

Herbs Make Scents

THE HERB SOCIETY OF AMERICA
VOLUME XLVII, NUMBER 8



SOUTH TEXAS UNIT
AUG 2024

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August 2024 Calendar

- Aug 10, Sat. 9:00 am – 12 noon** **Garden Workday Kolter Elementary** at 9710 Runnymede Dr., Houston, TX 77096
- Aug 13, Tues. 10:00 am** **Day Meeting:** Annual planning meeting at the home of Benée Curtis, **members only**. RSVP if attending, (text or email bccurtis5@comcast.net). Bring your lunch. Beverages provided.
- Aug 21, Wed. 6:15 pm** **Evening Meeting: (Members Only)** “Herb Fair Kickoff” presented by **Stephanie Calloway**, 2024 Herb Fair Chair, at Cherie Flores Pavilion, 1500 Hermann Dr. Houston, TX 77004. Doors open at 6:15 pm, with potluck meal and program at 7pm.
- Aug 24, Sat. 8 – 10 am** **Westbury Garden Workday** at 12581 Dunlap Street, Houston, TX 77035.

September 2024 Calendar

- Sept 10, Tues. 10:00 am** **Day Meeting: TBD**
- Sept 14, Sat. 9:00 am – 12 noon** **Garden Workday Kolter Elementary** at 9710 Runnymede Dr., Houston, TX 77096
- Sept 15, Sun. 1:00 – 4:00 pm** **Vinegar Workshop**, Contact **Catherine O’Brien** for details.
- Sept. 18, Wed. 6:15 pm** **Evening Meeting: TBD** at Cherie Flores Pavilion, 1500 Hermann Dr. Houston, TX 77004. Doors open at 6:15 pm, with potluck meal and program at 7pm
- Sept 28, Sat. 8 – 10 am** **Westbury Garden Workday** at 12581 Dunlap Street, Houston, TX 77035.

Newsletter deadline: the 25th of every month is strictly enforced. (September Editor is Linda Alderman)



Happy Birthday!

5 – Rose Wherry

12 – Carolyn Kosclskey

19- Lucinda Kontos



Chairman's Corner

With this summer flying by, I want to take an opportunity in this month's Chairmen's Corner to reflect back and share a few highlights from our 90th Annual HSA National EdCon that took place in Malvern, PA back in June. This year's conference was entitled "Once Upon a Thyme ... Stories from the Garden" and was full of stories from all types of gardens and gardeners from the region.

On the first day of the event I participated in the Pennsylvania Horticultural Society Community Gardens Tour. This tour was led by Keith Green, the Vice President of Healthy Neighborhoods for the Pennsylvania Horticultural Society. Green first became familiar with PHS as a young teenage volunteer, an inspiring story to hear while touring some of the community gardens he chose to show us during the tour. These gardens are in some of Philadelphia's lowest income neighborhoods, and seeing the initiative to clean, green and maintain what were previously vacant lots into thriving community gardens used by residents in the neighborhood was extremely inspiring.

That night our South Texas Unit representatives found each other and enjoyed the welcome reception followed by Rosemary Circle, Golden Sage Awards Dinner. A great opportunity to be introduced to some of the pioneers and shining stars in our National organization.

Friday was a full day of meetings and presentations. I attended the Unit Chair meeting and enjoyed meeting so many of the faces I often correspond with via email. Then all attendees enjoyed our outgoing HSA President Lin Lange and incoming President Betsy Smith's program: Growing Learners, Growing Leaders. Interspersed with a catered lunch and opportunities to shop at the Marketplace we also heard presentations: Beyond the Walls and Behind the Hedges: Philadelphia's Private Gardens by author Nicole Juday; Story Telling and Panel Discussion by an array of local horticulturists; and, BiblioBotany: Artist Expression using the Pages of Books.

The event was closed out by Raffle winner announcements, closing remarks and all around thank yous for all the hard work and effort that the HSA National Board and regional members put into making this event happen!

