Herb Society of Manitoba News

Winter 2023 Newsletter of the Herb Society of Manitoba

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Mark Your Calendars!

The Herb Society of Manitoba meets the third Monday of each month, or the fourth Monday if a holiday falls on the third (except December (or November), July and August) at 7:00 p.m .Meeting room of the Mennonite University. Free admission for members. Non-members pay $5.00 per person.Each meeting consists of an array of herbal snacks served with herbal tea, an Herbal Marketplace, door prizes, and a special speaker to end off the evening.

The Herb Society of Manitoba is dedicated to promoting knowledge, use and enjoyment of herbs through education, programs, research and sharing the experience of its members with the community.

Editors' Message

Happy New Year everyone! .

Check out the upcoming meetings section – Cindy has secured some very interesting speakers.

We are excited to be working on an upcoming regular section called Herbs Around the World.

Ellen has been taking some live stream- online courses through the University of Saskatchewan. Classes start at $20 for a two hour live-stream class and they also have free classes once or twice a month. Here is the link to the university and a few of the FREE courses offered this spring.

- https://gardening.usask.ca/public-workshops/live-workshops-events.php#OncampusSaskatoonSKworkshopsandevents

  No Till Vegetable Gardening
  Compost 101
  Going Wild in the Garden.

If you have suggestions for future articles or anything that you would like us to research, please contact us at www.herbsocietymb.com

Ellen Locke and Kathleen Land
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Common Sense Warning
Any information in the ***Herb Society of Manitoba News*** is not intended to prescribe or diagnose in any way or meant to substitute for professional help in any way. The intent is to offer general information & historical use of herbs.

President's Report

The end of December and beginning of a new year are always a favorite time of mine. There are lots of family get togethers and catch up on news and food! This is the time I start to think about what I want to change or accomplish in the coming new year.

Many of my thoughts this year are about how we can return the Herb Society to the vibrant and social organization it was before the pandemic. Last year we made a start when we offered the Program Meetings on Zoom. In the fall we got back to meetings in person and we have also tried to continue to offer the presentations on Zoom. It has not been smooth, however we are continuing to have regular meetings - and thanks to the hard work of our program Director, Cindy Louer, we have some interesting topics and presenters lined up for you!

Some of you shared with me that your attendance at our program meetings each month is a social time with friends. That is wonderful and we need you to get the word out about what we do. Start the new year by inviting a friend or relative that has not been out before.

A really good reason to invite someone will be to hear Louise May at the January 16th meeting. She was a speaker several years back and I was so impressed by her enthusiasm for the local farm scene.

At the beginning of this new year, I want to extend my best wishes to all of you for a year full of progress towards the changes you want to see happen.

Shelley WalkerPresident,

Herb Society of Manitoba

Membership

A thank-you to everyone who has joined or rejoined the Herb Society this past year. Our membership is currently at 37. All membership cards and receipts have either been picked by members at the meetings or mailed out. Louise May from Aurora farms is speaking at the January meeting on her plant loves. She is an entertaining speaker. If you know of anyone who would be interested in the topic, please bring them along. There is only a $5 charge for guests and if they decide to join that night, the $5 is applied against their membership.

Communication

We are planning on increasing our social media presence, and are working towards Instagram, and Twitter at the moment. Stay tuned for reports on our progress. We would also like to update the website and our facebook page. Lots of exciting things to come!

Horticulture Therapy

Horticulture Therapy is defined as " the use of plants and plant - based activity for the purpose of human healing and rehabilitation". (RUTGERS UNIVERSITY, Dept. of Plant Biology). Horticulture Therapy is based on the idea that interacting with plants can bring about well being and enhance the quality of life. This can be achieved by connecting with nature, whether it is creating and tending a garden or caring for houseplants in your home. Many studies have found that being in nature, a walk through a garden, park or forest can not only improve your state of mind but can also improve your blood pressure and stress levels.

Using gardening as an intervention for treating mental health issues is proving to be effective. According to Libba Shortridge, Horticulture Therapist.,"a seeds journey to becoming a plant parallels a person's journey toward recovery." Seeds, like people, need nutrition, sun, confidence, patience and courage to grow. As a plant thrives, it builds self esteem, confidence, and a feeling of success for its caretaker. Other benefits of Horticulture Therapy include giving someone a sense of purpose, physical exercise, and the ability to learn new skills. For more information please contact the Canadian Horticulture Association. https:\\www.chat.ca

Submitted by Ellen Locke



New in Town

The Winnipeg Public Library has received some new gardening books with herb themes.
Check them out!



