



Organic Newsletter

Fall Edition, 2012

Harvesting and Storing Herbs

With our days growing shorter it's time again to harvest our gardens' summer bounty and store it for those cold months ahead.

When to harvest your herbs depends on what is going to be harvested- leaves, flowers, roots or seeds. For many herbs, harvesting in the early morning, just as the dew is drying is best. For leaves, harvest just before flowering. If harvesting flowers, cut before the flowers have fully opened. Root herbs should be harvested at end of summer or early fall. Finally, harvest seeds when the pods begin to change color.



In general most herbs respond well to frequent harvesting. If using annual herbs you can keep cutting right until frost! However, for perennial herbs it's best to stop by the end of August so foliage can harden off before winter.

Storing your herbs is the next step. Using them fresh always provides the most flavor and to keep them close at hand you can store them in the refrigerator. Herbs such as rosemary, chives, and thyme store well in the refrigerator. After harvesting, wrap them in a damp paper towel and

store in an open bag. Wash the herbs right before use.



What do you get if you divide the circumference of a pumpkin by its diameter?

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Pumpkin Pi!

If you're ready to dry your herbs there are two things to keep in mind. The first is that dried herbs will keep for 2-3 years but are best used within the first year, when their flavor will be at its best.

The second is the method of drying you use depends on if the herb is a low or high moisture plant. Herbs such as rosemary, thyme, sage, dill and parsley are low moisture plants. While basil, bay, lemon balm, lovage, mint, lemon verbena, and tarragon are high moisture and need to be dried quickly or they will mold.

For low moisture herbs the best way to dry them is by air drying. When harvesting cut whole branches and tie in small bunches. Hang the bundles upside down in a dark, well ventilated room. If desired you can also place the herbs in a paper bag and hang them upside down to help keep dust off or to catch seeds that may fall. They should be completely dry in about two to three weeks. After they have dried remove the leaves and store them whole in an air tight container, crush them when you are ready to use.

Fun Fact:

Did you know that oaks typically begin producing acorns when they are at least 20 years old but may need to reach as old as 50! Once they reach 100 they can produce up to 2200 acorns a year!



For high moisture plants remove the leaves and place in a single layer on a frame covered with netting or screen. Turn them over after the first few days; it should take about a week for them to dry. Store in an air tight container.

With most herbs keeping them out of the light will help them retain their flavors and aromas. Also never store them in paper or cardboard as these materials will absorb the oils and ruin the flavor.

Another easy method to store your herbs is freezing. Wash leaves and pat dry, then place on a pan in a single layer. When they have frozen place them in an air tight container and store in the freezer until you're ready to use them! Some herbs that do well by this method are, basil, chives, dill, lemongrass, mint, oregano, sage, tarragon, and thyme- they can store for up to six months in the freezer.

When harvesting such herbal root crops most once dug should be kept in a cool area. However with root crops such as valerian, horseradish, echinacea, you must check the individual requirements, as some can take up to seven years before they are ready for harvesting.



For harvesting seeds, as previously mentioned wait until the pod, capsule etc. has turned brown or opened. Depending on the plant you may have to monitor the plant to ensure the birds don't get to them first.

After you remove the seed head from the plant open it and pour the seed into a vellum or paper envelope. The paper envelopes work well if the seed hasn't completely dried. Seal and label the envelopes and keep in a cool, dry, dark place.

On the next few pages are a list of some herbs, what parts to harvest, what method to use for drying and their uses.

Happy Harvesting!

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Wishing you a wonderful fall!

~The Organically Green Team

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*"Every leaf speaks bliss to me,
fluttering from the autumn tree."*

~ Emily Bronte

Quick-Drying Herbs for Traditional Bunching

Herb	Part to Harvest	Use
Catnip	Flowering stalks	Teas
Chives	Just-opened flowers	Crafts, cooking
Feverfew	Just-opened flowers	Crafts, tea
Hops	Greenish flowers with stems	Crafts
Lady's mantle	Flowering stalks	Crafts
Lavender	In bud with long stems	Cooking, skin-care products, crafts
Lemon balm	Leafy stems	Cooking
Marjoram	Leaves	Cooking
Mints (except apple mint)	Leafy stems	Cooking, crafts, flowers for tea
Oregano	Leaves	Cooking
Rosemary	Leaves	Cooking
Sage	Soft, not woody, leafy stems	Cooking
Savory	Leafy stems	Cooking

Dry These Herbs on Screens

To dry these herbs on screens or trays, harvest them and eliminate as much of the stalk and stems as possible. These herbs require more careful handling because they turn yellow or brown unless quickly dried. Cut up foliage in small pieces (chive leaves, basil), leave flowers whole (chamomile) or tear them into florets (chive flowers).

