

# The Thymes

*Official Newsletter of the Illinois Valley Herb Guild*



## IN THIS ISSUE

- **Club Corner**
- **Did You Know**
- **April Meeting**
- **Herb of the Month – HOTM**

## Club Corner

### April 2022 Treasurer's Report

The April Treasurer's report will be made available later this month.

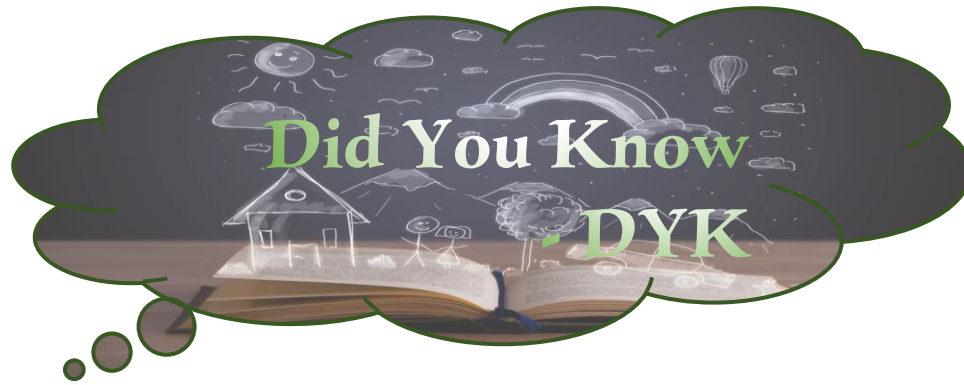
### Upcoming May Meeting- May 17, 2022 @ 5:30 pm

Spring Container "Make & Take" at  
Hornbaker Gardens  
22937 County Rd 1140 N, Princeton

Food Committee – Bring your own refreshments



Photo source: wall.alphacoders.com



.... The most expensive tulip in history was the Semper Augustus.



A single bulb was said to have sold from 5000 (\$2500) to 10,000 (\$5000) guilders. During the Amsterdam "tulip-mania" bubble of 1635 to 1637 the possession of a tulip garden represented wealth and status. And be sure to Google : "Semper Augustus " to see more pictures of the amazing tulip and to read an interesting history of the rise and fall of the early tulip industry and its effect on the economy of the Netherlands at that time. Here is a helpful link to get you started - [semperaugustus.html](http://semperaugustus.html)

.... In 2021

- ❖ Illinois Master Gardeners donated 167,922 pounds of produce and
- ❖ 2717 Illinois Master Gardeners Volunteered 137,602 hours



.... The oldest sequenced recipe ever found was on the walls of the ancient Egyptian tomb of Senet who was believed to have been an Egyptian Queen.....It is believed to have come from the 19th century BC. It taught the people to make "flat bread".

.... The second oldest recipe (14th century BC) described the Sumerian process of making beer, locally referred to as liquid bread.

.... Herbs are plants with savory or aromatic properties that are used for flavoring and garnishing food, medicinal purposes or for fragrances.

.... The difference between herbs and spices is in what part of the plant they come from.

.... In the culinary arts, the word spice refers to any dried part of a plant, other than the leaves, used for seasoning and flavoring food, but not used as the main ingredient.



# Meeting Minutes – April 18, 2022



The presenters for April were Sandy Miller and Sharon Gallup. Sandy spoke about the HISTORY OF INVASIVE PLANTS IN PIONEER CEMETERIES. While, Sharon presented the herb of the month, Cumin. You will find a recap of both presentations below.

The meeting was called to order by Amy Williams. A motion was made to approve the Treasurer's report for March by Lorraine Terrando and second by Kenalene Forbeck

First on the agenda was the discussion about our field trip to RedBud Nursery scheduled for Wednesday, May 11. Amy will email all members to see who is interested in making the trip. She will then coordinate with those members a departure time and location. Some members don't want to wait for the 11. Therefore, they will go earlier.

Second, on the agenda was an update on our plant exchange. If members have plants to give away, they will need to complete the Google form that Amy will email by May 6. Deadline to complete the form will be May 11. A follow-up email will be sent by the 14<sup>th</sup> listing the available plants. Those members interested in wanting a plant will notify Amy. The exchange will take place at the Senior Center on May 19 at 5:30 p.m.