Upcoming General Meetings:

Monday, January 16, 2023
Topic: My Plant Loves
Speaker: Louise May
Website: www.aurorafarm.ca

Monday, February 19, 2023 TBA

Monday, March 19, 2023
Speaker: Dawn Kitching Natural Fragments

Monday, April 16, 2023
Speaker: Charlene Nielsen
Front Door Stories
Website: www.frontdoorstories.com

Monday, May 21, 2023
Speaker: Getty Stewart
Website: www.gettystewart.com

Monday, June 18, 2023 TBA

January Herb of the Month: Lemon Verbena

Lemon verbena is a tender perennial.

The 8-centimetre-long (3 in), glossy, pointed leaves are slightly rough to the touch and emit a strong lemon scent when bruised (hence the Latin specific epithet *citrodora*—lemon-scented).It has one of the strongest lemon scents, only taking second place to lemons themselves.

Sprays of tiny purple or white flowers appear in late spring or early summer, although potted lemon verbenas may not flower. It is evergreen in tropical locations, but is sensitive to cold, losing leaves at temperatures below 0 °C (32). Pruning is recommended in spring to encourage a bushy form.

Make a tincture of fresh lemon verbena and rubbing alcohol. Let it sit for 4-5 weeks. Strain the leaves out and you can use it as a liniment or a fragrant household cleaner.

Lemon verbena can be made into hot tea or cold tea. Boil it into a concentrated liquid and make ice cubes out of it. The ice cubes can be added to tea or sparkling water.

Crumble a few leaves into your glaze for a Lemon Drizzle Loaf Cake.

Save the stems after harvesting the leaves and add them to your campfire for a nice scent. It **may** keep the mosquitoes away.

If you enjoy podcasts there is an interesting episode about Lemon Verbena at

https://podcasts.apple.com/ca/podcast/my-magical-cottagecore-life/id1546761809?i=1000584295296

Sources

Wikipedia

My Magical Cottagecore Life



Charred Green Beans with Lemon Verbena Pesto

By KAREN ADLER AND JUDITH FERTIG

If you grow pole beans, you know that at first glance, you have only a few beans, and then suddenly there is an onslaught. That's when bean varieties like the green Blue Lake or the yellow wax beans can be stir-grilled with a bit of olive oil for a very simple yet satisfying dish to use the surplus of beans. When you're in the mood for a more robust sauce, try this lemony pesto tossed with the grilled beans right before serving.

Editor's note: *If you can't find lemon verbena leaves or even fresh lemon balm leaves, substitute basil pesto.*

Ingredients

Serves 2 to 4

Green Beans

1 1/2 pounds slender green beans

2 teaspoons olive oil

Lemon Verbena Pesto

1 cup fresh lemon verbena leaves (substitute fresh lemon balm leaves)

2 garlic cloves

1/4 cup grated Parmesan cheese

1/4 cup pine nuts or English walnuts

1/2 cup olive oil

Fine kosher or sea salt and freshly ground black pepper to taste

Step 1

Prepare a hot fire in your grill.

Step 2

Toss the beans with olive oil and place in a perforated grill basket or wok set on a baking sheet.

Step 3

For the Lemon Verbena Pesto, combine the lemon verbena, garlic, cheese, and nuts in a food processor and pulse to puree. Slowly add the olive oil with the processor running until the mixture thickens and emulsifies, about 1 minute. Season to taste with salt and pepper. The pesto will keep in the refrigerator for 7 to 10 days or it may be frozen for up to 3 months.

Step 4

Place the grill wok or basket directly over the fire and stir-grill tossing the beans with wooden paddles or grill spatulas until crisp-tender, about 5 to 8 minutes. Transfer the grilled beans to a large bowl and toss with about 1/4 cup of the Lemon Verbena Pesto or to taste.
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https://www.epicurious.com/recipes/food/views/charred-green-beans-with-lemon-verbena-pesto-395330



STRAWBERRY, GIN AND LEMON VERBENA CAKE

FOR THE CAKE:
12 fresh lemon verbena leaves
150g butter, softened
150g sugar
1 teaspoon vanilla extract
3 organic eggs
150g spelt, or all-purpose white flour
50g ground almonds
2 teaspoons baking powder
½ cup unsweetened full-fat Greek yoghurt
¼ cup gin
Zest and juice of 2 lemons
200g fresh or frozen strawberries, hulled and quartered (if using frozen, thaw and drain them)

