



WILD THYMES

Mason Dixon Unit of the Herb Society of America



Gettysburg Pennsylvania

MID-ATLANTIC GATHERING
OCTOBER 2010

A great time was had by all at the Mid Atlantic Gathering of the National Herb Society.

Event Schedule

April 8th & 9th

PA Herb & Garden Festival



The club will have an educational display at the festival. Join us and learn about the 2011 Herb of the Year "Horseradish"

April 30th

Cardiff Heritage Days

Club members will be presenting a short play on the use and delight of herbs during the Civil War

May 14th & 15th

Annual Herb Sale



The club will be selling herbs at Southern Turf & Tractor on the Susquehanna Trail from 8am to 3pm on Saturday and 9am-3pm on Sunday. This is our annual fund raiser. Funds are used to sponsor educational programs throughout the year.

May 21st

Plant Exchange

The club will host a plant exchange at the Paul Smith Library in Shrewsbury on May 21st from 10am to 2pm. Please divide and pot your plants a week prior to the exchange and join us for a great opportunity to find new plants and share plants from your garden.

MID-ATLANTIC GATHERING

The Mason Dixon Unit sponsored the annual Mid-Atlantic Region's meeting in October, 2010. Attendance was a record at 120 members and was a profitable venture for the mid-atlantic region. The pre event social was a big success with herbal cordials and foods made by members. A recipe booklet was given out so that all could recreate the wonderful offerings. Fun activities included a short skit performed by Mason Dixon members in Civil War costumes.

Over 30 herbs used during those times were incorporated into the program. Thanks to member Candy Riddle for her research and production of the program. Herb product vendors were plentiful and offered many items that were purchased by attendees.



HORSERADISH

What do you know about this Herb?

Horseradish originated in the southern part of Russia and the eastern part of the Ukraine. The herb has been cultivated for centuries because of its culinary and medicinal benefits. In 1869 John Heinz made horseradish sauce from one of his mother's recipes with the intention of selling it. He bottled the sauce in a clear glass jar so that you could see the quality of the product. It was one of the first condiments sold in the United States.

Medicinal Uses Horseradish has been used to treat backaches, asthma, arthritis, cancer, toothaches and the

common cold. Today, the enzyme peroxidase found in horseradish is used by molecular biologists for detecting antibodies.

Culinary Uses Horseradish can be paired with other ingredients to make simple sauces or spice blends. Try this herb with cheese, ketchup, mustard, relish, eggs, beef, chicken, fish, shellfish, broccoli, tomatoes, beets, potatoes, squash and apples. Combine with mint, bay, chives dill or garlic.

Information provided by the Herb Society of America Essential Guide to Horseradish



Armoracia rusticana

A member of the Brassicaceae family, along with cabbage and radish, characterized by a pungent odor.



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

Horseradish Dipping Sauce

- 1 Cup heavy cream
- 3 Tablespoons chopped mint
- 1 Tablespoon drained horseradish

Beat cream to soft peak stage. Add mint and horseradish. Refrigerate for one hour. Stir gently and serve with ham or beef.

