



September 25, 2008



THE HERB SOCIETY OF AMERICA BATON ROUGE UNIT

MISSION: The Herb Society of America is dedicated to promoting the knowledge, use and delight of herbs through educational programs, research, and sharing the experience of its members with the community.

For more information contact Rita Salman (225) 291-5684, ritasalman@cox.net

BASIL & BOOKS

Basil Chicken - *Rhonda Perdue*

Ingredients

- 2lbs Chicken - boneless, skinless
- 14oz Chicken broth
- 1 Onion, large - sliced
- 1 Bell pepper - sliced
- 1c Mushrooms - sliced
- 1tsp Basil, sweet
- 1tsp Thyme

Directions

1. Sauté chicken in broth until done.
2. Add sliced onion and bell pepper. Sauté until crisp tender.
3. Add salt and pepper to taste; add basil and thyme.
4. Add mushrooms. Sauté until warm.
5. Serve with bread chips

Pesto Round - *Melinda Winans*

- 16 oz cream cheese softened
- 2 tbs. hot water to shape cream cheese round
- 1 cup chopped fresh parsley
- ¾ cup grated parmesan cheese
- ¼ cup chopped pine nuts
- 2 tbs. fresh basil
- ¼ tsp. salt
- 1/8 tsp. pepper
- 1/3 cup olive oil
- 2 tbs. butter melted.

Basil Drink - *Deni Labelle*

Colonial Medicinals...
Basil Simple Syrup:

- 1 cup sugar
- 1 cup water.....
- Bring to boil, simmer for 5 minutes. Remove from heat.
- Add.....
- 1 cup basil leaves (fresh)
- Steep for 30 minutes.

Pour into glass container, refrigerate. Pour over ice and spritzer (Italian Sparkling water, Canada Dry, Vanilla Creme soda...etc), add crystallized ginger, mint (I like chocolate of course) and any small fruits such as blueberry, raspberry etc.



OTHER BASIL SPECIALTIES INCLUDE:

PENNE WITH BASIL & TOMATOES,
Linda Franzo

BASIL STUFFED TOMATOES,
Ingeborg

BASIL BUTTER ON BREAD,
Lori Mann



The Baton Rouge Herb Study Group, organized in 1989, became the Baton Rouge Unit of the Herb Society of America, Inc. in October 1991.

Officers:

Rita Salman, Chairperson

Lori Mann, Vice-Chairperson

Kathy Mullin, Treasurer

Sondra Thornhill, Secretary

The following regular monthly meetings are free, open to the public, and held at the Baton Rouge Garden Center at 7:00 PM unless otherwise noted.

October 11 - NATIONAL HERB DAY @ Goodwood Main Library

October 23

HOLIDAY CRAFT

January 22

HERBS FOR HEALTH

February 26

BAY-HERB OF THE YEAR

March 26

NATIVE AMERICAN

April 23

PASSIONATE PLATTER

May 28

EAT YOUR FLOWERS

BASIL & BOOKS

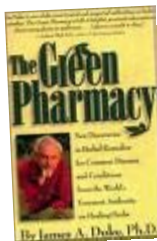
BOOKS

From Kathy Mullin



I'd like to include the first book I read by Susan Wittig Albert, *Dead Man's Bones*. Set in a small contemporary town in Texas, I had pretty much figured out the "who done it" part, but I loved the recipes, facts, and history about all of the different herbs she included in her book.

I've also enjoyed the Father Cadfael series by Ellis Peters. A soldier who had fought in the Crusades, Cadfael is now a monk and herbalist. With the knowledge he picked up while fighting the Muslims, he uses skills in logic, medicine, forensic pathology, and psychology to solve crime.



Rita's Favorite Books:

THE GREEN PHARMACY, by James A. Duke, Ph.D.

"The Ultimate Compendium of Natural remedies from the World's foremost authority on HEALING HERBS."

HEINERMAN'S ENCYCLOPEDIA OF HEALING HERBS & SPICES, by John Heinerman, Ph.D

"From a medical anthropologist's files, here are Nature's own healing herbs and spices for hundreds of today's most common health problems"

THE VEGETARIAN COOK'S BIBLE, by Pat Crocker.

"Cooking with a rainbow of natural, whole foods"

*Rita has a recipe in this book-
ALMOND SPREAD*



BASIL ESSENTIAL OIL:

Treatment: Bronchitis, Headache, Migraine, Digestive Aid, Mouth Ulcer, Gum Infection

Properties: Insect Repellent, Anti-depressant, Skincare, Aphrodisiac, Antiseptic, Digestive, Tonic

Uses: Bath, Hot compress, Massage, Vaporize, Cold compress, Mouthwash

Blend With: Lavender, Geranium, Bergamot

Warning: Irritates Sensitive skin, Dilute

Basil Vermouth from Kathy Mullin

Below is a recipe from Martini & Rossi that was published in the Advocate and it has become a favorite.

BASIL-VERMOUTH ICE

4 sprigs fresh basil

2 cups water

³/₄ cup sugar

1/2 cup dry white vermouth

Juice of 1 lemon

4 peppercorns



Strip the leaves from 1 basil sprig and set them aside. Tear the remaining basil into pieces and place in a saucepan, stems and all. Add water, sugar, vermouth, lemon juice and peppercorns. Slowly bring to boil. Remove from the heat, cover and let stand for 1 hour.

Strain the liquid through a sieve into a metal mixing bowl. Slice the reserved basil leaves into thin strips and stir into the liquid. Place in freezer and freeze until half-frozen. Whisk to break up ice crystals and return to freezer. Continue freezing and whisking until the mixture is stiff.

Scoop into martini glasses and garnish with tiny sprigs of basil.

Basil Cookies from Rita Salman

Collect basil flowers (all varieties) and a handful of leaves. Chop leaves finely and remove flowers from stalk. Spread this on chopping board. Purchase slice and bake sugar cookies. Slice cookie dough into a round and then in half (Makes more cookies). Press tops into basil and flowers. Put on cookie sheet and press flowers in well with finger. (May be brushed with beaten egg white) Bake as package directs.

Glad you came to our Herbal Educational Presentation. If you liked tonight's program, please join and support our mission. Our By-Laws state that you can attend THREE meetings as a guest, then decide if you would like to join.