



Garden Club Newsletter

September / October 2024

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THIS ISSUE

Article: Featured Herb

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Lovely Sedona in the Fall.



Officer Positions Opening

We hope you are enjoying your summer, whether staying or traveling in cooler areas or living the toasty-warm life here in PebbleCreek.

Our first meetings of the 2024-2025 season are October 8 and November 12. At the October meeting we will address the openings of the two officer positions, vice president and treasurer. **Note:** officer descriptions can be found on our website at pcgardenclub.org; click on the header page "Board/Member," then "Board" and scroll to Board, Roles, Responsibilities, Committees.

Names of nominees will be accepted until the time to vote at the November 12 meeting.

Please feel free to contact any of the board members to ask questions and/or submit your name for one of these positions.

Thank you.

Upcoming Meetings

October 8 1:00 - 2:30 p.m.
Palm Room at Eagle's Nest

November 12 1:00 - 2:30 p.m.
Palm Room at Eagle's Nest



Featured Herb



Cilantro

by Jody Ryan

Of all the herbs encountered, none has had such a polarizing reputation as the humble cilantro. People either love it for its distinctly fresh and somewhat citrusy flavor, or they hate it because to them it tastes like soap. Turns out, there may be a genetic component to why some taste the herb differently than others.

Cilantro is the young leaves of the coriander plant that hasn't yet set seeds. The scientific name is *Coriandrum sativum* in the Apiaceae family, which also includes carrots, celery and parsley. Cilantro and parsley share similar looks. So, if you send your partner to the grocery store for cilantro, they may just come home with parsley - it's happened at our house! However, cilantro's taste is distinctly different and NOT interchangeable with parsley.

Cilantro is the Spanish word for coriander, and coriander has Greek origins coming from the word koriannon meaning bug. Taken together, the full scientific name calls coriander 'the cultivated buggy-smelling plant.' Thought to be

one of the oldest herbs/spices in existence, it first originated thousands of years ago in the Mediterranean region and southwestern Asia, present-day Greece and Turkey. Coriander seeds have been found in the tomb of King Tut as well as Israeli caves dating back 8,000 years. During the age of exploration by the European settlers, somewhere around the year 1600, cilantro made its way to the Americas. It took hold in Mexican and South American regions for culinary use as it was found to complement the bold and spicy flavors of their cuisine. Mexican dishes - salsa, guacamole, and ceviche, and in Indian and Asian dishes - marsala, curry, samosas, stir fries, dumplings, and soups.

There are some medicinal properties associated with cilantro as well. It is rich in vitamins A, C and K, potassium and manganese, as well as antioxidants - quercetin, kaempferol and beta-carotene - that may help reduce inflammation. It has been used through the ages to treat digestive issues and as a detoxification aid, to name a few.

Though considered a hardy herb, cilantro is an annual and requires replanting each year. It can be grown in a variety of conditions, withstanding both hot and cold as well as humid and arid environments to a certain point. Its adaptability has enabled it to flourish around the world.

Planting Requirements: Plant cilantro from seed from October through January. Once growing, it can be transplanted into larger pots or raised beds from February to March. Allow space for cilantro to spread 1-foot wide and at least 2-feet



high. Grow it near peppers and radishes, which help to repel aphids and attract bees.

Light Requirements: four to six hours of morning sun per day with afternoon shade.

Soil Requirements: Prefers fertile, well-drained soil; however, cilantro can grow in soil less than ideal if it has good drainage. Cilantro likes neutral and slightly acidic soil, pH 6-7 is preferred.

Water Requirements: Water frequently to stay moist but not soggy. Cilantro does not like dry soil.

When to Harvest: Cilantro takes 60 to 90 days

from seed to harvest. To harvest, snip leaves at the base of the leaves and never take more than one-third of the plant at a time.

Harvest before the plant goes to seed: If planted in October, your cilantro should be available to harvest in December or January. Once the outdoor temperatures rise above 85°F cilantro will bolt and flower, or in other words, start the process of going to seed. This will change the flavor of cilantro making the leaves bitter, and it is not the desired flavor profile. However, the seeds of the coriander plant can be saved and used to start a new batch of cilantro in your garden.



