

Foreward

The idea for the Herb Garden was sown in the Fall of 1991. The docents, on a visit to the La Purisima Mission, were impressed not only by the Mission, but by the wonderful herb garden on the grounds.

Leaving no stone unturned, but struggling madly with the adobe soil, the Herb Committee turned a dry stretch of ground into a garden. The herbs were obtained from La Purisima, friends, neighbors and local herb growers. It is definitely a communal garden. The first herbs were planted in October 1992, just in time for a special ceremony at the adobe. As you can see — they have flourished.

Our thanks to the many people who helped make this garden a reality, and especially to the Master Gardener Program for all their research on the herbs that would have been available during the Rancho period.

We hope that you enjoy the garden, and the notes and recipes on the Herbs of the Olivas Adobe.



Herb Committee and Docents of the Olivas Adobe, a Historic Site preserved by the City of San Buenaventura, California.

With special thanks to Raymond Robertson, artist and docent.

BASIL
(*Ocimum basilicum*)

Albahaca (Spanish)

For peak flavor, pick whole branches just before flowers bloom. Pick leaves when young. Hang sprigs upside down in a paper bag and suspend in a warm, dry place or dry on trays.

“Basileous” - means “royal.” Also Greek verb - “ocimum” to be fragrant.”

Originally from India, basil was used by Egyptians in their embalming procedures. Early physicians planted basil with a great display of screaming and cursing to ensure a healthy plant and household.

Salem, Massachusetts circa 1600 - basil growing in the garden was strong evidence that the grower was a witch.

The leaves are used to relieve indigestion and nausea and are even effective against the side effects of chemotherapy. Studies are being done in India on clearing acne with basil.

Used in pesto sauce, and many Mediterranean dishes. Extremely important and useful culinary herb.



Name comes from Celtic borrach - meant courage. Borage flowers were floated in stirrup cups of crusaders on their departure to the Holy Land.

Borage was prized by our colonial forbears who used it to instill courage in the soil.

It was given as a tonic for the heart and limbs, and as a treatment for kidney ailments, and bladder infections. Borage has a very old reputation for cheering people, especially when added to wine. (See Charles Dickens' punch in recipe section).

The very pretty flowers can be used to decorate drinks. The young leaves and flowers are edible and have been used in salads; they have a cucumber-like flavor. The larger leaves have been used as poultices.

The plants are used to attract bees to fruit trees to ensure good pollination.

Fresh leaves can cause allergic reaction



CHAMOMILE
(*Matricaria recutita*)



CHILI PEPPER
(*capsicum frutescens*)

Harvest flowers when fully opened. They can be used fresh or dried. Chamomile originally came from Eurasia, and the name comes from the Greek - means ground apple.

Tea made from the flowers will help soothe indigestion and stress related digestive problems. A West German pharmaceutical company found that chamomile reduces gastric acid and helped prevent ulcers. Helps depression, headaches, and nervousness. Remember that Peter Rabbit's mother gave him chamomile tea after his adventures in the garden.

Flowers are also great for skin - use in the bath, or for tired eyes. Chamomile was given the name of "Whig Plant" during the American Revolution because like the whigs, it thrived better for being trampled on and kept prostrate.

***Do not drink chamomile tea if
you have ragweed allergies***

Chili Peppers contain a substance called capsaicin which reddens skin - this is the triggering of increased blood circulation to the area which it touches. Thus, it is good for sore muscles. The excess blood can reduce pain and promote healing. Capsaicin is the key ingredient in many liniments and combined with other chemical compounds is prescribed for the treatment of rheumatism, bursitis, etc. Also treats stomachaches from poorly functioning stomach muscles.

Inhospitable to bacteria - food containing chili peppers is slow to spoil, and easier to digest.

Chili peppers were carried all over the world by Spanish and Portuguese explorers. Middle Class Californians always had Red Peppers in their gardens, and they were served for breakfast, lunch and dinner.



CHIVES
(*Allium schoenoprasum*)

Clip chive leaves at base, wash and chop into small pieces. Store in a container and freeze. Does not have to be thawed to use.

Chives were originally from Siberia and spread through America. Can be used in cheese, egg or potato dishes. The flowers can be used to make a vinegar.

