

## GOOD THYMES AND SAGE ADVICE AUTUMN 2011

*"Delicious autumn! My very soul is wedded to it, and if I were a bird I would fly about the earth seeking the successive autumns!" George Elliot*

Autumn--my favorite season. The season of harvest and holiday celebrations, and a season of longing--that familiar ache for....something, a yearning for wholeness, beauty, illumination, magic. This feeling feeds my creativity and energy and once again, I'm eagerly harvesting, creating and planting and celebrating!

With so many serious concerns in the world today, it is important to take time to appreciate the blessings in our lives--family, friends, health, nature's beauty. And so, in October I offer "*Harvest Jubilee and Autumn Jubilee*". I love the word, "jubilee", meaning joyful celebration. There is a state park near my hometown in Illinois with that name and I've always associated it with wonderful times! *Harvest Jubilee* will celebrate the bounty of harvest and the gift of friendship with a workshop making a harvest wreath of herbs, grains, leaves, cones, nuts, berries, manzanita and an herb & wheat angel/goddess. Receive a booklet of craft ideas, recipes and more plus enjoy a delicious harvest lunch. *Autumn Jubilee* will include a delicious herbal lunch and a workshop of three autumn crafts: autumn pot pourri, a wall basket of herbs and flowers adorned with a lavender wand, and a pumpkin centerpiece.

December will again include dates for *Winter Wreath* workshops and the annual *Herbal Christmas* celebration. Please reserve as soon as possible for all events as there will be limited space.

Every year the National Herb Association selects an herb to honor and this year it is--Horseradish! Probably not something you think of as an herb, but indeed it is--a root used for culinary and medicinal purposes. I learned that my home state of Illinois is the leading producer of horseradish in the country. Include some horseradish in your cabbage slaw recipe and chilli sauce cocktail recipes to set your taste buds dancing! Horseradish is even used in apple pie as it becomes sweet when cooked.

Travels this year have taken me to the East Coast, Western Canada and the Midwest--all containing so much beauty. I look forward to sharing the beauty of the autumn season and the joy of the holidays with you all once again-- **Rebecca**

## **HORSERADISH: HERB OF THE YEAR 2011**

*The International Herb Association met in Collinsville, Illinois this summer and declared "Horseradish" to be the herb of the year. It is a hardy perennial, sometimes used to edge garden borders, growing to 3 feet tall and producing white blooms.*

*It provides a unique pungency to sauces and is high in Vitamin C, containing also magnesium, potassium, calcium, iron and zinc. An essential ingredient to a proper Bloody Mary, it is used often in cocktail and tartar sauces. Christmas roast beef must be accompanied by a regal sauce of whipped cream and grated horseradish! To set your taste buds dancing, try the following recipes- even a dessert!*

### ***Shrimp Cocktail Sauce***

*Combine 1 and 1/2 Cups chili sauce with 2 Tablespoons prepared or freshly grated horseradish, 2 Tablespoons fresh lemon juice, a dash of salt and pepper and 1 or more Tablespoons chopped fresh cilantro.*

### ***Tangy Coleslaw***

*Combine 5 Cups grated cabbage, 2 grated carrots and 1/3 Cup grated Vidalia (sweet) onion. Make a dressing of the following: 1 Cup mayonnaise, 2 Tablespoons horseradish, 2 Tablespoons cider vinegar, 2 Tablespoons white sugar, 2 or 3 Tablespoons chopped fresh dill and a bit of freshly ground pepper. Optional: Add 1 finely chopped red bell pepper. Let flavors combine for at least 30 minutes before serving.*

### ***Surprise Apple Pie***

*Make a pastry for a two crust pie. Heat oven to 425. Peel and slice 6 or 7 medium large apples and add 2 and 1/2 Tablespoons fresh lemon juice. In a little bowl, combine 1/3 Cup white sugar, 1/3 Cup brown sugar, 3 Tablespoons flour, 1/2 teaspoon cinnamon, 1/4 teaspoon nutmeg and 1/4 Cup freshly grated horseradish. Stir this into the apples. Place 1 crust in pie plate, add apples, top with crust- prick top. Bake 10 minutes and reduce oven to 350 and continue baking 45 minutes or until top is golden. Serve warm with thin slice of cheddar cheese or small scoop of vanilla ice cream or frozen yogurt. Note: Do not use prepared horseradish- it contains vinegar.*

## AUTUMN AND WINTER PROGRAMS

*Proceeds to charities in loving memory of my daughter Cynthia Jean*

### OCTOBER

**HARVEST JUBILEE** **FEE: \$50.00**

*Autumn Wreath Workshop & Wheat /Herb Angel*

FRIDAY OCTOBER 7 10:30 AM

SATURDAY OCTOBER 8 10:30 AM

**AUTUMN JUBILEE** **FEE: \$60.00**

*3 crafts: Wall Basket WITH LAVENDAR WAND, Pumpkin Centerpiece, & potpourri*

SUNDAY OCTOBER 30 10:30 AM

MONDAY OCTOBER 31 10:30 AM

### DECEMBER

**WINTER WREATH** **FEE: \$50.00**

*Winter Evergreen Wreath Workshop, Pod Angels*

SUNDAY DECEMBER 4 10:30 AM

MONDAY DECEMBER 5 10:30 AM

**HERBAL CHRISTMAS** **FEE:\$40.00**

*Annual Holiday Celebration: Program, lunch, favors, prizes*

SUNDAY DECEMBER 11 10:30AM

MONDAY DECEMBER 12 10:30 AM

### FEBRUARY

**VALENTINE TEA** **FEE:\$50.00**

PROGRAM/WORKSHOP "HANKY PANKY" 10:30 AM

SATURDAY FEBRUARY 4

*All workshops include lunch and fee covers all materials. Please reserve ASAP. Space is limited. (Also helps me in gathering supplies!)*

**MAIL CHECK TO: REBECCA BYROM**

260 EL PINTO

DANVILLE, CA 94526

**QUESTIONS? CALL REBECCA AT 925 831-1680 OR**

EMAIL: [rjbyrom@comcast.net](mailto:rjbyrom@comcast.net)

