



Fine cooking is an art that knows no barriers. The kitchen whiz whose specialties are a joy to the palate may be your next-door neighbor or the shopper you meet casually. In this Cookbook bringing together some of the best cooks in these communities, meet a lady who has a way with herbs, a kosher cook from Sweden, a busy mother who teaches other people's children to cook and a well-known grandmother who loves to bake up a cookie storm. Their recipes, ideas and hints may make your kitchen a spot more fun to occupy.

The Herb Lady adds her zest to meals, life

By LORRAINE McCLISH

Blossoms from the chive, thyme and sage, rose buds and marigolds are everyday cooking items that can be found in Caroline Jamison's kitchen.

Herbs hang drying on racks; a mortar and pestle is there for use, not for show; fresh chopped tarragon is ready to be mixed into butter.

The Bloomfield Hills woman who is known as "The Herb Lady" finds art, history, medicinal powers, fragrance and an added zest to cookery in herbs and spices that has become her hallmark.

And they all come from her spacious garden filled with "only useful things," she says. "If a plant isn't fragrant, flavorful or decorative it isn't here."

When she sets a table, herbs are the stars of her show.

A black cloth, stark white china, crystal and heavy silver, with maybe one large red blossom as a centerpiece, is her favorite setting to complement the design of her food plate, always decorated with fresh herbs.

THE HERB lady of suburban Detroit has given herb luncheons for the past ten years, always accompanied by a

lecture to spread the word on the magic a little spice can do with common foods.

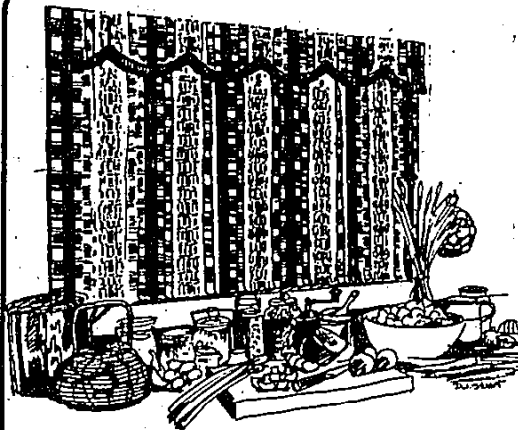
Special interest groups get tailor-made lectures, stemming from her store of knowledge that runs from the lore of the Indian medicine man to modern day crafts where flowers are pressed into acrylic to form coasters and hot plates.

Book clubs might learn of herb references made in the Bible or by Shakespeare. Art clubs might learn the way a Colonial garden was laid out with its carefully chosen herbs brought from Europe for soothing the stomach or making a poultice.

On a tour through Mrs. Jamison's garden, she points to juniper berries to flavor wild game, lemon mint sprigs that will decorate and flavor a glass of iced tea, doisiana salvia which smells like an entire fruit salad, tansy to keep the insects away, or the medicinal penny that was once used to cure "the falling down sickness."

Her love of herbs extends to fashioning them into decorative wreaths, pressing them into note paper, extracting Vitamin C from the rose hip, mak-

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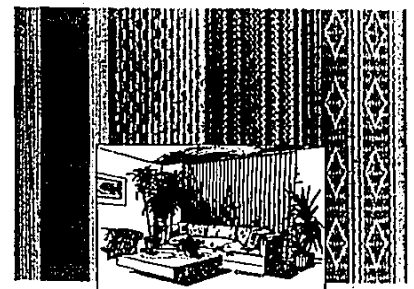
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