

Valentine's Day lunch

All about herbs and spices

By LORRAINE McCLISH

Farmington Community Center invites area residents to "Taste What Herbs and Spices Can Do" during a Valentine's Day luncheon with Carolyn Jamison.

Anyone who wants to know more about the mystique of the herb love potion, art, history, fragrance and medicinal uses of herbs and spices is invited to the show and tell lunch that begins at 12:30 p.m.

Mrs. Jamison promises tempting

"savories made with special herbs and spices" on the menu that will feature finger foods, quiches, herb-stuffed mushrooms, tarts, creme puffs and a few surprises.

A bonus for the guests will be recipes to take home.

The dessert, made especially in honor of Valentine's Day, contains a secret ingredient, coriander. "It's an aphrodisiac, mentioned in the Bible," Mrs. Jamison said.

MRS. JAMISON has been fascinated with plants ever since her grandfather

introduced her to herb lore back home in Lancaster, Ohio. Her grandfather's grandfather was a herbalist in England.

"We're a plant family," she says. "My mother is an excellent herb cook and my father knows all about wood land plants."

"We grew up on a farm and were all interested in herbs, although in the beginning we called them wild plants."

Her own interest in herbs led her ultimately to assisting in the planting of the now-famous herb gardens at Cranbrook, and she is known as "the herb lady" at Tweeney's, a Birmingham restaurant for gourmets.

"I grow the herbs at home or gather them from other growers," she said, adding that there are about 30 herb growers now in the Detroit metropolitan area.

Mrs. Jamison is not a stranger to the Farmington Community Center. She has given lectures there in the past, and invited groups to her Bloomfield Hills

home for herb luncheons in cooperation with the center.

She's teaching a class there, called "The Magic of Herbs," which covers all aspects of herbs and spices. Participants are learning about garden design, growing methods, herbal history that goes back to the spice trade, the use of herbs in crafts, herb cookery, and the healing power of herbs.

WORK ON A COOKBOOK may have to wait for the authority on herbs. She feels there is still much to be learned.

"But herbs are marvelous," she said. "In a herb garden you have art, history, fragrance and medicine. There is not recorded history when herbs haven't been used."

"Taste What Herbs and Spices Can Do" is the second in the Entertaining With a Flair Series sponsored by the center which features well known culinary artists on five Wednesday afternoons.

There is a \$5 charge per person, and reservations will be taken at 477-8404.



Carolyn Jamison will show what herbs and spices can do for a luncheon menu prepared especially for Valentine's Day in Farmington Community Center. "Taste What Herbs and Spices Can Do" continues the center's Entertaining With a Flair Series on five Wednesday afternoons with culinary artists who bring their special brand of expertise for luncheons and demonstrations.

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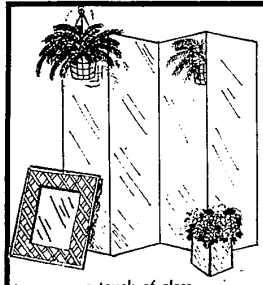
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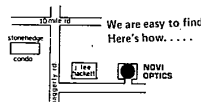
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