Has been used in the Orient as a cold, flu and lung congestion remedy. Helps stimulate appetite and promote digestive processes. Contains iron.

Chives were widely known as an aphrodisiac right up to the 19th century.

Will deter aphids and mildew, so plant near your roses.

COSTMARY
(*Chrysanthemum balsamita*)

Costmary leaves are strongest just before flowering. The dried leaves can be used for potpourri, or added to linen bags to repel insects. The leaves will intensify other herb scents.

Latin costus - meaning an oriental plant. It was originally from Western Asia. Also known as "Alecost" as it was used in making ale, and "Bibleleaf" - used as a bookmark in Bibles (repelled insects from eating the paper). Name could also come from "Kostos" a perfumery herb from Asia.

Popular in Medieval period as a strewing herb for its long lasting fragrance and insect repellent properties.

Used in 17th century for headaches and gout pains.

Bundles of dry leaves were tied with lavender stalks to sweeten linens in 19th century.

This plant is known for its balsam fragrance, but it is also astringent and an antiseptic.

EPAZOTE ~ Goosefoot (*Chenopodium ambrosoides*)

The name comes from the Greek words chen or chinos = goose and podos = foot. Also known as Wormseed.

Officially recognized in the 19th century as an effective cure for roundworm and hookworm. Epazote was cultivated in huge quantities in Maryland to keep up with pharmaceutical demands.

Can be added to spice up corn, black beans, squash, mushrooms, fish and shellfish

Traditionally used in Mexico as a home treatment against stomach cramps and intestinal parasites.

In the Yucatan peninsular it is the most common and essential flavoring of the Mayan people.

Will repel nematodes in crops.

Chenopodium oil - concentrated in the seeds, can have side effects if eaten in huge quantities



FEVERFEW (*Tanacetum parthenium*)

Pick leaves and flowers anytime and hang to dry.

Feverfew, originally from South Eastern Europe is also known as Bachelor's-Button and Featherfew.

Studies are presently taking place in England on the use of this herb against migraine headaches, and the results are very exciting. A nice side effect of those testing the herb was that it also lowered the patient's blood pressure.

Feverfew was once used for all sorts of fevers - which is where this herb received its name. It was also used against melancholy, vertigo and for relief of muscle spasms.

Feverfew also works as a moth repellent, and the flowers will keep bees away.

Can cause mouth ulcers

GARLIC (*Allium sativum*)

Ajo (Spanish)

Dig up plants when leaves die down. Sun dry for one day. Braid leaves together to hang.

Legend - when Satan left the Garden of Eden after the fall of man, onions grew up in his right footprint and garlic in his left. Israelites ate garlic in the wilderness. Egyptian pyramid slaves went on strike when it was withheld from their food. Garlic was found in King Tut's tomb. Possibly from Anglo Saxon gar - lance or leak (leek or pot-herb)

Multi-purpose herb. Originally from Asia. Culinary, medicinal - European doctors used sterile swabs of sphagnum moss and garlic to dress wounds in W.W.I and W.W.II. Discourages growth of many bacteria and viruses - staph, trichomonas. Chinese have used garlic to bring down cholesterol. Studies have also proved that it can detoxify high levels of lead in the blood. The stronger the flavor, the stronger the medicine. Remember it was so highly regarded in the Middle Ages it was believed to have the power to repel vampires.

The garlic, in Spanish it's "ajo," is better than any placebo most important to mention it checks hypertension, better than most herbs I know.

James Duke (b. 1929)

HOREHOUND (*Marrubium vulgare*)



Marrubio (Spanish)

Marrubium - possibly from the Hebrew word marrob which means bitter juice. Could also be from the Old English word harhune - which meant "downy plant". It was considered an antidote for poison in ancient times, being particularly effective against the bites of mad dogs and serpents. Horehound was originally from Southern Europe.

Stimulates the appetite. Large doses act as a laxative. Especially known for lung medications - bronchitis and coughs. Since ancient times used to make a candy prized for its soothing effect on sore throats and coughs. In old recipes - leaves were boiled in lard and applied to wounds.

Although the Cahuilla Indians used a tea made from the leaves for flushing the kidneys, horehound was generally regarded as a settler's herb by the local Indians.



