



FOR IMMEDIATE RELEASE

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MAY HERB DAY EXPANDS, PROVIDES OFFERINGS FOR HERB AND FUN ENTHUSIASTS ALIKE

GAHANNA, Ohio – Just like herbs, May Herb Day 2010 is growing and promises to delight many. The City of Gahanna, Department of Parks & Recreation and the Gahanna Historical Society will again partner to present May Herb Day on Saturday May 8 from 9 a.m. to 4 p.m. Activities will be available at both Creekside Plaza, 123 Mill Street in Olde Gahanna and at the Gahanna Historical Society Settlement, located at 101 S. High St. The event expands this year to provide additional herbal offerings and activities.

True to its name, May Herb Day offers hundreds of culinary, medicinal and ornamental herbs for purchase. Experts on herbs will be available to answer questions about the kinds of herbs that will grow best in your garden.

The Creekside Plaza, Ohio Herb Education Center (110 Mill St.) and Olde Gahanna offering will include:

- Food demonstrations and sampling
- Whole food cooking and sacred eating by Dr. Kim Kalfas
- Herbal, garden-related, and artisan vendors
- Herb of the Year – Dill, Gahanna Herb Society Presentation Display with Sampling
- Herbal Aphrodisiacs by Anya Syrkin, MS, HM, CNS
- Gallery Walk from 4 -9 p.m.
- Fishing at Creekside, 10 a.m.
- Lincoln Pride Fifth Grade Choir
- Historic walking tours of Olde Gahanna, departing from Creekside Plaza and ending at the Gahanna Historical Society Settlement
- Vendors, activities, and more at the Ohio Herb Education Center, 110 Mill St.
- Special promotions and offerings at Olde Gahanna businesses

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Crafts, activities, demonstration, tours and more will be offered at the Gahanna Historical Society Settlement. Visitors will have the opportunity to tour the circa 1840 Log House and Clark House built in 1840. The turn-of-the century Lily Stone B & B will also welcome visitors. The Society is serving their famous Bean Soup, made from a secret recipe handed down through generations. The soup pot simmers only once each year on May Herb Day and devotees wait for this day, often ordering extra servings to take home. Accompanying the soup is the McGregor Family's cornbread, another old tradition and closely guarded secret.

The Gahanna Historical Society location will feature a variety of activities, including:

- Guided tours throughout the day (all buildings).
- New display of artifacts and letters written to and from famous Gahanna resident John Ridenour and during the Civil War (John Clark House).
- Create a Mother's Day gift by making a tussy mussy (small flower bouquet) and calligraphy card with Gahanna calligraphy artist Dorothy Gill.
- "SOUP'S ON!" Bean Soup, hot dogs and drinks beginning at 11 a.m.
- Meet the author and book signing event for the newly published, *Along Big Walnut Creek (as it Flows Through Gahanna)* by Jean Jarvis (Lily Stone Bed & Breakfast).
- Bucket making demonstrations by Don Philips (as seen at the Ohio State Fair and Vermont Medieval Fair).
- Chapelfield Elementary student display of Gahanna-specific dioramas.

Gahanna, the Herb Capital of Ohio since 1976, invites Central Ohioans to enjoy delicious food, daylong herb sales, herbal forums, demonstrations, crafts, music and more. May Herb Day is sponsored by the City of Gahanna, Department of Parks and Recreation and the Gahanna Historical Society. Additional information can be found at www.ohioherbcenter.org, www.gahannahistory.com or call the Gahanna Convention & Visitors Bureau at 614-418-9114.

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