



February 2013

## The Good Herb

A monthly newsletter with ideas for using the bounty of the garden!

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### Rosemary-Cranberry Bars

350 degrees 9x13 pan

- 10 T. unsalted butter, melted
- 1 2/3 c. brown sugar, divided
- 1 1/2 c. flour, divided
- 3 extra large eggs
- 1 1/2 t. vanilla
- zest of 1 orange or 1 T. dried orange zest
- 1/2 t. salt
- 1 1/2 t. baking powder
- 3-4 T. fresh rosemary, leaves minced
- 1 c. chopped pecans
- 1 c. dried cranberries

Mix butter, 2/3 c. brown sugar, and 1 1/4 c. flour and pat in greased pan. Bake 12 minutes.

Mix eggs, 1 c. brown sugar, vanilla, orange zest, 1/4 c. flour, salt, and baking powder. Stir in the rosemary. Pour over crust. Evenly spread the nuts and cranberries on top. Bake for 20 minutes. Cool and cut into bars.



### Fresh Minted Lime Sorbet

- 1 1/2 c. water
- 1 c. sugar
- 1/3 c. freshly packed mint leaves (spearmint or peppermint—available at most grocery stores)
- 2 1/2 c. fresh lime juice, about 12 limes

In a saucepan, combine the sugar and water and bring to a boil. Stir until the sugar dissolves completely. Add the mint leaves and let mixture steep for 20 minutes. Strain out the mint leaves, leaving you with mint syrup. Add the lime juice and chill until completely cold, at least 2 hours. Freeze according to instructions on ice cream or sorbet maker.

When we think of February, the first thing that comes to mind is Valentine's Day. There's something about this day that compels us to share a physical symbol of this emotion. Florists look for the finest, most fragrant roses, just at the peak of bloom. Candy makers are busy creating their finest confections in the shapes of hearts and cupids. Jewelry shops hire extra staff to be ready for this special day.

The history of Valentine's Day goes back to ancient Rome. One legend tells of a priest named Valentius who defied the emperor by performing secret marriages. Marriage at the time was illegal because the emperor felt married men made poor soldiers. Other legends tell of St. Valentine who was in prison, and the children in his parish brought him little bouquets.

This month, I've included a few of my favorite "herbal sweets" recipes. Enjoy these treats as we gardeners watch winter slowly make its way to spring!!

### Winter Blend Tea

- 3 T. Lemon Balm
- 3 T. Mint
- 2 T. Chamomile
- 2 T. ground Rosehips (high in vitamin C)

*This recipe came from an old herbal as a cure-all tea for the cold winter months. I like to add a little honey as well!!*

*Use one heaping teaspoon per cup of herbal tea.*

### Gift idea: Homemade Chai Tea

- 3/4 cups dry coffee cream
- 1/8 c. black tea leaves (Darjeeling or Assam)
- 6 green cardamom pods (available in the spice section)
- 1 t. dried lemon peel
- 2- 2 inch pieces stick cinnamon

In a cello bag or a 6 oz. jar, layer the first 4 ingredients. Seal bag or cover jar with a decorative fabric "bonnet" and tie the cinnamon sticks to the outside.

To Prepare: In a saucepan combine all the ingredients with 4 cups of water. Bring to a boil, then remove from heat. Cover and let stand for 5 minutes. Strain through a sieve lined with cheesecloth or a coffee filter. Serve with honey. Makes four 1 cup servings.