LAVENDER

The name comes from the Latin word lavara - to wash. Flowers repel insects, and can be used in perfumes, hair rinses, and in dried wreaths.

Originally from the Mediterranean region, Lavender is a great reliever of stress and headaches.

Victorian women would sniff lavender hankies when feeling faint - which was often because of the tight corsets, and had lavender "swooning pillows" on the sofa.

Lavender destroys a wide range of bacterial infections - staph, strep, etc., and is also an anti-fungal.

Pick stalks at mid-day when oils are most concentrated. Harvest seeds when mature and dry stalks by hanging in small bunches or lay on trays.

English lavender (L. Angustifolia)

French lavender (L. Dentata)

Spanish lavender (L. Stoechas)

MARJORAM (*Origanum majorana*)

Pick leaves as needed; best when used fresh. This herb was originally from Asia.

Marjoram was a badge of honor in ancient Crete. The Ancient Greeks used it as a seasoning, as a tea, and as a pain relieving fomentation. They also coated their hair and eyebrows with a marjoram pomade.

European singers preserve their voices with marjoram tea sweetened with honey.

Marjoram has a sweeter taste than oregano. Can be used in butter sauces for fish, pizza, tomatoes, egg and cheese dishes.

Aids digestion, and is excellent as a steam inhalant for clearing the sinuses. A drop of marjoram oil can be rubbed on sore gums.

Marjoram will dye wool purple and linen a red/brown, but the color doesn't last.

Will attract bees and butterflies.

MEXICAN OREGANO (*Lippia graveolens*)

Mexican Oregano is used in dried form throughout Mexico. Harvest long branches and dry for use. Use leaves for beans, beef or pork, sautéed squash and tomato sauces.



MUGWORT ~ St John's Plant (*Artemisia vulgaris*)

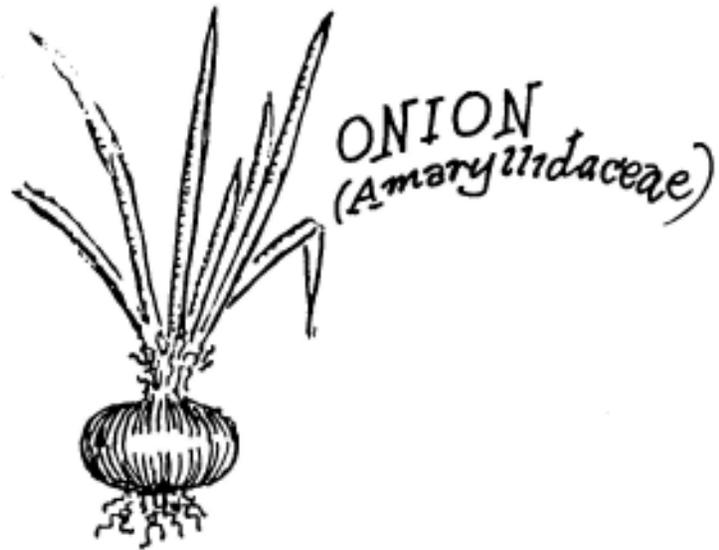
Harvest leaves just before plant flowers in early summer.

Mugwort was originally from Eurasia and is known as "Mother of Herbs" in Europe. The word wort means plant.

Legend - St. John the Baptist is said to have worn this plant for protection when he was traveling through the wilderness.

Mugwort was believed to be good for external inflammation and was used as a poultice for arthritis and rheumatic pains. It has been used as a moth repellent. German people used mugwort to flavor sausage.

Chumash natives....Used mugwort to counter the effects of poison oak. It usually grows near the offending plant. Gather mugwort leaves and roll them in your hand until yellow juice begins oozing out, then rub the juice on the skin to stop itching.



(Cebolla - Spanish)

The slaves who built the pyramids in Egypt were fed onions to prevent them from getting scurvy. (Onions contain vitamin C.)

Native Americans used onions for food and obtained a yellow dye from the skin. Crushed garlic and onion bulbs were used to relieve pain of insect stings and bites.

The juice can be boiled down to a thick syrup and has been used as a treatment for colds and irritations.



