



POTOMAC POTPOURRI

The Newsletter of THE HERB SOCIETY OF AMERICA, POTOMAC UNIT
Vol. XLI No.03 May/June 2017

PRESIDENT'S CORNER

No plants left, can you believe that? First time ever in my history. Of course we ordered fewer plants as we were not sure of the crowds. The weather was terrific, especially Friday. Next year we need to order more of the popular herbs, you know: parsley, sage, rosemary, and thyme, and of course basil, especially Genovese/Italian types. Between Mary Lou and Ermona we had 76 lemon grass and every one sold. Ermona's ornamental peppers were beautiful and plentiful. I did not think we would sell them all (but thought they would be great for the May 20 Under the Arbor.) Gone. Remember the years we have had trouble selling the cilantro? The two flats were gone on Friday. Might have something to do with Pat Kenny sitting with them and showing shoppers all the different kind of cilantro she grew this year. Come to the Under the Arbor and she will tell you how to get 100% germination rate. We had lots of good help and thank you all for all your work.

We have started a new tradition. On the set up day, Thursday before the sale, we will have a Szechuan lunch from Panda Gourmet. I first learned of it when John Winder had a picture on his chile pepper poster from last year of the chicken dish that he had there. I have since read it is the best Szechuan restaurant in DC, in the local Days Inn. We tried it this year and it was a success.

Barry will report on how we did financially at the annual meeting at his house June 4. You will find directions later in the Potpourri. Those of us who have been to his house in the last couple of years will find changes in the yard. Those of you who were there 20 years or so ago will probably not recognize the place.

Kudos to Jo Sellers for organizing a wonderful Social Symposium. Good crowd. Lots of money, \$1500 for the National Herb Garden Intern and nice to see all the Mid-Atlantic folk. This is truly a great group of people to work with. Jo will be the first to tell you she could not have done it without all your help, especially the event organizing skills of Laura Anthony.

Be sure to mark your calendars for the Mid-Atlantic District Gathering in Richmond, VA October 6 and 7. David Culp, author of The Layered Garden is the featured speaker. The events I have attended by the Virginia Commonwealth Unit have all been excellent.

See you in the Herb Garden and at Barry's.

Penni

OUR NEXT MEETING

will be our Unit's annual meeting and herbal potluck picnic. Because Mary Ober's daughter, Sarah, has had to re-locate professionally, we cannot re-visit the Ober property.

However, we are blessed to have been welcomed by our venerable treasurer, Barry Eigen and his wife Rosemary, to their spacious northerly homestead: 12205 Mount Albert Road, Ellicott City, Maryland (same address and home phone as in the Unit's Membership Directory).

To repeat, our Unit's **annual meeting and herbal potluck picnic** is to be **Sunday, June 4th**, at Barry and Rosemary's from 11:00 am. until they start leading us down the driveway. Barry sent us detailed directions; carpool, and think of it as an

adventure worth having. I can guaranteed you will not be sorry,

Directions to Rosemary and Barry’s house coming from the SOUTH. (Use Waze, Google Maps, or www.mapquest.com if you’re coming from someplace else.)

Address: 12205 Mount Albert Road, Ellicott City, MD 21042.

Home phone: 410-531-5463 (531-KIND). Cell phone: 410-802-1098.

Take any major northern road—I-95 North or the Baltimore-Washington Parkway (295) or Route 29/Colesville Rd—to Route 32 West. Route 29 comes out closest to my house, but the differences are minimal between the various roads.

Head west for several miles to the exit for Route 108 (Clarksville Pike). It is the exit after Great Star Drive.

At the top of the exit, turn RIGHT (East). Drive about 7/10 of a mile to Sheppard Lane on the left. It will be at the third traffic light and just past a nursery on your right (a farm on your left). At the light, turn LEFT onto Sheppard Lane (the only way you can turn).

Drive about 2.7 miles until you come to a traffic circle. Go ¾ of the way around the circle to the THIRD exit off the circle and turn RIGHT onto Folly Quarter Rd.

NOTE: THERE ARE TWO FOLLY QUARTER ROADS, AT RIGHT ANGLES TO EACH OTHER. The second exit on the circle is ALSO called Folly Quarter Rd. Ignore it and continue around the circle to the third exit.

