herbs: skullcap, Seneca snakeroot, and American pennyroyal. Freeman Thomas took them on another field trip and more native medicinal plants were found. Still more plants were contributed by Peggy Ackerman and Averell Tate. It wasn't long before space ran out, so they added another 2.5 foot bed on the south side of the walk, as well as narrow strips by the Woodruff house kitchen.

All this work led to the unit publishing Frontier Pharmacy, a handbook of the plants in the garden. Mary Donovan, Freeman Thomas, and Bill Worthen were co-editors, and Blanche Lenon created the illustrations. The booklet listed each plant with its botanical name, country of origin, and how it was used. (NOTE: This booklet is still available today at both the HAM gift shop and from our unit’s chair, Marcella Grimmet.)

In 1989, they added an area by the print shop for “row crops” that had also been used medicinally: onions, garlic, cayenne peppers, tomatoes, potatoes, mustard, carrots, and cabbages. Basil was also added to make pesto for a Herbfest. Vegetables and herbs are shared with the museum staff every summer for its Pioneer Day Camp.

As the unit continued to maintain the medicinal garden, other people got involved along the way. At a groundskeeper, David Etchieson’s, suggestion, he helped replace an ugly metal post for the Rosa gallica with a wooden one with a finial like those used elsewhere at the museum. P. Allen Smith, a well-known local landscape-architect, also gave general advice and at his suggestion David Matchet of Evergreen Lawn Service Sprinklers donated and installed a sprinkler system for the entire garden.

According to Mary Worthen, the guides reported that visitors found the poke sallat growing by the print shop wall the most interesting. This plant was a gift from Dr. Fred Henker.

The Mary Fletcher Worthen Medicinal Garden continues to be an important part of HAM’s historical tours, and the Arkansas Unit continues to maintain the garden.

Information in this article was adapted from: Mary Worthen (2005, Jan. 19). New Member Information (for the Arkansas Unit of The Herb Society of America).
BREAKING NEWS: Rosemary Arnold, one of our members in the Arkansas Unit, will be moving to Tampa, Florida in the fall. We'll miss her, and wish her well.

BREAKING NEWS: Danette Lawrie’s (a member from the Arkansas Unit) husband passed away in July. Our thoughts and prayers are with her.

COOKING WITH HERBS PRESENTATION: Sharl Hill, from our unit, volunteered to give a presentation at the Night Bloomers Club about cooking with herbs on September 13th at 7:00 p.m.

DIRECTORY ANNOUNCEMENT: Cynthia Fontcuberta passed the new AUHSA directories out at our unit’s August monthly meeting. Many thanks to Cynthia and her husband for printing the directories.

GREATER LITTLE ROCK GARDEN COUNSEL OF GARDEN CLUBS (GLRCGC): Laura Sholes is looking for a volunteer for the GLRCGC committee. Also the Greater Little Rock Garden Council is one of the groups eligible for Kroger’s monetary rewards. If you have a Kroger card with a barcode, you can help them by participating in the Community Awards program.

BOOK ANNOUNCEMENT: Lana Bethune was at our unit’s July meeting and announced that her husband, Ed Bethune, has just released his third book, A Pearl for Kizzy, which is a World War II novel. Ed Bethune represented Arkansas in the U.S. House of Representatives from 1979 – 1985.

Sources:

Hey, What Ya Doin’ to My Essential Oils?
By Arlene Sevilla-White

So when is an essential oil not an essential oil? Trick question!

Let’s re-phrase that. When is an essential oil not a “pure” essential oil? What difference does it make? And, why is this happening?

Many essential oils on the market have been adulterated for different reasons. Some reasons are justified. Some are not. It depends on how the essential oil is used and the motive of the seller.

In the perfume and food industries, it actually is important to adulterate the essential oil. They need to provide consistent fragrances and flavors to their customers. Various lots of pure essential oils are not consistent. The soil, climate, and country of the oil’s origin all affect the chemical make-up of an essential oil. In order to standardize an oil used for these industries, they may need to redistill the oil, and perhaps even add natural or synthetic components. Synthetic components also are less costly, helping to keep the price of the product down.

