



# HERBAL INFUSION

Seasoned advice for growing your own herbs

BY NARA SCHOENBERG • Chicago Tribune

**F**resh herbs are everywhere — in recipes, restaurants and produce aisles. But in a nation that was relatively herb-averse for decades, even lifelong gardeners might have little experience growing, say, basil and cilantro.

Writer Ann McCormick demystifies the process in “Homegrown Herb Garden: A Guide to Growing and Culinary Uses” (Quarry Books), the inviting new book she co-authored with chef Lisa Baker Morgan.

Along with Morgan’s simple and appealing recipes that put these herbs to work (two examples: springtime vegetable stir-fry and pan-fried cantaloupe with honey-ricotta and fresh mint), you’ll find McCormick’s detailed

guide to growing 15 adaptable and easy-going herbs, from classics such as dill and mint to current favorites basil and cilantro to adventurous options such as winter savory, bay laurel and lemongrass.

Homegrown herbs won’t necessarily taste better, said McCormick, a straight-talking, lifetime gardener who blogs at Herb ‘n Cowgirl, but they’re a wonderful addition to a garden, adding interest and aroma, and providing access to fresh, seasonal flavor. You might see cost savings, too.

A packet of fresh oregano costs \$2 or \$3 at the market.

Please see **HERBAL** on Page B2

## DON'T MISS >> Pennsylvania Herb and Garden Festival

BY GEORGE WEIGEL | For PennLive

As the weather warms and yards thaw, the 17th annual Pennsylvania Herb and Garden Festival will get you ready to start gardening again.

The festival, which will take place Friday and Saturday in Memorial Hall at the York Expo Center, will feature speakers, workshops and more

### ONLINE

» For more on vendors, workshops and to see the full schedule, visit [paherbfest.com](http://paherbfest.com).

than 100 vendors of plants, herbal and garden crafts; products for the gardener, cook and crafter; artists; food companies; and a carnivorous plant nursery among others.

Chef Robert Roebuck, who cooked for governors Milton Shapp and Richard Thornburgh, will be one of this year’s headline

Please see **FESTIVAL** on Page B2



## Almost anything goes at Stallions' 'Sundae Best' monthly variety show

BY JEWEL WICKER  
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Drag king and queen Maxwell Treats and Felicia O’Toole are hoping their new variety show will provide an environment where anyone can feel comfortable being themselves and sharing their talents. Anyone can enter. The only rule is performers can’t do anything illegal.

“So, no nudity and no fire in the building. Other than that, anything goes for this show,” O’Toole said.

Treats and O’Toole recently hosted “Sundae Best” at Stallions in Harrisburg and hope to continue to grow the audience and talent. The first event on March 1 was promising. Despite winter weather, many of the performers still appeared, and the bar was full.

Treats and O’Toole hope this month’s variety show, which will be 9 p.m. Sunday at Stal-

Please see **VARIETY** on Back Page

### DETAILS

- » “Sundae Best” variety show
- » 9 p.m. Sunday (doors open at 7)
- » Stallions, 706 North Third St., Harrisburg
- » Cost: \$5; [stallionsclub.com](http://stallionsclub.com)



### BOOK SIGNING

## Knives, ukuleles to help start running guru's book tour

BY KELLY LEIGHTON  
For PennLive

Author Chris McDougall, known for his best seller, “Born to Run,” is back with a new book, “Natural Born Heroes.” And he will kick off his book tour Sunday in Lancaster.

“The book tour is going to be a total freak show,” McDougall, a Peach Bottom resident, said. “What I learned from the book tour for ‘Born to Run’ is that it’s silly to sit there and tell people stuff. I’d rather give them a chance to experience.”

McDougall is bringing some friends along, including comedian Liz Miele, parkour experts Julie

Angel and Andy Keller of Lancaster and Wildfitness founder Tara Wood. McDougall also plans to demonstrate knife-throwing — and asking for audience participation.

And don’t forget the ukuleles. “It’s going to be action-packed, festive and fun. Who is not going to be happy hearing ukuleles?” McDougall said.

With the success of “Born to Run,” McDougall hasn’t had time to host an event in central Pennsylvania in about two years, so it was important to him to launch his book tour locally.

“I’ve been everywhere but home. I really wanted to make sure that

Please see **BOOK** on Page B3