Drive 1.2 miles to Jumper’s Hill Lane, on your right. On your way, you’ll pass a monastery then go into a short, curved hilly part of the road with trees on either side. Look for Jumper’s Hill Ln. shortly after you emerge from the trees.

Turn RIGHT onto Jumper’s Hill Lane (the only way you can turn). Drive a little more than 4/10 of a mile to Canter Lane on your right. Turn RIGHT (the only way you can turn).

Canter Lane is a very short street. It dead ends at Mount Albert Rd. Turn left and park. Barry’s house

is the second house on the left. Ranch house with a green mailbox. Little stone wall and stone walkway near the house.

Pat Kenny

ELECTION OF NEW OFFICERS

THANK YOU Penni, Pat, Barry, Suzy, Pat Johnsen, and Shirley for volunteering to hold Board positions the last two years. Your dedication of time and talent is most appreciated. and now for the next two years.....drum roll.....

It is with great pleasure that I present the slate of officers for the next two year period starting summer 2017 and running through the Spring of 2019.

- Chair – Penni St.Hilaire
- Vice Chair – Pat Kenny
- Treasurer – Barry Eigen
- Recording Secretary – Suzy Bakshian with Mary Lou Winder filling in as necessary.
- Corresponding Secretary – Renee Johnson

All are invited to my Greenhouse Xtravaganza, Friday May 26 and Saturday May 27 –see attached.

Upcoming events:

Mother’s Day Tea at Blooming Hill Friday May 12 & Saturday May 13

Loudoun County Spring Farm Tour Saturday May 20 & Sunday May 21

Greenhouse Xtravaganza, Loudoun Valley Herbs, Friday May 26 and Saturday May 27

Lavender Festival at Blooming Hill Friday June 9 and Saturday June 10

Sharing a cilantro recipe that we shared at the last Board Meeting:

Sesame Noodle Salad Recipe

Ingredients

Honey Soy Dressing:
1/4 cup olive oil or vegetable oil

3 Tbsp dark sesame oil
1/2 teaspoon crushed dried red pepper or chili powder (optional)
3 Tbsp honey
2 Tbsp soy sauce (less if using tamari which is more concentrated than soy sauce)

Salad

12 ounces of vermicelli, thin spaghetti, or angel hair pasta
Salt
2/3 cup coarsely chopped cilantro
1/3 cup chopped roasted salted peanuts - (I used unsalted peanuts)
1/3 cup thinly sliced green onions
1/2 cup diced red bell pepper
1 Tbsp toasted sesame seeds

Method

1 Prepare the dressing: Put the dressing ingredients into a small saucepan and bring to a boil. Remove from heat.
2 Cook the pasta: Put the pasta in a large pot in salted boiling water (1 Tbsp salt for every 2 quarts of water). Cook al dente, according to the directions on the pasta package. Drain.
3 Toss with dressing, chill: Stir together the cooked pasta and the dressing in a large bowl until the pasta is well coated. Cover and chill for several hours.
4 Stir in cilantro, peanuts, green onions, bell pepper: When ready to serve, mix in the cilantro, peanuts, green onions and bell pepper. Garnish with toasted sesame seeds.

NATIONAL HERB GARDEN

May is when the Under the Arbor (UTA) programs begin again. These programs are conducted in May, June, September and October, the usually beautiful weather months of the year, though we don't always get beautiful weather. For those new to UTAs, they are held on Saturdays from 1 to 4 pm, under the arbor in the herb garden. These are free, drop by educational events. A number of Mid-Atlantic Units participate. We have several scheduled, see below, but Saturdays are available if you would like to showcase a favorite herb or craft. If To schedule a UTA please contact me or Chrissy Moore at christine.moore@ARS.USDA.GOV or 202 245 5093.

NHG SCHEDULE

May 20 - Potomac Unit presenting and introduction to Cilantro, demonstrating and selling rosebeads and selling left over herbs from the plant sale. We can use help.

May 26 - NHG Committee workday. Unit members are welcome to participate.

May 27 - Multi Unit UTA with a focus on Cilantro.

June 24 - Philadelphia Unit UTA

October 14 - Chile celebration (this is one week later than usual because the Mid-Atlantic District Gathering will be Columbus Day Weekend.)

We hope you will join us for the programs. They are always fun and it gets you to the herb garden. We expect that a few more events will be scheduled.