Pick outer leaves as you need them and leave central core to continue to grow.

Parsley was originally from North and Central Europe. Because parsley seed is slow to germinate - legend has it that no parsley germinates without first traveling to visit the devil seven times. The early Greeks fed parsley to their chariot horses to make them run faster.

Parsley is an excellent and useful herb - it will help freshen your breath, aids digestions, will stimulate the appetite and is said to help kidney ailments.

The stems will produce a green dye.

Fresh parsley will keep in refrigerator if leaf ends are kept in water or wrapped in cloth towel.

PENNYROYAL ~ Mint (*Mentha pulegium*)

Creeping plant, grows approx. 6" to 12" high. Dry in bunches hung upside down.

Originally from Eurasia, this mint was so highly regarded by Europeans that it was one of the first herbs brought to America by pilgrims. Pennyroyal is an insect repellent, particularly against fleas. The name comes from the word pulex or flea. Crushed leaves can be put in insect bites and rubbed on the skin to act as a repellent. In the 17th century herbalist Thomas Culpepper made a vinegar with the leaves and used it on bruises, burns and skin marks.

Pennyroyal is also a dye plant.

Mythology: Menthe was a young nymph who caught the eye of Pluto, ruler of the underworld. In a jealous rage, Pluto's wife, Persephone, trod Menthe underfoot. Pluto, unable to control his wife, changed Menthe into the delightful little herb to be severed and trod upon forever.

***Can be toxic in large quantities.
Can cause skin rashes***



PEPPERMINT (*Mentha piperita*)

Creeper - stems grow to about 3 feet, and spreads about 1 foot in width. Dry in bunches hung upside down. Can be frozen in plastic bags, but fresh leaves are the best to use.

Menthol - is the main constituent in peppermint, and will help kill any bacteria, parasites or viruses lurking in the stomach. Also useful as a soothing rub. Was used to detect leaks in pipes in early U.S. cities.

Peppermint oil - is used commercially to relieve excess stomach gas and as a stimulant. Peppermint is the most widely used of the mints as a food flavoring - chewing gum, ice cream, candy, etc. Aids digestion - after dinner mints. Can help relieve nervous headaches including migraines.

Chewing leaves will sweeten the breath. Has also been recommended as a seasickness remedy. For out of season use: gather young mint leaves on a dry morning, dry at room temperature, and keep in a cool dark place in closely covered jars.



ROSE
GERANIUM
(*Pelargonium
graveolens*)

The leaves can be harvested anytime and used fresh or dried.

Originally from the dry areas of South Africa, Rose Geranium is used in perfumes and men's fragrance products. The essential oil made from this plant repels mosquitoes. The oil is also used in bath salts, bath oils and massage oil for depression and insomnia.

Fresh leaves can be added to jellies and fruit dishes. Can also be used to lightly flavor pound cakes and angel cakes - remove leaves after cooking.

Colonists used scented geraniums in dry bunches for scenting closets, potpourris and finger bowls.



ROSEMARY
(*Rosemarinus
officinalis*)

(Romero-Spanish)

Gather main leaf crop before flowering. Dry sprigs and branches, strip off leaves before storing. Crush leaves just before use.

From the Latin words ros maris or "dew of the sea" where this bush loves to grow. Spanish people revere the rosemary as it is said to have sheltered Mary during her flight to Egypt. She is said to have dried her cloak on a rosemary bush - this gave the flower its blue color - the color of the sky. Spanish people also burn it as incense on certain feast days. Shakespeare used rosemary as a symbol of remembrance and fidelity in his play Hamlet. The ancient Egyptian used to place it in tombs to remember the dead. Rosemary was strewn on the floors of French prisons, and until recently, purified the air in French hospitals. Originally from the Mediterranean.

Legend also says that rosemary grows only in the gardens of the righteous - it is extremely adaptable.

Branches were once used as hair brushes. 16th century herbal lore said that smelling rosemary might keep you young.

Modern research is being done to use rosemary as a preservative in place of chemicals. It can also be used in shampoos and conditioners to decrease dandruff.