Other suppliers may dilute their essential oils with base oils, such as almond oil or

(Continued on Page 4 under “Essential Oils”)

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INSTRUCTIONS FOR DRYING HERBS
(Continued from Page 1)

Hang bunches to dry in your garage or a dark area like a closet or hallway. Punch holes in coke flats to dry big flower heads. Stems must be cut short to allow flowers to rest on the flat surface. After things are very dry, place them in plastic containers.

SOURCES:

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ESSENTIAL OILS
(Continued from Page 3)

olive oil. Suppliers may be selling pre-mixed, diluted oils as end products, such as massage oils or perhaps as bug repellents. Other suppliers, however, lie. They line their pockets by labeling their products as “pure” essential oils, when in fact they are not. This is a problem if you using recipes to create essential oil mixtures for therapeutic purposes.

Another thing a business can do that may be misleading is to label their diluted, end-product as therapeutic grade and/or aromatherapy grade. According to AromaWeb, “There are no governmental agencies or generally accepted organizations that grade or certify essential oils as therapeutic grade, medicinal grade, or aromatherapy grade.” The U.S. does not have a formally approved grading system. Apparently this term was initially coined by an MLM (multi-level marketing) company. The term merely quickly conveys the product can be used in holistic aromatherapy.

If you plan on mixing up a recipe for therapeutic use, these issues can become problematic. You need to find a reputable supplier of “pure,” quality essential oils. Reputable suppliers only purchase 100% pure oils from their wholesalers. They also test the oils to make sure the wholesalers have not unscrupulously diluted them. In addition, they watch the shelf life – an essential oil has about a two-year shelf life for therapeutic use. Finally, they store their essential oils appropriately, which is in dark glass bottles out of the sunlight.

If you are interested in locating a reputable supplier, AromaWeb, has a directory of reputable essential oil businesses:


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Using a Crock Pot to Make Herbal Candles

We all appreciate using our crock pots for the ease of cooking meals. Put those crock pots on double duty, and use them for the ease of making herbal candles in jars! Make a bunch for your home, sell them as crafts, or give them as gifts!

Check out the crock pot candle recipe adapted from snapguide.com below:

SUPPLIES:

- Fresh herbs of your choice, (i.e. lavender, lemon verbena, rosemary, etc.)
- 4 pounds of soy candle wax chips (Can be found on Amazon or at Michael’s)
- Various jars, washed and sanitized
- Fragrance beads, lemon (optional)
- Candle wicks
- Chop sticks or sticks
- Essence oils of your choice

INSTRUCTIONS:

1. Tear up several herbs and place in bottom of jars.
2. Fill the jar with soy candle chips.
3. Arrange the jars in the crock pot. Pour boiling water into the crock pot up to about ½ inch from the lip of the smallest jar.
4. Turn the crock pot on high, and “cook” for 2 hours. As the wax melts, the wax will be infused with oils from the herbs.
5. After the crock pot has “cooked” for the 2 hours, add more soy candle chips.
6. Put more herbs in the jars, and stir. A chop stick will work well for stirring.
7. Add essence oils of your choice.
8. As the candle chips are melting, stir together the essence oils and new candle chips. “Cook” on high in the crockpot for another 2 hours.
9. Once the candle chips are fully melted, place wicks in the candles. This can be done by:
   a) Placing herb stems or sticks across the tops of the jars,
   b) Dropping the candle wicks into the melted candle chips down to the bottom of the jars.
   c) Laying the excess candle wicks from the candle tops, across the herb stems that are laying across the jars.
10. Put more fresh herbs in the jars.
11. If desired, you can use fragrance beads and/or lemon for a confetti look and boost of lemon.

My Dog Ate Rat Poison
By Arlene Sevilla-White

There are a myriad of mouse/rat poison products with differing main ingredients. Depending upon the ingredient used, the poison can kill by creating internal bleeding, by affecting the brain, or by kidney failure. Not all of the products have a counter-treatment. After much phone conversation and picture swapping via email, Tomcat determines the dog has gotten into a type of poison that creates internal bleeding, and the treatment is prescription Vitamin K1.

