

"God made rainy days so gardeners could get the housework done."

-- Anonymous

SAGE LEAVES

The Herb Society of America Wisconsin Unit

July/August – Vol XXXIX #4

2024-25 Calendar of Events and Meetings

Location: St. Christopher Church (unless specified elsewhere)
7845 North River Road, River Hills

9:30 a.m. Social & Brunch; 10:00 a.m. Meeting; 11:00 a.m. Program

2024

- Jul 21 Sunday, 11 a.m. to 3 p.m. – Herb Day at Boerner Botanical Gardens
- Sep 21 Saturday, Annual Meeting, Birthday Celebration and Kevin Folivi – The Science, Art and History of Distillation
- Oct 15 Tuesday, Heather Klug – Add Flavor and Boost Health with Herbs and Spices
- Nov 16 Saturday, Kathy Bussanich and Joanne Ruggieri – Study of Chamomile Matricaria
- Dec 11 Wednesday, Holiday Luncheon at The Town Club, Fox Point

2025

- Jan 21 Tuesday, Lore Borth – Grants, Zoom Only
- Feb 18 Tuesday, Mary Beth Mahoney – Mocktails, Zoom Only
- Mar 15 Saturday, Latoya Williams – Hemlock Project, consistent with "My Earth USA" Project, Birthday Celebration
- Apr 5 Saturday, Spring Symposium – Woman's Club of Wisconsin
- Apr 15 Tuesday, Visit to Hundred Acre Farm in Milwaukee and Elections for Chair and Vice Chair
- May 12 Monday, Final Preparation for Herb & Artisan Fair and Members' Craft
- May 17 Saturday, Herb & Artisan Fair at Boerner Botanical Gardens
- Jun 21 Saturday, Wrap-up meeting

HERB DAY

Sunday, July 21, 2024

11:00 a.m. to 3:00 p.m.

Boerner Botanical Gardens

9400 Boerner Dr., Hales Corners WI



The Herb Society of America –
Wisconsin Unit members
to guide you in the garden.

Editor: Diane Kescenovitz – if you will be going out of town for an extended period, please notify Diane of your change of address or request an email copy – thanks!

Subscription rate: \$6 for 6 issues

Wisconsin Unit website: Herb-Society-Wisconsin.org

Herb Society of America office: Herbs@HerbSociety.org

Herb Society of America website: www.herbsociety.org

NEWSBUDS:



Happy Summer to you all. I hope your gardening projects are going well. There sure has been plenty of rain and sun to help the plants grow. I'm sorry for those of you who could not attend the Saturday, June 15 wrap-up meeting. We had in-depth discussions on May's Herb & Artisan Fair, this year's scholarship application process, April's symposium, a proposed luncheon change that will begin with the September Annual Meeting, and a Q&A period regarding the need to review our Bylaws and present Policy and Procedures. All this work was made easier by the fact that we enjoyed eating and sipping delicious food and drink during the meeting.

Please be aware that we had a majority vote to change the meeting format from lunch after the program to having brunch before the business meeting begins. Mary Kay will continue to organize the meal menu, but the time for eating will be 9:30 a.m. The business meeting will start at 10:00 a.m. and the program will start at 11:00 a.m. as usual. We can munch and sip while we carry on the business of our HSA unit.

Please call, text, or email me with your intention to attend our annual **Herb Day in the Garden** scheduled for **Sunday, July 21, 2024**. I did not have a sign-up sheet at the wrap-up meeting so I'm asking now. **Volunteer periods are: 11:00 a.m. to 1:00 p.m. or 1:00 to 3:00 p.m.** The central theme garden will feature TEA IN THE GARDEN herbs, same as last year. The other herb garden areas – Scented Herbs, Culinary Herbs, Herbs in the Bible, Herbs Used for Dye, etc. – will have our educational, information binders set out near those areas. The binder content will assist us in answering questions visitors might have while touring the herb garden. I love this event because it allows us to engage with the public about the use and delight of herbs while we enjoy the BBG herb garden too.

