

RSVP by July 5 for herb tour

by Amber Jones, vice president

July 8 is our outing to the Curious Roots Herb Farm near Louisville. We'll meet there at 12 noon for lunch (provided by NHS); at 2 p.m. is a guided tour of the farm.

The Curious Roots Herb Farm's mission is to grow herbs in a clean, safe, chemical-free environment as well as provide sanctuary to wild plants, wildlife and pollinators. Some plants, fresh or dried, are delivered fresh to herbal manufacturers, restaurants and home apothecarists locally.

(continued p. 6)



Examples of hypertufa pots. Photo: University of Florida

June 16 deadline to sign up for hypertufa pot-making



by Amber Jones, vice president

Hello NHS Members,

Our June 24 meeting will be at the home of Susan Scott, 5300 Cooper Ave. Plan to arrive by **9 a.m.** to take advantage of the cool of the morning!

This is a "member project" meeting to make hypertufa pots. Hypertufa pots are made using a combination of perlite, cement and peat moss. They are completely weatherproof, can be used indoors or out, and freeze/thaw naturally as a result of their porous nature -- perfect for Nebraska weather.

Susan (402-560-3983) will supply the hypertufa ingredients. Members should bring rubber gloves and a mold to make your pot. The mold could be a Cool Whip container, ice cream tub or plastic nursery pot.

We will serve iced tea and, as always, if you'd like, bring a snack to share.

So we know the right amount of materials to purchase, please RSVP by **June 16** if you will be attending to NEherbalsociety@gmail.com.

9 a.m. June 24 - 5300 Cooper Ave.

Inside...

President's News

p. 2

2023 Calendar

p. 2

Membership Corner

p. 3

Membership Spotlight

p. 4

Plant sale recaps

p. 5

Tech Tip

p. 6

Recipes

pp. 7-9

April Minutes

p. 9

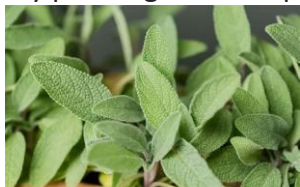
Sage for long life: NHS News

Summertime is here!

I am trying to keep up with the weeding and watering, but June's heat is always trying on this gardener! My sage plant is doing well and has been profusely flowering this month. The purple, bell-shaped blossoms make a nice border along my planting bed. I snip a handful of sage leaves



Co-President
Janet Lindsteadt



Sage. Photo: thespruce.com

(grayish green and velvety) and like to finely chop and sprinkle them over scrambled eggs, along with dollops of cream cheese. A quick

summertime meal!

Sage also makes a nice dried arrangement. I cut a small bouquet and put in a pretty vase and just let it dry naturally in my kitchen window.

Rodale's illustrated Encyclopedia of Herbs notes sage as a companion plant and to try planting sage with cabbages, carrots, strawberries, tomatoes and marjoram to encourage their growth.

As the saying goes, "Sage for long life." And, I might also add, a very useful herb.

2023 NHS Meeting Dates, Programs

Jan. 28 Soups/Sides Luncheon

Feb. 25 Herbal Love Charms, Spells, Potions

March 25 All about garden tools

April 22 Plant sale projects & program

May 6 Annual plant/bake sale, New Hope United Methodist Church

June 24 9 a.m. Tufa Pots project, 3500 Cooper Ave. (Susan Scott home)

July 8 2 p.m. Curious Roots Herbal Farm tour, Louisville

July 22 Gary Fehr, no-till gardening benefits

Aug. 26 Garden tour, Jill Kuhel home

Sept. 23 Herbal sleep remedies, Alex Svoboda

Oct. 28 Member demonstrations

Nov. 18 Holiday centerpiece project

Dec. 2 Holiday Luncheon

Meetings at Aldersgate United Methodist Church, 8320 South St, Lincoln, NE, unless otherwise noted.

Tea is served before and during meetings. Bring your own tea mug! Members are invited to bring light snacks to share.

<https://www.facebook.com/neherbalsociety>



Membership Corner – June, Co-chairs Ann Lif and Kathy Dawes

What a glorious springtime we have experienced. The biggest plant challenge has been our drought. We certainly need to have weekly rain dances as we enter the summer months.

We have received a few new members and several have renewed their membership during the plant sale. We are working toward an electronic version of a membership directory. I have been verifying accuracy of information and asking for permission. This will not be posted on our Facebook page or website; it will come to your email.