RUE (*Ruta graveolens*)

"Ruta" Greek for "set free"

Latin name: means "strong smell"

Pick branches throughout summer - hang upside down in a dry place. Allow seed pods to dry on plant, but harvest before they open. Dried seed pods can be added to arrangements. Rue was originally from Southern Europe.

Legend: Mercury gave rue to Ulysses to free him from Circe, but that may also mean that rue was believed to set people free from so many diseases, i.e., headaches, hysteria, snake bite, fever, plague, etc.

Also called Herb of Grace - possibly because the water that collects in the cuplike flowers was the original Holy Water used for High Mass. Branches were used to sprinkle holy water, and that may be an alternative explanation.

Rue, rosemary and southernwood were made into bouquets to protect judges from "goal fever" (typhoid). It was planted near stables to repel flies.

The Greeks believed that rue would only grow well in your garden if you stole it from your neighbors.

The roots produce a rosy-red dye.

***Large doses of rue can be toxic.

Can also get dermatitis from touching rue***

SAGE

(*Sage officinalis*)



Sage leaves can be harvested anytime and used fresh, dried or frozen. Crush, or grind leaves to release full flavor.

Name comes from the Latin salvare "to save" for its alleged curing properties. In Medieval times, sage was thought to impart wisdom - thus the Old English word "sage" meaning a wise man.

Sage is an excellent food preservative. Medicinal uses - helps fight colds and flu. It is very effective against staph., and is used as a gargle for laryngitis and tonsillitis. Good hair and scalp conditioner.

Originally from North and Central Spain and Asia Minor. Europeans believe that it helps digest rich foods, which may account for its association with duck and game recipes, also pork, sausage, etc. Can be made into a vinegar.

SANTOLINA
LAVENDER COTTON
(*Santolina chamaecyparissus*)

Harvest branches in late spring or early summer and hang upside down to dry. Hang dried branches in closets to repel moths, and lay branches in drawers, under carpets, and amongst books to deter insects. The fresh leaves can be used for wreaths. This herb is grown as a natural firebreak in Southern California. Originally from Spain and North Africa, Santolina has been used in Eastern medicine and to sweeten the air in Mediterranean countries for centuries.



TANSY
(*Tanacetum vulgare crispum*)

Harvest tansy flowers as they open for dried arrangements and for the dye. Dry leaves and flowers but store away from other herbs.

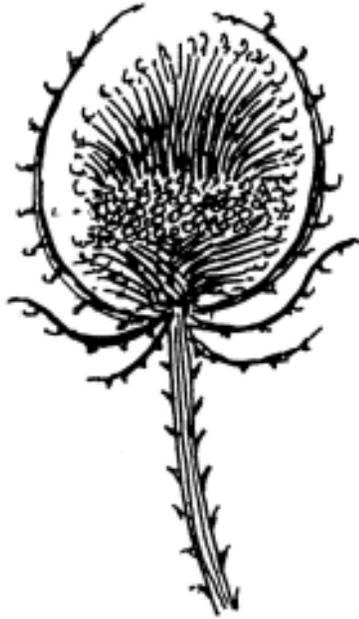
The name derives from the Greek athanasia meaning immortality.

Originally from Eurasia, tansy was used as an insecticide, disinfectant and strewing herb. It was also rubbed over meat to keep flies away. Small doses were taken internally for parasites, and as a tonic. Plants were hung in colonial kitchens to dry - would help keep insects away. Crushed leaves were used as poultices for everything from sprains to stomachaches.

Rhizomes will make a green dye, and the flowers a yellow. Tansy deters ants - used to be planted by the kitchen door for that reason. The ants will go around tansy and not through it. Also repels fleas and moths.

Put dry springs under carpets and in insect repellent sachets. Sprinkle the dried herb to deter mice. Mix in compost heap as a good source of potassium.

Contains tanacetum oil which is an insect repellent, and is toxic in large quantities



TEASEL
(*Dipsacus fullonum*)

To harvest for dried arrangements, cut just after seed pods are formed and dry either in an upright position or by hanging in bunches upside down.

The fact that water collects in the upper leaves - gives this plant its other names - Venus' Basin and Water Thistle. Early herbalists believed that this water was nature's own eye wash.

Originally from Eurasia, the Romans used the hooked tips of the dried flowerheads for teasing woolen cloth. This is where teasel derives its name. The finish was evidently superb and cannot be equaled by modern machinery.