I hope you are planning to visit area botanical gardens, farmers' markets, and garden club tours. This is the time of year we long for – so get out there and enjoy! AJ

Herb and Artisan Fair 2024

In my opinion, and from the good comments I heard from vendors and attendees, the Herb & Artisan Fair held Saturday, May 18 was a great success. What do I mean by "great success"? Here are some reasons:

1. We had several new vendors join us this year, and all vendors appeared happy with their sales and the delicious food in the Artisan Café.
2. Even though we had one plant sale vendor drop out at the last minute, Jane Hawley brought a wide array of her herb plants this year. Those plants appeared to be selling well at her booth.
3. The Tea Room nearly sold out by day's end, and no one complained there was an item price increase.
4. Attendance was up from last year.
5. The weather was perfect this year.
6. Each of the three speakers received good reviews.
7. Youngsters and adults enjoyed planting their seed pot.
8. A new member joined us because she loved her HAF experience, and
9. The woman who won the door prize was thrilled because it was her birthday; she loves lavender, and she never won anything in her life before.
- 10.

THANK YOU ALL for doing your part in making Herb & Artisan Fair 2024 such a success. From months of planning and advertising to the day of our event, there are so many layers to getting to the Fair. We may be super tired at days end, but we know it's because we put in our all and got the job done. I hope you feel proud – I sure do. It was a wonderful event. You are the best! AJ

From Mary Kay McDevitt, Brunch Chair

Our June 20 Potluck Wrap-up, with a slight agenda change – Meet, Greet and Eat Continental Breakfast BEFORE the meeting was very well received by all attending members. A beautiful Hoya plant centerpiece . . . and delicious presentation of charcuterie "boats," fresh fruit tray, ramen and orzo Salads, baked kringle, muffins and scones, mini sliders, and champagne for mimosas and bellinis, or just for straight up sipping! All delights were placed right on the buffet table as members arrived. No hot dishes and no kitchen preps needed.

Thank you so much. You are generous and gracious with your many culinary talents. Our 2024-2025 brunches will continue with a HOSTESS and five-member "team." The September brunch team is open for volunteers. HOSTESS – decorates the serving table.

SOUP – HSA member Kevin Folivi is preparing African Nut Stew. Look up recipes and ingredients for this stew. Think about joining the "team." What would you like to prepare to complete the menu. Louisiana fare would be a good cuisine to consider.

SALAD – BREAD/SPREAD – DESSERT – BEVERAGE – Look for my brunch reminder email in August.

Herb Society Renewed Membership Cards

The members of our unit should have received their renewed cards for the 2024-2025 year. If you did not receive your card, please contact me to get a replacement for you. Thank you! Denise Nelson

2024 July Herb of the Month – Savory (*Satureja spp*)

(Susan Obry)

Say Goodbye to Flatulence!

Savory (a member of the mint family) is an Eastern Mediterranean herb used for its medicinal and culinary properties. Grows best in rich, well-drained soil. It does not like wet feet! Grows best in full sun. Can be started from seeds, cuttings, or transplants. Savory has few pests or diseases, is drought and deer resistant, and attracts pollinators. Harvest just before flowering when plants are at least six-inches tall.

Savory Varieties

Summer Savory (*Satureja hortensis*) is the most common of the savories. This is what you will find on a grocer's shelf. This annual has a peppery flavor with notes of marjoram, thyme and mint.

Winter Savory (*Satureja montana*) is a semi-evergreen, woody perennial and survives the winters in our area. It has a strong peppery taste with notes of sage and pine. Winter savory can be harvested into early winter. Also, it works well as an ornamental plant due to its mounded shape with dark green leaves and summer flowers of lavender to pink to white.

Less common varieties are lemon savory, pink savory and creeping savory.

Culinary Uses:

Combine summer savory with thyme, rosemary, and oregano for a delicious herb blend. Savory is used by many chefs to replace salt. All savories add flavor to meats like poultry and pork. Combine with fish, stuffing, vegetables, beans and lentils, salads, butters, vinegars and oils, and soups and stews. I really like the flavor in vegetable soups and roasted vegetables. Winter savory pairs best with thick stews and meat dishes, especially wild game and lamb.

Companions: Plant with beans, peas, carrots, onions, tomatoes and strawberries. Avoid cucumbers, potatoes, and brussels sprouts.

Note: It is also called the Bean Herb. Not only does it blend and grow well with beans, but it is also said to reduce flatulence. How great is that!

2024 August Herb of the Month – Roselle (*Hibiscus sabdariffa*)

(Susan Obry)

Roselle is an ornamental plant that is native to West Africa. Depending on where it is grown it can be an annual herb or perennial, woody-based shrub. In our area it is considered an annual since it does not tolerate freezing conditions. It is in the family Malvoideae and is related to okra, cotton, and hollyhocks. It is also called Jamaican sorrel and Florida cranberry.

