

## GOOD THYMES AND SAGE ADVICE AUTUMN 2010

“I CANNOT ENDURE TO WASTE ANYTHING AS PRECIOUS  
AS AUTUMN SUNSHINE BY STAYING IN THE HOUSE.  
SO I SPEND ALMOST ALL THE DAYLIGHT HOURS IN THE OPEN AIR.”

NATHANIEL HAWTHORNE

Hawthorne and I are kindred spirits, for the autumn is my favorite season. The cooler weather is invigorating, and as all gardeners in California know, “autumn is the second spring”. It’s time to plan and plant—seeds, bulbs, perennials, trees and shrubs. When planting seeds (especially sweet peas), remember to protect the new shoots from snails and to keep them moist until the rains begin. Good cool weather annual herbs to plant include cilantro and **dill** which has been chosen by the International Herb Association as the Herb of the Year for 2010.

Dill is native to the Mediterranean region, Western Africa and southern Russia and has a long history in many countries as a culinary and medicinal herb. The ancients believed that it was an aphrodisiac and that it also offered protection from witchcraft. It has long been used to aid digestion and today it is valued as a powerful antioxidant. As a culinary herb, both the leaf and seed are used to enhance breads, salads, soups, fish, eggs, butter, cheese, and who can imagine life without a dill pickle?!?! Try the following dill recipe:

### DILL PASTA SALAD

Cook 1 package coil spaghetti. Drain. Add to pasta: 3 stalks finely chopped celery, 1 chopped red onion, 6 chopped hard-boiled eggs, ½ Cup chopped green olives, 3 chopped small dill pickles. Add 1 Cup mayonnaise and 1 Tablespoon fresh dill. Optional: Add 1 can albacore tuna or large size shrimp meat.

### AUTUMN/WINTER PROGRAMS

Of course in autumn, it’s also time to harvest and preserve the garden’s bounty. Come to **GARDEN WITCHERY** and make a large beautiful herbal wreath, or attend **HARVEST THYME** and learn to make herb breads, jellies and vinegars. Another fun program/workshop will be **PUMPKIN THYME** which will include making a beautiful pumpkin centerpiece of dried and fresh flowers (pumpkin will not be cut so will last for months). **As always, all workshops are followed by a delicious herbal luncheon.**

Winter holidays will be celebrated with **WINTER WREATH** workshop, 17<sup>th</sup> Annual Herbal Christmas: **WILLIAMSBURG CHRISTMAS**, and **VALENTINE FANCIES**. Please see last page for details for all workshops & programs and phone or email me if you have questions. If you wish to arrange for a group (minimum of 6) on another date than what is offered, I will try to accommodate your request. PLEASE reserve your spot for programs as soon as possible (your check is your reservation), for if programs are not filled by a certain date, they will be cancelled as they require much planning and preparation. Thanks for understanding!

At the WINTER WREATH workshop, a large fragrant wreath will be made from aromatic cedar, bay, rosemary, magnolia, boxwood, and cones. WILLIAMSBURG CHRISTMAS, Herbal Christmas XVIII, was inspired by a trip in April to Virginia for Garden Week. Decorations and lunch will have colonial Williamsburg highlights and as usual, guests receive favors, win door prizes and enjoy a holiday lunch. In February, VALENTINE FANCIES will include a workshop making not only fancy Valentine cards, but European Ribbon Fancies—beautiful and aromatic ribbon decorations, and of course a Valentine tea party.

## AUTUMN AND WINTER PROGRAMS

Proceeds to charities in loving memory of my daughter, Cynthia Jean.

### OCTOBER

#### **WITCHERY AND WREATHS**

FEE: \$50.00

SATURDAY OCTOBER 16

10:30 AM

MONDAY OCTOBER 18

10:30 AM

Herbal Wreath Workshop

#### **PUMPKIN THYME**

FEE: \$50.00

SUNDAY OCTOBER 24

10:30 AM

Pumpkin Centerpiece Workshop

### NOVEMBER

#### **HARVEST THYME**

SATURDAY NOVEMBER 13

10:30 AM

FEE: \$60.00

Autumn Grain Centerpiece Workshop

Herb Bread, Herb Jelly, Herb Vinegars

#### **WINTER WREATH WORKSHOP**

10:30 AM

FEE: \$50.00

SUNDAY DECEMBER 5

MONDAY DECEMBER 6

### DECEMBER

#### **WILLIAMSBURG CHRISTMAS**

10:30 AM

FEE: \$40.00

SUNDAY DECEMBER 12

MONDAY DECEMBER 13

### FEBRUARY

#### **VALENTINE FANCIES**

10:30AM

FEE: \$55.00

SATURDAY FEBRUARY 6

MONDAY FEBRUARY 8

10:30 AM

FEE: \$55.00

MAIL CHECK TO: REBECCA BYROM  
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