

# Kentuckiana Herbal Thymes

“FOR USE AND FOR DELIGHT”

## COOKING WITH STEVIA

*University of Nebraska at Lincoln*



It is important to use the exact amount of stevia specified in the recipe. Too much may result in a bitter after-taste. Stevia works well with most fruit or dairy recipes. It may, however, pose a problem for baked items; stevia lacks the ability to add texture, caramelize, feed the fermentation of yeast and help tenderize a batter, all properties that sugar possesses. Cakes made with stevia may not rise as well, and achieving a soft, chewy cookie may take some practice.

Stevia is available as stevioside, stevia blend, or packets and can be purchased at most health food stores. The first thing to remember is that stevia is sweet but not exactly like sugar. To determine the amount of stevia you like, start by adding a few drops of extract to a glass of water. Taste it. Add one drop of clear liquid extract at a time, tasting after each one until the mixture becomes bittersweet. When the solution tastes bitter, cut back one or two drops. Some people take awhile to adjust to the taste of stevia. One way to make the transition is to add a little sugar to the stevia sweetened mixture until your taste buds adjust.

**Cookies:** Always preheat the oven to the recommended temperature. Crisp,

shortbread type cookies give the best results. For chewier cookies, add canned pumpkin, uncooked oatmeal or peanut butter.

**Cakes:** Always preheat the oven to the recommended temperature. Separating the eggs and whipping the egg whites until you have super-stiff peaks helps to increase the cake volume. Also, immediately invert the pan onto a cooling rack. This helps to prevent the cake from falling.

**Yeast and quick breads:** Without sugar, yeast will only have the flour to feed on and breads will take longer to rise. Quick breads tend not to rise as well as those sweetened with sugar. You may need to increase the amount of baking powder and baking soda.

One packet of stevia is almost 1/2 teaspoon. Although the strength of stevia sweeteners vary from one brand to the next, brands high in steviosides will yield a sweeter taste without the bitterness. When using stevia with less than 90 percent steviosides reduce the amount listed in the chart by 30 percent. The final product will not be as sweet, but you'll avoid a bitter taste. Most stevia products are labeled with the percent of stevioside.

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## NEXT MEETINGS

**TUESDAY, JANUARY 14, 6 P.M.**

*Central Christian Church*

**Spice It Up** - Bring your best recipe and sample of soup, cider, mocha, etc.  
Planning for the Spring Education Day & herb order.

**TUESDAY, FEBRUARY 11, 6 P.M.**

*Central Christian Church*

Tussie Mussie & Kissing Ball presented by Joan Burton.  
Workshop for Spring Education Day.

## STEVIA EXTRACT

Submitted Nancy Haseker, KHS member

1 cup stevia leaves, washed  
Organic vodka

Dry stevia leaves by putting them in a dehydrator or in the sun (12 hours). Place dried leaves in a glass jar and pour enough vodka to cover leaves, steeping leaves for exactly 24 hours. Use a strainer to filter out the leaves. To remove the alcohol, place on low heat for 20 minutes (do not boil). Transfer to a glass dropper bottle, storing in the refrigerator for up to 90 days.



**Happy  
Birthday!**

**January**

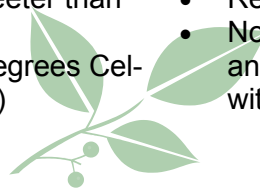
Jo Ann Luecke  
Rosa Kesten  
Marie Henize  
Davy Dabney  
Carol Daoud

**February**

Carrie Jo Warf

## BENEFITS OF STEVIA

- Sugarless with no calories
- Will not affect blood sugar levels like sugar does
- 100% Natural
- 250 to 300 times sweeter than sugar
- Heat stable to 200 degrees Celsius (392 Fahrenheit)
- Non-fermentable
- Flavor enhancer
- Plaque retardant, Anti-caries (prevents cavities)
- Recommended for diabetics
- Non-toxic; extensively tested in animals and used by humans with no adverse effects.



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# OLD WIVES' GARDEN LORE

By Deb Knight, KHS member

## The ABC's of Herb Folklore

While researching many of the following herbal folklores, I realized I could only include a sampling of each of them. The possibilities were endless. Enjoy part two of the folklore of herbs O through Z (see last newsletter for part one).