Roselle is a fast-growing, attractive plant with prolific hibiscus-like flowers. Each flower blooms for only one day. This plant can get extremely large and heavy with a spread of 3 feet and a height of 6-7 feet. Grow in full sun with strong support. Soil should be evenly moist but not too wet or the plant will develop root rot. Grows best in areas with high summer humidity. Before planting, work compost or fertilizer into the soil. Usually, no additional fertilizer is necessary. Can be grown in large containers. Use as a background plant or tall hedge.

Most often cultivated for the edible external portion of the flower (calyx). It is used to make teas, jellies, wines, syrups and sauces, and mixed with alcohol such as rum. Young leaves can be used like spinach. Stems are used to make jute for burlap. The calyx has a tart flavor like cranberry, citrus, or rhubarb. Harvest the calyx about 10 days after the flowers have faded and have fallen off. The calyx should be about an inch in width. Harvest before temperatures fall below 40 degrees. Roselle can be used fresh, frozen, or dried. Since the preserving process is exact and time consuming, I suggest utilizing the information on the Better Homes and Gardens website (www.bhg.com) as a reference. Search Roselle (hibiscus).

For Roselle tea – place 2 cups fresh roselle flowers (green part at the base removed) in 8 cups of water. Bring to a boil. Remove from heat. Add additional herbs as desired (mint, lemon balm, rosemary, basil). Cover and steep for 15 minutes. Strain and add sweeteners as desired. Serve hot or iced.

Recipes

Kartoffelsuppe nach Bayrischer Art (Bavarian Potato Soup)

(Susan McDonell – April 2024 Mtg)

Ingredients

- 2 links pork sausage (Whole Foods Pork Bratwurst)
- 3 tablespoons vegetable oil
- 4 pounds potatoes, peeled and cubed (red potatoes)
- 4 carrots, cubed
- 3 celery stalks, cut
- 2 onions, chopped
- 3 scallions, chopped
- 3 cloves garlic, chopped
- 2 teaspoons Better Than Bouillon Seasoned Vegetable Base
- 6 cups hot water
- 1 teaspoon salt, or to taste
- 1 teaspoon freshly ground black pepper, or to taste
- 1 pinch dried marjoram, or to taste
- 1 pinch sweet paprika, or to taste
- 1 pinch ground nutmeg, or to taste
- 1 bunch fresh parsley, chopped (use scissors)
- 1 bunch fresh chives, chopped (use scissors)
- ½ cup sour cream

Directions

1. Place sausages in a small pot and cover with water; bring to a boil. Reduce heat to medium-low and simmer until no longer pink in the center, 10 to 15 min. Drain. Cut into slices. Optional: remove casing after cooking.
2. Heat oil in a large pot over medium heat. Stir in carrots, celery, onions, scallions, and garlic.
3. Dissolve vegetable bouillon in hot water; pour into the pot. Season with salt, black pepper, marjoram, paprika, and nutmeg. Bring to a boil; reduce heat and cook, covered, until carrots are tender.
4. Boil potatoes in a separate kettle; this removes starch and makes a creamy soup.
5. Using an emulsion blender, blend the vegetable and liquid first, add your potatoes and continue blending until smooth. Season to taste as needed.
6. Stir sausage slices, parsley, and chives into soup. Simmer low until flavors combine, 15-30 minutes. Stir in sour cream, tempering first, before serving.

Jarzynowa (Polish Potato Salad)

(Diane Kescenovitz – April 2024 Mtg)

- 4 medium salad potatoes (unpeeled)
- 2 medium carrots
- 4 eggs
- 6 small pickled gherkins (finely chopped)
- 2 apples
- 5 T thick yogurt (or sour cream)
- 5 T mayonnaise
- 1 T mustard
- salt and pepper to taste



Directions:

- Boil potatoes and carrots, then simmer till tender (don't overcook).
- Boil eggs, remove after 6-8 minutes.
- Drain and peel potatoes, carrots, eggs.
- Chop into small cubes and place in large bowl.
- Finely chop gherkins and add to bowl.
- Peel, core and chop apples into small cubes and place in bowl.
- Add yogurt, mayo, mustard and seasoning to the mixture and stir carefully but thoroughly.
- Refrigerate, covered for up to 2 days. If possible, chill for 1 hour before serving.
- Can add frozen peas and dill if you wish.