Lastly, Amy confirmed our reservation for Tuesday, May 17 at 5:30 for the Spring Annual Container Make & Take program at Hornbaker Gardens in Princeton. We will pot up a beautiful 12" container for your porch or patio. There is a \$35 fee and includes a 12" pot, potting soil, fertilizer, annual plants, and step-by-step instructions. Amy would like to provide Hornbaker a participant count. Thus, she will send an email asking members who were not at the meeting.

Door prizes were announced and passed out. All were appreciated. A Motion was made to adjourn by Vicki Gensini and seconded by Sharon Gallop. Respectfully submitted, Amy Williams

## **SPEAKERS FOR IVHG APRIL 2022 MEETING**

Sandy Miller, MP Master Naturalist, & Sharon Gallop, Master Gardner

Sandy Miller, MP Master Naturalist, presented an informative program about invasive plants found in local pioneer cemeteries. A pioneer cemetery is a burial place for American pioneers. Such cemeteries were established during the territorial expansion of the United States, spanning from the late 18th to early 20th centuries. The Pioneer Cemeteries that Sandy has visited include Dayton Bluff near Ottawa, Mt. Palatine in rural McNabb, Caledonia Cemetery, and Magnolia Cemetery. Sandy displayed pictures and provided a recap of their history, telling us about each cemetery's uniqueness with an interesting story. She described how many of these pioneer cemeteries remain unkept, plagued by invasive plants.

Invasive plants include honeysuckle, daylilies, yuka, mulberry, and cedar trees. Many invasive plants were introduced to the U.S. from Europe and Asia and were eventually planted by loved ones to honor and beautify a gravesite. Sadly, many overpopulate and take over the cemeteries.

Sandy and her friend Dawn volunteer to remove the invasive plants at local pioneer cemeteries. However, if it's located on State property, such as Dayton Bluff near Ottawa, permission is needed to enter the cemetery, which is rarely given. Sandy mentioned John Heider of R.I.P., Ltd out of Monticello, IL, is widely known for restoring cemeteries, including Boyle and Caledonia. In conclusion, Sandy noted the importance of controlling these invasive plants and worries "pioneer cemeteries will be left to the ages."



## What is Cumin

CUMIN IS A SPICE MADE FROM THE DRIED SEED OF A PLANT KNOWN AS CUMINUM CYMINUM, WHICH IS A MEMBER OF THE PARSLEY FAMILY. CUMIN IS ONE OF THE MOST POPULAR SPICES AND IS COMMONLY USED IN LATIN AMERICAN, MIDDLE EASTERN, NORTH AFRICAN, AND INDIAN CUISINES, AMONG MANY OTHERS. IT IS AVAILABLE BOTH AS WHOLE SEEDS AS WELL AS IN GROUND FORM.

THE CUMIN PLANT REACHES MODEST HEIGHTS BETWEEN 1 O 2 FEET AT MOST. IT DOESN'T REQUIRE MUCH SPACE. YOU CAN EVEN GROW IT IN A POT THAT YOU KEEP ON A WINDOW SILL IN THE KITCHEN. IT WILL TAKE THIS HERBACEOUS ANNUAL ABOUT 4 MONTHS FROM THE TIME YOU PLANT IT UNTIL THE SEEDS MATURE AND ARE READY TO HARVEST. DURING THOSE MONTHS, THE SEEDS SPROUT INTO A LOVELY PLANT WITH NEEDLE-LIKE BRIGHT GREEN CLUSTERS OF LEAVES.

[Cumin Chili](#) – recipe submitted by Dave Dunagan

## Cooking with Cumin

DEPENDING ON WHETHER THE RECIPE CALLS FOR CUMIN SEED OR GROUND CUMIN, YOU WILL USE IT DIFFERENTLY IN RECIPES. WHOLE CUMIN SEEDS SHOULD BE INCLUDED EARLY IN THE RECIPE SO THE SPICE HAS TIME TO RELEASE ITS ESSENCE; ADDING THEM TO A HOT BROTH OR OIL WILL ALLOW THE AROMA AND FLAVORS TO DISPERSE INTO THE DISH. IF SWITCHING FROM WHOLE SEEDS TO GROUND (OR VICE VERSA), YOU WILL NEED TO ADD DIFFERENT AMOUNTS. BECAUSE THE FLAVOR OF GROUND CUMIN IS MORE CONCENTRATED THAN WHOLE CUMIN SEEDS, YOU WILL NEED LESS IN A DISH. FOR A RECIPE THAT CALLS FOR 1 TABLESPOON OF GROUND CUMIN, USE 1 1/4 TABLESPOONS OF CUMIN SEEDS.