Penni St. Hillaire

ROSE BEAD WORKSHOP

Our next workshop is set for Friday, May 5, at the Arlington home of Eugenia Yang. After selling rose bead necklaces at the AHS Garden Fair and again at the Arboretum plant sale, I'd like to start building up the bead inventory before our next sales opportunities at the May 20 Under the Arbor in the Herb Garden and again in June at the Lavender Festival at Blooming Hill. We will meet at 10, work till midday, then break for a potluck lunch. Please let me know if you plan to attend.

The Potomac Unit participated in the AHS Garden Fair at River Farm on Friday and Saturday, April 21 and 22 where we demonstrated how to make rose beads and sold necklaces and earrings. The weather was warm and sunny on Friday, but cold, wet, and miserable on Saturday. Despite wet weather and an early end to the event, we had excellent bead sales both days and took in a total of \$670! Many thanks to Unit members who volunteered to give up part of your weekend to sell rose beads. We couldn't participate in this event without your help, simple as that. Thanks to you all!

Mary Lou Winder
jmlwinder@verizon.net
301-384-2566

HERB STUDY

Thanks to Penni, Betsy and Pat Kenny who joined us at Sumah's West African Restaurant in March. The venue was hospitable and easy to get to. Betsy extensively researched the cola bean (kola nut, *Cola nitida* and *C. acuminata*) and presented an instructive report. The food was good and the company was jolly. Who can ask for more?

Please join us at the remaining Herb Study gatherings this year. We'll continue the beverage herb theme. Let's have a beer!

Tentatively July 17

Topic: Hops, 2018 Herb of the Year

Location TBA

Tentatively October 1 Topic: *Hibiscus sabdariffa* (red sorrel) or other beverage plant
Location TBA

Stay tuned for more details in the July *Potpourri*.

Mary Schwegler, 703.774.6631

HERB OF THE YEAR

I held a Cilantro program for my garden club in February and used some recipes – NOT MINE – off the internet and I have to say they would make a convert out of someone not keen on the herb. I include the rice recipe below. Also FYI there are two nice info sheets on the HSA website if you are interested.

Cilantro Lime Rice Recipe
from www.SimplyRecipes.com

Cook time: 30 minutes Yield: Serves 6

Ingredients

2 Tbps olive oil

1 1/2 cups basmati long grain white rice

1 clove garlic, minced

2 1/4 cup water

1 teaspoon salt

Zest of one lime

3 Tbsp lime juice

1 cup lightly packed chopped cilantro, leaves and tender stems

1 Brown the rice: Heat the olive oil in a medium saucepan on medium high heat. Add the raw rice and stir to coat with the olive oil. Cook, stirring occasionally, until the rice has started to brown.

Add the garlic and cook a minute more.

cilantro-lime-rice-method-1

2 Add water, salt, zest, then simmer: Add water, salt, and lime zest to the rice. Bring to a rolling boil, then cover and lower the heat to low to maintain a very low simmer.

cilantro-lime-rice-method-2 cilantro-lime-rice-method-3

Cook undisturbed for 15 minutes (check your rice package instructions), then remove from heat and let sit for 10 minutes.

Fluff the rice with a fork.

3 Stir in lime juice and cilantro: Transfer the rice to a serving bowl. Pour lime juice over the rice and toss with chopped cilantro.

cilantro-lime-rice-method

4 Serve with chicken, steak, shrimp, Mexican or Asian food.

Kim Labash

Membership Dues Are Due

I am pleased to let you know we have a new Membership Chair for the upcoming membership drive. Karen Kilday has generously stepped forward to help with this major effort. Karen, thank you for your willingness to help and lead the membership program.

For my part I have enjoyed meeting members through your emails and letters and at meetings and symposiums. We are fortunate to have such knowledgeable and generous members who contribute to make the Potomac Unit a perfect setting to promote the knowledge, the use and the delight of herbs.

We are starting our membership drive this month and hope that all our current members will renew their membership and help recruit others so we can continue to enjoy the many benefits of membership in the Potomac Unit.

As a reminder, membership includes the **Potomac Potpourri** newsletter published six times a year and attendance to our speaker program featuring presentations on herbal, horticultural and environmental issues, followed by a delectable buffet catered by our unit members.

Enjoy our herb culinary workshops, hands-on-herbal crafts workshops, herb study groups, trips to historic sites, gourmet restaurants, herb shops, as well as to public and private gardens sponsored by the Potomac Unit.