Herb	Part to Harvest	Use
Apple mint	Leafy stems	Cooking, tea
Basil	Leafy stems	Cooking
Chamomile	Freshly opened flowers	Tea
Chive flowers	Florets	Crafts or herb mixes
Chive leaves	Fat early-season leaves, cut up fine	Cooking
Dill, fernleaf	Leaves on short stems	Cooking
Elderberry	Fresh flower umbels with short stems	Tea
Lovage	Chopped leafy stems	Cooking
Oregano	Leaves	Cooking
Parsley, curled	Cut-up leafy stems	Cooking
Parsley, Italian or flat	Cut-up leafy stems	Cooking
Rosemary	Leaves	Cooking
Roses	Small whole roses, or petals	Crafts, jellies, vinegars
Thyme	Leaves with as few stems as possible	Cooking

Source: The Herb Companion

Organically Grown

Mexican Grilled Corn



Ingredients

- 4 ears corn
- 1/2 cup mayonnaise
- 1 1/2 cups sour cream
- 1/4 cup freshly chopped cilantro leaves
- 1 cup freshly grated Parmesan
- 1 lime, juiced
- Red chili powder, to taste
- 2 limes cut into wedges, for garnish

Directions

Remove the husks of the corn but leave the core attached at the end so you have something to hold onto. Grill the corn on a hot grill or cast iron griddle pan until slightly charred. Turn it so it gets cooked evenly all over. Mix the mayonnaise, sour cream and cilantro together. Grate the parmesan in another bowl. While the corn is still warm slather with mayonnaise mix. Squeeze lime juice over the corn and shower with Parmesan. Season with chili powder and serve with extra lime wedges.

Note: We recommend using certified organic ingredients, when available, in all recipes to maximize flavors and nutrition while minimizing your risk of exposure to pesticides, chemicals and preservatives.

Red Potato & Tomato Salad



Ingredients

- 1 pound baby red potatoes, halved
- 1 pint (2 cups) cherry tomatoes halved (or fresh tomatoes from your garden!)
- 3 scallions, thinly sliced
- 1/3 cup pitted black olives, halved
- 1/3 cup chopped fresh flat leaf parsley
- 2 tablespoons capers, rinsed and drained
- 1 tablespoon chopped fresh thyme leaves
- 1/4 cup extra virgin olive oil
- 1 large lemon, zested
- Kosher salt and freshly ground black pepper

Directions

Add the potatoes to a medium saucepan with enough cold water to cover by at least 2 inches. Set the saucepan over medium heat. Bring the water to a boil and continue boiling until the potatoes are tender, about 15 to 20 minutes. Drain the potatoes in a colander and allow them to dry for 5 minutes.

In a serving bowl, add the potatoes, tomatoes, scallions, olives, parsley, capers, thyme, olive oil, and lemon zest. Toss gently until all the ingredients are coated and season with salt and pepper, to taste. Refrigerate for 1 hour and gently toss again before serving.

Services for 2012:

We offer the following services to help increase the enjoyment and beauty of your property:

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- ❖ Shrub & Tree Spraying / Fertilization Programs
- ❖ Integrated Pest Management
- ❖ Soil Restoration
- ❖ Plant and Soil Stimulation Program
- ❖ Deep Root Feeding
- ❖ Root Growth Enhancement
- ❖ Mature Tree Restoration
- ❖ Air Spading
- ❖ Radial Trenching
- ❖ Vertical Mulching
- ❖ Anti-Desiccant Spraying
- ❖ General Tree and Shrub Maintenance Removal

Turf:

- ❖ Lawn Renovation
- ❖ Fertilization
- ❖ Overseeding
- ❖ Core Aeration
- ❖ Estate / Property Purification

Organic Pest Control:

- ❖ Flying Insect
- ❖ Deer / Geese
- ❖ Rodent Repellent
- ❖ Organic Tick & Flea Control

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