What a way to end a holiday! And WHO would ever think to check to see if the cabin they’re renting has mouse/rat poison in it?

My husband and I go to the Ozark Mountains for a holiday weekend, and the dog gets into rat poison from the cabin we rent. That weekend I get a crash course in rat poison from the Tomcat poison hotline.

Mouse and rat poison can be a life-threatening issue for both pets and kids. They taste good to both. When we use mouse/rat poison, we can also affect more than our immediate surroundings. According to Pet MD (n.d.), dogs and cats that are allowed to roam free, are also at risk for getting second-hand mouse and rat poisoning. It takes a few days for a rodent that has ingested the poison to die. If your pet gets ahold of one of these rodents – dead or alive, it too can become poisoned.

I get it. We may like visiting Mickey Mouse at Disney World, but we don’t want him in our home – and his cousin,

(Continued on Page 7 under “Rat Poison”)

Taking a Peek at Saffron
By Arlene Sevilla-White

The American Foundation for the Blind says that macular degeneration is one of the leading causes of legal blindness for older Americans. Yipes!

According to the University of Sydney, however, saffron may be the magic bullet for this. A 2010 study done in Italy by one of their (Continued on Page 7 under “Peek at Saffron”)

Plants Drink Honey

Apparrently plants like honey, too!

According to Rodales’ Organic Life, using honey when taking root cuttings can help prevent disease and promote growth. Simply mix three parts of boiling water to one part of raw honey, and let cool. Dip the cuttings in the honey mixture, and then plant.

Source:

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Mr. Rat, even less. Before we reach for the mouse and rat poison, however, maybe we could try something else that does not prove fatal to kids and pets.

According to the Encyclopedia of Rat Extermination (n.d.), mice and rats hate the smell of mint. Planting mint, spearmint or citronella plants in your garden may help repel mice and rats away from your home. You can also drip 4-5 drops of peppermint oil onto cotton balls, and put them in spots where mice and rats appear more often. Caster and citronella oils are also good alternatives. It needs to be said, however, that this may be work for mice and a few rats, but if you have a pack of several hundred rats, the mint’s not going to cut it.

Fortunately, we had a happy ending with our dog – but it came with a lesson that I now have to go out and preach. Mouse and rat poison should be used only when all else fails, or for a severe mouse/rat infestation. If you absolutely do need to use mouse and rat poison: 1) make sure kids and pets are unable to get into the poison, and 2) either save or take a copy of the packaging. In case of an emergency, the packaging identifies the type of poison ingredient used so that the correct type of counter-treatment may be administered.

We, at minimum, need to exercise extreme caution when trying to get rid of rodents – or we may be getting rid of something besides rodents!

**SOURCES:**


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**Peek at Saffron**

(Continued from Page 6)

associate professors was conducted with 25 participants over six months. All participants were given a pill containing 20 milligrams of saffron daily, and after three months, all participants experienced improved vision. After they stopped taking the pill, the improved vision effect quickly disappeared.

A follow-up study done in 2012 produced similar results. Twenty-nine participants with early macular degeneration, taking the same supplement of 20 milligrams of saffron daily, showed significant statistical improvement in their vision after three months.

While you may purchase saffron only supplements, some scientists in the UK developed a patent-pending product called “Saffron 2020,” that takes the eye health issue a step further. Not only do the supplements contain the 20 milligrams of recommended saffron, it also contains the various nutrients needed for good eye health. Canada Health, Canada’s governmental health agency, has approved the product for treatment of macular degeneration and cataracts. This specific product is not available in the United States, but it can be ordered online from Canada. I am not making an endorsement for the product, but rather am only providing information. The FDA in the United States does not regulate herbal and supplemental products.

Maybe there’s something to this saffron thing. It’s some good information to, ahhh…take a “look” at. If all else fails, I may be waiting for technology to catch up and have a 3D printer print out a new macula!