We have received positive feedback about the herbal tea offerings and the new set up configuration for our meetings. Every member should have a new name badge. If I missed making one for you, I apologize, but please let me know so I can make one for you.

Remember to INVITE A FRIEND! You can also refer them to our web page: www.neherbalsociety.org where they may contact us and learn how to join.

Lincoln Regional Center Herb Garden

The group has been hard at work planting up the new Regional Center herb garden since May 15.

A BIG thank you to the members who shared herbs for planting! Janet Buck, Jill Kuhel, Denise Weimer, Pam Wealand, Kathy Dawes, Sue Dawson, Ann Lif and Mary Andelt.

The new location is near the intersection of Arboretum Avenue and Woods Trail on the LRC, 801 W. Prospect Pl.

In May we planted over 30 herbal plants, installed three soaker hoses and laid in 20 bags of mulch. The memberships memorial stone is in place and looks awesome. Some plants from the old herb garden were overwintered and replanted such as thyme, sage and cranesbill geraniums. We placed cardboard to design several pathways, allowing access to the plants. We are developing some ideas how we can develop these pathways and bring some 'whimsy' to the garden. Plant identification signs were placed using broken clay pottery and paint. Thank you, Janet Buck and Bonnie Bake for the donation. Janet also donated four wonderful hexagon stepping stones. The garden is perking up and taking shape.

We appreciate all the volunteers and a few spouses who helped make this garden possible. We also thank the NHS Board and membership for the financial and material support. We'll keep you posted on the progress. Feel free to bring a book and visit the garden. It's a very peaceful space. Staff and patients have stopped and expressed their joy that the garden was reinstalled in a new home.



From left: Ann Lif, Denise Weimer, Janet Buck and Kathy Dawes have moved the herb garden at the Lincoln Regional Center.



Fresh plantings near the intersection of Arboretum Avenue and Woods Trail, at the Lincoln Regional Center, 801 W. Prospect Pl.



Denise Weimer, Kathy Dawes, Pam Wealand take a break at the new herbal garden spot at the Lincoln Regional Center.

Member Spotlight

Josie Cannon



Hobbies/passions: I love gardening (anything outside, houseplants don't last long in my home), canning and painting.

How did you learn about NHS?
From a patient at my dental office.

What is your favorite herb? I love calendula, gathering the flowers and drying them to make skin oils is a joy.

Please tell us something about you. I struggle with anxiety and depression and herbs have helped me through it. Tulsi (holy basil) and lemonbalm are my top two. They have been such a support.

Feel free to tell us about your family: I met my husband in Lincoln and raised our kids, Allison, 9, and Luke, 7, here. Also, our Great Dane, Leon, is 2. We have just moved nearer to my hometown and will miss coming to meetings every month. But mostly the amazing people I have found to become great friends. The knowledge and love I've received from this group will be forever in my heart.

2023 NHS Officers, Board Members

Co-Presidents

Jill Kuhel
Janet Lindsteadt

Vice-Presidents

Amber Jones
Jenni Dougherty

Secretary

Pam Knott

Treasurer

Rocky Bray

Public Relations

Marilyne Phelps

Newsletter

Cheryl Alberts Irwin

Membership

Ann Lif
Kathy Dawes

Plant Sale

Janet Buck

Contact:

neherbalsociety@gmail.com

The purpose of NHS is to promote the culture, harvesting and uses of herbs, through a variety of activities to meet the interests of the membership.

Come join us

To join the Nebraska Herbal Society, send your name, address, phone number and email address to: Nebraska Herbal Society, PO Box 4493, Lincoln, NE 68504-0493. Single Membership is \$10/year, family memberships are \$15/year. Checks are payable to Nebraska Herbal Society. The NHS newsletter strives for publication monthly. Articles received after the deadline, typically the 8th of the month, will appear in a later issue. Everyone is welcome to send articles and information to neherbalsociety@gmail.com Attention Cheryl. Please do not format articles or recipes.

Disclaimer Information in this newsletter is intended for educational purposes only and should not be considered as a recommendation or an endorsement of any particular medical or health treatment. Please consult with a healthcare provider before pursuing any herbal treatments.

Successful 2023 Plant and Bake Sale, Janet Buck, plant sale chair



Well, the 21st Annual Nebraska Herbal Society Plant and Bake Sale is now history.

We had a successful sale on May 6, with lots of visitors and customers. Gary Fehr, Green School Farms, provided lovely herbs and vegetables. We sold 452 of his plants during the pre-sale and 754 the day of the sale, for a total 1,206 plants sold. This is compared to about 1,130 sold last year! NHS's share of the plants was \$2,110.

