

**Try these “flavors”**

10-12 rose geranium leaves  
 1 ½ C butter  
 3 C vanilla sugar (or 1 t vanilla extract if using plain sugar; or half-half vanilla and rose geranium sugars)  
 5 eggs  
 3 C sifted flour  
 6 oz lemon-lime soda (don't use diet soda)  
 1 T fresh lemon juice

Additional rose geranium leaves for garnish. Preheat oven to 325°F. Grease and flour a 10-inch Bundt or tube cake pan. Place geranium leaves face down on the bottom of the pan (tear them to fit as needed).

Cream butter and sugar until light and fluffy. Add eggs, one at a time, beating well between each addition. Add flour alternately with soda, beating well. Stir in lemon juice. Pour batter into prepared cake pan, smoothing top.

Bake 1 to 1 ¼ hours. To prevent over-browning, place a piece of aluminum foil lightly over the cake toward the end of baking time. After cake is removed from oven, cool for 10 minutes then invert carefully onto a serving plate. Garnish with fresh rose geranium leaves. Slice cake and serve with warm Lemon Curd.

*From the San Antonio Herb Society's newsletter*

Spanish or wild  
 Strawberry  
 “Old Spice”  
 Chocolate mint  
 Apple  
 Nutmeg  
 Peppermint-Tommy Boy  
 coconut  
 Oak leaf  
 Rose:

Lady Plymouth rose  
 Skeleton rose  
 Rober's Lemon Rose  
 Atomic

Citrus:

Lemon, Lime,  
 Orange, Citronelle  
 Snowflake Lemon Rose

**SAN ANTONIO HERB SOCIETY**

Meets the second Thursday of every month at 6:30 pm  
 3310 North New Braunfels  
 San Antonio, Texas 78209  
<http://www.sanantonioherbs.org>

# Scented Pelargoniums

Scented geraniums are hybridized shrubby herbs. Correctly known as pelargonium. This name derives from the Greek *pelargos* meaning stork's bill. The commonly used term geranium means crane's bill and describes a slightly different flowering habit. It can be found growing wild in dry climates with well drained soil.

Scented geranium is the perfect plant for your kitchen window because it's useful as well as attractive. Outdoors, they are half-hardy perennials that can't tolerate frost



Herb of the Year, 2006

# Scented Pelargoniums *Pelargonium* ssp (scented geraniums)

## Basic Cultivation

Soil: Light, well drained, rich loamy mix

Water: Prefers dry. Water well and allow to dry completely

Food: Magnesium (1 tsp Epsom salts to 1 gal water every 6<sup>th</sup> time). ½ that in the winter

Propagation: stem cuttings in rooting mix; bottom leaves set in water

Zone: annual in zone 7; perennial in zone 8

Temperature: Warm to hot; tolerates light frost with simple leaf mulch, move with cover.

Sunlight: full – minimum 4 hours direct per day.

Size: up to 4 feet tall, as wide if left alone.

Pests/hazards: Southern root-knot nematodes, Leaf spot, Botrytis blight, Pelargonium rust; Geranium aphids, Caterpillars, mealy bugs, whiteflies, etc.

Scented Geraniums are fast growing and can be enjoyed as annuals in Zones 7 and under or grown in containers on the patio and brought in over winter.

Rose and lemon varieties are particularly well-suited to containers. Peppermint Pelargonium does better when planted in the shade of a tree or shrub and allowed to grow right up into the branches.



## Uses:

To date, reputable sources of medicinal or other homeopathic uses for the scented are scarce. This is probably due to their fairly recent arrival on the herb scene. Following are some of the suggestions encountered. As always, we encourage you towards your own research.

Rose Scented Geranium [no specific name or type of rose] may be beneficial in the following cases:

NERVOUS SYSTEM (aromatherapy) release tension and stress and promote a feeling of calm

SKIN (Eczema, Shingles)

Infuse as a mild astringent to clean and help circulation of pale, sluggish complexion.

There is anecdotal reference to the antimicrobial activity of pelargonium essential oils as well as antioxidant activity in pelargonium *reniforme*.

PREPARATION AND DOSAGE for TEA: Add about 3-4 fresh leaves, or 1 tablespoon dried leaves, per cup of boiling water, let it stand for 10-15 minutes before drinking. Drink up to 3 cups per day

## Some Fun Stuff

### Scented Geranium Potpourri

- 4 C citrus-scented geranium leaves
- 2 C mint-scented geranium leaves
- 2 C rose- or nutmeg-scented geranium leaves
- 3 T orrisroot or gum benzoin OR
- ½ C patchouli leaves, dried and crushed
- 2 T coriander, cloves and/or allspice

Mix together the dry scented geranium leaves. Add orrisroot, gum benzoin or patchouli leaves and the coriander, cloves and/or allspice. Mix ingredients thoroughly. Put in an airtight container for 6-8 weeks to blend fully.

*From the San Antonio Herb Society's newsletter*

### Rice and Geranium Pudding

- 2 scant T raw rice
- 1 T treacle (or molasses)
- 3 1/3 C milk
- 1 T butter or margarine
- 3 lemon or coconut geranium leaves

Mix rice and molasses in ovenproof dish. Gradually blend in milk, mixing well. Dot top of pudding with butter and lay washed geranium leaves on top. Bake at 275°F oven for 1 ½ hours. Eat hot or cold, served with cream.

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### Rose Geranium Pound Cake