**Sources:**


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**Saffron Webinar:** You may get more information about saffron by registering for a webinar, “The Secrets of Saffron,” on The Herb Society's website, www.herbsoociety.org. Click on FOR MEMBERS towards the top of the screen, and then on MEMBERS ONLY LOGIN from the drop-down screen.

**The Secrets of Saffron**

September 22, 2:00pm EDT

Presented by Susan Lichly

Saffron has been called the gold of the plant world, empress of spices and the prima donna of the spice cabinet. No matter what you call it, one thing everyone agrees with – it’s expensive. Learn about the history, the many uses, why it’s the spice with a price, and the many secrets this intriguing herb has held for hundreds of years.
MYSTERY SOLVED!!

Can you name that person? Our Unit’s member, Dale Webb, can.

Too bad we’re not on a game show, like Jeopardy, where she could win a prize. But she does get my thank you. I know… It’s not as grand as a new car or something — but a thank you has to count for something!

In the last issue, there was an article, “And in the Scentinal News 37 Years Ago This Month,” recapping the news written in our first newsletter on July, 1979. It mentioned that there was organizing being done at the Blind School Garden by Lee and Harvel. They had made a drawing of the plants in the garden, and put together a notebook that tells the unit volunteers what to do month-by-month.

Fast forward to 2016… I read this, but don’t know who Lee and Harvel are. I thought perhaps they were staff people from the Blind School working with us, so after Lee and Harvel I put “(possibly from the Blind School)”

Dale recognized them. Lee Davis was a member of the Arkansas Unit, and Harvel Harrison was her friend. This makes more sense than the staff people putting it together.

My apologies if I led anyone astray. Thank you Dale for helping get our history straight!

VOLUNTEER HOURS

Are you reporting all your volunteer hours that qualify? I wasn’t. I was only reporting my on-site work at public gardens!

Here’s a guideline for what counts:

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<thead>
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<th>ANY OF THESE TYPE OF TASKS</th>
<th>FOR ANY OF THESE TYPE OF ACTIVITIES</th>
</tr>
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<tbody>
<tr>
<td>Preparations and research time</td>
<td>Presentations</td>
</tr>
<tr>
<td>Transportation time of self and material</td>
<td>Articles and Publications</td>
</tr>
<tr>
<td>Setting up time</td>
<td>Maintaining public gardens</td>
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<tr>
<td>Performance of activity</td>
<td>Fundraising</td>
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<tr>
<td></td>
<td>Board Meetings</td>
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<td></td>
<td>Monthly member meetings (2 hours)</td>
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<td></td>
<td>Committee meetings and tasks</td>
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<td>Hosting conferences</td>
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Make sure you get all the credit you deserve!

MEMBERSHIP BENEFITS

There are many of them!

To detail every membership benefit for belonging to The Herb Society would be beyond the scope of this newsletter. You can get all that detail by going to www.herbsociety.org. Click on JOIN towards the top of the screen, and then on MEMBERSHIP BENEFITS from the drop-down screen. You will be inundated with benefits.

While full access to The Herb Society website is a benefit by itself, there are some local benefits you may or may not be aware of:

1) Free admission and parking to Garvan Woodland Gardens in Hot Springs.
2) Free admission and parking to the Botanical Garden of the Ozarks in Fayetteville.
3) 10% discount on internet orders from Mountain Rose Herbs
4) Special $10 one-year subscriptions to any Mother Earth publications:
   - Mother Earth News
   - Mother Earth Living
   - Capper’s Farm and Grit

There are numerous other benefits including: (a) free or discounted admission to other gardens across the country, (b) borrowing from The Herb Society’s Library and Resource Center, (c) participation in a seed exchange, and (d) information on herbs.

Check out The Herb Society’s website for complete info. You will be pleasantly surprised!
Ticks Away!
By Arlene Sevilla-White

There’s nothing like going to the garden to harvest ticks...oops, I mean vegetables!