FOR THE LEMON VERBENA AND GIN ICING:
150g butter, softened
160g icing sugar
3 tablespoons gin
Zest of 1 lemon
1 teaspoon vanilla extract
100g cream cheese

1. Preheat the oven to 180C. Line two 22cm tins with baking paper.
2. Very finely slice the lemon verbena leaves into ribbons.
3. In the bowl of an electric mixer, cream the butter, sugar, vanilla and lemon verbena ribbons together until pale, light and fluffy.
4. Mix in the eggs one at a time, scraping down the sides of the bowl as needed.
5. In two parts, add the flour, ground almonds and baking powder. Mix until just incorporated.
6. Next add the yoghurt, gin, lemon zest and juice and mix until just incorporated. Be careful not to over mix.
7. Evenly divide the batter between the two tins and spread out to the sides. Dot in the strawberry quarters.
8. Bake for approximately 30 minutes, or until golden in colour, springy to the touch and a skewer inserted comes out clean.
9. Allow to cool for 10 minutes, before turning out onto a cooling rack.
10. Meanwhile, make the icing. In the bowl of an electric mixer, beat the butter, icing sugar, gin, zest and vanilla together until pale and fluffy. Gradually beat in the cream cheese until smooth.
11. Once the cakes are fully cooled, ice one layer and then place the other directly on top. Neatly ice the top of the cake and decorate as desired.
    https://www.stuff.co.nz/life-style/food-drink/recipes/300420469/recipe-jordan-rondels-strawberry-gin-and-lemon-verbena-cake

November 2022 Annual General Meeting

The Annual General Meeting began with several members being recognized for their years of exemplary contributions and dedicated service to the Herb Society of Manitoba.

Certificates of Recognition were awarded to:

Debra Barrett
Carol Hibbert
Anne Jackson
Dawn Kitching
Kathleen Land
Agnes Leung
Cindy Louer
Olga Runnalls



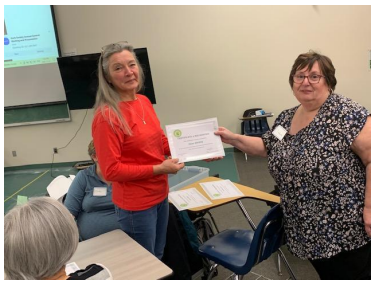
Agnes Leung and Debra Barrett



Anne Jackson and Cindy Louer



Cindy Louer and Debra Barrett



Dawn Kitching and Debra Barrett



Debra Barrett and Dawn Hicks



Kathleen Land and Debra Barrett



Bobbi Bartos





Photos: Ellen Locke

TOP 5 HERBS TO GROW INDOORS



Thanks to Debra Barrett for providing the above poster.

I came across this Vegetable Seed Starting Chart a couple of years ago on Getty Stewart's webpage. I have followed the dates and it has worked very well for me. The chart uses May 24 as the first frost free date for our growing area, Zone 3. Kathleen
https://www.gettystewart.com/when-to-plant-what/

Vegetable Seed Starting Chart
Zone 3 - The Prairies

The following are general recommendations based on a first frost free day of May 24. It's best to follow recommendations on seed pack (if provided) for how many weeks prior to May 24 seeds should be started. Visit www.gettystewart.com for more detailed planting information.

Vegetable	Start Indoors	Plant Outdoors
Basil	April 20	June 1
Beans – Bush & Pole	xx	May 24
Beans – Broad	xx	May 15
Beets	xx	May 15
Broccoli	April 15	May 15
Brussel Sprouts	March 25	May 15
Cabbage	April 15	May 15
Cantaloupe	May 5	June 1
Carrot	xx	May 10
Cauliflower	April 20	May 24
Corn	xx	May 24
Cucumber	May 5	June 1
Garlic	xx	Autumn
Kale	xx	May 15
Leeks	March 20	May 10
Lettuce	March 20	May 10
Onion (sets)	xx	May 10
Parsley	April 5	May 15
Parsnips	xx	May 10
Peas	xx	May 10
Peppers (hot)	March 5	June 1
Peppers (sweet)	March 15	June 1
Potatoes	xx	May 15
Pumpkins	May 1	June 1
Radish	xx	May 10
Spinach	xx	May 10
Swiss Chard	xx	May 15
Tomatoes	March 15	June 1
Watermelon	May 1	June 1
Zucchini	xx	May 24

Starting seeds indoors too early may lead to leggy or hard to manage plants. Planting outdoors in soil that is too cool can set transplants back, cause poor germination or risk frost damage.