### Organo

Has antioxidant powers used in protection against cancers, heart disease, and strokes. In Greece it was the custom to crown young couples with this herb.

### Periwinkle

In the Caribbean, the periwinkle leaves are sewn into the mattress to keep the husband and wife forever in love. The blue flowers are symbolic of spiritual peace and harmony.

### Quassia

Bark extract is used to treat malaria fever. Used in North America as a stomach bitter for treating lack of appetite and digestive sluggishness.

### Rue

This herb can be toxic if ingested in large amounts...use it sparingly. Said to improve eyesight, ease headaches and nervous tension. If grown in your garden it will ward off slugs and harmful beetles.

### Sage

To treat a cold, fever, or memory loss drink a tea made with sage. Gypsies also used sage as a hair dye to cover their graying hair.

### Thyme

Where ever it grows in your garden is said to be a place blessed by the fairies. If you wear a sprig of thyme in your hair you will make yourself irresistible.

### Unicorn Root

Also known as colic root, star grass or devils bit. Used as a female tonic to treat chronic miscarriages.

### Violets

This spring flower is a rich source for vitamins A and C. So eat your violets from your yard. The Greek city of Athens considered the violet as its token flower because it was believed to ward off sources of evil.

### Wood Betony

This almost forgotten native mint was used by early American settlers to treat chest and lung ailments, fevers, gout, and dizziness. Often planted around churches to drive off devils and despair.

### X-pect

good things from using herbs, whether for cooking, crafting, drinking them in teas or medicinal uses. Enjoy learning about them and sharing them with your family and friends.

### Yarrow

This was an important herb to keep on hand to stop bleeding and treating fevers. The stalks are still used today by the Chinese for casting the I Ching predictions for the New Year. Fresh yarrow leaves can be chewed to relieve a toothache.

### Zhu Sha

Name for a Chinese herb or as we know it "cinnabar". This is used to sedate the heart, calm the spirit, relieve anxiety, insomnia, convulsions and help heal a sore throat.

*Herbal Wisdom: The above article was written only for educational and pleasure reading and it is not endorsing any herbal medicinal practices. Many of these herbs or the use of them for medicine can be harmful to you if you are pregnant or taking other medications. Always use with caution and consult your physician before using herbal treatments.*

## POTPOURRI

- Marty Thomas continues to be in good spirits in spite of her illness. Remember, she loves to have visitors, calls and notes!
- Deb Knight and her family are going through a rough time as she lost a nephew a few weeks ago from stroke and her brother currently has double pneumonia. Our sympathies for your nephew, Deb, and we send healing wishes for your brother.
- As you may know from Cynthia's e-mail, Edith Davis lost her daughter Cyndy Rosbottom on January 2, 2014. Our sincere condolences to you and your family, Edith, from all your herbie friends.



## HERBED TOMATO BISQUE

*Submitted by Deb Knight, KHS member*



- |  |                                |
|--|--------------------------------|
| 1 medium onion, finely chopped                     | 1/4 cup minced fresh parsley   |
| 1/4 cup butter, cubed                              | 2 tbsp. honey                  |
| 1/4 cup all-purpose flour                          | 3/4 tsp. salt                  |
| 1 tsp. dill weed                                   | 3/4 tsp. white pepper          |
| 1 tsp. dried oregano                               | 1-1/2 cups half-and-half cream |
| 3 cups chicken broth                               |                                |
| 3 cans (14 1/2 oz. each) diced tomatoes, undrained |                                |

In a large saucepan, sauté onion in butter until tender. Stir in flour, dill and oregano until blended; gradually add chicken broth. Bring to a boil; cook and stir for 2 minutes, or until thickened.

Stir in the tomatoes, parsley, honey, salt and pepper. Return to a boil. Reduce heat, simmer, uncovered, for 15 minutes. Stir in cream; heat through. Prep: 20 minutes. Cook: 35 minutes. \* Makes: 8 Servings (2 quarts).

## GARDEN PHILOSOPHY

Half the interest of a garden is the constant exercise of the imagination.

