How to tell herbs from spices

Terry Gibb

consumer mailbag

Q. What is the difference between

Q, What is the difference between an herb and a splie?

A. Herbs are the leaves and stems of annual and perennial shrubs and plants grown in the temperate zone. Herbs can be used fresh, frozen or dried. Most can be found in whole, crushed or ground form.

A splied is derived from the bark, root, fruit, seeds or berries of perennial plants or 'trees. Spices are all-

root, fruit, seeds or berries of peren-nial plants or 'trees. Spices are al-most always grown in the tropics. They are always dried in either whole or ground form. Powdered spices loss their flavors rapidly. Because they're used in such small quantities, it's wise to replace spices yearly. Date new spices when outchased.

WHEN COOKING with whole spices dried herbs, place in a cloth or stainless metal tea ball. They can then be removed easily with the dish is finished cooking. For large quantity cooking, use spices and herbs to taste rather than by measurement.

Some of the more adaptance and spices and examples of use.

Alispice — a spice berry combin-

Talented high school age musi-cians who are proficient on a string, wind or percussion instrument will have the opportunity to attend the National Music Camp at Interlochen, thanks to a grant from Sears-Roe-buck Foundation.

buck Foundation.
The foundation has established a \$145,500 Governor's Scholar Program to sponsor outstanding young musiciants from across the United States to an eight-week program at Interlochen, according to Interlochen According to Interlochen President Roger E. Jacobi.
One student from each of the 50 states will be named a Governor's Scholar and will receive a full tul-tion award of \$2,410 to attend the National Music Camp, June 21 to Aug. 17.

Aug. 17.
Scholarship awards will be based on merit. Deadline for entry is Jan. 26, 1987. To qualify, applicants must

The Christmas Store

ing the flavors of cinnamon, clove, nutmeg and Juniper berry. Used in almost everything alone or in combination with other spices.

Anise — an herb with a subtle licorice flavor used fresh in salads, as seeds in cakes as event of the seed in salads, as seeds in cakes as event of the seed in salads, as seeds in cakes as event of the seed in salads, as seeds in cakes as event of the seed in salads, as seeds in cakes as event of the seed in salads, as seed in cakes as event of the seed in salads and it is a seed in salads, as event of the seed in salads and as foods garnishes. Its flavor vanishes when dried.

Caraway — an herb used sparing primarily in soups, stews and rye breads.

Interlochen given

scholarship grant

through 12 and be proficient on a wind, string or percussion instrument.

To receive an application, write: Governor's Scholar Program, National Music Camp, Interlochen, Mich. 49643, or phone, 618-276-9221.

The 50 governors and their spouses and President and Mrs. Ronald Reagan will be invited to Interlochen to attend a gala July Sconcert conducted by Lorin Mazec commemorating the 60th anniversary of the National Music Camp.

The National Music Camp, Inorthern lower Michigan, was established in 1927 by the pianeering missis educator, Joseph E. Maddy, Eacasummer it offers an Add Very Camp, and the complex gages 6 they be copied ages 6 they be completed from the music, students study dance, drama and the visual arts.

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Cardamom — a spice used the same as chanamon or cloves, alone or in combinations.

Chervil — a delicately flavored herb with an essence of anise. Used in soups, with chicken, omelettes, salads.

in soups, with chicken, omelettes, salads.
Cinnamon — an extremely mild spice which is the bark of a tropical tree. Used in hot chocolate, punches, clessers, meats and seafoods.
Cloves — a spicy, dried bud from the clove tree. Whole cloves have a very strong flavor and should be moved before eating. Used in stewed fruits, curries, pork baked stews.
Coriander — an herb also known as "Chinese Parisley." Used in signerbread, sausage, pickles, as a garnish in soups and stews.
Dill — Fenthery, pungent, slightly bitter herb used in flas, potato salad, or on now potatoes.

bitter herb used in fish, potato salad, or on new potatees.
Fennel — a licerice-flavoreed her used both in leaf and seed form in rice, potatoes, sauces, and with fish. Ginger — a spiey, sweet-flavored spice used in desserts, baked goods, and oriental dishes.
Marjoram — a pungen herb used similarly as oregano.
Mint — an herb with a distinctive oder and flavor, Besides peppermint and spearment, there's curry, apple.

orange and pineapple varieties of

orange and pineapple varieties of mint.

Nutmeg and Mace — similar flavor and use because they come from the same fruit. Used in baked goods, spinach, with veal and always in egg nog.

Parsley — a flavorful herb by itself but also a valuable ingredient for blending the flavors of other herbs. Used in salts, meats, poultry, soups, and as a garnish.

Rosemary — pungent, somewhat sweet-flavored herb used on fish, spinach, pizzs.

sweet-flavored herb used on fish, spinach, pizza.
Saffron — a delicate, orange-flavored spice used in cakes, breads, dressings, rice, tab.
Sage — the best known American herb. Used in fatty meats, such as pork and sausage, also added cheese and chowders.
Tarragon — a chemically-identical flavor to anise when used fresh. It can be both sweet and bitter. Extensively used in French cooking, it is also good in practically everything else.

is also good in practically everything clse.

Thyme — an herb with many varieties, each with its own flavor. Use sparingly in stew, stuffings, most vegetables, and with veal and pork and as a garnish.

Vanilla Bean — a spice used in extract form or as seeds scraped from the bean (such as in lee cream). Best added when food is cooled.

The Consumer Mailbag answers your questions. Address mail to The Consumer Mailbag, Concern Detroit, 1025 Shelby, Detroit, 48226.







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Most patients like the idea of out-patient surgory because they have the impression that it must be less serious it is caused in the most office of the complexitient of their deligr coultie with almost no pain or discomfort. Some of my patients show up at

their regular card game on the first post-operative day, or show up at the bowling league the day after surgery. Modicare and other insurances also appreciate out-patient surgery since it can save anywhere from 11500 to 3000 per case. There is no question that out-patient surgery is here to stay.

ottepanent survey of my patients are willing in the waiting to talk about their out-patient surgical experience. They have volunteered to talk to anyone who may fear or have second thoughts about cataract surgery. Just call oor office for a list of these volunteers.

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