

Honey Rock News

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spring 2011

“Nature tells her secrets not to those who hurry by, but to those who walk with happy heart and seeing eye.”

Patience Strong

Spring is in the air, you can smell it. Feb.16 I was feeling overwhelmed and excited with anticipation of things to come with the new season when I fell over a pot of sedums in front of the greenhouse. The next thing I knew I was on the ground with a broken ankle. I was beyond depressed with my favorite and busiest time of year staring me in the face, but when the Dr. brought out a big black boot instead of a cast, I was actually joyful! “I’ve always had a fear of the confinement of a cast.” It wasn’t until I got home and remembered him saying “six to ten weeks of R.I.C.E; rest, ice, compression and elevate.” I don’t have time for this.

If there’s anything I would like to learn from my garden it’s patience. No matter what I do to try to hurry the season plants grow in their own good time. I can give them what they need; food, water, air then stand back and let them do their thing. Lord give me patience... Now! I’m not happy with my current condition, but I’m trying to put it all in perspective.

I have a new mantra “I do what I can.” It makes me feel a little better. Jim has picked up my slack. Don’t tell him, but I’m milking this for all it’s worth. My other mantra is “This too shall pass.” After all it was three years ago when I caught my finger in the log splitter. Along with patience, I’ll pray for mindfulness.

In the Garden

We’ve planted our spring garden with potatoes, onions, radishes, carrots, beets,

lettuce, cabbage and broccoli. The garlic we planted last October is up and the spinach is looking good. We’ve given up on our small fruit garden except for the fig trees. The tasty strawberries got eaten by Bermuda grass and I guess it’s too shady for the peaches and apricots. Head gardener Jeff Ross from Blackberry Farm suggested planting strawberries under asparagus like a groundcover. We may try this, but we can’t eat the strawberries until next year...patience.

In the Greenhouse

I ride my lawnmower “MoJo” to the greenhouse to work on the herbs, vegetables and flower starts. I know you’re as anxious as we are to get that summer garden in the ground. Remember, folks used to drop their trousers and set on the soil. If they could “stay sat” they would plant. If not it was too cold...patience.

Another belief was that you needed to holler and curse with planting basil seeds. If you would like forgo this embarrassing display we have done this for you. We should have plenty of sweet basil as well as your other favorites.

From the Bee Yard

“It takes the honeybee workers ten million foraging trips to gather enough nectar to make one pound of honey.” From Bees of the World, by Christopher O’Toole and Anthony Raw.

Talk about patience! All that work and you can still purchase a quart of 3 Bee Honey for only \$12! If you’re interested in keeping bees we hope you’ll attend a meeting of the beekeeper association in your area. The Blount County Beekeepers meet the second Monday of

the month at the Blount County library. Call your county agent to find a meeting.

Try this tasty sauce on the vegetables you've grown or bought locally.

Honey Herb Sauce for Vegetables

- ¼ cup honey
- 2 tlb. onion, minced
- ¼ cup butter
- ½ tsp. thyme, crushed
- salt/pepper

Combine all ingredients in a sauce pan and bring to a boil. Cook 2 minutes. Toss with vegetables of your choice; peas, zukes, spinach, broccoli, carrots. Serve over cous cous as a vegetable entrée or as a side dish.

In the Kitchen

I came across this measurement conversion chart from the colonial era. If you happen to have a cookbook of the 1800's, here's how to measure your ingredients.

- butter the size of an egg = ¼ cup
- coffee cup = 1 cup
- dram = ¾ tsp.
- gill = ½ cup
- lump = 2 tbsps. of butter
- salt spoon = ¼ tsp.
- scruple = ¼ tsp.
- teacup = ¾ cup
- tumblerful = 2 cups
- wineglass = ¼ cup

The first American cookbook wasn't published until 1796. Before that most of the cookbooks were imported from England. They didn't mention herbs in the recipes. This wasn't because they didn't use them. It was just expected that the cook would know to add them. Many recipes would say, "Put the same herbs as if for soup" or "as much herbs as needed," and you get aggravated at me when I tell you to add herbs until it's green enough.

We had this appetizer at a great new restaurant, Never Blue, in Hendersonville, N.C.

Jim duplicated it pretty well. The flavor combinations are amazing.