*~ Alice Morse Earle, 1897, 'Pot-Pourri from a Surrey Garden'*

It is good to be alone in a garden at dawn or dark so that all its shy presences may haunt you and possess you in a reverie of suspended thought.

*~ James Douglas, 'Down Shoe Lane'*

I prefer winter and fall, when you feel the bone structure in the landscape - the loneliness of it - the dead feeling of winter. Something waits beneath it - the whole story doesn't show.

*~ Andrew Wyeth*

# “WHEAT BELLY”

*A Book Review By Nancy Haseker, KHS member*

Wheat Belly is the #1 Bestseller in America. Local booksellers have it on backorder. This book is written by Dr. William Davis, a preventative cardiologist from Milwaukee. He is honestly trying to heal, not medicate, his patients!

In his book, it reveals and documents the fallacy of eating "whole grain wheat". Dr. Davis writes, "A wheat belly represents the accumulation of fat that results from years of consuming foods [sic. containing wheat] that trigger insulin, the hormone of fat storage." Wheat consumption is not only manifested on the body's surface skin) but it can also reach deep down into virtually every organ of the body from the liver, heart, thyroid gland and all the way to the brain.

Dr. Davis challenges us to ask the USDA or the Surgeon General's office about obesity. They will tell you that Americans are fat because they drink too many soft drinks, eat too many potato chips, drink too much beer and don't exercise enough (sounds familiar!) And, although this may indeed be true, it is just the tip of the iceberg.

Wheat has unfortunately become the national icon of "healthy". "Eat more whole grains" has become the war cry of the American food industry. The sad truth is that the proliferation of wheat products in the American diet parallels the expansion of our waists. Since 1985, we now are given advice by the National Heart, Lung, and Blood Institute through its National Cholesterol Education Program to cut fat and cholesterol intake and replace the calories with whole grains. This advice coincides with the sharp rise in body weight for men and women in America. Ironically, 1985 also marks the year when the Center for Disease Control and Prevention (CDC) began tracking body weight statistics, documenting the explosion of obesity and DIABETES that began that very year.

Dr. Davis continues, "Wheat is the dominant source of gluten protein in the human diet. Wheat consumption overshadows consumption of other gluten-containing grains by more than a hundred to one." The health

impact of eating common wheat bread and its brothers ranges far with curious effects from your mouth to the end of your digestive tract and from your brain to your PANCREAS.

Less than 1 in 3 Americans are normal weight! "Since 1960 the ranks of the obese have grown the most rapidly, nearly tripling over those 50 years. Weight grew at the fastest pace once the USDA and others got into the business of telling Americans what to eat. Accordingly, while obesity grew gradually from 1960, the real upward acceleration of obesity started in the mid-eighties."

As many of you may know, wheat flour, cornstarch, high-fructose corn, sucrose, and food coloring are the main ingredients of the products that fill the inner aisles of any supermarket today.

"Revenues for Big Food companies have swelled. Kraft alone now generates \$48.1 BILLION in annual revenue, an 1,800 percent increase since the late eighties. a substantial portion comes from wheat- and corn-based snacks."

Finally, nutritionists today have established that WHEAT increases blood sugar more profoundly than table sugar. Whole wheat bread has a score of 72 on the glyce-mic index while table sugar is rated at 59. Yes, that wheat is worse for you than sugar.

WHEAT AND DIABETES are closely interwoven. Where there is wheat, there is diabetes and vice-versa. "Whether it is for convenience, taste or in the name of 'health', Americans have become helpless 'wheataholics', with per capita annual consumption of wheat products (wheat and wheat bread, durum pasta) having increased by twenty-six pounds since 1990." If national wheat consumption is averaged across all Americans, the average American eats 133 pounds of wheat per year.

"In parallel with increased consumption, we also have the silent replacement of

*(continued on page 6)*



## W H E A T B E L L Y

(Cont'd from page 5)

wheat with high wheat with high-yield dwarf strains and new gluten structures not previously consumed by humans."

The wheat we eat today is not the wheat we had prior to 1960. Wheat has been contaminated by the chemicals (Monsanto's Roundup) used to prevent weeds in the fields. In the beginning the Roundup was just on the surface. But after rain and watering are added to the wheat fields, the chemicals are now IN the soil and therefore IN the plants instead of ON the plants. The wheat we eat today is 100% poisonous and cannot be washed off the surface.