In addition, we had a good selection of plants people brought from their own gardens. We also had the income from the bake sale, gift items, garden items, raffle, and memberships. The net income from all those is approximately \$3,360. (Final numbers to come.)

Bonnie Bake did another outstanding job with the bake sale and gift items, with items very nicely displayed and lots of variety to choose from.

Customers and members had fun perusing the gently used garden items and choosing items they could use in their own gardens and yards.

The raffle was a success again, with very lovely baskets assembled by Nancy Klammer and Sara Zimbelman. Winners of the raffle were Joan Anderson-Mertz, Pam Cuttlers and myself. Joyce Wheeler won the decorated grapevine wreath.

It was another fun opportunity to build comradery among our members and help spread the many uses of herbs to people in the community. Thank you to everyone who pitched in to help; it truly could not be done without everyone's assistance.



Among garden items selling at the 2023 NHS plant and bake sale were fragments of clay pots labeled for use in herbal gardens.

By the (preliminary) numbers: 2023 NHS Plant Sale

by Rocky Bray, treasurer



Pre-order plant sales: 452 plants

Donated plants: 6 @3.50 each = \$21

Pre-sale total: \$812

Day of sale:

754 Green School plants sold = \$2,639. NHS portion of sale: \$1,319.50

88 miscellaneous plants sold = \$228.50

Bake sale: 110 items sold = \$290

Garden sale: 55 items sold = \$73.25

Membership: 7 (one being a family)

Deposit: \$3,865.75 (Note: NHS still owes Green School approximately \$500 for day of sale.)

A final detailed report will be presented at a future NHS meeting.



Ensure Safe Web Browsing Through VirusTotal

Before you click on that link, wait! Check it out quickly and easily to ensure it is safe, to avoid infecting your computer with a virus or malware. Follow these steps:

1. Bookmark the VirusTotal home page on your computer:

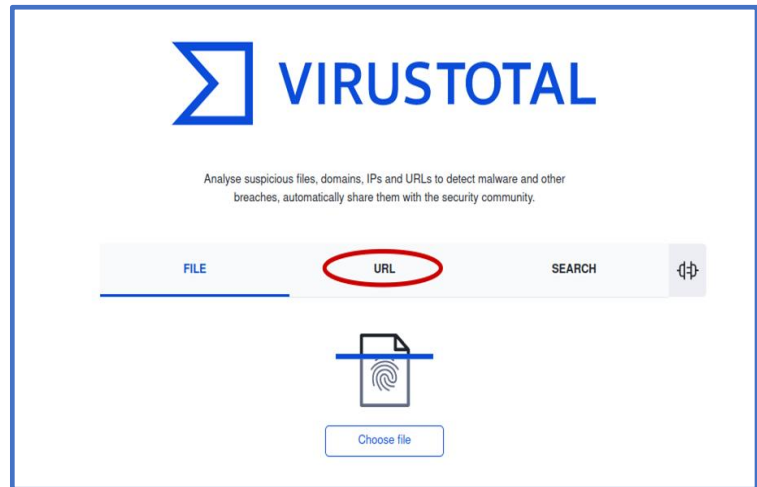
<https://www.virustotal.com/gui/home/upload>

2. At this site, click on the middle 'URL' option, as in the top right image.

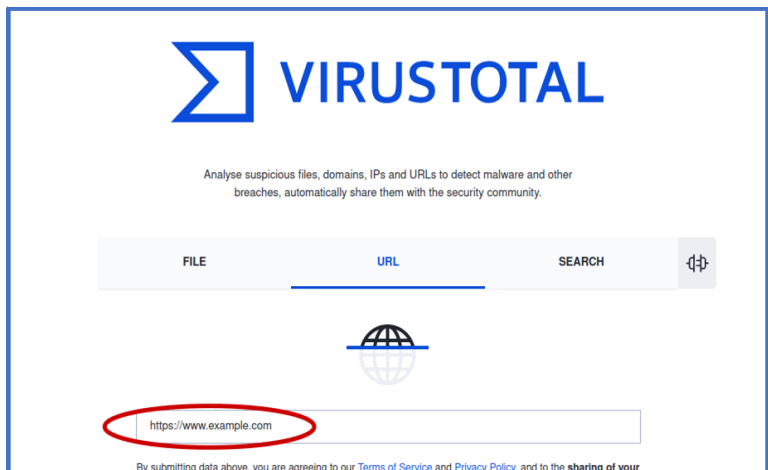
3. Copy and paste the url link you wish to check out into the VirusTotal URL box, as in the bottom right image. Press the enter key.