Save the date for our next HSA EdCon which will be held April 22-26, 2026 in San Antonio, Texas!

Happy August,
Dena Yanowski Gaydos



**Left to right:
Donna Yanowski,
Julie Fordes,
Virginia Camerlo
Dena Gaydos,
Angela Roth
Karen Cottingham,
Laura Mullen
Jimmie Keddie
Susan Wood**



**Join Us For Our August 21 Meeting
"Herb Fair 2024 Kickoff"**

WHAT'S YOUR SUPERPOWER?



(AND DON'T SAY YOU DON'T HAVE ONE)

**Is Your Kitchen Your "Happy Place" or
Do You Prefer the Garden?**

**Are You Good with a Needle, a Trowel,
a Computer, or even a Broom?**

**Maybe You're a Whiz With Spreadsheets
or Social Media. THESE ARE ALL SUPERPOWERS.**

LET YOUR SUPERPOWER SHINE!

Herb Fair 2024 is on November 2



Day Group Meeting

Members that attend the day group meetings are invited to attend a planning meeting on **Tuesday, Aug 13 at the home of Benée Curtis**. We intend to have all meeting topics, presenters, field trips, adventure outings, beverage hosts, etc. planned for the whole year. Bring your ideas to the meeting. All ideas are welcome!



Be on the lookout!

As we prepare for this year's Herb Fair, we are looking for our crafty crafters! **Ro Jones** will be sending an email with more details and ideas.

Harvest Herbs for Herb Fair

Bay Leaves	Red stem apple mint
Blue Pea Flowers	Mint
Calendula	Peppermint
Chamomile	Roselle
Comfrey	Rose Petals
Holy Basil	Sage
Lemon Balm	Spearmint
Lemon Verbena	Thyme
Lemongrass	Yarrow
Mexican Mint	
Marigold	

Need more information?

Harvesting, Drying and Storing Herbs

by **Susan Gail Wood**

<http://www.herbsociety-stu.org/harvesting--drying-and-storing-herbs.html>



The HERB SOCIETY of AMERICA



Pineapple Sage

Salvia elegans

- Related to common sage but with a fruity flavor and fragrance.
- Annual with bright red-tinged green leaves and scarlet red flowers which appear late in the season
- Both leaves and red flowers are edible and used in a variety of ways:
 1. hot tea (fresh or dried)
 2. beverages like lemonade, iced teas, white wine or cocktails
 3. fruit salads
 4. chicken salad
 5. compound butter
 6. baked desserts
 7. garnish
- Infusing the pineapple flavored leaves is another way to enjoy the flavor to make simple syrups for beverages or even sorbet, ice cream and jelly.
- Non-culinary uses include potpourri or added to bath water.
- Bring potted pineapple sage plants indoors to a sunny window to extend the growing season. In zones 7 and greater, pineapple sage is a lovely addition to the fall garden.
- Other named varieties offer variation in leaf color and sometimes flavor:
 1. 'Golden Delicious' – gold leaves
 2. 'Tangerine' – even fruitier flavored flowers than the species
 3. 'Honeydew Melon' – melon scented flowers with lime green leaves and red flowers

Information obtained through your association with The South Texas Unit of The Herb Society of America is for educational purposes only. It is not intended to diagnose, treat, cure, or prevent any disease. Everyone, especially women who are pregnant or nursing and persons with known medical conditions, should consult their licensed healthcare provider before taking any herbal product.

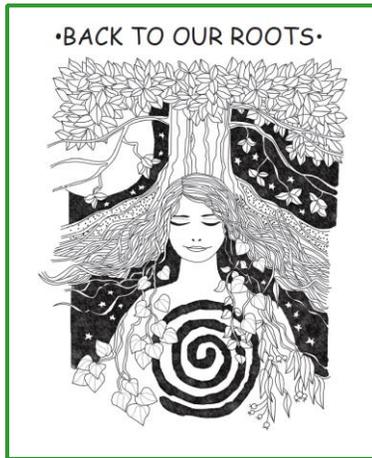
Kolter Elementary Garden



Kolter has given out flowers for Fort Bend County Master Gardener appreciation—Thanks to **Lorena Jaramillo** and much appreciation to volunteers **Lorena** and **Cynthia Card** this past Saturday! We cut more flowers and fixed supports of some new trees that had been beat up by Bery! Second Saturdays are still happening at Kolter!