In chapters 4-12, Dr. Davis addresses wheat's connection not only obesity but INSULIN RESISTANCE, NEUROPATHY, PANCREATIC ASSAULT, HEART DISEASE, CATARACTS, WRINKLES, SKIN RASHES, JOINT PAIN, HEART DISEASE, DEMENTIA AND AGING. Herbies, we ALL fall into at least one of these categories!

In short, Dr. Davis advises, remove wheat and thereby "reverse a constellation of phenomena that would otherwise result in diabetes and all its associated health consequences, three or four medications--if not seven, and years off your life".

Hope 2014 is a HEALTHY year for ALL of us--without wheat poison. I love you all dearly and want all of us to get better from all the health issues that we or our loved ones have experienced in 2013 related to modern wheat products. 'Bye 2013 and good riddance to modern wheat! (Use almond wheat or coconut wheat--Whole Foods or Meijers!).

*I do have a much-coveted copy of the WHEAT BELLY book you may borrow. I would put it in the library but it is impossible to replace at this time and after almost losing my diabetic husband twice last summer, I want it on a short leash. ~ Nancy*



## M E E T I N G M I N U T E S

By Marjo Howe, KHS Secretary



**Meeting - November 12th,** 6 pm, Central Christian Church.

- The treasurers report was given and the recording secretary gave last month's meeting report.
- **Garden reports:** the Sensory garden the winter items were to be stored away for the season and in the pioneer garden the monkshood was blooming.
- Julia Wharf chaired the meeting in the absence of Cynthia Hardy.
- **Attending:** Julia Warf, Marie Henize, Jo Ann Luecke, Juanita Popp, Cynthia Johnson, Gerri Dyer, Joan Burton, Edith Davis, Rosa Kesten, Kim Davis, Deb Knight, Herman Sommerville II, Carolyn Cutshall, Jett Rose, Marty Thomas, Maggie Oster.
- **Library:** Joan donated books from Charlene Rupp.
- We welcomed guest Greg Rose as a new member.
- Joan lectured on wormwood (*Artemisia absinthia*).
- **Website report:** 3/4 of our bill is paid; we're current. Balance will be paid when site is up and running.
- Our hostesses were Gerri, Marie, and Maggie.
- Christmas craft ideas brought by members to show:
  1. Herman - kissing ball.
  2. Joan - pomander ball.
  3. Marty - Christmas thyme, rosemary sprigs.

4. Edith - potted rosemary as place markers.

5. Deb - talked to our members about household cleaning agents.

6. Carolyn - her ornaments were hand-made using dried fruit slices, feathers, pine cones, greenery & cinnamon sticks.

**Meeting - December 15th,** Sunday, 2 pm.

- Our Dec 10th meeting was switched to Dec 15th due to weather conditions, we all met at Marjo Howe's house in Corydon, Indiana.
- Our Christmas party started with the treasurer report and the recording secretary report of the November meeting, after which we proceeded to enjoy the holiday spirit with our fellow 'herbies'.
- Our hostesses were Cynthia Hardy, Barbara Lusco, and Marjo Howe. Great food was brought by all who attended. We enjoyed ourselves with laughter, food, and our "Ugly Christmas sweater" contest won by Barbara Lusco.
- Attendees were: Joan Burton, Edith Davis, Qudsia Davis, Gerri Dyer, Cynthia Hardy, Nancy Haseker, Marie Henize, Marjo Howe, Rosa Kester, Deb Knight, JoAnn Luecke, Barbara Lusco, Juanita Popp and her

# WORMWOOD

By Joan Burton, KHS Member - Herb of the Month, November

Wormwood is in the family-genus Asteraceae (Compositae)

**Species: Artemesia**

Absinthium, the species name means “without sweetness” and refers to the intensely bitter taste. It is the most bitter herb behind Rue. It’s common German name, “wermut”, meaning ‘preserver of the mind’ was thought to enhance mental function. The “worm” in its common name has two meanings: taken internally, it can eliminate intestinal round and other worms and topically, it is used in preparations to control ringworm.