Early herbalists made a tea of the roots of this plant and it was used as an appetite stimulant, a remedy for jaundice and as a diuretic. Early California settlers used the seedheads to brush their clothing, for picking lint, carding and teasing the nap of wool. The seedheads can be used in dried arrangements and for seed for birds.

THYME
(*Thymus vulgaris*)

Tomillo (Spanish)

Thyme can be harvested all summer as the plants mature, and the leaves hung in bunches upside down in a warm place. The leaves can also be spread on trays to dry.

Tymon or thumus the Greek word for courage may have given this herb its name. The Greeks believed that thyme gave strength and fortitude. The Ancient Egyptians used it in their embalming process, and it is still an ingredient.

Benedictine monks added thyme to their famous elixir.

Originally from the Western Mediterranean region, Thyme can be added to soups, stuffing, sauces, chicken, fish and beef. As with sage, it will aid the digestion of fatty foods. Thyme is not only an excellent culinary herb, it is extremely useful in other areas. Excellent for congestion, and as a gargle for sore throats. Thyme is in commercial mouthwashes. Also improves digestion. It will kill mosquito larvae and is present in anti-mildew preparations. The leaves will protect paper from mold.



YARROW
(*Achillea millefolium*)

For dried leaves and flowers, cut while in full bloom in late spring or fall. Make bundles of the stalks and hang upside down in an airy spot until thoroughly dry. Can also be dried on trays. Yarrow was originally from Eurasia.

The Greek hero Achilles is said to have used yarrow to staunch the blood, and heal the wounds of his soldiers during the Trojan War in 1200 B.C. During Medieval period, leaves were rolled to stop nosebleeds.

Western Indians used yarrow root as a local anesthetic. Freshly scrubbed, crushed yarrow roots have been documented to stop the pain of infected wounds so they could be cleaned properly. Fresh poultices and washes (leaves and stems were boiled) were used after battles. The entire plant was also reduced to a paste and spread over newly set fractures. An ointment was made from arrow leaves and pure edible animal lard. This was then spread on wounds.

When mixed with alum flowers will produce a yellow dye. You can add sprigs of yarrow to compost heaps as it aids decomposition.

Can cause allergic reactions in people who are allergic to Asters



VERBA BUENA
SPEARMINT
(*Mentha spicata*)

Pick throughout summer to keep plan healthy and under control. Dry in bunches hung upside down.

Spearmint is possibly the oldest of all mints. It was used in the Ancient World to keep milk from curdling.

Originally from Southern Europe, mint teas were popular during the American Revolution as there were no English taxes on them.

Spearmint leaves are used in sauces, jellies, hot and iced teas. It is interesting to note that mints have the same amount of Vitamin C as oranges and Vitamin A as carrots. Freshly gathered mint leaves can prevent and cure scurvy, aid night blindness, and dull looking eyes and hair. Can be used for mint sauce with lamb, or added to new potatoes when you boil or steam them, and as a vinegar.

The leaves are good for the digestion.

YERBA MANSA (*Anemopsis californica*)



Spanish settlers dried, then chewed roots for colds, coughs, etc. It was also applied as a powder to heal knife cuts. A tea was brewed and used as a liniment for skin diseases, cuts, bruises and sores. Leaves were heated and made into a poultice for swellings. Boiling the leaves in water made a bath for sore feet or muscular pains. It was also used for asthma.

Also known as Lizard Tail, it was so highly regarded by early Californians that they would travel many miles, and pay huge sums to acquire this medicinal plant. Has been known to grow under the bridge along the Santa Clara River near the Olivas Adobe.

YERBA SANTA (*Eriodictyon californicum*)



Yerba Santa was called "holy weed" - by the Spanish fathers who learned of the medicinal value of this shrub from the local Indians. Leaves and flowers were steeped or boiled to make a bitter tea for coughs, colds, grippe, asthma and other lung ailments, such as tuberculosis. Leaves were also pounded and used as a poultice for cuts, wounds, abrasions, and fractured bones to keep swelling down. Would aid mending as well as relieve the pain, on both people and animals.

