



July 2018 Newsletter

What's Blooming Lately

*A Selection of
This Month's Plants
In The Garden*

July is a great time - summer is here! It's when herbs, perennials, annuals and garden veggies are coming into their peak time!



DECK PLANTS

The corner of our deck is highlighted with a table of a planted jar with blue heliotrope, scenting the air with its



cherry fragrance and silver helichrysum in the center. The strawberry jar beneath it is planted with columnar basil, French and silver posie thyme, salad burnet, and oregano. Clip the plants often in these containers to keep them bushy and of course, use the clippings in cooking. The small turtle in the lower right is planted with a sedum and it was a gift from a friend to complement the trio.



WELSH ONION

Allium fistulosum

Allium fistulosum, known also as spring onion, Welsh onion, or Japanese bunching onion, is an edible, hardy, clumping, slowly-spreading perennial in Minnesota. The underground bulbs are slightly thicker than the plant stem. Hollow, leafless, blue-green flowering stalks grow to approximately 24" tall, each stalk being topped by a globular terminal umbel and is in full bloom this week. It is a variety developed in Asia from a wild relative native to China. It was brought to Europe in the 17th century.



ANGELICA

Angelica archangelica

Angelica is the queen of the garden and the largest growing plant that is in



my garden. It is a biennial and it can be grown as an perennial by keeping the flowers cut after blooming. In light of this I just cut the flowers off this plant Friday to keep them from reseeding. The fragrance is fresh and easily identifiable. If you cook rhubarb, young angelica leaves are added, not to actually sweeten the fruit, but to cut the acidity of the rhubarb. The seeds are used to flavor liqueurs and you can find recipes to candy angelica. The plants grow to 6' tall in the shade and are a great addition if you need to fill in a large shady spot.

Question & Answer

*A Question From
Our Reader, Julie*

*What is the insect that has foam around it?
Will it destroy my plants?*

The spittlebug, *Philaenus spumarius*, about 1/4" in size, can be tolerated and does not usually cause significant damage to herbaceous plants. They overwinter as eggs that have been laid on host plants in the fall, and in the spring tiny orange nymphs emerge from the eggs. There are five stages of spittlebug nymphs, which change from orange to yellow to the pale green before they final molt to the adult stage. While feeding, the nymphs produce a foamy spittle or froth that protects them from predators and drying out. Adults are variable in color, brown or tan, and often mottled. If they are a nuisance they can easily be washed off with the garden hose. I've never seen them to be a bother or to

can easily be washed off with the garden hose. I've never seen them to be a bother or to damage plants.

Photo below: Spittlebug on Southernwood



This Month's Recipe

Bouquet Garni Vinegar

Ingredients

1 cup sweet basil leaves

- 1 cup sweet basil leaves
- 1/2 cup fresh thyme sprigs
- 1/2 cup sweet marjoram sprigs
- 1/2 cup oregano sprigs
- 6 sprigs Italian parsley
- 2 large cloves garlic, peeled and sliced
- 1 small chile pepper, seeded and sliced
- 2 bay leaves, fresh if possible
- Champagne or white wine vinegar

Preparation

You will need either a half gallon glass container or 2 - one quart containers. Either place all ingredients except vinegar into the half gallon or divide the ingredients into the 2 - one quart containers. After filling with herbs, fill to top with vinegar and screw on a plastic cap. Let sit for one week to ten days, strain and re-bottle. You can use decorative bottles for gifts - be sure to label.

It's great for marinated veggies and meats, salad dressings, vinaigrettes, a dash in soups, sauces, and cooked veggies.

Gardening Tips

The Perfect Plants for Gardening





Theresa's Tips & Tricks

In late-June the flowers of plants such as angelica, lovage and sweet cicely should be cut for several reasons but most important is to keep the seeds from dropping, spreading and reseeding to the rest of the garden. At this time of year the flower heads tower above the plants and tend to tip over making it somewhat unsightly also. Cut the heads to where they are attached to the stem - trying not to leave uncut stems (or what is known as a hat rack).

The tomatoes are growing next to a fence and the bottom leaves have been cut off and tomato stems have been fastened next to the fence with plastic clips. The plants eventually look like small trees and production is excellent with this type of growing. All of the plants are heirlooms except for sungold, the best cherry tomato ever. Next month I'll show photos of the developing tomatoes.

We just harvested daikon radishes and beets. The lone zucchini (because you typically only need one) is loaded with flower buds as well as the green and yellow beans. Harvesting time is near!

Harvest Time

Herbs to Dry

The best way to preserve herbs such as oregano, sweet marjoram, thyme, sage, lavender, lemon verbena, lemon balm, mint, lovage, and rosemary is to dry them. Cut the herb, wash in cold water, let air dry for 30 minutes, and make small bundles with rubber bands. Hang these in a dry place out of direct sunlight. They can be hung on the kitchen cabinet handle or on coat hangers and normally they are dry within two weeks. When dry, strip the leaves and store whole in glass jars in the cupboard and when you are ready to use crumble the leaves for use.

An alternative for drying is to use a food dehydrator - it's an easy and quick method. If you are able to set the temperature on your dehydrator, keep it around 150 degrees. Drying time varies on the leaf size and moisture content, but typically 2-4 hours is sufficient. Experiment and see how long it takes but try not over dry the herbs or you will lose the essential oils.

Photo below: Lemon Verbena





Upcoming Events

The Herb Garden Salon

Saturday, August 18, 9:00 a.m. - 2:30 p.m.

Minnesota Landscape Arboretum

[Click here for the day's schedule](#)

What's Happening at the Garden Salon

Explore the world of herbs and learn how to harvest and enjoy the herbal bounty- whether it be in your garden, containers or herbs from the farmer's market! Join other herb enthusiasts to learn, taste, and experience fun and exciting new ways to utilize these aromatic plants.

- Enjoy fun presentations and experiential hands-on sessions, and featuring a delicious herbal salad luncheon!
- Take-home herbal goodies include: a bouquet garni, herbal vinegar, lemon potpourri, herbal lemon tea, honey-ginger switchel and a shrub, and a dried culinary herb blend.

If you have any questions email Theresa- herbs@shadyacres.com

Learn More & Register Here

Questions?

Get in touch with us!

herbs@shadyacres.com

Coming soon - Changes to our website
We'll keep you posted!



Jim & Theresa Mieseler

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shadyacres.com | herbs@shadyacres.com

Our mailing address is:
7815 Highway 212 E, Chaska, MN 55318

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