Membership automatically includes membership in The Herb Society of America, Inc. (HSA). HSA members receive a quarterly newsletter, the Society's annual publication, *The Herbalist*, access to herbal topic webinars on the internet, a seed exchange program, as well as discounts at select stores, educational symposia, and public gardens, etc.

Please fill the attached renewal form and ensure your dues reach Karen by **June 4** at our annual meeting/picnic at Barry Eigen and his wife Rosemary's home. The address is in the Potomac Unit Directory. Upon receiving your renewal, you will ensure being listed in this year's Potomac Unit Membership Directory.

Make checks out to Potomac Unit, HAS, and mail your membership renewal form and check to:

Karen Kilday
2118 Marlboro Drive
Alexandria, VA 22304

HAPPY BIRTHDAY!

The following members will be celebrating birthdays in May and June. Have a Happy Birthday and may you enjoy many more.

Anna Konecny
Barry Eigen
Renee Johnson
Kim Labash
Christine Moore (Chrissy)
Mary Schwegler
Penni St. Hilaire
Ida Wallenmeyer

Edna Mancias

WEBSITE UPDATES

The Potomac Unit website

<http://www.potomacunithsa.org/>

The Herb Society of America is dedicated to promoting the knowledge, use and delight of herbs through educational programs, research, and sharing the experience of its members with the community. As stated above, opinions expressed in the Potpourri are those of the authors and do not necessarily reflect those of the Herb Society of America (HSA) or the HSA Potomac Unit. **Any herbal information provided is for educational use only. It is not intended to diagnose, treat,**

ENDNOTE

We encourage all our members to help get the word out to all plant interested friends and colleagues that the Potomac Unit is 'here and happening' and eagerly awaiting new people with a similar interest. We now have a variety of membership levels - \$15.00 for the Unit newsletter; \$25.00 for an interim (trial) one year Unit membership as well as the traditional \$60.00 HSA membership. We also have over half our Unit meetings scheduled on an evening or weekend day time to better accommodate those with a customary 9-5 work schedule.

Opinions expressed in the Potpourri are those of the authors and do not necessarily reflect those of the Herb Society of America (HSA) or the HSA Potomac Unit. Responsibility for the safe use of any herb or herb product lies with the reader.

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Non-member subscriptions are \$15.00 per year. Send check made out to Potomac Unit, H.S.A.

Submission deadline for the May/June issue of *Potpourri* is Thursday, July 20, 2017. News of member and civic or nonprofit horticulturally themed events is welcome. Publication is at the sole discretion of the editor, who reserves the right to edit for brevity or any other reason. Neither the Potomac Unit nor the Herb Society of America endorses any product or event unless the product or event is specifically sponsored by the Unit or Society.

Please caption materials "Potpourri article" and transmit email materials to the editor's personal address wajda.md@gmail.com. Articles should be reasonably publication ready; minor typos are not an issue. Single-spaced Arial 10 point font is preferred; conventionally written text without unusual formatting is required. Be kind to your editor!

MATERIAL SUBMITTED IN ALL CAPITALS WILL BE RETURNED.

CALENDAR OF EVENTS

May 4-7, HSA Annual Meeting, Little Rock, AR

May 5-6 HAS Educational Conference

There will also be a NHG committee meeting at lunch on May 6 at the HSA Educational Conference in Little Rock.

June 4, Potomac Unit Annual Meeting at Barry Eigen's, 11am.

Friday & Saturday, June 9 & 10 (10-5 each day)

Friday & Saturday, May 12 & 13, "Tea and Tussies with Your Mom in our Garden."

Celebrate Mother's Day, 12 noon until 3 pm each day and bring your mother, daughter, sister, aunt, cousin and any male members of the family, too, for a traditional full tea in the gardens and take home a beautiful herbal bouquet packed with warm sentiments and wonderful memories, \$35/person. Reservations are required as seating is limited. This is a popular event so book early. Rain or shine! Call for more details.

bloominghillva@gmail.com or 703-431-0779

Friday, Saturday & Sunday, May 12-14 (Evening Fri. only, 9-4 Sat. and Sun.) Garden Fair at Blandy Farm.

State Arboretum of Virginia, Boyce, VA. This is a multi-tasking weekend for us and we love it. If you don't make our Mother's Day Tea at Blooming Hill, at least bring your Mom to visit our booth at this beautiful spring garden fest situated out in the Blue Ridge!

