

# The Thymes

## *Official Newsletter of the Illinois Valley Herb Guild*



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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*

## **Announcements and Upcoming Events**

**Future Meetings:** Due to the uncertainty of the Virus Protocol the Guild has decided to not to have a meeting until March 2021. Please Stay in touch Liking our Face book page and our web page

**Visit our website at: [www.ivhg.org](http://www.ivhg.org)**

Remember and Don't Miss our February meeting. There will be a ZOOM meeting with Father



Dom "The Bread Monk".

Here are the details:

***With so many herbs to choose from, what can a beginning herb gardener do to get started? Tune in to a Zoom meeting as Fr. Dom presents a narrated PowerPoint program titled "Seven Herbs for the Beginner Gardener." He'll present brief descriptions of each herb, how (and why!) to grow them, and how they can be used.***

***Links to recipes will be included, along with time for questions and comments.***

***Zoom in and join us: Tuesday, February 16 at 7:00 p.m.***

***A zoom link will be emailed to members.***

For you Newbie's, Fr. Dom always gives an excellent presentation. The Bread Monk provides useful information presented with exciting factoids and amusing asides so that you will come away with more knowledge and understanding of the topic. You will never feel you have wasted your time with the Bread Monk. I can't wait to see the recipes.

**IMPORTANT :A technical note:** You will need the ZOOM application on your device ( Smartphone, PC, laptop, tablet ). Watch for the email with the link for the ZOOM app. Download it immediately so if there are glitches, they can work out before the meeting.

*Refreshments Provided*

**Important:** There will be no refreshment served: Due to the Covid-19 virus protocol there will be no refreshments for meetings until further notice.

## **8 Herbs That Symbolize Love and Romance**

*Herbs and other plants have a centuries-long history of symbolizing love and devotion.* In ancient Athens, people wove mint and marigolds into bridal garlands and wreaths, and in classical Rome, brides carried wheat for fertility and rosemary to ensure the groom's fertility. In medieval times, European brides carried pungent herbs such as garlic and chives to keep spirits from disrupting their happiness. The pinnacle of romantic use of herbs may have come during Victorian times, when roses, lavender, pansies, and marjoram were carefully combined with one another and with other herbs to create formulas for romantic success and contentment.

Here are eight modern herbs you can use to communicate your love and romantic intentions.

**Basil:**

Basil became a symbol of love in Italy. In the folklore of Moldavia, a young man who accepts basil from a young woman is destined to fall in love with her.<sup>1</sup>

**Calendula**

Early Christians often brought these flowers to adorn statues of the Virgin Mary, which may be the origin of its use in love charms.

According to the modern language of herbs, calendula means "joy." What a lovely thing to say to your beloved. You can add calendula to your teas, but even more romantic, add it to your romantic bath by candlelight. For young valentines, a sweet calendula-flavored soap is a gentle and loving gesture.

**Thyme**

Thyme has a long history during which it has symbolized many things. According to the modern language of herbs, thyme brings with it the meaning of affection, which is perfect for either young love or deep friendship. What better way to express your devotion to someone than to include a sprig of thyme in a bouquet.

**Patchouli**

The heady scent of patchouli is not surprisingly included in a list of romance herbs. According to the modern language of herbs, patchouli means "passion." To use patchouli to its fullest extent, tuck some dried patchouli into small sleep pillows or sachet. The rich, lusty scent can entice your love to feel romantic.

**Yarrow**

In the modern language of herbs, yarrow means "everlasting love." Yarrow has a naturally spicy flavor, so use a light hand, and include it in your teas or baths

**Lavender**

In the modern language of love, Lavender means "devotion and undying love." It is no surprise that lavender has always been considered a herb of love since its delicious and romantic scent is adored by almost everyone. An increasingly popular modern tradition is to use dried lavender petals as wedding confetti.

**Oregano**

Although we think of oregano primarily as a cooking herb, the ancient Greeks believed that it was the herb of Aphrodite, goddess of love, who is said to have created it as the herb of joy for her garden.

**Fennel**

With its soft, feathery, delicate growth habit, fennel seems perfect for a list of modern love herbs. In the language of herbs, this sweet, heady-scented herb means "flattery." Include its tall, shimmery fronds, in a bouquet of herbs and flowers to present to your loved one. Add fennel to your Valentine's Day meal, sprinkle it on your salad, or dessert dishes.

**Feature this month recipes:** I have decided to include some of our members special recipes.

The first one is from Vickie Gensini.

This is our family favorite and I grew up with my Mom\* making it. Super easy and so good.

**Cake:**

**Ingredients**

1 box lemon cake mix  
4 eggs  
3/4 cup apricot nectar  
3/4 cup vegetable oil  
1 small box lemon Jell-O

**Directions:**

*Put all ingredients* into a mixing bowl...except the box of Jell-O. Mix for 2 minutes. Add Jell-O and mix again (about 30 seconds to a minute). Pour into a greased and floured 9x13 pan. Bake for 30 minutes at 350. When the cake is done, poke holes with a fork (not too deep). Pour icing over cake while still warm.

**Icing:**

1 1/2 cups powdered sugar  
3 T apricot nectar  
3 T lemon juice

*\* Editors note: Mom's recipes are the best.*

Denny Dahlbach, husband of Barb, has this herb mix that can be used in many different ways.

Denny's Special Meat Rub The dry ingredients can be mixed in a small jar in the cupboard to use as a seasoning. Label it as Denny's Special and include the herbs

**Denny's Special Herb Mix**

3-4 Tablespoon. Olive Oil  
1 teaspoon Parsley  
1 teaspoon Sweet Basil  
1 teaspoon Chives  
1/2 teaspoon Marjoram  
1/2 teaspoon Oregano  
1/2 teaspoon Tarragon  
1/2 teaspoon Sage  
3-4 pressed Garlic Cloves

**For Marinating**

- Take all above ingredients combine 1 Cup Buttermilk
- Place in 3-4 Quart Bowl with 4 Chicken Breast or Butterfly Pork Chops
- Fork meat every half hour and turn over
- Marinate for two hours.
- Fry in Medium Hot Skillet covered until nearly done
- Cook last 3-4 minutes uncovered to brown

**Pan Fry**

- Put oil skillet
- Add chicken or pork in skillet
- sprinkle herbs over meat and cook until done

**To Marinate Over Night**

- Add 2/3 cup additional Olive Oil
- add all dry ingredients
- 1/3 Cup Balsamic or Homemade Herbal Vinegar
- add Chicken or Pork Chops to sealable dish
- flipping a couple of times