

The Fresh Advocate

SPECIAL ISSUE

JANUARY/FEBRUARY 2011



Herbs for your Honey



Homemade Herb Vinaigrette

In a food processor combine:

1/4 c. vinegar (choice of balsamic, cider, or red wine vinegars)

1/4 c. olive oil

1/2 c. fresh herbs- combination of thyme, sweet marjoram, parsley, oregano, chives, or dill pinch dry mustard clove garlic. Salt and pepper to taste and enjoy.

VOLUNTEER AT GROWING GROUNDS DOWNTOWN!

Help clients be defined by their strengths, gifts & community contributions!
Call: 805-540-6511

HOTLINE BOWL-A-THON

Date: March 11, 12 & 13
Sat March 20

Fri & Sun March 25 & 27

Time: Fridays at 6pm,
Saturday at 3pm and 6pm
Sundays at 1pm

Location: Pismo Bowl
227 Pomeroy Ave.
Pismo Beach (805) 773-2482

Date: Fri & Sat, March 18 & 19

Time: Friday at 6pm and
Saturday at 3pm and 6pm

Location: Paso Bowl
2748 Spring St.
Paso Robles (805) 238-5020

Date: Saturday, March 26
Time: 4pm

Location: Rancho Bowl
128 E. Donovan Rd.
Santa Maria (805) 923-2403

For more information, or to register a team call or e-mail Lesta Travis at 540-6527
events@t-mha.org

HOW DO I USE HERBS?

All the herbs in our herb bowls are perfect for cooking. Here are a few ideas of just how to use those herbs for your honey.

Culinary Sage tastes great as a seasoning for stuffing, or winter squash dishes.

Yerba Buena adds interest to salads and fresh, or dried leaves make a reviving tea. Steep in hot water straight or mix with mint, thyme or lemon verbena for a refreshing and comforting drink.

Greek Oregano is versatile, great in tomato sauces for pasta, pizza, and in salad dressing.

Thyme, like oregano, is great in red sauces and a tea sweetened with honey is helpful in treating a cough. Herbs can be used stems, leaves and all. Flavors come from the oils inside the plant and while ideal "harvest" times vary, leaves can be cut for immediate use or dried at any time.

Herbs will do best growing outdoors, except in very cold weather, with 6-8 hours of sun and plenty of water. Never leave herbs in standing water.

PLANT OF THE MONTH: YERBA BUENA

Yerba Buena is a native plant found locally in canyons, oak groves, and back roads. It is a member of the mint family.



A BEAR'S MEDICINE

Once a family ate acorn that was improperly prepared. The agony they experienced from the tannins remaining in the meal was so painful to their father that he left the house and went down to the creek, where he saw a bear. Returning to the house, he retrieved some of the improperly prepared acorn meal and brought it down to the creek. The bear ate it and became as miserable as the people. The man continued to watch. Eventually the bear looked around until it found yerba buena (*Satureja douglasii*), whose roots he dug and ate. Relief was immediate. Plant lesson learned from watching the bear, who knew plant medicine.

Story from 'The Landscaping Ideas of Jays' by Judith Larner Lowry. As told by Patrick Orozco, a Rumsien Ohlone in California who learned it from his grandmother.



Plantinis are Back!

Attractive Succulents in a Sassy glass, with gift tag.
Only \$10 each

Valentine's Day Specials

10" Herb Bowls \$14.95

Contains five of the following:



Yerba Buena,
Dill, Thyme,
Culinary Sage,
Greek Oregano,
Sweet Marjoram,
Arugula, or Cilantro

LOCATION

956 Chorro Street
(Across from the Mission)
Downtown, San Luis Obispo
805-544-4967

STORE HOURS

10am-5:30pm, Mon.- Sat.
11am-5pm, Sunday



Transitions-Mental Health Association

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