Until I recently discovered essential oils, I’d come from the garden with a crate of vegetables, and some “passengers.” While it might seem obvious to just spray regular insect repellent on myself beforehand, I’m sensitive to chemical smells. They’ve made me cough and irritate my lungs. It has even bothered me when my husband put chemical insect repellent on himself!

When I had a “tick” conversation with a friend, she told me about a tick repellent product by doTERRA®, TerraShield, that’s an essential oil blend. It contained catnip and lemon eucalyptus oils blended with several base oils. Happily, since I started using it, I have been tick free!

There are a number of essential oils that repel ticks, including: lavender, lemongrass, eucalyptus, peppermint, rosemary, rose geranium, sage, and thyme. As a result, if you’re interested in mixing your own tick repellent, there are several recipes available.

I like simple, however, and I like effective. Primally Inspired has a video with a simple recipe they swear is effective on adults, kids and dogs. *

Tick Repellent Spray
1/3 Cup distilled water
1 Tablespoon vodka or witch hazel
40 drops rose geranium essential oil

Pour ingredients into a dark-glass spray-bottle.

Need to find a glass bottle and sprayer?

Packaging Options Direct has them available with no minimum orders:
http://packagingoptionsdirect.com/

Sources:


(Continued on Page 10 under “Mount Holly”)
Mount Holly
(Continued from Page 9)

Mr. Fulton’s life was quite a bit different. He was a close friend of President Jackson, who appointed him Secretary of the Territory in 1829 and Governor in 1835. He built his home, Rosewood, at the edge of the town of Little Rock on the site of the present Governor’s Mansion, where the Arkansas Unit planted and has been maintaining the Mansion Herbary.

His term was cut short in 1836 when Arkansas was admitted to the union, and the people could choose their own leaders. Governor Fulton was elected United States Senator at that time, and represented the new state in Washington, D.C. until his early death in 1844 caused “from sleeping in a recently painted room.”

These men were certainly courageous, even foolhardy, but the real heroes were their valiant, long-suffering wives, who gave up the comforts of life in the East to make it possible to settle new lands of the Louisiana Purchase. And most likely they grew and used herbs. (Reprinted from Herb Scentinal, Winter 1987.)

Sources:


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The Luxury of Saffron

We are all familiar with the bright orange color and delicate perfume of saffron, but why is it so darned expensive?

The saffron sold in the tiny quantities you find in the grocery store is the dried stigmas of the fall-blooming crocus, *Crocus sativa*. Each crocus bulb produces two to nine flowers per season with 3 long red-orange stigmas each. It takes the dried stigma of a hundred flowers to make a gram of saffron. Because of the short 3-week blooming season and the labor intensive harvest, saffron is the most expensive herb or spice on the market. (In the original printing of this article in the summer of 1997, Kashmiri saffron sold for about $35.00 for 10 grams. Currently 10 grams of Kashmiri saffron ranges from $60 to $110 on Amazon.)

Originally it was cultivated by the Egyptians and then the Romans who used it in foods and wines, as a perfume, a drug and as a dye. The Arabs spread the cultivation and use of saffron to Spain in the 10th century, and from there it reached France, Germany and Britain by the 14th century. Currently, the main areas of saffron production are: Spain, Greece, France, Turkey, Iran, Morocco and Kashmir. Spain is reputed to produce the best, and the most expensive saffron.

Saffron crocus grows well here in Arkansas. Like other crocus, they prefer a well-drained soil in a sunny to partly-shaded spot. They will bloom in the fall and must be planted in early summer. Saffron crocus will naturalize and can be used to create beautiful drifts of violet-blue each fall. When you harvest your saffron, pick the flower as soon as it opens fully and take it into the house to remove the stigmas. You can remove just the stigmas from the plants, but that will cause less flowers per plant.

Whether you grow your own or purchase it commercially, saffron is a luxury item and expensive! Buy pure saffron threads, not powdered saffron; that way you can be sure that what you get is unadulterated. If needed, pulverize saffron threads in a mortar with a pestle or in a bowl with the back of a wooden spoon. One pinch of saffron threads yields about 1/8 teaspoon pulverized. Fortunately, the bright orange color and vibrant fragrance of saffron requires that you actually use very little of the stuff!

