



<https://www.richters.com/show.cgi?page=QandA/Profiles/sulev.html>

## Our Next Meeting:

(Don't forget to renew your membership if you didn't do it last month! Only \$25.00!)

**March 1<sup>st</sup> 2016 @ 7:00pm**

Guest Speaker:

*Koidu Sulev*

Growing Common or Exotic Culinary Herbs  
Koidu grew up in Sweden, where her interest in herbs started as a young child while spending her summers at a Swedish farm with 2 elderly aunts, who were very knowledgeable of herbs & their uses. Her pharmaceutical in Sweden required knowledge of herbs for medical preparations using herbal products.

Koidu is presently working for Richters Herbs as a presenter of seminars & lectures. Her vast knowledge has inspired & motivated others to start growing & using herbs. She has been featured in newspapers, the radio & gardening programs on T.V.

Koidu tends her large garden north of Uxbridge, growing many common & not so common herbs & plants.

## Upcoming Barrie Garden Club Events

### Bradford Greenhouse Spring Garden & Home Show

**March 5<sup>th</sup> & 6<sup>th</sup>**

Come out and see our booth!

### Canada Blooms (Toronto)

March 11<sup>th</sup> - 20<sup>th</sup>

Meet the Garden Club at the

### Barrie Farmers Market

**March 19<sup>th</sup>, 26<sup>th</sup> & April 2<sup>nd</sup>**

### Peterborough Garden Show

April 8/9 & 10<sup>th</sup>

### Barrie Garden Club

### Spring Seminar

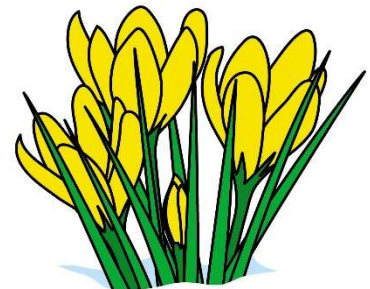
### At Tangle Creek

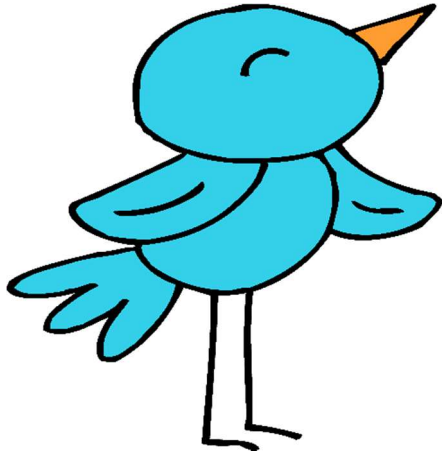
**April 16<sup>th</sup>**

See below for more details!

### Barrie Garden Club Plant Sale

**May 28<sup>th</sup>**





## *OHA District 16 AGM*

*Saturday April 23<sup>rd</sup>*

*9:00am*

*At the Tangle Creek Golf Club*

*Only \$ 35.00 for Meeting, Lunch & Silent Auction*

Guest Speakers this year are:

Marion Jarvie – diversity in small gardens

Brad Nagel – bulbs of fire (garlic)

Flower Show open to all District 16 members

Please let Joanne Rachfalowski at

[joannerachfalowski@gmail.com](mailto:joannerachfalowski@gmail.com)

know if you want to attend!

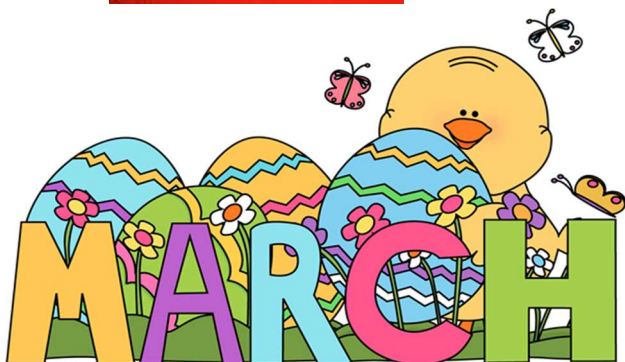
Please



for our

Daisy Committee  
Plant Sale Committee

call Clarinda at  
(705) 728-8823



## Easy Herbed Cream Cheese

Prep: 10 min



### Ingredients:

- 2 (8-ounce) packages cream cheese, at room temperature
- 1/2 cup finely chopped fresh basil leaves
- 1/4 cup finely chopped fresh chives
- 2 tablespoons finely chopped fresh flat-leaf parsley leaves