4. Within a few seconds, if the site is clear, this message will appear: **No security vendors flagged this URL as malicious.** It is safe to use the link to go to the website.

5. If the site is deemed unsafe, a message **in red will appear that the site has been flagged as malicious.** It is recommended to not go to this website.



Images: VirusTotal



(Herb tour, continued from p. 1)

The founder is a formally trained, clinical herbalist with several years working in Western and traditional medicine. She has spent a lifetime tending gardens, learning about and growing medicinal herbs. She teaches regularly at the local herbalism school and hosts classes at the farm. Her partner is a master designer and builder who hand-digs the raised beds and amends all the soil. He designed and built a first-class drying room as well as a beautiful and efficient work room for the company. She dreams it up and he brilliantly designs something to make it happen.

For more information see, <https://www.facebook.com/CuriousRootsHerbFarm/>.

Please RSVP before **July 5** to neherbalsociety@gmail.com if you will be attending so we can contact you regarding your lunch preferences. We will send you location/driving details when we receive your RSVP.

Please dress for warm weather (hat/visor, lightweight clothes) and wear appropriate footwear as we'll be walking on uneven surfaces; and bring a water bottle.



Recipes, Marilynne Phelps



I coordinated with the April herb of the month presentation "cilantro" and did a presentation on "culantro," its cousin on steroids.

The very typical paste I made is called "sofrito," used in a multitude of dishes in Cuba, The Dominican Republic, Puerto Rico, many other countries in the Caribbean and some in South and Central America. Sofrito had its origins in Spain although Spanish sofrito is a little different.

I used red sofrito to make "picadillo" another dish which is very typical in most of the countries mentioned. Picadillo can simply be served over rice or used to make "empanadas" or "papas rellenas" (stuffed potatoes). I made the empanadas (hand pies, at right).



Culantro
Photo: istockphoto.com



Green Sofrito

- 12 Shishito peppers, seeded, stems removed, roughly chopped
- 1 bag of small sweet peppers seeded, stems removed, roughly chopped
- 1/2 of one big red bell pepper, seeded, stem removed, roughly chopped
- 1/2 of a big orange or yellow bell pepper seeded, stem removed, roughly chopped
- 1 sweet yellow onion, roughly chopped
- 1/2 a white onion, roughly chopped
- 1/2 of a red onion, roughly chopped
- 1/2 cup (very full) garlic cloves (more if you wish, many people add more)
- 6-8 green onions, roughly chopped (white and green parts)
- 1 bunch cilantro (remove only very thick stems)
- 1 bunch culantro (remove thick part of the stems)
- 1/2-1 tablespoon dried oregano or 1-2 tablespoons fresh (less if you do not like oregano taste)
- 1 tablespoon fresh thyme leaves
- 1/2-1 teaspoon turmeric
- 1/4 cup olive oil
- 3-4 tablespoons lemon juice
- Salt and pepper to taste (I added a couple of tablespoons of salt and 1 of pepper)



Frozen sofrito.
Photo: Cookpad.com

You might need to do the following in batches; I did it in 2 batches

Fill food processor with equal parts of all the above ingredients. Turn it on low for a minute and then on high until everything is thoroughly blended.

Empty in a big bowl and proceed the same way for the rest of the ingredients. Again empty contents in the big bowl and with a big spoon thoroughly blend everything (this might take 2-3 minutes).

IMPORTANT NOTES:

- 1. You do not have to use all the different peppers that I used in my recipe. You can simply buy 1 of each: big green bell pepper, big orange bell pepper, big red bell pepper**
- 2. You do not have to use all the different onions that I used - you can simply buy 2 sweet yellow onions. You will still use the green onions.**

Store part of this in the refrigerator in a jar with a tight-fitting lid (1-2 weeks)

The rest can be put in ice cube trays until frozen and then stored in freezer bags or store directly in freezer

bags (flatten the bags). I store it in half-cup amounts but you can do less or more. These will last at least 4 months.

