

Herb Q & A

1. If you like cucumbers but they upset your stomach, what herb can you use for a cucumber taste without the upset?
2. For a restful night, take the advice of Peter Rabbit's mother and drink a cup of this tea at bedtime.
3. To stimulate and strengthen your immune system, take 2 capsules daily of this herb for several weeks.
4. Many migraine headache sufferers find relief from this herb.
5. Over 150 varieties of this common herb can provide relief from upset stomach, itchy skin and feelings of sadness.
6. The Pied Piper used the root of this herb to lure the rats away; people also find it useful to combat nervousness.
7. This herb is used to flavor chicken and pork and is used to make a tea to help your memory.
8. What herb provides an important antiseptic found in Listerine® Mouthwash?

ANSWERS:

1. Burnet (leaves)
2. Chamomile (flowers)
3. Echinacea (root)
4. Feverfew (leaves)
5. Mint (leaves)
6. Valerian root
7. Rosemary (leaves)
8. Thyme



Chamomile



Rosemary



Thyme

History of a Favorite NY Herb

Farmers in New York State raise a wide variety of herbs that are offered at Farm Markets in many communities.

Ginseng: is the common name for a number of deciduous perennial herbs with thick **roots** and simple stems; native to North America and eastern Asia.

The name is derived from two Chinese words meaning "likeness of man" because the mature root often resembles a human figure. The scientific name Panax comes from the Greek "pan-axos" meaning "all-healing".

In the early 1880's a **New York State Ginseng Association** was formed with George Stanton serving as President. Mr. Stanton is now widely recognized as the Father of the Cultivated Ginseng Industry. In 1904 Liberty Hyde Bailey, then director of the Cornell University Agricultural Experiment Station wrote that NY was one of the leading states in the growing of ginseng.

American Ginseng has several medicinal uses that are reported to work best in combination with dietary and lifestyle changes.



The Foundation has developed tools and resources to "sow the seeds of understanding". Our programs are available throughout New York State. We invite all who utilize agriculture in the form of food, shelter and clothing to invest in our programs to help us as we work to accomplish our mission.

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Sowing the Seeds of Understanding

The Foundation

New York Farm Bureau
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Herbs



Basil and Green Onions are common herbs used in many recipes.

The Mission of the Foundation is to inform and educate all New Yorkers regarding agriculture and to increase understanding between the farm and non-farm public.

Do You Know?

Herbs!

Herbs are plants with leaves, seeds, or flowers used for flavoring, food, medicine, or perfume. In botany, the definition is: any seed-bearing plant that does not have a woody stem and dies down to the ground after flowering.

Herbs (versus spices) refer to the leafy green parts of a plant, which can be fresh or dried. A spice is a product from another part of the plant, which are usually dried, and may include seeds, bark, roots, berries, and fruits.

Culinary Herbs differ from vegetables. Similar to spices, they are used in small amounts and provide flavor rather than substance to food.

Medicinal Herbs have been used as the basis of traditional Chinese herbal medicine since the first century CE, (CE to distinguish it from the First Century BC which preceded it). Modern pharmaceuticals had their beginning in crude herbal medicines.

Sacred Herbs are used in many religions. For example, Myrrh and frankincense.

Herbs can be perennials (such as thyme or lavender), biennials (such as parsley), or annuals (such as basil). Perennial herbs can be shrubs (rosemary) or trees (bay laurel). Some plants are used as herbs and spices (dill weed and dill seed, coriander leaves and seeds). Some herbs, as those in the mint family, are used for both culinary and medicinal purposes.



Delicious & Good for YOU...

Some Herbs Grown in NY

Chives is a perennial plant, a commonly used herb found at farm markets, grocery stores or home grown. In culinary use, the scapes (long, leafless flowering stem rising directly from a bulb) and the unopened, immature flower buds are diced and used as an ingredient for fish, potatoes, soups, etc. Chives have insect-repelling properties that can be used in gardens to control pests.



Cilantro, also known as coriander, or Chinese parsley, is an annual herb. The seeds are generally used as a spice or an added ingredient in other foods or recipes, although sometimes they are eaten alone. All of the plant is edible, but the fresh leaves and the dried seeds are the parts most traditionally used in cooking.



Dill is an annual herb in the celery family. Fresh and dried dill leaves (sometimes called "dill weed" to distinguish it from dill seed) are used. The fernlike leaves of dill are aromatic and are used to flavor many foods, fish dishes, borscht and other soups, as well as pickles (where the dill flower is sometimes used). Best when used fresh, as it loses its flavor rapidly. Dill oil is extracted from the plant's leaves, stems and seeds. The oil from the seeds is distilled and used in the manufacturing of soaps.



Lavender is a culinary herb used commercially for the extraction of essential oil which has antiseptic and anti-inflammatory properties. These extracts are also used as fragrances for bath products.



Parsley is used often as a garnish. Parsley is a source of antioxidants (especially luteolin), folic acid, vitamin K, vitamin C, and vitamin A. There are 3 major varieties; curled leaf, flat leaf and Italian. All are flavorful, colorful, and nutritious.



Marjoram is a perennial herb or undershrub with sweet pine and citrus flavors, used for seasoning soups, stews, dressings, and sauce.

Mints are aromatic, perennial herbs. The leaf is the culinary source. They have a fresh, aromatic, sweet flavor with a cool aftertaste, and are used in syrups, beverages, jellies, candies, and ice cream. Mint essential oil and menthol are used as flavorings in breath fresheners, drinks, mouth rinses, toothpaste, gum, desserts, and candies. Menthol from mint essential oil is an ingredient of many cosmetics and some perfumes. Mint oil is also used as an environmentally friendly insecticide, to kill some common pests such as wasps, ants, and cockroaches. Mint was originally used as a medicinal herb to treat stomach ache and chest pains.



Basil has many varieties. The type used in Italian food is typically called sweet basil. Basil is used fresh in cooked recipes. Usually it is added at the last moment, as cooking destroys the flavor. Fresh basil can be kept for a short time in plastic bags in the refrigerator, or for longer in the freezer, after blanching quickly in boiling water. The dried herb may lose most of its flavor. Basil is one of the main ingredients in pesto—a green Italian oil-and-herb sauce.



Oregano is an important culinary herb used for the flavor of its leaves, which can have more flavor when dried than fresh. The most noticeable use today is in Italian-American recipes. Its popularity in the US began when soldiers returning from World War II brought back a taste for the "pizza herb". There, it is most frequently used with roasted, fried or grilled vegetables, meat and fish. Oregano combines well with spicy foods.

