



The Good Herb

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

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Thyme

Thyme is a beautiful, low growing perennial herb that is available in many different scents. French, English, and lemon thyme are the varieties usually used for cooking. Other varieties include orange balsam thyme, nutmeg thyme, lavender scented thyme, woolly thyme, elfin thyme, silver posy thyme, rose petal thyme, and many more.

Thyme is known for its antibacterial and antiseptic properties. Many products we use today contain Thymus, which is thyme. Look on a bottle of mouthwash, you will most likely see the word thymus in the ingredients. In earlier times, a judge would wear a sprig of thyme to court to protect himself from diseases and odors. Thyme was used the same way by nobility.

A traditional *bouquet garni* is made with 2 sprigs of thyme, 1 of parsley, and a bay leaf. Use this to flavor soups, stocks, and meats.

Planting the garden

The greenhouse is full, and I'm looking forward to seeing many of you on May 5, opening day for the Fulton Street Farm Market!! Just a reminder that despite our unusually warm spring, the "official" last day for frost in this area is May 10, so for tender annual herbs and vegetables make sure to wait until the weather has sufficiently warmed. Enjoy your gardening!!

Connie

Asparagus Cheese Soup

1/4 c. butter or margarine

1/4 c. flour

2 t. salt

1/8 t. pepper

6 c. milk

4 c. fresh asparagus (cooked and drained) or 2 pkgs. (10 oz.) frozen asparagus, thawed

3 cups shredded cheddar cheese

4 t. minced fresh thyme or 1 1/2 t. dried thyme

1/8 t. ground nutmeg

In a 3 qt. saucepan, melt the butter.

Stir in flour, salt, and pepper until smooth.

Gradually add milk, stirring constantly and bring to a boil.

Boil and stir for 2 minutes.

Add asparagus, thyme, and nutmeg. Heat through. Add the cheese. Cook until cheese is melted, stirring constantly (do not boil.)

Prep. time: 15 - 20 minutes Serves: 6-8 bowls



Thyme-Lime Marinade for Grilled Chicken

2 limes

2 T. olive oil

2 T. butter or margarine

1 T. fresh thyme or 1 t. dried

3/4 t. salt

freshly ground pepper

1 clove garlic, minced

Grate about 1 t. lime peel into a small sauce pan. Squeeze 2 T. juice from the limes and add to pan. Add all remaining ingredients.

Stir and heat until butter melts. Brush marinade onto chicken as you're grilling. This makes enough for 4 large chicken breasts. Serve with wild rice and a fresh green vegetable.