Next Open Grassroom days are August 10, and September 14 from 9 am – 12 noon





Back to our Roots at Westbury Garden

Julie Fordes

8 – 10 am

**Westbury Workdays: Saturday, August 24
Saturday, September 28**

Hurricane Beryl left the herb garden in a sorry state. We have lost some plants that probably should come back... yarrow, echinacea and bee balm among others. However, some plants really thrived from all the rain and tropical conditions. Look at our roselle and blue pea!!! The wet conditions are also just right for nut grass. We will need to dig deep to get rid of this one!!!



Left to Right: Roselle, Butterfly Pea, Nut Grass invasion!!!

The garden doesn't need frequent watering with the weather pattern we are currently in, but it does need more frequent TLC. Please consider finding an 'herbie' friend and head down to the garden to harvest herbs for the making of herbal products for our upcoming Herb Fair. Although evening is not the ideal time to harvest herbs, many people are at the garden after dinner time to avoid the heat of the day.

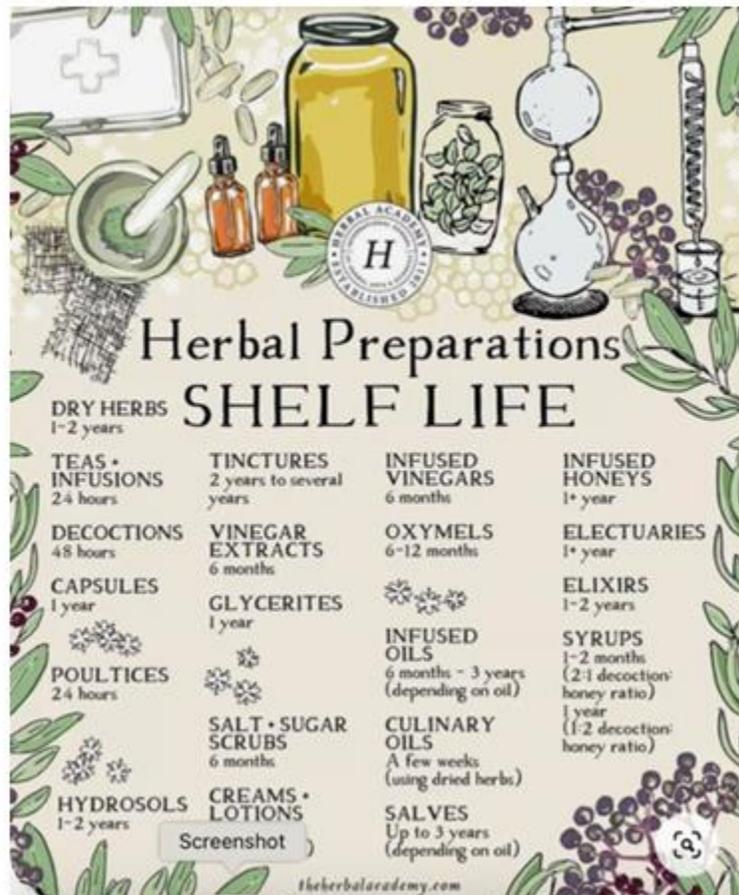
Around 90% of the herbs used in our tea blends are grown by members, either in home gardens or in the bed at Westbury Community Garden. We will need lots of holy basil and butterfly pea which are both found at the WCG bed. We will also need lots of lemongrass, lemon balm and rosemary for our tea blends. We will also need BOTH lemon and orange zest. If you need a little technical expertise on getting the right size zest for tea, you can look back at the March 2020 newsletter on our website

<http://www.herbsociety-stu.org/newsletters.html>

Learn how to dry citrus peel https://www.youtube.com/watch?v=peiKI_F6GJ0.