The studies abound with positive results. Dorothy Retallack did numerous controlled experiments in Colorado with different genres of music. After two weeks of plants “listening” to classical and jazz music on a radio, they leaned 15 to 20 degrees towards the radio. Marigolds six feet away in the room were flowering with the classical music.

(Huh? Music for Plants?
By Arlene Sevilla-White

Take your plants to the symphony! Apparently they'd like it!


The studies abound with positive results. Dorothy Retallack did numerous controlled experiments in Colorado with different genres of music. After two weeks of plants “listening” to classical and jazz music on a radio, they leaned 15 to 20 degrees towards the radio. Marigolds six feet away in the room were flowering with the classical music.

(Continued on Page 11 under “Plant Music”)
Plant Music
(Continued from Page 10)

The plants did not, however, like rock music. They tried hard to grow away from the rock music and became sick. Marigolds exposed to rock music died within two weeks.

The plants’ favorite music was classical music from India. They had the most noticeable positive reactions.

In India, T.C. Singh did experiments with Indian plants and music. Rice harvests were 25-60% higher than average, and almost 50% higher for tobacco and peanuts.

In Illinois, George Smith did experiments in separate greenhouses with corn and soybeans. In one of the greenhouses, George Gershwin’s “Rhapsody in Blue” was played 24 hours a day. Corn weighed 40% more and soy weighed 24% more.

George Milstein’s experiments in New York showed that a continuous low hum at 3000 cycles per second accelerated plant growth. Some of the plants even bloomed six months ahead of their normal schedule.

Researchers at the University of Ottawa found that high-frequency vibrations at 5000 cycles a second nearly doubled wheat harvests!

Finally, at Canada’s Department of Agriculture, Peter Belton controlled the European corn borer moth with ultrasonic waves. In the control plot of corn, 50% of the corn was damaged. However, in the corn plot with sound, only 5% of the corn was damaged. The corn in the sound plot was also 3” taller than average, and had 60% less of the corn borer larvae.

Now if we could only find a way so that just the weeds would hear the rock music, and only the plants that we want, would hear the classical and jazz music!


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ROSE GERANIUM POUND CAKE
(Contributed by Mary Roark)

10-12 rose geranium leaves, stems removed
1 1/2 cups butter
3 cups vanilla sugar (or use plain sugar and add 1 teaspoon vanilla extract)
5 eggs
3 cups sifted flour
6 ounces lemon-lime soda (do not use diet soda)
1 tablespoon fresh lemon juice
Lemon Curd (recipe on Page 12)
Additional rose geranium leaf for garnish

INSTRUCTIONS:
1) Preheat oven to 325 degrees. Grease a 10-inch Bundt or tube-cake plan and flour. Fill the bottom of the cake pans with rose geranium leaves, placing them face down and tearing some leaves apart to line the bottom completely.
2) Use an electric mixer to cream butter and sugar until light and fluffy.
3) Add the eggs one at a time. Beat well after adding each egg.
4) Add flour alternately with soda. Beat well after each addition. Stir in lemon juice.
5) Pour batter into the cake pan that has been prepared. Smooth the top, and bake 1 – 1 1/2 hours. To prevent over-browning, toward the end of the baking period, tent a piece of aluminum foil lightly over the cake.
6) After the cake is done baking, cool for 10 minutes. Invert cake carefully on plate.
7) Slice cake. Serve warm with Lemon Curd. Use fresh rose geranium leaf to garnish.

YIELD: 15-20 slices

Cook’s Choice Column continued on page 12
LEMON CURD
(Contributed by Mary Roark)

2 whole eggs
2 egg yolks
1 cup sugar
2/3 cup fresh lemon juice
1 cup butter

INSTRUCTIONS:
1) Use a blender or mixer to mix all ingredients.
2) Using a stainless or ceramic double-boiler, cook mixture until thickened. Stir constantly.
3) Serve warm. Leftover sauce should be refrigerated, and reheated in a double boiler to serve.