©www.gettystewart.com

Since I had success with the vegetable planting date, I thought I would try the Herb Planting Chart this year..
https://www.gettystewart.com/herb-growing-chart-for-prairie-gardens/

Herb Planting Chart
Zone 3 - The Prairies

The following are general time frames based on a first frost free day of May 24. Generally, perennial herbs are easier to grow from a plant or cutting but can be started from seed. Annual herbs grow more quickly and many can be sewn directly in the garden. Visit www.gettystewart.com for more herb tips and recipes.

Herb	Type	How & When to Start	Notes
Anise Hyssop	Perennial	Direct seed	Self seeds
Basil	Annual	Seed indoors early April	Sensitive to cold
Bergamot/Bee Balm	Perennial	Plant or Cutting	Spreads
Borage	Annual	Direct seed	Self seeds
Catnip	Perennial	Seed indoors early April Plant or Cutting	Spreads
Chamomile	Annual	Direct seed mid May Seed indoors late April	Self seeds
Chives	Perennial	Seed indoors early April Plant	Self seeds Returns
Cilantro/Coriander	Annual	Direct seed every 2 weeks	Bolts quickly
Dill	Annual	Direct seed	Self seeder
Lemon Balm	Perennial	Seed indoors early April Plant or Cutting	Aggressive spreader Returns
Lemon Grass	Perennial	Plant	Sensitive to cold
Lemon Verbena	Perennial	Plant	Sensitive to cold
Lovage	Perennial	Seed indoors mid April Plant	Large & intense flavor Returns
Mint	Perennial	Seed indoors early April Plant or Cutting	Aggressive spreader Returns
Oregano	Perennial	Seed indoors early April Plant or Cutting	Most varieties return
Parsley	Biennial	Seed indoors late March Plant	Foliage is limited in 2nd year
Rosemary	Perennial	Seed indoors early April Plant or Cutting	Sensitive to cold
Sage	Perennial	Seed indoors early April Plant or Cutting	Occasionally returns
Sorrel	Perennial	Direct seed	Returns
Summer Savory	Annual	Seed indoors late April	
Tarragon	Perennial	Seed indoors mid April Plant	Large & returns Manageable shoots
Thyme	Perennial	Seed indoors mid April Plant	Returns

Many perennial herbs are easy to divide – consider swapping varieties with a gardening friend!

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Obituary



January 2, 1944 – November 15, 2022

We are very sad to announce the passing of our long time member and dear friend Olga Runnalls.

Olga's knowledge, enthusiasm and support were a valuable asset to the Herb Society for many years..

Sincere condolences are sent to Olga's husband Bill.

DISCOUNTS FOR MEMBERS 2022-23

Membership card must be presented before purchase

1. Shelmerdine Garden Centre, 7800 Roblin Blvd.-10% on regular priced merchandise (not valid on gift cards)
2. Sage Garden Greenhouses, 3410 St. Mary's Rd. - 10% on plants and seeds only
3. St. Mary's Nursery & Garden Centre, 2901 St. Mary's Rd.- 10% on all merchandise
4. Kackenhoff Nurseries, 1317 Hwy. 75 St. Norbert- 15% off all plants, annual, perennials and herbs under 7 gallons and store items. (Does not apply to soil, landscape items or gift cards)
5. Schriemers's Home and Garden Showplace, 1505 Molson St.- 10% off plants and giftware
6. Jensen's Nursery and Garden Centre, 2550 McGillivray Blvd.- 10%
7. Jardins St- Leon Gardens, 419 St. Mary's Rd. - 10% off transplantable plants (bedding plants, individuals, annuals, perennials, shrubs, etc. until July first, unless other promotions apply to the specific item.)
8. Ron Paul Greenhouses & Garden Centre, 2641 St. Mary's Rd.- 10% on all plants and shrubs

9. Red Valley Plant Market & Landscaping, 3091 St. Mary's Rd.- for every $10.00 you spend, you receive a Red Valley Buck to use on your next purchase

10. T & T Seeds, 7724 Roblin Blvd. – Spend $50.00 and receive 10% off your purchase