

The Thymes

Official Newsletter of the Illinois Valley Herb Guild



January 2020

HAPPY NEW YEAR

Volume #6 Issue #1

Welcome to the Illinois Valley Herb Guild Newsletter.

Guild Officers: *President-Doris Miller, Vice President-Lorraine Terando, Treasurer-Vicki Gensini, Corresponding Secretary- Craig Arbet, Recording Secretary - Arlene Brandner, Social Media Director/Newsletter- Dave Dunagan*



There were no December 2019 minutes,

January meeting Date: Tuesday January 21st, 2020 In case of inclement weather this meeting will be moved to February 18th, 2020

TREASURER'S REPORT

December 2019 Treasurer's Report

Opening Balance Checking: \$8,044.95

Monthly Income:

Total Monthly Income – \$0.00

Monthly Expenses:

Barb Dahlbach (program) - \$50.00

Capponi's (Christmas party) - \$594.24

Total Monthly Expenses - \$644.24

Closing Balance Checking - \$7,400.71

Announcements and Upcoming Events

All meetings will start at 7 PM and the location will be at the Putnam County Community Center in Standard, IL. Guests are always welcome! Bring a friend.

January - Tad Tinker - Seatonville Greenhouse - propagating plants, seeds, and new plants

February - ***NO MEETING Unless the January Meeting is cancelled due to weather.***

March - John Lynn - Ireland (travel)

April - Warren Norris - beekeeping

May - Silver Creek Farms - This will be to his house in Spring Valley. We will have supper at a place TBD.

June - club trip may take the place of this

July - Susan Glassmann - This meeting will take place at the LaSalle Extension office in downtown LaSalle. - program TBD

August - Marcy Raleigh - Mocktails

Refreshments Provided

Members Soup Night: All members bring your favorite soup and include recipes. Yours may be picked to be in the next newsletter.



Quick Cream of Mushroom Soup

Ingredients

- 2 tablespoons butter
- 1/2 pound sliced fresh mushrooms
- 1/4 cup chopped onion
- 6 tablespoons all-purpose flour
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 2 cans (14-1/2 ounces each) chicken broth
- 1 cup half-and-half cream

Directions

- In a large saucepan, heat butter over medium-high heat; sauté mushrooms and onion until tender.
- Mix flour, salt, pepper and one can broth until smooth; stir into mushroom mixture. Stir in remaining broth. Bring to a boil; cook and stir until thickened, about 2 minutes. Reduce heat; stir in cream. Simmer, uncovered, until flavors are blended, about 15 minutes, stirring occasionally.

Test Kitchen Tips

Many people don't know the difference between chicken broth and chicken stock. Chicken stock is made from bone, while chicken broth is made from meat. Mushrooms are rich in vitamin B, which makes them a great supporter of heart

1 cup: 136 calories, 8g fat (5g saturated fat), 33mg cholesterol, 842mg sodium, 10g carbohydrate (3g sugars, 1g fiber), 4g protein.



In Season: Fruit Vegetables and Herbs

- **Fruit:** apple, dates, lemon, mandarin, orange, pear, tangerine.
- **Veggies:** brussels sprout, cauliflower, celeriac, celery, chestnut, kale, Jerusalem artichoke, leek, parsnip, potato, swede ?, sweet potato, turnip.
- **Herbs:** Garlic, ginger.

Now you may ask "*what the heck is a swede*"? Answer: a large, round yellow-fleshed root which is eaten as a vegetable; a rutabaga. A European plant of the cabbage family which produces the swede. OK, next question is, *why is it called a Swede*? Answer: This comes from the Swedish dialectal word rotabagge, from rot (root) + bagge (lump, bunch). In the U.S., the plant is also known as Swedish turnip or yellow turnip. ... The term turnip is also used for the white turnip (*Brassica rapa* ssp *rapa*).

One more question if you please. *Is Swede similar to potato*? Also known as rutabaga, or 'neeps' in Scotland, **swede** is a root vegetable **similar** to the turnip, although it is less watery in texture. Purplish on the outside, it has sweet-tasting yellow or white flesh and can be cooked in much the same way as other root vegetables such as **potatoes**.

Now that you have my pique interest I have another question: *Is Swede good for your health*?

Swede has a wide range of **health** benefits due to its excellent source of vitamins and nutrients.

This **healthy** vegetable is particularly high in vitamins C, E, K and B6, as well as being a **good** source of manganese, potassium, magnesium, calcium, iron, zinc, carotene and fiber.

Here is a link for more info and recipes for Swede.

<https://susanjoyfultable.com/blog/swede-my-new-favourite-vegetable-why-should-we-be-eating-them/>

So can I expect someone to have Swede soup for our January meeting?



Christmas Party



The IVHG Christmas was a great success. Good cheer, good food, and excellent camaraderie among the members and guests gave a great start to this year's Christmas season.

