

Honey Rock News

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spring 2010

*For lo the winter is past, the rain is over and
gone; the flowers appear on the earth;
The time of singing of birds is come,
And the voice of the turtle is heard in our land.*

*Song of Solomon
Chapter 2, verses 11-12*

Welcome Spring!

I hope we've seen the last of this long cold winter. I do feel we need our seasons. They say spring is a time for awakening and renewal, summer is for fun. Fall is for preparation, winter for rest and contemplation. Well I've rested and contemplated enough!

Our winter was also about RE'S. By that I mean, we removed a tree that fell on the Little House. We had to replace the heater in the greenhouse (on the coldest day of the year I might add,) and the electrical wiring in our house. The heat pump in our house had to be repaired (also the coldest day of the year) as well as the chain saw, tiller, chimney and metal roof. The old tile ceiling in our parlor started drooping, so we ended up redoing the whole room. The ceiling ended up tongue and groove, so that was a good thing, as Martha would say.

We attended the 17th. Annual Organic Growers School in Asheville, N.C. My favorite classes were about extending the growing season, which has always been a goal of mine. Everyone was praising Elliot Coleman's new book, "The Winter Harvest Handbook."

Happy Birthday Earth day!

*Nature tells her secrets not to those who
hurry by, but to those who walk with
happy hearts and seeing eye.*

Patience Strong

Can you believe April 22 will be the 40th Anniversary of Earth Day! How are we doing? Is there less trash on the roads? Are we taking reusable bags to buy groceries? Are we buying locally or growing our own? Are we growing organically? Are we recycling and precycling (being aware before you buy?) I could go on, but you've heard it all before. We can't do everything, but we can do something.

Herbs in the Kitchen

Want to impress your friends at a spring luncheon or pot luck? Try this herb pasta! It can be served cold in a pasta salad, or warm with herb butter and flavored olive oil.

Ingredients:

Wonton or egg roll wrappers
3 tsp. corn starch
3 Tbs. cold water
Fresh edible flowers (nasturtiums, pansies, sage blossoms, etc.)
Fresh herb leaves (sage leaves, salad burnet, Italian leaf parsley, cilantro, etc.)

Combine corn starch and water in a small bowl. This will be your "glue" Use a pastry brush to brush a coat of the corn starch mixture onto one wonton wrapper. Carefully place a few leaves and/or flower pedals onto the wrapper. Brush another wrapper with your corn starch mixture and place it on top of the

first wrapper. Use a rolling pin to remove air bubbles. Trim the edges with a pastry wheel, a cookie cutter or sharp knife.

Set finished pasta squares onto a cookie sheet and place wax paper between layers. Chill up to 24 hours before cooking. To Cook: Drop pasta into a large pot of boiling water and stir gently. Simmer for 2-3 minutes or until pasta is "al dente" which is still firm but cooked through.

To serve hot: Remove pasta from water and toss with an herb butter or oil and serve.

To serve cold: Remove pasta from water and rinse in cold water to stop the cooking process. Toss with oil to prevent sticking. Add chopped salad greens and toss with an herb vinaigrette.

The Bees

"The pedigree of honey does not concern the bee. A clover anytime to her is aristocracy."

Emily Dickenson

We fed our bees all winter and they're looking good, although we did lose one hive. We are so proud, we finally melted our beeswax to our satisfaction. This has been a goal of ours for several years. We haven't done anything with the wax so far, but hope to add beeswax candles to our product list.

The Plants

Our babies are still babies, reaching for the sun, but hopefully by the time we open they will be ready to go home with you for you to enjoy. We'll have vegetables, herbs and flowers. Come see, scratch and sniff! Our goal is to sell happiness with every plant.

Dill 2010

The International Herb Association has chosen dill (*Anethum graveolens*) herb of the year 2010.

In Biblical times dill was used to tithe, along with mint and cumin. Historically it was

used medicinally and as protection against witchcraft. Early settlers put dill seeds in handkerchiefs when going to church. When a sermon went on too long, they would nibble the seeds to stave off hunger. They called them "meetin seeds."