While we are talking about making herbal products for others, this is a great poster from Herbal Academy showing the shelf life of a wide variety of herbal concoctions. I have this taped to the inside of the cupboard where I make most of my infusions. The website has a more recent version of the poster and detailed information about each of the preparations.



<https://theherbalacademy.com/blog/herbal-preparation-shelf-life/>

We all know that the weather will change, and we may find ourselves with a time of no or very little rain. Take a turn to water the Westbury Garden by signing up for a week of garden TLC on our SignUp Genius.

<https://www.signupgenius.com/go/30E0D49ADAE2DA02-stuwestbury#/>

See you at the garden,
Julie



Herb Fair Countdown is ON!

Stephanie Calloway

Planning is under way for the **51st Herb Fair on Saturday, November 2nd**. Thanks to all who were able to join the zoom call in July. Please *mark your calendar* for the **August Member-only meeting focused on Herb Fair planning**. As Herb Fair Chair I'll be leading the meeting, sharing updates for the year and inviting committee chairs to share opportunities to engage in the preparation and support for the event. In the meantime, here are a few things to keep in mind - and prepare for - ahead of August 21st:

- Member-grown plant sale - in addition to the great plants we purchase for the Herb Fair, we love to sell plants that have been grown by our own members.
- **Janis Teas** is asking for you to consider NOW what plants you can offer (either to grow by seed or split from your own yard). Please send a list of any plants you're able to donate to Janis and/or the August meeting. We will also be looking for members to "foster" plants that have been started by seed - this means ensuring they receive enough water (and not too much!) and light for the two months leading up to Herb Fair. We will share more details at the August meeting.
- We are still looking for a donation of **witch hazel**, if anyone would like to donate 32-64oz, please bring it to the August meeting.
- **Jars needed** - please bring 16 oz or 8oz Mason canning mason jars and/or clean/new lids to donate to the August or September meeting.
- **Reminder** to bring dried herbs to both the day and evening meetings.
- **Reminder** to share the title of your favorite garden and or herb book with a brief recommendation (2-3 sentences) for the "Members Recommendation" book list for the Twice Found book sale room. The recommended books could be mystery, gardening, culinary, companion planting. Please email your recommendations to Donna Wheeler ddwheeler16@hotmail.com
- "Be on the lookout!" 🧐 As we prepare for this year's Herb Fair, we are looking for our crafty crafters! **Ro Jones** will be sending an email with more details and ideas!

Workshop dates



Sunday, September 15, 1-4 p.m. to make the vinegars (fresh herbs needed this day) Hosted by Catherine

Saturday, October 19, 9am - Tea and Culinary Blend prep (we'll be trying some new things this year!). Hosted by Julie

Saturday, October 26, 9am - Fragrances prep (focus on herbal cleaning products. Hosted by Faith

Sunday, October 27, 1-4 p.m. to bottle the vinegars and decorate the bottles. Hosted by Catherine



Education Chair and Membership Chair positions remain vacant!

Please see the job descriptions below. If you can help, please contact **Dena Gaydos**

Education Chair Roles and Responsibilities

1. Supports the educational mission of the society
2. Implements the South Texas Unit, Madalene Hill Scholarship each spring by:
 - a. sending out application information to accredited community colleges and four-year institutions of higher education in Texas.
 - b. organizing a committee to review scholarship applications
 - c. reports recommendations of scholarship recipients to the board and to the unit through the newsletter
 - d. coordinates payments to the institutions with the treasurer
 - e. notifies the students of their awards

Timeline:

Applications go out to the colleges and universities in late February.

May 1 is the deadline for application submissions

June 1 is completion of the scholarship review process

August 1 – treasurer sends scholarship funds to the financial aid office of the receiving institution

Note: **Catherine O'Brien** will share the list of colleges and universities (Excel spreadsheet), draft email for the institutions, criteria for qualification, scholarship flyer, and scholarship application. **Maria Treviño** scans the applications as they come in for distribution to the scholarship committee. Catherine has a score sheet for determining qualifications.