Danish Meatball Soup

(Susan Obry- May 2024 Mtg)

Ingredients:

Meatballs (Kødboller)

- 1.5 lb. meatloaf mix or 50-50 mix of pork & veal or ground pork. (I used only pork)
- 1 large egg
- 1/4 cup flour
- 1 medium onion, finely diced
- Salt to taste
- Pepper to taste
- 1 tsp garlic powder
- 1/4 cup milk

Soup Base

- 5 medium carrots
- 3-4 stalks of celery
- 1 medium onion
- 4 + 1/4 cups vegetable stock
- 4 + 1/4 cups water or replace with stock
- 1/4 bunch of fresh parsley, finely chopped
- Salt to taste
- Pepper to taste
- 1 tsp dried thyme (I used marjoram)
- 2 tbsp butter
- 2 tbsp flour
- Oil for cooking

Directions:

Meatballs

1. Combine ground meat, egg, flour, onion, salt, pepper and garlic powder in a medium mixing bowl. Combine well and add milk in two batches so the mixture doesn't become too wet - you want to wet just enough so it holds together easily!
2. You can test for seasoning by putting a small ball in the microwave for about 15 seconds until the meat is cooked. Season to taste and then form meatballs about 1-inch in diameter.
3. Place the meatballs in a pot of boiling water and cook for 5-10 minutes until fully cooked through the center. Note: start checking for doneness at 6 minutes! Once cooked, you can save in the fridge or freezer until ready to use.

Soup

1. Dice onions, carrots, and celery into bite size pieces.
2. Add to large pot with a little bit of oil, and cook over medium heat until slightly softened, about 5 min.
3. Chop parsley and set aside.
4. Add seasoning (thyme, salt, pepper).
5. Melt two tablespoons of butter in the pot and then add two tablespoons of flour and stir until the vegetables are evenly coated.
6. Slowly add stock and/or water, stirring to dissolve the flour. Bring to a boil, then lower to a simmer and cook until the vegetables have softened to your preferred consistency, about 10-15 minutes. Adjust seasonings to taste.
7. Add meatballs and just reheat them. If added from frozen, they will take longer to reheat.
8. Add fresh parsley and gently stir to combine. Serve and enjoy!

Cinnamon Mini-Pretzels (Microwave)

(Joanne Ruggieri – April 2024 Mtg)

- 1 16 oz. package of mini pretzel squares 1/2 cup sugar
- 2 teaspoons cinnamon 2/3 cup oil

In a large bowl, mix the oil, sugar and cinnamon. Add the pretzels. Microwave one minute at a time for a total of 3 minutes (microwave, mix ingredients, microwave again). Place on waxed paper to cool. Keeps for a long time.

Strawberry Krumkake Cannoli

(Louise Block – May 2024 Mtg)

Strawberry Filling

½ cup whole milk ricotta
1 cup strawberries, fresh or frozen
2 T granulated sugar
¾ cup heavy cream
2 T powdered sugar

Frozen Puff Pastry

1 cup milk chocolate
Dehydrated strawberries
Pastry bag – large tip

Place ricotta in strainer over a bowl; refrigerate at least 4 hours or overnight.

Place chopped strawberries in strainer over a bowl, refrigerate at least 4 hours or overnight.

Add heavy cream and beat in mixer with whisk attachment to soft peaks, then add ricotta and powdered sugar. Stir in chopped strawberries by hand. When ready to fill, put strawberry filling in pastry bag with large tip and pipe into cones. If desired, dip top of cone in melted milk chocolate and add freeze dried strawberries to top of cream.

Cut 12 rectangles from foil (9x 5-1.2"). Lay cookie ice cream cone crosswise in center, carefully wrap foil around cone covering outside and fold excess foil inside cone to secure. Spray foil-covered cones with baking spray with flour and place on baking sheet.

On light floured surface, roll puff pastry into 9" square. Use knife or pizza cutter. Cut into 12 9x1" strips. Starting at the point and overlapping pastry slightly to cover 2". Place seam down on baking sheet. Cover with plastic or foil and freeze for 30 minutes. Remove covering. Preheat oven to 400 degrees. Whisk egg and 1 T water. Use pastry brush and light coat frozen cones. Bake 15-20 minutes. Remove from oven and cool. Gently remove. Just before serving – fill.

Planting a Garden

First, plant four rows of peas:

1. Preparedness
2. Politeness
3. Promptness
4. Perseverance

Then three rows of squash:

1. Squash gossip
2. Squash criticism
3. Squash indifference

Next, plant ten rows of lettuce:

1. Let us be faithful
2. Let us be friendly
3. Let us be courageous
4. Let us be thrifty
5. Let us be unselfish
6. Let us be courteous
7. Let us be loyal
8. Let us be useful
9. Let us be truthful
10. Let us love one another

No garden, of course, would be complete without turnips, so . . .