Red Sofrito

12 Shishito peppers, seeded, stems removed, roughly chopped
1 bag of small sweet peppers seeded, stems removed, roughly chopped
1/2 of one big red bell pepper, seeded, stem removed, roughly chopped
1/2 of a big orange or yellow bell pepper seeded, stem removed, roughly chopped
1 sweet yellow onion, roughly chopped
1/2 white onion, roughly chopped
1/2 red onion, roughly chopped
1/2 cup (very full) garlic cloves (more if you wish, many people add more)
6-8 green onions, roughly chopped (white and green parts)
1 bunch cilantro (remove only very thick stems)
1 bunch culantro (remove thick part of stems)
4-5 good sized tomatoes cored, roughly chopped
1 - 2 inches of Annatto or Achiote paste; blend into the 1/4 cup of olive oil before putting into blender
1/4 cup olive oil
3-4 tablespoons lemon juice
Salt and pepper to taste (I added a couple of tablespoons of salt and 1 of pepper)



Photo: allthecoooks.com

You might need to do the following in batches; I did it in 2 batches.

Fill food processor with equal parts of all the above ingredients. Turn on low for a minute and then on high until everything is thoroughly blended.

Empty in a big bowl and proceed the same way for the rest of the ingredients. Again empty contents in the big bowl and with a big spoon thoroughly blend everything (this might take 2-3 minutes).

IMPORTANT NOTES:

- 1. You do not have to use all the different peppers used in my recipe. You can simply buy 1 of each: big green bell pepper, big orange bell pepper, big red bell pepper***
- 2. You do not have to use all the different onions that I used - you can simply buy 2 sweet yellow onions. You will still use the green onions.***

Store part of this in the refrigerator in a jar with a tight-fitting lid (1-2 weeks).

The rest can be put in ice cube trays until frozen and then stored in freezer bags or store directly in freezer bags (flatten the bags). I store it in half-cup amounts but you can do less or more. These will last for at least 4 months.



Photo: gourmetbetty.com

Beef Picadillo

2 lbs ground beef (or turkey or chicken)
1 1/2 teaspoons black pepper or to taste
1/2 teaspoon red pepper or to taste (I used cayenne)
1/2-3/4 cup sofrito
3 tablespoons tomato paste
1 1/2 teaspoons sazón
Water to cook the meat
1 1/2 teaspoons adobo
2 teaspoons salt or to taste

In large skillet over medium heat sauté the ground beef, breaking up the meat. Sauté until meat is no longer pink. Drain the meat of all excessive fat.

Bring the pan back to the stove and add the Sofrito and sauté for 3-4 minutes. Add sazón, adobo, desired salt and black pepper, red pepper and tomato paste. Stir everything very well and sauté for a minute or two.

Pour enough water in the skillet to cover the meat. Cover with a lid and lower the heat setting to low. Cook until most of the water has disappeared.

Taste the meat if you think it needs salt and/or pepper this is the moment to add it. If you think that it is lacking in flavor add a shake or two of adobo and or sazón.

Raise the heat to medium and continue cooking for 5-10 minutes (without lid) until the meat is moist but does not have extra liquid.

Serve the picadillo over rice or use it to make empanadas or to stuff potatoes.

NOTE: If you are vegetarian, omit the ground meat and just use potatoes cut into small squares. Follow recipe except that you will add only enough water to cook the potatoes, they will cook quickly. Toward the end of your cooking add peas if you wish and mix well. Cook for about 5 minutes. You can also come up with your own mix of vegetables.



April NHS Minutes, Pam Knott



The April 22 meeting commenced at 10 a.m.

Kathy Cartier's sale at Messiah Lutheran, 1800 S. 70th St., was mentioned. The minutes were approved and the treasurer's report read by Pam Knott. A new member has joined long distance, Ann Weekley of Lake Placid, Fl.

Our May 6 plant sale was discussed. Green School Farms herbs will be \$3.50 each, we'll have a separate ticket for membership and raffle. Let Bonnie Bake know what you'll be bringing for the bake sale.

Janet Lindsteadt presented coriander, the herb of the month, of which there are two species and it is an annual. It resembles flat leaf parsley but the odor may be repulsive to some. It is used in many kitchens around the world.

The June meeting will be at Susan Scott's home making hypertufa pots.

Marilyne Phelps presented culantro, a cousin of cilantro. It is peppery sharp and is used in Caribbean and Asian cooking. To preserve, cut the leaves and freeze them in olive oil. It is good for arthritis, swelling and epileptic fits. Marilyne made sofrito sauce which we sampled and green sofrito also. She also made empanadas with chimichurri sauce, delicious!

Then we made plant labels with wine corks and sticks to sell at the plant sale.

