

The Thymes

Official Newsletter of the Illinois Valley Herb Guild

November 2019

VOL. #5 ISSUE #11

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*



The Illinois Valley Herb Guild met on Tuesday, October 15, 2019, at the Putnam County Community Center in Standard, IL. The meeting was called to order at 7:00 pm by Vice-President, Lorraine Terando.

Guest speaker Kelley Larimer gave a presentation on essential oils. Kelley sells Young Living oils. She had a couple handouts which will be included in the newsletter.

There were no minutes submitted to Dave Dunagan for the September meeting. Jackie Norris made a motion to approve the treasurer's report as printed in the newsletter. Lois McClenning seconded. Motion carried.

A sign-up sheet was sent around for the Christmas party. It will be sent around in November too. The club will pay for members and guests will be approximately \$12-\$15.

Charlotte Oglesby sent an email to members asking what the large balance in our treasury is going to be used for. Doris Miller told those present that it is used for monthly programs, Christmas party and we need to have \$2,000 to pay for the plants prior to the sale. We are also planning a bus trip next year to St. Louis that will be paid for by the club for members that sign up.

Doris Miller reminded members that there will be a Celebration of Life for Greg Steil on Sunday, November 3rd from noon-6 pm at the Paramount Club in LaSalle.

Next month's program will be presented by Haleigh Augspols from Hy-Vee. The program will be on healthy sides and desserts for Thanksgiving. Haleigh will be bringing samples for everyone so there will be no refreshment committee needed.

Lillian Saxton brought up that we should consider donating money to the senior center. Vicki Gensini mentioned that there used to be a horticulture program at IVCC and there isn't one anymore. Barb Dahlbach said she thinks there is one now and it's part of the agriculture program. She will check into this. Barb also mentioned that there is going to be a community garden as part of the McNabb Library and also a garden at the Fieldcrest school that could use funding. Lillian Saxton made a motion to donate \$500 to the senior center. Barb Dahlbach seconded. Motion carried. Lois McClenning said that she was under the understanding that when people donate money, there are two separate entities at the building. Lorraine Terando said she would check into it.

Bus Trip & Herb Booklet – Fr. Dominic wasn't present so nothing to report.

The Utica Garden Club invited our group to their meeting on October 17th at 7 pm at the Community Building in Utica.

Jan Webster made a motion to adjourn the meeting. Sharon Gallup seconded. Motion carried.

Respectfully submitted,

Vicki Gensini, Acting Recording Secretary

TREASURER'S REPORT

October 2019 Treasurer's Report

Opening Balance Checking: \$8,580.95

Monthly Income:

Dues - \$60.00

Total Monthly Income – \$60.00

Monthly Expenses:

Kelly Larimer (program) – \$50.00

Putnam County Senior Center (donation) - \$250.00

Putnam County Community Center (donation) - \$250.00

Total Monthly Expenses - \$550.00

Closing Balance Checking - \$8,090.95

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.

November - Haleigh Augspols from Hy-Vee- nutrition

December - Christmas Party - Capponi's

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

February - NO MEETING

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

Yummy Samples from Hy-Vee

Kelley Larimer November's Speaker : Young Living Essential Oils



October's IVHG Meeting had as the night's speaker Kelley Larimer who represents Young Living Essential Oils. I had not been aware that essential oils could be used in cooking. Kelley gave an excellent presentation on how essential oils can be used in preparing your meals. First, you must remember that many oils sold for aromatherapy or even bath and body use are not suitable to consume.

Kelley's oils are from Young Living Essential Oils. The plants are grown in organic soil, harvested by horse-driven machinery with water coming from wells or reservoirs. Time to harvest the plants are the time of day sensitive. Early morning is preferable. All parts of the plants are used, leaves, stems, and roots.

Why use Essential Oils in the kitchen?

Essential oils come in particularly handy if a recipe calls for an uncommon ingredient, essential oils are easier to find and keep much longer, essential oils are also a super handy substitute if you don't have certain ingredients on hand, essential oils are so strong, they're the perfect ingredient if you need to pack a flavorful punch.