### Directions:

Combine all ingredients in a mixing bowl and blend with a wooden spoon until the herbs are evenly incorporated. Serve with toasted bagels.

Recipe courtesy of Tyler Florence

# Interesting Facts about Herbs and Spices!

In general use, herbs are any plants used for food, flavoring, medicine, or perfume. Culinary use typically distinguishes herbs from spices. Herbs refer to the leafy green parts of a plant, while a "spice" is a product from another part of the plant, including seeds, berries, bark, roots and fruits.



1. Trinidad Moruga Scorpion chili, the world's hottest **chili pepper** can burn its way through protective latex gloves. - [Source](#)
2. Ancient Greeks and Romans thought **basil** would only grow if you screamed wild curses and shouted while sowing the seeds. - [Source](#)
3. **Nutmeg** is a psychotropic and in high enough doses causes hallucinations, delusions and an impending sense of doom. - [Source](#)
4. Despite being synonymous with blandness, **vanilla** is one of the most complex spices in the world and the second most expensive, next to Saffron. - [Source](#)
5. To glean 1 pound (450 g) of dry **saffron** requires the harvest of up to 75,000 flowers and 20 hours of labor. - [Source](#)
6. **Turmeric** (found in curry powder) has been surprisingly effective against Alzheimer's symptoms in multiple studies, and currently out-performs any known Alzheimer's drug. - [Source](#)
7. Some people greatly dislike the herb **coriander**, saying that it smells like soap and tastes like crushed bugs. This reaction has been linked to a particular set of genes in some people. - [Source](#)
8. **Cilantro and Coriander** Leaves are the same thing - [Source](#)
9. Broccoli, cauliflower, cabbage, kale, and kohlrabi are a result of selective breeding of the **wild mustard** plant - [Source](#)
10. Before the invention of electricity, there was a "spice clock," a clock that opened a different compartment of spices each hour so that people waking in the night could taste the time before going back to sleep. - [Source](#)
11. **Anise**, the herb that flavors traditional absinthe, Jägermeister, Ouzo, etc. can relieve menstrual cramps. - [Source](#)
12. **Allspice** is a berry, not a blend of spices. - [Source](#)
13. In 2003, a 17-year old kid died after drinking "tea" made from soaking **poppy seeds** in lemon juice. The cause of death was found to be opium overdose. - [Source](#)
14. The word '**aroma**' literally means 'spice' in Greek.







BARRIE'S GARDEN CLUB'S

# ANNUAL SPRING SEMINAR

Saturday, April 16th 8:30 am – 2:30 pm  
Tangle Creek Golf Club  
4730 25th Side Road South, Thornton, ON

## Three Exciting Speakers:

Frank Ferragine (from City TV) – "Container Gardening Throughout the Seasons"

Lexi Dearborn – "Contemporary Design"

Carson Arthur (from HGTV, Cityline & Internationally known) –  
"Increasing Your Home's Value with Curb Appeal"

Coffee break and a full lunch \$45.00 for members (\$50.00 non-members)

There will be a Silent Auction as well as Vendors for your shopping enjoyment!

To register - please complete the lower portion and mail it with your payment (cheques payable to Barrie's Garden Club - mail to Mrs. Holly Wells - 79 Emms Drive, Barrie, ON L4N 8H4  
Phone: 705-735-3198/Email: [h.j.\\_wells@hotmail.com](mailto:h.j._wells@hotmail.com)

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Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

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\*Dietary Restrictions:

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