Speaker Bureau Chair Roles and Responsibilities

1. Supports the educational mission of the society
2. Identifies speakers from the unit to speak upon requests from other organizations (e.g., garden groups, libraries)
3. Reports talks by unit members in the newsletter

Membership Chair Responsibilities

- Attend day/night meetings using visitor sign-in sheet to introduce visitors.
- Throughout year remind /encourage members regarding volunteer hours and to record hours.
- Maintain membership supplies in order to create a name tag + lanyard.
 - New members should receive name tag + lanyard, green apron (Janice Stuff), HSA password and latest printed Directory.
- Update online directory as needed.
- Maintain monthly birthday list, send monthly birthdays to newsletter editor each month.
- When notified of new online application verify lives in greater Houston area, attended 3 meetings in last 12 months, send welcome form letter email, notify board/chairs applicant meets requirements, notify applicant approved to pay dues online. Write short “new member” blurb for newsletter.

End of membership year June 30

- Email individual members and put notice in newsletter to submit hours
- Send total of hours to treasurer to include in “end of year report” form.
- Update online directory removing non-renewing members.

Additional membership information may be found on the website under 2nd pull down tab/Member Information: Unit Operating Manual, Unit By-laws, Membership Guidelines and Motions, Annual Business Meeting and others.

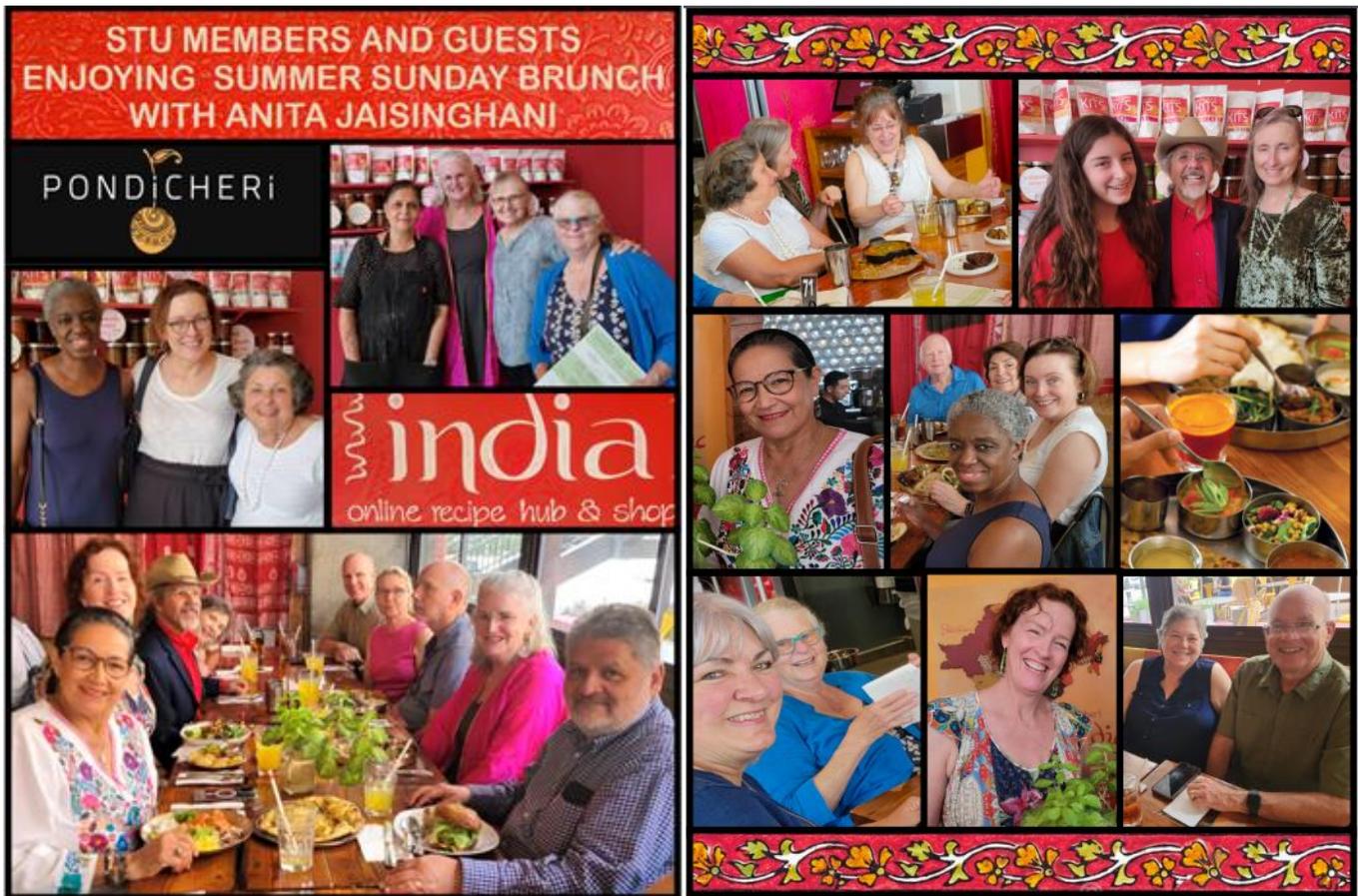


From Catherine O'Brien

It has been a lazy summer thus far, but with school openings just around the corner, a couple of organizations have reached out to us for speakers.

Catherine O'Brien is scheduled to teach a class on Mediterranean Herbs at two locations: at the Lucile Plane State Jail in Dayton on Wednesday, August 7th and at Urban Harvest on Saturday, August 10th.

