



# The Mason-Dixon Unit of the Herb Society of America



## Event Schedule

### October 7-9th

Mid-Atlantic Regional Meeting in Reading, PA



### October 20th

#### Regular Meeting

Program on Herbal Jellies



### November 17th

#### Regular Meeting

Bring your herbal questions for a round table discussion



### December 15th

#### Holiday Social

Members are invited to celebrate the season at Annette Steger's home. Bring a covered dish and a bar of herbal soap for the gift exchange



THE HERB GARDEN AT THE  
GOLDEN PLOUGH TAVERN  
AUGUST 2011

Our first year of planning, planting and tending the garden for the York Heritage Trust

The Mason Dixon Unit had a successful first year creating a kitchen and herb garden at the Golden Plough Tavern in York City for the York Heritage Trust Foundation. The girl scouts who had helped with the planting returned in August to see the results of their efforts. They were in awe of the garden and jumped from bed to bed, asking questions, planting identification sticks they had painted. Discussing opinions of

parsley, mint, lemon verbena, thyme; the softness of lamb ear, the dangers of rue, and all the many choices for a garden 200 years ago. The girls left the garden with knowledge and memories of the mission "for the use and delight of herbs".



# HORSERADISH

*Educating the Community*

**T**he Mason Dixon Unit setup a booth at the 2nd Annual Tomato Fest held at the Horn Farm, an educational organization that supports new farmers, provides leased farm plots to local communities and presents programs throughout the year. The day started out rainy but cleared up and a nice crowd was in attendance. Members provided recipes that combined tomatoes with herbs and offered information on the Herb of the Year - Horseradish.



## Herb of the Year 2011 Horseradish

In celebration of the herb of the year, we will be collecting recipes using horseradish in traditional and unique ways. Email your favorite discovery and we will publish the best in future newsletters.

### HORSERADISH RECIPES

#### summer tomato and horseradish salad

4 large handfuls of mixed tomatoes  
sea salt & fresh ground black pepper  
extra virgin olive oil  
good red wine vinegar  
½ a clove of garlic, grated  
2 teaspoons fresh horseradish,  
grated, or jarred hot horseradish  
a small handful of fresh flat-leaf  
parsley

Cut the bigger tomatoes into slices about ½ inch thick. You can halve the cherry tomatoes or leave them whole. Then sprinkle them all with a good dusting of sea salt. Put them in a colander and leave them for 30 minutes. What's going to happen here is that the salt will draw the excess moisture out of the tomatoes, intensifying their flavor. Don't worry

about the salad being too salty, as a lot of the salt drips away.

Place the tomatoes in a large bowl and dress with enough extra virgin olive oil to loosen (approximately 6 tablespoons), and 1–2 tablespoons of vinegar, but do add these to your own taste. Toss around and check for seasoning – you may or may not need salt but will certainly need pepper. Add the garlic. Now start to add the horseradish. Stir in a couple of teaspoons to begin with, toss around and taste. If you like it a bit hotter, add a bit more horseradish. All I do now is get some finely sliced flat-leaf parsley (stalks and leaves) and mix this into the tomatoes. Toss everything together and serve. from JamieOliver.com