



Press Release-for immediate release
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Contact:
Katrinka D. Morgan-Executive Director
440-256-0514 Fax; 440-256-0541
Email: director@herbsociety.org
www.herbsociety.org

The Herb Society of America's Essential Guide to Growing and Cooking with Herbs
Edited by: Katherine K. Schlosser.

Fresh herbs are a healthy and delicious way to spice up any meal, but growing and cooking with these delectable plants are endeavors fraught with uncertainty. What herbs will grow year-round on my kitchen windowsill? What foods complement rosemary? What part of a lemongrass plant has the best flavors? Can I really eat the geraniums growing in my flowerbed? This indispensable guide from The Herb Society of America takes the guesswork out of using herbs in the garden and in the kitchen by providing detailed information for cultivating a wide variety of herbs along with easy-to-follow recipes that will surely impress even the most discerning palate.

Ranging from *Allium* (onion, chives and garlic) to *Zingiber* (ginger), the volume's first section provides horticultural information for each of the sixty-three herbs found in the National Herb Garden's Culinary Garden, including common and botanical names, family, place of origin, hardiness and general light and soil requirements. Botanical sketches accompany many of the entries. Each entry also includes a short history of the herb, gardening basics and suggestions for using it in your kitchen. Culinary herbs without Generally Recognized as Safe (GRAS) Status are included in a separate section, with an explanation of their history and ornamental value. An informative introduction of this section compares several different definitions of the word *herb* explains the advantages of fresh over dried herbs, describes the proper storage and use of spices and suggests the best timing and methods for harvesting herbs.

In the second part of the book, HSA members offer classic and creative recipes for more than two hundred dishes incorporating a variety of herbs. Learn how to use the aromatic and flavorful herbs in your garden to enhance stews and casseroles, create dips and pestos and add a new dimension to your

favorite liqueurs. Among the mouth-watering recipes featured are Lemon Basil Tea Bread, Chicken Linguine with Fennel and Tarragon, Five-Herb Pasta Salad and Rosemary Fizz.

The concluding section of the book offers a fascinating personal tour of the two and one-half acre National Herb Garden, which lies in the heart of Washington, D.C., at the center of the United States National Arboretum is its intimate themed areas, including the Knot Garden, the Antique and Heritage Rose Garden, The Dye Garden, the Colonial Garden, the Native American Garden, the Beverage Garden, the Medicinal Garden and many others. Complete plant lists accompany the description of each garden.

Green thumbs and gourmets alike will find inspiration in these pages to look at herbs in new ways- perhaps to see beyond their cupboards and into their own yards for ways to liven up their meals- and gain the knowledge and confidence to grow and use herbs effectively. More than a gardening book, more than a cookbook, *The Herb Society of America's Essential Guide to Growing and Cooking with Herbs* will prove to be an indispensable companion for all herb lovers.

The Herb Society of America is a non-profit educational organization dedicated to promoting the knowledge, use and delight of herbs through educational programs, research and sharing the experience of its members with the community. The Society was founded in 1933. The Herb Society's 2,500 members are comprised of herb amateurs and professionals, including educators, book authors, photographers, artists and gardeners.

A long-time member of The Herb Society of America, Katherine K. Schlosser is the editor of *Wild Flower*, the journal of the North Carolina Native Plant Society. She lives in Greensboro, North Carolina with her husband.

Membership is open to anyone with an interest in herbs. For additional information about membership or to find a local unit in your area <insert information about a local unit>, please visit www.herbsociety.org or call the National Headquarters, 440-256-0514.

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