Saturday & Sunday, May 20 & 21 (10-5 each day) Loudon County Spring Farm Tour and Blooming Hill is one of the venues!

Stop by for Cream tea out in the gardens, \$15/person. No reservations necessary, rain or shine. You can also tour the gardens, peruse the shop and learn about lavender!

May 20: The Potomac Unit is holding an Under the Arbor. In addition to an educational program, on cilantro and other spring herbs and roses, we will be selling left over plants from the sale and rosebeads. 1 to 4 pm

May 26, National Herb Garden Committee's work day. Everyone welcome to join. 10 am to 2 pm.

Friday & Saturday, June 9 & 10 (10-5 each day)

Blooming Hill's 3rd Annual Lavender Festival. One of our favorite events as the lavender field is in full bloom! Talk on tea and a cooking with lavender demonstration, come for cream tea \$15/person, vendors, Yoga in the field, wine and mead tastings, make a lavender wand with the Herb Society of America Potomac Unit members. U-pick lavender (15 cents a stem. Admission: \$5/car. Parking is on-site or nearby walking distance off site.

October 7: Chile celebration. 1 to 4 pm.

Greenhouse Xtravaganza

ONE WEEKEND ONLY

Friday May 26 & Saturday May 27, 2017 10:00 a.m.-4:00 p.m.

*** PLANT SALE ***

* Herbs-Perennials-Annuals*

* Hypertufas*

* Botanical Jewelry * Culinary Items *

* Lavender & Rose Valued Added Crafts *

* Up-cycled Accessories * Herbal Spa Products *

* Garden Whimsies * Containers * Garden

Accessories * Workshop class schedule *

Loudoun Valley Herb

19405 Woodtrail Road, Round Hill, VA 20141

540-554-2748

Directions from Middleburg:

West on Rte 50, North on Rte 611 (St. Louis Rd.); Left on Rte. 734 (Snickersville Tpke); Left at Airmont Store onto Airmont Rd., South, first left on Woodtrail Rd., first right to 19405 Woodtrail Rd.

Directions from Purcellville:

South on 690; Right on Rte. 734 (Snickersville Tpke); Left at Airmont Store onto Airmont Rd., South, first left on Woodtrail Rd., first right to 19405 Woodtrail Rd.

Directions from Winchester:

East on Rte 7, over Shenandoah River; Right on Clayton Hall Road (into Bluemont); Left on Rte 734 (Snickersville Tpke); Right at Airmont Store onto Airmont Rd., South, first left on Woodtrail Rd., first right to 19405 Woodtrail Rd.

Directions from Leesburg:

West on Rte 7 to Round Hill/Purcellville exit; Right at end of off ramp onto Business 7; Left on Short Cut Rd., (turns into Airmont Road South); over Rte 734 Snickersville Tpke.; first left on Woodtrail Rd., first right to 19405 Woodtrail Rd.

Directions from Fairfax:

West on Rte 50 to Middleburg then follow directions above from Middleburg.

LoudounValleyHerbs@yahoo.com 540-554-2748

**The Herb Society of America
Potomac Unit
Annual Membership Dues
Due by June 4**

Make your membership dues check payable to Potomac Unit, HSA and mail to:

**Karen Kilday, 2118 Marlboro Dr., Alexandria,
VA 22304**

Please Print All Information:

Date: _____

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Home Phone: _____

Work Phone: _____

Cell Phone: _____

Fax: _____

E-mail: _____

Check here if new email address

Birthday: _____

Optional. Do not include year.

Please Check Membership status:

Category

Dues

- | | |
|--|-----------------|
| <input type="checkbox"/> Individual | \$60 |
| <input type="checkbox"/> Individuals – mid-year | \$30 (6-months) |
| <input type="checkbox"/> Joint | \$87.50 |
| <input type="checkbox"/> Business | \$95 |
| <input type="checkbox"/> HSA Life Membership | \$2,000 |
| [Additional Annual Potomac Unit Dues] | \$5 |
| <input type="checkbox"/> Joint HSA Life Membership | \$3,000 |
| [Additional Annual Potomac Unit Dues] | \$7.50 |

Interim Membership:\$25.00

[Available to prospective members and does not include affiliation with the Herb Society of America]