Indians used to chew or smoke the leaves as a cure for asthma. A liniment made from this herb was used as a wash for fevers. The young leaves and stems were used as a hot compress to cure rheumatism.



Early California settlers made a refreshing drink, sometimes mixing it with Horehound or Whisky. They also mixed it with quinine to disguise the bitter taste of that medication.

Herb Uses



HERB TEAS

Dried herbs: 1 tsp. per cup + 1 for the pot.

Pour on boiling water, brew three minutes.

Fresh: 1 inch long sprig per cup.

Can use borage, German chamomile, horehound, marjoram, spearmint, peppermint, rosemary, sage and thyme.

BASIL TEA

2 tsp. dried or 20 fresh leaves

1 cup boiling water

Steep for five minutes. This tea is spicy and bracing.

HOREHOUND TEA

One cup fresh leaves or 1/4 cup dried.

Boil in two cups of water for 10 minutes - makes a strong concentrate.

Tea: 2 parts water to 1 part concentrate.

PEPPERMINT TEA

1 tsp. of leaves and flowering tips to one cup boiling water.

This tea was drunk cold for headache, heartburn, digestive gas, colic, indigestion, and as a sedative. Will also blend well with chamomile.

YERBA SANTA TEA - AN INDIAN RECIPE

Tear up 2-3 fresh or dried leaves. Pour approx. 1 cup of boiling water over them. Cover and let steep.

THYME TEA

1 tsp. dried thyme leaves

1 cup hot water

Let stand for 3-5 minutes. Can be sweetened with honey.

Can add as a variation: 3 parts thyme

1 part rosemary

1 part spearmint

SPEARMINT TEA

Handful of fresh leaves to one cup of boiling water. Steep for five minutes and strain. Good for nausea, indigestion and as a sedative.



HERB HONEY

1 Tbl. fresh or 1 tsp. dried herb or seed
1 pint honey

Can use lavender, marjoram, peppermint, spearmint, rose geranium, rosemary, sage or thyme.

Bruise fresh leaves or seeds slightly and place in layers on bottom of a small saucepan. Pour room temperature honey into pan and cook over low heat. Stir the mixture just until the honey is warm - about two minutes. Pour mixture into sterilized jars and seal tightly. Store jars at room temperature for about a week to allow flavors to blend. Rewarm honey over low heat, strain out herb leaves. Recap jars or use immediately.

HERB SHAMPOO

1 cup boiling water
2 tsp. dried herb or 2 Tbl. fresh herb.

Steep overnight, strain and add liquid to purchased shampoo. A mild baby shampoo is good.

CHARLES DICKENS PUNCH

2 cups water
1/2 cup sugar
2 Tbl. lemon peel
1/4 cup borage flowers
2 cups sherry
1 cup brandy
4 cups apple cider

Pour boiling water over sugar, lemon peel and borage, let sit for 10 minutes. Strain, add sherry, brandy and cider.



ROSE GERANIUM JELLY

5 cups apple juice, tart if available
3 3/4 cups sugar
12 rose geranium leaves

Bring juice to a rapid boil, gradually add sugar and stir constantly. Boil until two drops hang off the side of a cold spoon. Place 1 small geranium leaf in the bottom of each sterilized jelly glass. Skim juice if necessary, pour quickly into glasses. Float a second geranium leaf on top and cover immediately with melted paraffin.

Makes six 8 oz. jars.

PEPPERMINT SYRUP

4 cups peppermint leaves, loosely packed
White sugar
Optional green food coloring

Place leaves and just enough water to cover into a saucepan. Simmer 30 minutes. Strain through a jelly bag - approximately 1 hour. For each cup of liquid, add 1 cup of sugar. Simmer in pan 15 minutes. Add food coloring if desired. Bottle or freeze in convenient portions.

CHIVE BLOSSOM VINEGAR

1 pint fresh chive blossoms
1 quart white or wine vinegar

Place blossoms in clean, wide-mouthed jar. Pour vinegar over and stir to release any air bubbles. Store on shelf at room temperature for two weeks. Strain out blossoms and particles. Bottle, and store at room temperature.

GERANIUM SPICED VINEGAR

1 ounce fresh geranium leaves in a pint bottle. Cover with white vinegar. Cover tightly, and set in the sun for two weeks.