Dill is a hardy annual. It's easier and cheaper to direct grow from seed in early spring than to transplant a plant. Leave some plants to resow to keep having dill year after year. It will come up where you don't want it, but that's ok. It's good to attract beneficial insects, and the Swallowtail butterfly grubs love it!

Dill is good for more than pickeling. The leaf is great with fish especially salmon. Also try with cabbage, beets, new potatoes, potato salad, breads, tartar sauce, deviled eggs, and dill butter or in Hollandaise sauce. The tiny flowers are tasty in salads. To preserve dill I like to make dill vinegar or freeze dill butter.

Medicinally dill is said to aid indigestion, flatulence, hiccups, stomach cramps and colic.

The Herb Cottage

Need a gift for a gardener, good cook or maybe yourself? Before making a trip to the mall come see what's in the Herb Cottage. Unfortunaly for us you won't have to fight the crowds. You'll find garden tools, gloves, organic gardening supplies, zinc markers, hummingbird feeders, decorative and standard pots, honey, books and much more. Check us out.

Honey Rock Yoga

Diane Wells starts a new yoga class April 6th. If you're interested give her a call at 868-274-1278. You'll love Diane's yoga!

Farmers Market

The Maryville Farmers Market just gets bigger and better every year. Jim and I love

buying, selling, visiting with our friends and enjoying the music. The whole experience is the

best part of our week. Don't take my word for it come see for yourself!

What's Happening

East Tennessee Daffodil Society Show & Plant Sale, Saturday March 20, 9 am to 4 pm and Sunday March 21, 1 to 5 at the Ellington Plant Science Auditorium on the UT Ag Campus.

Opening Day at Honey Rock Herb Farm Thursday, April 1st. 10 am to 5 pm.

Townsend Herb & Wildflower Day, Saturday April 3, 9 am to 5 pm at the Townsend Visitors center. Call Jeanie at 865-448-6134 for more details.

"Cabin Fever Day" at Honey Rock Herb Farm. Saturday, April 10th, 10 am to 5 pm. Get out of the house, have your spring tonic of sassafras tea. See what's growing in the greenhouse, the garden and what's new in the Herb Cottage. As always we'll be available to answer questions you might have about bees, organic gardening, growing herbs, etc. (the best we know how.) Call 865-984-0954 for more information.

Sevier County Master Gardener Spring Plant Sale and Show. Saturday April 17th, 9 am to 4 pm at the Sevier County Fairgrounds. Call 865-774-8410 for more details.

Garden Thyme Herb Society, Spring Thyme in the Garden Festival - Saturday, April 24th, 9 am to 3 pm at the Rose Center in downtown Morristown. Call 423-312-8364 for more information.

Townsend Spring Festival and Old Timers Day, Friday and Saturday, April 30 and May 1 at the Townsend Visitors Center. Call

Jeanie at 865-448-6134 or check their web site www.smokeymountains.org.

Maryville Farmers Market in downtown Maryville opening day Saturday, May 1st. 9 am to sell-out.

Lavender Festival at the Historic Jackson Square in Oak Ridge. Saturday June 19th. 8 am to 3 pm
Call Barbara at 865-483-0961 for more information.

2011 Newsletter

Many of you have asked to receive this newsletter by e-mail, so we're going to see if we can oblige. Just send Jim an e-mail at honeyrock@ntown.net asking to be taken off the snail mail list and we'll send your next newsletter in a Microsoft word attachment. We promise not to take you off this list unless you ask.

Conclusion

Beginning April 1th. (no fooling) we'll start our regular hours; Tuesday through Saturday 10 until 5. After 5 by appointment. We look forward to seeing you. As always, thank you for your patronage, friendship and for making it possible for us to as Joseph Campbell says "Follow our Bliss."

Peace & Plenty

D. & Jim

