

# Richter's Herbs offers advice, anecdotes on wide variety of plants to local herb growers

A few years ago while attending a garden writers convention in California, I was trying to explain to a San Francisco resident that I lived northeast of Toronto.

She asked if that was near Richter's Herbs. When I answered affirmatively she responded by

exclaiming how lucky I was.

Herb growers from around the world are familiar with Richter's and the new herbs which they yearly make available - their catalogue is a fascinating read.

Fortunately, we are close enough to attend their free lecture series which begins this Saturday, Feb. 23 at 2 p.m.

Mrs. Waltrout Richter will launch the series with "Herb Anecdotes and Lore." For newcomers to this area, Richter's is located on Hwy 47, one kilometre east of Goodwood.

When I visited with Mrs. Richter this week she pointed out some of the newer varieties.

Basil, the "pesto" herb and a summer favorite, is difficult to maintain during the winter because it is an annual and needs lots of sunshine. Easier to grow indoors is a pot of African basil, a tender perennial propagated from cuttings, which occasionally suffers from a fungus disease. Richter's has two strains of Genovese basil seed which is certified free of problems.

Vietnamese coriander, also a tender perennial saves you the trouble of starting coriander from seed several times a year.

The earliest harvest from my garden is snippets of fresh chive sprinkled on a salad or omelette. It's not long before clumps of green leaves are topped by edible purple flowers.

Unfortunately, these blooms quickly set seed and the leaves then have a tired flavor. To solve this problem Richter's have just introduced "Pro-

fusion" chives. The flowers last longer because they are sterile so they do not set seed. This is the best variety for growing in pots.

Likewise, "Profusion" sorrel does not go to seed so it continues to produce tender leaves all summer.

If you must reduce the amount of sugar in your diet plant some Sweet Cicely.

The leaves and stalks used either fresh or diced, add a delightful flavor to sweets and desserts and sugar can be cut in half.

Stevia, a tender perennial which can be grown in a pot, is a remarkable sugar substitute. The powdered leaves can be used in place of sugar in baked goods, drinks and preserves etc.

Herbs both edible and medicinal are rapidly gaining importance in our lives.

We can buy bunches of fresh herbs in the produce department year round; herbal teas demand more shelf space than traditional black brands and the pharmacies are promoting Echinacea, evening primrose and chrysanthemum parthenium.

If you have never grown herbs before it isn't necessary to make a traditional herb garden.

Simply plant perennial types in your flower borders, annuals reside happily in the vegetable garden and tender perennials can be planted in pots to be brought indoors for the winter.

Send your questions or comments to:

Let's Get Growing  
c/o The Tribune  
88 Brock St. West  
Uxbridge, ON L9P 1R4  
attn: Marjorie Mason-Hogue

Let's Get Growing



Marjorie Mason-Hogue



(l-r) Mervyn Levinter, from Pierre Laurent Monties; Anita Jakac, from GUCCI; Gordon Landon, Regional councillor, Paul Kwong, president of Howard Jewellers; Florence Tang, from Swarovski Canada and Armand LaBarge, from York Regional Police helped open Howard Jewellers third store on January 25, 1997. The store that is famous for carrying fine jewellery, opened at the Pacific Mall.



## ROAD IMPROVEMENTS

THE COUNCIL OF THE REGIONAL MUNICIPALITY OF YORK PROPOSES TO PASS A BY-LAW AUTHORIZING:

### 1. BRIDGE REPLACEMENT - KENNEDY ROAD (Y.R. 3) APPROXIMATELY 60 METRES SOUTH OF VIVIAN ROAD (Y.R. 74), TOWN OF WHITCHURCH-STOUFFVILLE

- (a) the replacement of the bridge on Kennedy Road (Y.R. 3) approximately 60 metres south of Vivian Road (Y.R. 74) over a tributary of the Black River in the Town of Whitchurch-Stouffville to provide for two lanes of traffic plus shoulders;
- (b) the carrying out of all related works and undertakings in connection with the above; and
- (c) the acquisition of the necessary lands, to a maximum right-of-way width of 33 metres, and interests in lands for the works described above.

### 2. BRIDGE REPLACEMENT - STOUFFVILLE ROAD (Y.R. 14) APPROXIMATELY 180 METRES EAST OF KENNEDY ROAD (Y.R. 3), TOWN OF WHITCHURCH-STOUFFVILLE

- (a) the widening of Stouffville Road (Y.R. 14) in the vicinity of the bridge over the Little Rouge Creek, approximately 180 metres east of Kennedy Road (Y.R. 3) and the replacement of the existing bridge with a new bridge providing for two lanes of traffic plus shoulders;
- (b) the carrying out of all related works and undertakings in connection with the above; and
- (c) the acquisition of the necessary lands, to a maximum right-of-way width of 33 metres, and interests in lands for the works described above.

Pursuant to Section 300 of the Municipal Act, the Transportation and Works Committee of the Regional Council will, at its meeting to be held at 10:00 a.m. on the 19th day of March, 1997 in Committee Room A at the Regional Administrative Building located at 17250 Yonge Street, Newmarket, hear any person who claims that his/her lands will be prejudicially affected by the by-law and who applies to be heard. Anyone wishing to be heard is requested to advise the Office of the Regional Clerk (telephone 895-1231 or 731-0201, ext. 1303). If any party entitled to be heard does not attend at the hearing the Committee may proceed in his/her absence and he/she will not be entitled to any further notice in the proceedings.

The proposed by-law and plans showing the proposed works may be inspected at the office of Brian Harrison, Director, Design and Construction Branch, at the Transportation and Works Department located at the Regional Administrative Building, at 17250 Yonge Street, Newmarket (telephone 895-1200 or 764-6345, ext. 5088).

DATED at Newmarket this 22nd day of February, 1997.

DENNIS HEARSE  
Regional Clerk  
17250 Yonge Street  
Newmarket, Ontario  
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## YOU'RE INVITED TO VISIT SOMERSET ACADEMY

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Questions & Answers  
on grief recovery\*

**Q. I am several months past my loss now. Most days I do very well. Then all of a sudden I become overwhelmed. Is this normal?**

**A. Certainly.** Grief can be analogous to waves hitting on the shore. At first, the waves are large and powerful and they knock us down. As we work through our grief, the waves begin to subside to a degree. When we haven't noticed any waves for a while, we know that we are succeeding in rebuilding our lives. If we know this is normal and part of our grief process, we can recover from the waves sooner and learn to expect fewer of them in our future.

\*Questions from bereavement classes are answered here by the editor of *AfterLoss*, the monthly grief-recovery help letter. For your free copy of *AfterLoss* or one of our other helpful booklets dealing with grief recovery just call or stop by.

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A member of the AfterLoss Family of Funeral Homes  
dedicated to helping those they serve with assistance in grief recovery.

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