How to cook with essential oils

Essential oils have a ton of flavor. That means a few drops of oil is equal to about a teaspoon of a comparable extract (think lemon, almond or mint). Bear this in mind as you make any additions or substitutions. See the conversion chart included in this newsletter. Also, because essential oils are rarely called for in recipes, it's important to know when to add them. A good rule of thumb is to add them toward the end of the cooking process to preserve the most flavor. If you're working with a recipe where you can't add the oils later compensate by adding an extra drop or two to the mix. It's also worth noting that some oils are stronger than others. Cinnamon, clove, cumin, oregano, and thyme are naturally very bold, so be careful. In fact, when you use these essential oils in your cooking, dip a toothpick into the vial to pick up a small amount of oil instead of using the dropper. Better to add cinnamon oil little by little than to ruin a recipe by accidentally adding too many drops!

Conversion may affect your dish. The flavor may change, color and texture may be different. Citrus flavors have only a year shelf life all others will last indefinitely.

Essential Oils

Basil** - Migraines, throat/lung support, bug bites, scent helps w/ mental fatigue

Carrot Seed - Skin conditions, liver issues, has high SPF

Celery Seed - Liver, Digestive Support

Cumin - Digestive, Immune Support

Dill - Insulin/Sugar Support, Calming

Lavender - Great for Skin, Calming Scent, Seasonal Issues



Known as the Swiss Army Knife of Oils

Lemongrass - helps with circulation, Respiratory Support, Digestive Concerns

Oregano - Anti-inflammatory, Infections, scent gives a feeling of security

Peppermint - Digestion, Nausea, Discomfort of body aches/pains/muscular, scent helps with focus/attention

Caution - Hot Oil

Rosemary** - Memory, Immune System Support HBP, Respiratory Support

Scent helps with mental clarity/focus, fatigue

** avoid if Epileptic



TPD = Toothpick Dip

Conversion Chart

	1/4 Teaspoon	1/2 Teaspoon	1 Teaspoon	1 Tablespoon
Basil	2 TPD	1 drop	2 drops	4 drops
Black Pepper	1 drop	2 drops	4 drops	8 drops
Bay Laurel	1 leaf = 1 drop	2 leaf = 2 drops	3 leaf = 3 drops	4 leaf = 4 drops
Cinnamon Bark	1 TPD	1 stick = 2 TPD	2 sticks = 1 drop	3 sticks = 2 drops
Clove	1 clove = 1 TPD	2 cloves = 2 TPD	3 cloves = 4 TPD	4 cloves = 1 drop
Celery Seed	1 TPD	2 TPD	1 drop	2 drops
Cardamom	1 TPD	2 TPD	1 drop	2 drops
Coriander	1 TPD	2 TPD	3 TPD	1 drop
Dill	1 TPD	2 TPD	1 drop	3 drops
Grapefruit	1 drop	2 drops	4 drops	8 drops
Lime	1 drop	2 drops	4 drops	8 drops
Lemon	1 drop	2 drops	4 drops	8 drops
Lemongrass	1 stalk = 1 drop	2 stalks = 2 drops	3 stalks = 3 drops	4 stalks = 4 drops
Nutmeg	2 TPD	1 drop	2 drops	4 drops
Orange	1 drop	2 drops	4 drops	8 drops
Oregano	1 TPD	2 TPD	1 drop	2 drops
Peppermint	2 TPD	3 TPD	1 drop	3 drops
Rose	1 TPD	2 TPD	3 TPD	1 drop
Rosemary	2 TPD	1 drop	2 drops	4 drops
Sage	2 TPD	1 drop	2 drops	4 drops
Tarragon	1 TPD	2 TPD	3 TPD	2 drops
Thyme	1 TPD	2 TPD	1 drop	2 drops

Herbed Garlic Dipping Oil

Talk about versatility! This herb-infused oil has many uses. Spread over halved French bread and broil until toasted, toss with hot pasta, or simply use as a full-flavored dipping oil. —Dawn Embry-Rodriguez, Florence, Colorado

Ingredients

- 1 cup olive oil
- 16 to 20 fresh basil leaves
- 1/4 cup minced fresh rosemary
- 4 teaspoons minced garlic
- 1 teaspoon salt
- 1/3 cup balsamic vinegar
- Italian bread, cubed

Directions

Place the first five ingredients in a blender; cover and process until desired consistency. Transfer to a small bowl. Stir in vinegar. Serve with bread cubes.

Nutrition Facts

2 tablespoons oil (calculated without bread) : 223 calories, 24g fat (3g saturated fat), 0 cholesterol 266mg sodium, 2g carbohydrate (1g sugars, 0 fiber), 0 protein