HOREHOUND CANDY

4 ozs. Fresh leaves
1/2 tsp. crushed Aniseed
3 crushed Cardamom seeds
2 1/2 cups water

Simmer 20 minutes. Strain through a fine filter.

2 cups white sugar
1 1/2 cups brown sugar

Add to liquid and simmer over low heat until sugars are melted. Boil over medium heat until syrup hardens when a few drops are put into cold water. Pour into oiled tray, score when partially cooled. Store in wax paper.

HOREHOUND CANDY (2)

One cup fresh leaves or 1/4 cup dried.

Boil in two cups of water for 10 minutes - makes a strong concentrate.

1 part concentrate
2 parts sugar or honey
pinch of cream of tartar

Bring to 290 degree boil and pour into a buttered plate. A bit of lemon added at the last minute improves the flavor.

COUGH SYRUP

1 part concentrate + 2 parts honey.

DRIED BASIL TOMATOES

1 pound tomatoes
1 tsp. salt
1 Tbs. Basil

Choose firm tomatoes (Roma for instance with less juice but a sweeter taste). Cut tomatoes into slices about 1/2" thick. Sprinkle with salt and basil. Place in preheated 160 degree oven about nine (9) hours or in a 125 degree dehydrator for 18 to 24 hours, or lay out on drying racks in direct sun.

GARLIC SPREAD

6 or 7 garlic cloves
1 Tbl. onion powder
2 Tbl. chopped parsley
1/4 tsp. salt

Blend until smooth. Bake in low oven for 15 minutes.



VICTORIAN SACHET

1 pound lavender flowers
1 ounce dried thyme leaves
1/2 ounce dried mint leaves
1/8 ounce lavender oil
1/2 ounce cloves

Powder ingredients and mix.

FLORAL WATERS

Suitable as skin toner, scent or perfume.

1 cup lavender flowers, scented rose petals or orange blossoms.

1/4 cup ethyl alcohol at room temperature

Steep for six days in a screw top jar, shake vigorously every day. Strain and decant into dark glass bottle.



POTPOURRI

Gather flowers as soon as they open and continue adding through blooming season. Gather as soon as the dew has dried. Remove petals and spread thinly on newspaper or screens. Place in warm, dry, shady spot.

Dry whole flowers by spreading a 1/2" layer of borax, fine sand, or silica gel in bottom of box. Place the whole flowers on this surface. Cover completely with more sand. Keep in warm, dry place.

Let petals, herbs and leaves dry until they are crisp. Mix thoroughly in large bowl; blend in the other spices until desired fragrance is obtained. Add essential oils to the fixative and add the fixative to the other ingredients last. Store for one month in a dark, closed container, shaking occasionally. Transfer to gift jars.

ROSE-LAVENDER POTPOURRI

10 ozs. Rose petals	10 ozs. Lavender blossoms
5 ozs. Sweet rose leaves	2 ozs. Ground orris root

Combine with 3/4 oz. crushed Cinnamon bark, 1/2 oz. Allspice and 1/2 oz. Cloves. Then add 6 drops Tonka Bean oil. Mix well and let season for one month.

Bibliography

SPICE POTPOURRI

1 quart Rose petals
1/2 pint Lavender flowers
1 tsp. Anise seed
1 Tbl. cloves, nutmeg, and cinnamon mixed and crushed together
1 Tbl. crushed benzoin
5 drops each:
 oil of jasmine
 rose geranium
 patchouli
 rosemary

Mix well - let season for one month.

Fragrant leaves that can be used - bay, lavender, lemon geranium, thyme, mints, geranium, rosemary, sweet basil, sweet marjoram

Fragrant flowers and petals - lavender, pinks, roses and chamomile

Colorful petals and flowers - borage, lavender, chamomile, tansy, yarrow and roses

Spices - allspice, cinnamon bark or sticks, cloves

Fragrant seeds - anise, coriander

Fixatives - 1 tbl. or 1/2 oz. fixative for every quart of petals. Such as Orris root, citrus peels, gum benzoin and tonka bean

Essential oils - violet, carnation, jasmine, lavender, and attar of roses

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