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Lady Green-thum'n'

by Elli Dryden

To carry on with seeds, we'll grow with herbs. More people are discovering the versatility of herbs, and appreciation is shown for their uses in medicine, fragrances and flavoring. They proliferate rapidly so planning must consider harvesting upon availability, requirements, needs and usage.

Herbs for flavoring can be dried and preserved for winter use. It is important to know when and what parts to harvest or their value is lost if done incorrectly.

Several columns will be required to cover topics such as harvesting of herbs, medicinal purposes, potpourris for fragrances, sachets, flavoring and cooking. Hopefully after reading this column on herbs, it will act like bait for love of experimentation.

Again, instructions, types and purposes are usually on the seed packets.


Just to show you how difficult it is to write on herbs, here's the versatility of the sunflower: leaves are harvested as fodder for animals, can be dried for tobacco purposes, flower buds are cooked and eaten as a veggie like artichoke. Extracted oil used for soap and salads or cooking. Seeds are food for birds and humans, excellent source of Vitamin E, seeds can also be used roasted and ground for coffee. Take your pick. Each herb has more than one use.

Herbs can also be grown fresh indoors all year round in a sunny window.

We must not forget dyeing with herbs for anyone

One Opinion
"What's your candid opinion of my new novel?" asked the anxious author. "It's worthless," was the terse reply. "I realize that," replied the scribe, "but I'd like it anyhow."

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Herbal 'appenings

involved in weaving. Each herb produces a color, for that matter so do many plants and flowers.

Then we have the astrological herbs. Of course my being an Aries, I will briefly mention this sign: Health points to watch, nerves, head, blood pressure, sinuses. Herbs prescribed accordingly for the above are rosemary, marjoram, garlic, horseradish and cowslip.

Please: I am not trying to practise medicine without a licence. But for those who wish further perusal, there is a herbal college in British Columbia.

Then of course, we all know about the famous "Aloe Vera", a healing plant used by the Florida Indians. Fresh applications of leaf-juice quickly soothes and heals sunburns, scalds, sores and skin problems.

Not to get stuck on the one topic, today herbs are basically used for cooking and home made fragrances. Let's not forget natural bug control.

So there you have it. Pick a topic, name a herb, I can get you the information on approximately 500 of the

better-known herbs. If I can't, I'd be more than thrilled to travel around Europe and chat with the monks on the mountains for you, all expenses pre-paid naturally. Just discovered, would have to travel to the far east also to complete my assignment. I'll give it my best shot.

Potpourri: mix together 1 oz. allspice, 1 oz. cloves, 1 oz. ground nutmeg, 4 oz. orrisroot (drugstore) add the juice and grated rind of 3 lemons. Add any or all of: 1/4 oz. oil of geranium, 1 oz. essence of lemon, 1/2 oz. oil of bergamot, 1/2 oz. spirit of lavender. Make separate mixture of rose petals (dried 1 or 2 hours in sun), scatter few pinches of salt and saltpeter for each handful of petals. Let mixtures stand few hours, then stir together. Put mixture into tightly fastened container and add flowers and leaves as they become available. Do not dry these. If mixture is drying out add more salt. At the end of season when no plants are available stir potpourri and place into a bowl. Fragrance will last a long time.

Anyone for a nice refreshing cup of Anthesis Nobilis?

J. Novak D.T. J. Kohari D.T.

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