## HERB OF THE MONTH



## What Does It Taste Like?

CUMIN HAS A WARM, EARTHY FLAVOR AND AROMA WITH A BIT OF BOTH SWEETNESS AND BITTERNESS. THE WHOLE SEEDS NEED TO BE TOASTED IN ORDER TO REACH THE OPTIMUM FLAVOR.

## Types of Cumin

**BLACK CUMIN:** VERY COMMON IN RECIPES AND DISHES SINCE IT HAS A SWEET FLAVOR AND LESS PUNGENT TASTE. THIS IS USUALLY THE VARIETY YOU GET AT THE STORE. GROW THIS ONE IF YOU ARE INTERESTED IN COLLECTING THE SEEDS FOR YOUR KITCHEN. IT ALSO HAS MANY USES IN TRADITIONAL MEDICINE.

**WHITE CUMIN:** WHILE THE PLANT LOOKS JUST LIKE THE BLACK CUMIN, THE SEEDS HAVE A STRONG AROMA THAT IS NOT TO EVERYONE'S TASTE. STILL, WHITE CUMIN IS THE KING OF SPICES IN DISHES SUCH AS CURRY.

**BROWN CUMIN:** THIS VARIETY ALSO HAS A PUNGENT TASTE THAT MAKES IT A MUST IN SPICY DISHES. HOWEVER, AS ALTERNATIVE MEDICINE, IT IS OFTEN GROWN FOR ITS HEALTH BENEFITS AS IT IMPROVES THE DIGESTIVE SYSTEM AND TREATS BLOATING AS WELL AS NAUSEA.

## Cumin Blossoms

WHITE OR PINK FLOWERS BLOSSOM ON THE CUMIN PLANT DURING ITS GROWING PERIOD DURING THE HOT SUMMERS.

## Harvesting Cumin

THE HARVESTING WINDOW FOR CUMIN SEEDS IS RATHER NARROW. ONE DAY THE PODS ARE NOT RIPE, AND THE NEXT DAY THEY'RE POPPING EVERYWHERE AND SCATTERING THEIR SEEDS ALL OVER THE PLACE. ONE CLUE TO HELP YOU DECIDE THE SEEDS ARE READY TO HARVEST IS WHEN THEY CHANGE COLOR. IF YOU'RE GROWING BLACK CUMIN, THE SEEDS WILL TURN BLACK. YOU NEED TO COLLECT THEM QUICKLY.

SEED PODS DEVELOP AFTER BLOOMING IN EARLY FALL WHEN THE STEMS AND SEED HEADS BEGIN TO DRY. SEEDS ARE OBLONG, APPROXIMATELY ¼ INCH IN LENGTH, RESEMBLING CARAWAY SEEDS, RIBBED AND GREEN/GREY AT FIRST, TURNING A BROWNISH YELLOW COLOR WHEN READY TO HARVEST. CUMIN CANNOT TOLERATE FROST.

HAND PICK THE RIPE PODS AND PLACE THEM IN A PAPER BAG. HANG THEM IN A DRY AND AIRY PLACE FOR A FEW DAYS. AFTER ABOUT A WEEK, YOU CAN TAKE THEM DOWN AND POP THE PODS OPEN. THE DRY CUMIN SEEDS ARE READY FOR YOUR DELICIOUS DISHES.



## Health Benefits

1. CONTAINS ANTIOXIDANTS
2. HAS ANTICANCER PROPERTIES
3. MAY HELP TREAT DIARRHEA
4. HELPS CONTROL BLOOD SUGAR
5. FIGHTS BACTERIA AND PARASITES
6. HAS AN ANTI-INFLAMMATORY EFFECT
7. MAY HELP LOWER CHOLESTEROL
8. AIDS IN WEIGHT LOSS
9. IMPROVES SYMPTOMS OF IBS
10. BOOSTS MEMORY