



May 2019 Newsletter



Welcome to Spring!

SHOP SHADY ACRES GIFT AND GARDEN STORE

FOR THESE SELECTIONS

Traditions Glove

These gloves are a favorite of Theresa's. They have a 100% goat grain leather palm, and a wing thumb for increased comfort and mobility. Washable, durable, and feature an adjustable wrist closure. Available in all sizes. \$21.95



Knee Pads

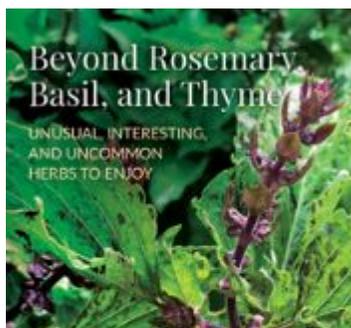
Waterproof! Longer straps to fit most any size leg. Tough vinyl patch at point of contact with knee to the ground. Flexible for increased comfort and mobility. \$21.95



A perfect Mother's Day gift!



Beyond Rosemary, Basil, and Thyme





\$24.95 plus applicable tax and shipping

Theresa's Book is available online and in many locations – just click on the links.

- shadyacres.com (lesser postage fees than amazon)
- amazon.com
- Minnesota Landscape Arboretum Gift and Garden Store, 612-301-7619
- [Kowalski's Markets](#)
- [Lakewinds Food Co-op](#)
- [The Golden Fig](#)

Review from Susan Belsinger, Herb Society of America

Susan is an herbalist, author of over 25 books, specializing in culinary herbs.

"I recently received a copy of *Beyond Rosemary, Basil and Thyme: Unusual, Interesting and Uncommon Herbs to Enjoy* from author Theresa Mieseler; it is hot off the presses. This book contains some of the herbs that you might not grow--or even know about--that are worth investigating. I have known Theresa Mieseler for decades, I first met her when we were both giving programs at the Minnesota Landscape Arboretum, and at that time we went out to visit her farm, Shady Acres Herb Farm. She and her husband Jim, have grown and sold a selection of common, uncommon and unusual herb plants there, along with freshly cut herbs, as well as taught classes and held workshops for forty years. In this just-published and long-awaited book, Theresa shares her enthusiasm for growing herbs, her professional experience and knowledge of many years in the herbal industry, as well as details and gorgeous photos of over 40 herbs that might be new to you. Just by reading each entry, you will see that Theresa has done serious research on each herb--from whence it came--to how it grows--and other facts that are interesting or fun to know."



What's Growing in the Garden

Photos taken April 27, 2019



Garlic Chives – *Allium tuberosum*

Garlic chives have stiff leaves, flat and strap-shaped. Season foods with its mild garlic flavor. We use it in herb butter, vinegar, mustard and add it to scrambled eggs and omelets. Chives are best used fresh or frozen for use later – dried chives lack both color and flavor. Attractive flowers have good ornamental value and are very attractive to honey bees. They are pleasant additions to rock gardens or border fronts, but, keep in mind, flowers must be deadheaded before setting seed or the chives will sprout up in the garden – prolifically.



Lovage – *Levisticum officinale*

A favorite of ours is lovage! We await eagerly in the spring we await its emergence from the cold ground – ready to start snipping and using the celery-like leaves. Lovage is a robust plant that doesn't require much attention and is like an old friend appearing every spring when it emerges in early April. It is delicious in scrambled eggs, potato salad, egg bakes, and salad dressings.





Solomon's Seal, Variegated – *Polygonatum odoratum* 'Variegata'

A beautiful perennial related to the native Solomon's Seal except with variegated leaves. Flowers are white followed by dark berries. Variegated Solomon's seal is a versatile plant that will grow prolifically in full sun or shade. It is a sport that has streaky, creamy white margins whose sizes may vary on the plants. Its graceful, arching stems add a striking effect to the garden.



Chamomile, German – *Matricaria recutita*

German chamomile has small flowers that have a sweet apple scent and makes a nice tea. This plant has escaped garden plantings and has naturalized in open areas and along roads in various parts of North America. Chamomile is commonly used as a calming herbal tea. Flowers are ready to pick and dry when petals have fallen off. German chamomile is used most often in chamomile tea rather than Roman chamomile (*Chamaemelum nobile*) largely because it has a much sweeter and less bitter taste.

Ready – Set – Enjoy

Chamomile Tea



Ingredients

- 2 tablespoons fresh German chamomile flowers
- 2 cups boiling water
- 2 thin slices of organically grown apples
- Raw honey

1. Rinse the flowers with cool water.
2. Warm your teapot with boiling water. Finely chop the apple slices and add them to the pot.
3. Add the chamomile flowers and pour in the 2 cups of boiling water.
4. Cover and steep for three to five minutes.
5. Strain the tea into two cups. Add raw honey to taste.