Thujone is a principal component in wormwood and acts similarly to marijuana; the principal reason for banning the liquor absinthe. Absinthe is a potent green aperitif first made by Henri Pernod in 1797. During the 19th century, the drink had become a social institution. It was found that the thujone was addictive and can cause irreversible damage to the nervous system. Beginning in Switzerland in 1908, it was banned with many countries following, including the USA. Absinthe is now back on the market, a 750 ml bottle costs \$45 and up.

**Botanical Information:**

Wormwood is a partial evergreen, growing 3 feet high and 4 feet wide. It is hardy to zone 5. The appearance is light grayish-green foliage and it has woody stems. The under leaves turn brown and the stems become leggy, therefore the plant benefits from a routine pruning to control the shape and encourage bushiness. The flowers are insignificant small yellow blooms appearing from July to October.

Wormwood is drought tolerant and will grown in sun or shade. It can be found growing in Western North America where no other vegetation will be found.

**Propagation:**

Propagation is accomplished by seed or soft cuttings. It is not recommended that it be planted near dill or coriander, as its scent will overpower these two powerfully scented herbs.



**Uses:**

- Crafts - dried it is used as a moth repellent. It may be added to potpourri.
- Medicinal: Not recommended to take internally. Antihelminic - treats intestinal worms, antifungal - treats ringworm and possibly other fungus of the skin. Used in salve or ointment preparations.
- Culinary: Aperitif, used to flavor wine and vermouth. Reformulated absinthe is available on the market and sometimes referred to as “the Green Liquor”. Mixed drinks.

**Lore:**

- Legend has it that as the serpent slithered out of Eden wormwood sprang up in the impression left by its tail.
- Wormwood is hung by the doorway to keep away evil spirits and goblins.
- It was used in inks to stop mice from eating old letters.
- Used as a strewing herb to prevent fleas.
- Shakespeare referred to wormwood as the potion that Oberon used to lift the spell from Tatiana (“the juice of Dians bud” - the goddess Artemis was known as the goddess Diane).
- VanGogh was said to have been under the influence of absinthe when he cut off his ear. This may have been a combination of pre-existing mental illness and the potent liquor, absinthe.

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*The Herb Society of America*



How fair is a garden amid the trials and passions  
 of existence. ~Benjamin Disraeli

## DRIED APPLE SLICES

*Submitted by Carolyn Cutshall, KHS member - November meeting*

8 - 10 large, firm apples, such as Rome  
 1/2 cup vinegar  
 2 tsp. salt

8 tsp. ground cinnamon  
 3 tsp. ground allspice  
 2 tsp. ground cloves



Preheat oven to 175° F. Mix vinegar and salt in a large glass bowl. Cut the apples into slices 1/8" to 1/4" thick. Soak slices in the vinegar/salt mixture for 6 minutes, turning them over once. Arrange slices in a single layer on paper towels. Pat slices with paper towels to absorb any excess vinegar/salt liquid.

into a sieve to sprinkle them evenly onto the slices. Turn slices over to sprinkle spices on other side. Arrange apple slices in a single layer on wire racks. Place racks in the oven for about 5 hours. Remove slices when they are dry. Slices should look somewhat shriveled, but still feel pliant. Makes about 100 slices.

Mix the spices in a small bowl. Pour spices

## DECORATIVE SPICE COOKIES

*Submitted by Carolyn Cutshall, KHS member*



1 cup ground cinnamon  
 2 tbsp. ground cloves  
 2 tbsp. ground nutmeg

1 cup applesauce  
 2 tbsp. craft glue

Preheat oven to 250°F. Mix glue and applesauce in a large bowl. Mix spices in small bowl. Pour mixed spices slowly into glue mixture to make dough. Stir as you pour. Roll dough between sheets of waxed paper until dough is 1/8" to 1/4" thick. Peel off top paper. Cut dough into shapes with cookie cutters. Use tip of a knife to make a hole about 1/4" in diameter near the top of each star and heart cookie, and in the center of each round cookie. Arrange cookies on a baking sheet. Bake about 2 hours. Let cookies cool on baking sheet. *Handle carefully - fragile!*