1. Turn up for meetings
2. Turn up with a new idea
3. Turn up to learn
4. Turn up with real determination

And best of all, turn up with a smile!



Mint



Aloe



Thyme



Garlic



Mustard



Echinacea



Ginger



Chamomile



Calendula



Lemon balm



Celandine



Lavender

Summer Garden Care by Melinda Myers

(Ebert's Village Gardener Express, 7/20/23)

Are your gardens struggling in the heat? Get them through a spell of hot weather with these surefire survival strategies:

Water Properly

Most plants need about an inch of water each week. When rainfall is limited or lacking you may opt to provide the water your plants need. Check container gardens daily and water thoroughly as needed. When temperatures rise, you may need to check and water smaller containers, especially those in terra cotta pots, twice a day. Always water established garden plants thoroughly and less frequently. Small amounts of water applied frequently promote shallow roots that are more subject to heat and drought stress. Water established plants thoroughly when the top few inches of soil are crumbly and slightly moist. Then thoroughly moisten the soil at least a ½" deeper than the deepest root or at least 8 to 9" deep. New plantings need to be watered thoroughly and often enough to keep their roots moist. As their root system develops you can gradually extend the time between watering. This promotes deeper roots better able to access water from a larger area. Don't forget the trees. They need 10 gallons of water for each diameter inch of the trunk so you will be moistening the top 12 to 18" of soil. Apply the water throughout the area under the leafy canopy as needed. These long-lived members of our landscape are often overlooked during hot dry weather.

Mulch

Spread a 1 to 3" layer of leaves, woodchips, shredded bark, evergreen needles or other organic mulch over the soil surface. The finer the mulch material the thinner the layer of mulch needed. This one strategy reaps many benefits. Organic mulches conserve soil moisture extending the time between watering. This is better for the plants and means less frequent watering for you. Mulch also provides a layer of insulation that helps keep plant roots cooler as the temperatures rise, suppresses weeds, and protects the soil from erosion and compaction. All of these contribute to the health of your plants.

Weed the Garden

These "plants out of place" steal water and nutrients from your desirable garden plants. That means more water is needed to provide your desirable plants with the moisture they need. Many weeds also harbor insects and diseases that are harmful to your garden plants. Removing the weeds helps reduce this risk. You'll find it easier to pull weeds by hand when the soil surface is moist. Or use a hoe to slice them off at the soil surface and leave them to dry and die. Just be careful not to slice off nearby desirable plants.

As overwhelming as our weather, watering and weeds can be, implementing these strategies can help you and your gardens through yet another challenging summer!

Preserving Basil for Flavor

(Southwest Gardening)

It's mid-summer and basil plants in many areas of the Southwest are at their prime. What to do with all that luscious, fresh basil? Use it, of course, but unless you plan on basil pesto for breakfast, lunch and dinner, there will be plenty left over. The solution to this basil explosion is preservation. Doing this now will provide homegrown flavor for months to come. Once you've clipped your basil stems, here are three ways to do this:

- **Dry It** – Remove the leaves from the basil stems and spread on a towel or screen. Allow to dry for 7 to 10 days, stirring daily to encourage drying. When the leaves are crackly dry, store whole in an airtight container for later use.
- **Frozen Leaves** – Remove the leaves from the stems and spread on a cookie sheet. Place in the freezer for about 20 minutes or until the leaves are stiff. Gather them together into a zip-lock bag and return to freezer. Remove leaves as needed in the coming months.
- **Basil Ice Cubes** – Harvest at least four cups of leaves and place in a food processor with the mixing blade. Add water a quarter cup at a time while processing until a pourable slush forms. Pour this into an ice cube tray and freeze. Remove cubes from tray and place in zip-lock bag for later use.



SUMMER INVITATION

Come walk with me in my garden
Just come and admire my flowers
For every weed I ask pardon
Keeping them out would take hours.
Step on the rosy, pink bricks
Stroll mosaic pathways I've made
Sniff at a sun-dappled bloom
Do admire the work of my spade.
How I wish I had magical powers
That I could cast a secret spell
To create a quilt of soft colors
Where my tiny fairies could dwell.
But see the butterfly rest on a flower
The bee and the hummingbird too
Perhaps they noticed your pleasure
They've come to visit with you.

J E Janssen "Under The Leaf"



If you have an event, article, recipe, books, etc. in which you feel members might be interested, please send to Diane Kescenovitz and I will try to put it in the next issue of *Sage Leaves* if there is room.

Future *Sage Leaves* will be mailed out to arrive by September 1 and November 1, 2024.