

Tansy Lane Herb Farm Newsletter

March, 2004

Welcome

The sun is warm today as it starts to melt down the mountain of snow piled in our yard.

During the winter we were always able to see the bright purple coneflowers and butterflies painted on the growing house doors and it gave assurance that we would see them before too long. It is the freeze and thaw cycle that kills perennial plants during the winter. Last winter was a bad one because of the ice storm. Even though there was lots of snow on the ground, herbs that were fine other winters did not survive for some reason.

Everyone has no doubt been pondering over seed catalogues dreaming of the days when we can start planting. If you are having difficulty deciding what herbs to grow for cooking or how to design your garden see **Upcoming Courses**.

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Herb seeds and plants for sale

After we get excited over all the seeds available in the seed catalogues we get a shock when we add up all the cost to get a good variety and experiment with some new ones. There are often hundreds of seeds in a package when we want 12 or 20. This spring we will have small packages of a variety of herb seeds available at the Farmers' Market Co-op in Moncton. There will be at least 8 varieties of basil seeds along with other easy to grow herbs.

Many herbs are best grown from purchased plants. How to know which are best grown this way is covered in our course **Starting Your Herbal Kitchen Garden**. We will have many of these plants at the market in May and at our farm shop which will open May 16. An order form listing the available seeds and plants will accompany our next newsletter in April.

Seasoning Vegetables With Herbs and Spices

We are often asked about the best herbs and spices to use with vegetables. More people are turning to herbs and spices as an alternative to salt. It seems to be present as a preservative in everything we buy so our own use of it in meal preparation needs to be limited. Our line of salt alternatives has become very popular. These are the ingredients and suggested usage of the ones we have at present.

No- salt herb blend – onion powder, savory, marjoram, garlic powder, oregano, basil, bay, rosemary, tarragon, thyme, sage (garlic lover's herb mix)

Les Fines Herbes – chervil, basil, tarragon, marjoram, thyme, rosemary (excellent on fresh vegetables)

Herbes de Provence – thyme, marjoram, rosemary, savory, lavender, fennel (pork, lamb)

Kelp and Herb Mix – basil, savory, celery seed, sage, thyme, kelp marjoram (excellent on steaks, roasts, vegetables)

Herb and Spice Blend – whole allspice, black, green and white peppercorns, mustard, coriander, fennel, dill (in a grinder) All purpose grind for meats and Vegetables, our most popular item

Seafood Seasoning – dill weed, basil, tarragon, thyme, parsley, chervil chives (seafood dishes, grilled seafood)

As we continue to grow more herbs we may have some dried individual herbs for sale at the market. If you are wanting to use individual herbs and spices with vegetables , the following is a chart which you can clip and put on the fridge for reference when cooking.

Herb Seasoning Chart

Cabbage – vinegar with marjoram

Carrots – spearmint and marjoram, bay leaf and thyme

Cauliflower – dill, tarragon, rosemary.

(tarragon is wonderful in a cauliflower quiche)

eggplant – thyme, garlic and oregano

green beans – savory

peas – spearmint and/or marjoram; rosemary and thyme

potatoes – rosemary or mint

rutabagas – nutmeg or cinnamon

summer squash – marjoram or parsley

tomatoes – basil, bay leaf, chives, garlic, thyme

Upcoming Events

Courses at New Brunswick Community College

Mountain Road, Moncton

April 20 – Starting Your Herbal Kitchen Garden

This is a basic course on growing herbs for cooking. Even in a small city lot you can grow many herbs to enjoy during the summer and fall. This course focuses on which herbs are best grown from seed and which are best purchased from plants. Areas covered are the planting, growing, watering and fertilizing of around 30 herb varieties. We have a good time at this course and sample herbal goodies. There are lots of handouts to help participants with their gardens.

April 27 – Herb Garden Design

Once we have the information from The Herbal Kitchen Garden course we have to decide on our garden design. Areas covered are : how many of each herb to plant, where to plant them, formal and informal designs. Each participant will design their own herb garden during the session. This workshop is not limited to those who have taken the previous course but is open to anyone who wishes to design a herb garden of any type.

Registration is at N.B.C.C.

For more information call Carole Coleman

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www.tansylane.com (our website may be down for a bit while we make some changes. When it is up again there will be some wonderful pictures of our gardens.)