Cilantro-Ginger-Peanut Vinaigrette



Whip up this dressing to add extra zing to your salads. With its distinctly Asian flavor and delicious umami element, it is especially tasty with thinly shredded cabbage, julienned carrots, and scallions. Also works well as an accompaniment to grilled chicken and on steamed rice.

For the Dressing:

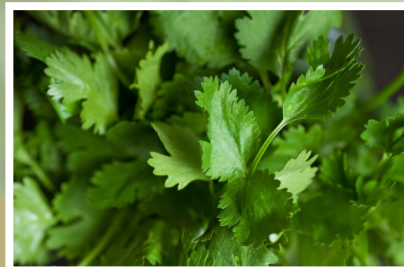
- 6 Tbs peanuts chopped into small pieces
- 6 Tbs olive oil
- 1 tsp roasted sesame oil
- ½ cup chopped cilantro
- 1 tsp fresh grated ginger
- ½ tsp to 1 tsp grated garlic
- ½ tsp salt - optional as soy sauce has quite a bit of salt
- ¼ tsp pepper
- ¼ cup reduced sodium soy sauce or tamari
- 3 Tbs maple syrup
- 2 Tbs apple cider vinegar
- 1 Tbs lime juice
- ½ Tbs red pepper flakes

Mix all together in a jar with lid, cover, and shake to combine.

For the Cabbage Salad:

- 1 package thinly shredded cabbage – use from ½ pkg to the entire pkg as desired
- ½ small bag of julienned carrots
- 3 thinly sliced green onions or scallions both green and some white parts
- One handful of raisins – adds a sweet bite

Add sliced cabbage, julienned carrots, sliced green onion or scallions, and raisins together and toss to distribute evenly. Combine with just enough salad dressing to lightly coat or use approximately 4 tablespoons of dressing per half bag of coleslaw.



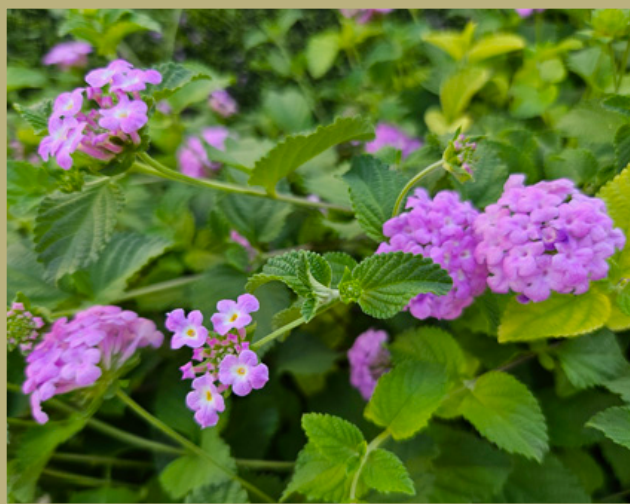
Free Local Plant Exchange

**14076 W Cambridge Ave.,
Goodyear, AZ 85395**

David Thomas's home is not in PebbleCreek but more toward the corners of N. Litchfield Rd. and W. Thomas Rd. in the neighborhood behind West Valley National Bank.

He maintains the Free Plant Stand on behalf of the West Valley Garden Club off of his private home's front porch with the rules of **"Bring One, Take One."** Always identify the plant you leave behind with a label and don't forget to sign the register.

Stop by if you ever have something to share, and you never know what you might walk away with.



Local Exploration!



The Waterfall Trail at the White Tank Mountain Regional Park.

**Do you have a
question or topic
you'd like more
information about?**

If your answer is yes, please email the question or topic to gardenclubofpc@gmail.com

We will do our best to respond in one of our upcoming newsletters!

No question is too trivial!!



Garden Club of PebbleCreek

Website: pcgardenclub.org | Email: gardenclubofpc@gmail.com