Chamomile oil *may* help induce sleep, calm down nerves and promote a general sense of calmness.

*If you are sensitive to asters, ragweed, daisies and chrysanthemum you may be allergic to chamomile. Use with caution. Pregnant or breastfeeding women must limit or avoid drinking chamomile tea, since there's a lack of information regarding its safety.

Ready – Set – Grow

Transplanting



Basil seedlings

Transplant to the first set of true leaves – the first set are cotyledons and are the first leaves to appear from a germinating seed. The next leaves look like the "true" leaves. I bury the cotyledons when transplanting to make for a sturdier plant. Last week I transplanted basil plants.



Tomato seedlings

The same transplanting procedure for tomatoes as the above basil.



Nasturtium seedlings

Nasturtiums seeds germinate quickly when placed in a cool place – temperature should be around 60°F. If the temperatures are too warm it hinders germination and they may never sprout (it took me a few years to figure this out). Light is not needed for germination either – but once they emerge place in direct sunlight. Keep a cool temp maintained for short stocky plants. Now is the perfect time to germinate nasturtiums.

This Month's Recipe

Strawberry-Spinach Salad

Fresh spinach and strawberries team with a delicious raspberry vinaigrette for a memorable spring salad. Serves 6 to 8 for lunch entrees, or 8 to 10 for dinner salads. It's delicious!

The Salad

- 1-pound fresh spinach, washed, dried, and leaves torn into bite-size pieces
- 1 large or 2 small heads Bibb lettuce, washed, dried, and sliced
- 1-pint fresh strawberries, washed, dried, and sliced
- ½ to 1 cup pecan halves, toasted
- 1 to 2 tablespoons fresh chives, finely chopped

The Raspberry Vinaigrette Dressing

½ cup raspberry vinegar

¼ teaspoon salt

½ cup sugar or honey

1 tablespoon poppy seeds

1 tablespoon minced sweet onion

1 cup olive oil

Place spinach, lettuce, strawberries, chives, and pecans in a large bowl. Combine dressing ingredients in a small bowl and whisk until the sugar or honey is dissolved. Pour over salad ingredients and toss. Serve immediately.

Recipe courtesy *The Best of Thymes*, [Marge Clark](#), 1997

Upcoming Events

Visit the Event Calendar on Shady Acres website

*Theresa has an article on Sweet Cicely in the May-June issue of *The Essential Herbal Magazine*. For information contact Tina at the enabled link.



Saturday, May 11, 8 am – 4:30 pm

[Kelley and Kelley Nursery – Spring Open House, Long Lake, MN](#)

952-473-7337

Theresa signing books

Saturday, May 18, 10 am to 2 pm

[Kowalski's Market](#), 1646 Diffley Road, Eagan

651-328-8300

Theresa signing books

Saturday, May 18, 3 pm to 6 pm

[Terrace Horticultural Books](#), St. Paul, MN 55102

651-222-5536

Theresa signing books

Light refreshments, cheese and crackers

Thursday-Sunday, June 13-16

[Herb Society of America Annual Meeting of Members and Educational Conference](#)

Madison, Wisconsin

Theresa's book will be available to purchase and she will be signing copies too.

Monday, July 22, 1:00 pm - 2:30 pm

[Friends of the Library, Andersen Horticulture Library](#)

612-301-1239 or email HortLib@umn.edu

Friends membership required to attend this meeting. Dues for the year (July through June)

is \$15/household. [Membership available here.](#) Theresa is presenting a program about *Unusual, Interesting, and Uncommon Herbs to Enjoy*. After the presentation Theresa's books will be available for purchase and signing.

Saturday, September 21, 10:30 am to noon

[Carver County Library, Waconia, MN](#)

952-442-4714

carverlib.org/locations/waconia

Presentation and book signing

Saturday, October 5, 10 am - 4 pm

[Deep Valley Book Festival](#)

[Loose Moose Saloon and Conference Center, Mankato, MN](#)

contact@deepvalleybookfestival.com

Visit Theresa at this free, day-long festival. Meet authors, have your book signed, or listen to authors talk about their works. Enjoy programs, speakers, panel discussions, food, music, children's activities, door prizes and more.

deepvalleybookfestival.com

Questions?

Get in touch with us!

herbs@shadyacres.com



Jim & Theresa Mieseler

Copyright © 2019 Shady Acres Herb Farm, All rights reserved.

shadyacres.com | herbs@shadyacres.com

Our mailing address is:
7815 Highway 212 E, Chaska, MN 55318
612.201.6554

If you no longer wish to receive these emails, please [unsubscribe from the list](#)

If any of your friends would like to be added to our list, just have them sign up at shadyacres.com (go to the bottom of the home page) or [email](#) us and we will add their email address.

