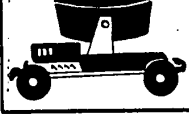


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# From Gundella Bewitching garden tips

A miniature herb garden is a thoughtful, interesting and inexpensive gift you can make to give to a very special friend. If you start it now, it will already be green in time for Christmas giving.

Choose an attractive container in which to plant your garden. A fish bowl, brandy snifter, large salad bowl or nail keg, or just plain clay pots all will do nicely.

Remember that different herbs grow to different heights, so plant accordingly.

Here is a list that may help you decide what to plant:

- Anise—grows three to four feet tall; great for flavoring breads, cakes and cookies. Is said to aid digestion.
- Balm—grows 12-18 inches; good with soups, stews, fish and lamb. Used to aid digestion, circulation and healing of wounds.
- Basil—grows to various heights; use with tomatoes, curries, salads, eggs,

- cheese and all meats. It is said to cure nervous headaches.
- Bay—a tree that may grow 60 feet tall; enhances stews, soups, meat and fowl. Also good with tomatoes and tomato juice. Culpepper said: "No witch or devil, thunder or lightning can harm a man where there is a bay tree."
- Borage—grows 18 inches to two feet; delicious in salads and in ice cold drinks. It is said to increase a sense of well-being.
- Caraway—grows to more than two feet; use in flavoring salads, soups, vegetables, especially cabbage and potatoes, also good with bread, baked apples and some wines. It is said to keep lovers from straying.
- Catnip—grows to three feet, makes a delicious tea, and is drunk to prevent colds and to aid digestion. Some say that if you chew its roots it will give you enough courage to undertake impossible tasks.
- Chervil—grows from four inches to two feet; good in soups, broccoli and other green vegetables, also good with baked potatoes. It warms cold hearts and chilled stomachs.
- Chives—grows to about six inches; delicious with bread and butter or sprinkled on cheese or salads; marjoram in omelets or on baked potato. The Chinese used it as an antidote for poison and a remedy for bleeding.
- Coriander—grows from 15 inches to three feet. Used in soups and salads. Is said to inspire love.
- Dill—grows from two-and-a-half to three feet. Used in making pickles, but also very good on apple crisp or apple pie. Traditionally used to thwart witches and protect one from evil spells.
- Fennel—grows from two-and-a-half to six feet. Roots, stems and leaves and seeds are good in salads, cooked with vegetables and baked in bread and cakes. Herbs accord it with almost every cure imaginable. Use it for general good health.
- Lavender—Grows 30 inches to four feet. Used as a sachet because of its beautiful fragrance. People used to wear a cap of its seeds to cure a head cold.
- Mint—various varieties grow 14 inches to three feet. Used in flavoring candies, dessert, teas, apples, pineapples and oranges; also good sprinkled on some salads. Try it chopped finely in vegetables, potatoes and so on. It is said to be very good for the stomach.
- Parsley—grows to three feet; try it in soups, salads, with meat, poultry, fish and cheese. Excellent on mashed potatoes. Filled with minerals and vitamins.
- Sage—grows from 18 inches to two feet tall; used with meats of all kinds and poultry. Sage tea is said to increase fertility.
- Summer Savory—grows from 12-18



inches, elevates the taste of bean dishes, soups, salads and other vegetables. Is said to quicken dull spirits.

Sweet Marjoram—grows 8-12 inches. Is used in biscuits, sandwiches, jellies, potato pie, soups, dumplings, chops, sauces, stews, meat loaf, pastes, rice and string beans. Both Greeks and Romans crowned young lovers with it. It was supposed to encourage faithfulness in love.

Tarragon—grows to two feet. Use it with roast chicken, stuffed eggs, tomato and fish, salad, asparagus beans and other vegetables. This is not an easy herb to raise.

Thyme—grows to about six inches. Use it with cottage cheese or cream cheese. Add it to vegetable salad. It's good with eggs and is excellent in stuffing for poultry. Add a new taste for clam chowder. Mixed with honey, it's said to be good for a hangover.

You may write Gundella at Box 434, Garden City, Mich. 48135. For a personal reply, please enclose a self-addressed, stamped envelope.

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## Wood carvings are displayed

There will be an exhibit of carvings by the Livonia Wood Carvers, Sunday, Dec. 21, 14 p.m. in Livonia Senior Center, Farmington and Five Mile Club president Oren R. Smith said all carvers in and around the city are welcome to reserve exhibit space. Carvers are urged to attend the meeting, Tuesday, Dec. 16, 7:30 p.m. at the center. Carvers may register for show space at that time. There will be spaces available at no charge.

President Smith said that the splendid response by area carvers to get acquainted and share their know-how encouraged the club to sponsor the "show and tell" open house.

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