Never Blue Appetizer

Cut tortillas or pita in triangles (they used flat bread.) Spray with no-stick cooking spray and broil until toasted. Sautee until tender a package of mushrooms (they used crimi, we used shitake) in olive oil. Add a couple of tablespoons fig preserves. Stir until just warmed. Drop a teaspoon or so on toasted bread. Sprinkle with blue cheese (they used gorgonzola.) It will blend into the mushroom, preserve mixture. Top with a leaf or two Arugula.

Just play with this recipe. You can't mess it up unless you burn the chips.

Horseradish (Armoracia rusticana) Herb of the Year 2011

The International Herb Association has chosen horseradish as herb of the year 2011. This hardy perennial root was used as one of the "bitter herbs" in the Jewish Passover ceremonies. Native to Europe horseradish was brought to America on ships because of its high content of vitamin C. It was used to prevent scurvy. I haven't grown horseradish in years, but from what I remember it wasn't hard to grow, but hard to keep from growing. It can be aggressive. If you choose to grow horseradish, plant it in early spring, about 12 to 18 inches deep in good compost enriched soil. The plant gets quite large, so give it room. Harvest the main root in the fall. It needs to be replanted every other year to keep it from getting tough and pithy.

You can carefully grate fresh horseradish into mayonnaise, ketchup (for cocktail sauce) or sour cream. I have peeled and cubed the root into the blender, covered with vinegar and carefully pulsed until desired consistency. If you've ever taken a good whiff of horseradish you'll know what I mean by

carefully. That's how it got its nickname "Sting Nose." I love horseradish, but it is a hassle to prepare.

Maryville Farmers Market

We can't wait until May 7th., the first day of the 2011 Maryville Farmers Market ... patience. If you would like to be a vendor just go to the web site, maryvillefarmersmarket.org. and fill out an application or call 865-696-5107. Your application must be received at least 2 weeks before you plan to sell at the market. If it is your first time selling an inspector will need to come out to make sure that you grow what you sell. In other words if you're selling apples you need to have an apple tree. Duh! If you don't want to have a booth be sure to come by to see what's fresh and local, enjoy the music and soak in the fun and festivities.

Honey Rock Yoga

Diane Wells our wonderful yoga teacher has a couple of openings at our Little House Tuesday Morning Yoga Class. If you're interested call Diane at 865-274-1278. She also teaches in Greenback. You'll love Diane, she has so much patience.

Honey Rock Hours

We start our regular spring hours April 1st. (no we're not foolin.) We'll be open Tuesday thru Saturday, 10 am to 5 pm. If this isn't convenient give us a call at 865-984-0954 to set up a time that's good for you.

Spring Fever Day

April 16 is our Spring Fever Day. This used to be Cabin Fever Day, but since we're opening later we needed to change the name. We'll have your spring tonic of sassafras tea and cookies. In the greenhouse you'll find lots of healthy, happy herbs, vegetables, flowers, etc. The cottage will have great tools, organic garden supplies, books, honey and lots more. Come celebrate this wonderful season with us. Bring a friend. Bring lots of friends!

Happenings, 2011

East TN Daffodil Society Show, Saturday, March 19, 9am to 4pm and Sunday, March 20, 1pm to 5pm at Ellington Plant Soil Science Auditorium on the UT Ag. Campus.

Herb and Wildflower Day, Saturday, April 2, 9am to 4pm. Townsend Visitors Center, 865-448-6134

Sevier County Master Gardener Association Flower and Garden Show and Sale, Saturday, April 9, 9am to 4 pm. Sevier County Fairgrounds. 865-774-8410.

Spring Fever at Honey Rock, Saturday, April 16, 10am to 5pm, Honey Rock Herb Farm, Louisville, TN. 865-984-0954.

Spring Thyme in the Garden Festival, Saturday, April 23, 9am to 3pm, Rose Center, Morristown TN., 423-312-8364.

Blooms Day Festival at UT Gardens, Saturday May 7, 9am to 6pm, Sunday, May 8, 11am to 5pm. Call 865-974-7151.

Lavender Festival, Saturday, June 18, 8am to 3pm, Historic Jackson Square, Oak Ridge, TN. 483-0961.

Conclusion

We're looking forward to starting our season and seeing your smiling faces again, whether you come to Honey Rock, the Maryville Farmers Market or one of the events in the area. We sincerely appreciate your patronage and friendship. Thank You. Till we see you, be happy, healthy, safe and patient.

Peace & Plenty
D. & Jim