YIELD: Approximately 2 cups
VARIATION: Chopped sweet herbs, such as rose geranium, lemon verbena, mints, or rosemary, can be stirred into sauce once thickened.

GARLIC HERB ROLLS
(Contributed by Marcella Grimmett)

12 large garlic cloves, peeled
1 1/2 cups milk + milk for glazing
4 cups all-purpose flour
1 teaspoon table salt
2 1/2 teaspoons active dry yeast
1 1/2 teaspoons dried, crushed Italian herb seasoning
2 tablespoons canola oil
1 large egg, lightly beaten
Coarse sea salt

1) Place garlic cloves and milk in a 2-quart saucepan. Bring to a boil, reduce heat and simmer for 15 minutes. Remove from heat and cool slightly. Place in a blender jar and pulse to puree garlic. Set aside.
2) Place flour, salt, yeast and herbs in a large bowl. Whisk to combine.
3) Add milk, oil and egg to dry ingredients. Mix with hands or a wooden spoon to form a dough.
4) Turn onto a lightly floured work surface and knead until soft and smooth, about 3 minutes.
5) Place dough in a greased bowl. Cover, let rise in a warm place until double in volume, about 1 hour.
6) Coat a baking sheet with nonstick cooking spray. Set aside. Preheat oven to 425 degrees F.
7) Turn dough onto a work surface. Knead gently for a minute or two. Form into 8 rolls. Place on prepared baking sheet. Lightly score top of rolls with a knife. Cover and let rise for 15 to 30 minutes. Brush rolls with reserved milk. Sprinkle with sea salt.
8) Bake until rolls are golden brown, about 15 to 20 minutes. Transfer to a wire rack. Cool.

YIELD: 8 rolls

CREAMED SPINACH AND ARTICHOKES

3 packages frozen chopped spinach
2 cans mushroom soup
1 small onion, sautéed in butter
2 T. lemon juice
1 c. sour cream
1/2 c. mayonnaise
2 cans artichoke hearts, drained and cut in half


Arkansas Unit of the Herb Society of America Mission

The Arkansas Unit was established in 1966 and its projects include the installation and ongoing maintenance of three public gardens: the Medicinal Garden, at the Historic Arkansas Museum; the Garden of Exploration; at the Arkansas School for the Blind; and the Mansion Herbary, at the Arkansas Governor’s Mansion.

The Herb Society of America is a nonprofit, educational organization dedicated to promoting the knowledge, use and delight of herbs through educational programs, research, and sharing the experience of members with the community. It is the policy of The Herb Society of America not to advise or recommend herbs for medicinal or health use.

Save the Dates

SAVE THE DATES

Sept. 15, 2016
AUHSA meeting. There will be a master gardener presentation on the plants of Pinnacle Mountain. Anne Crow will give a signature herb presentation on “Salad Burnette.”

Sept. 22, 2016
Webinar on The Herb Society’s website, www.herbsociety.org, “The Secrets of Saffron,” at 1:00 p.m. CST.

Southeast District Gathering in conjunction with The Herb Society of Nashville’s Herb Day: “Tasting Notes,” A food and wine pairing by Chef Jack White and winemaker, Chris Bratcher Nashville, Tennessee at Cheekwood Botanical Gardens

Oct. 20, 2016
AUHSA meeting AT THE CLINTON CHILDREN’S LIBRARY, usual time. Tom Frothingham will give a tour of the Hillary Clinton Children’s Library.

Nov. 17, 2016
AUHSA meeting. Stephanie Mason will give a program on “Christmas Ideas With Herbs.”

Nov. 20, 2016
Deadline to submit articles and announcements for the Herb Scentinal. Send to: Arlene Sevilla-White at: art_face@hotmail.com

May 3-7, 2017
HSA Annual Meeting of Members and Educational Conference Little Rock at Marriott Hotel, downtown (formerly known as the Peabody Hotel)

Sources

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