As you may know by now, I have taken on the position of South Central District Membership Delegate, replacing our dear friend **Bill Varney**—not that anyone can replace Bill. I have enjoyed my time as Education Chair with the South Texas Unit, but all good things must come to an end. If you have an interest in supporting herbal education, please consider accepting the chairman position. The two main functions of this committee are the scholarships and the speakers bureau. I am happy to answer any questions that you might have. Contact Dena Gaydos at denagaydos@gmail.com.





VOLUNTEER NOW
TO HELP WITH HERBAL EXPERIENCE 2024



We'll be making small rustic besoms from twigs, pine needles, dried grasses, grains, and herbs, and dried seed pods.

After the basic structure is secured with twine or ribbon, participants can decorate their besom with more dried herbs, flowers, or seed pods, ribbons, lace, charms, beads, feathers, & scraps of fabric.

PLEASE START COLLECTING MATERIALS NOW
THERE WILL BE A PRACTICE BESOM-MAKING
WORKSHOP FOR VOLUNTEERS AND INTERESTED
MEMBERS AND FRIENDS.

Watch your email for further details.



All about *Thyme*

By Karen Cottingham
Member of the South Texas Unit

Did you know...

There is still disagreement on the origin of the word “thyme”. Some say it comes from the Greek word meaning “smoke” since bundles of thyme were burned as fragrant smoke offerings to purify temples. Others believe “thyme” comes from a similar Greek word for courage. The association between thyme and courage has remained especially strong over the years. Medieval knights engaging in battles or jousting tournaments wore garments embroidered with sprigs of thyme to bring them courage and strength. In the Victorian Language of Flowers, thyme signifies thriftiness, happiness, and, of course, courage.

In the Roman era, thyme was believed to be an antidote to poison. Roman emperors were particularly fearful of being poisoned by their enemies, so they ate thyme throughout their meals for protection. Bathing in a thyme-infused bath was also thought to block the effects of poison. (The Greeks had a slightly different idea - they also used thyme in their beverages, baths and rituals, but to enhance the pleasurable effects of intoxication!)

Thyme was also believed to be protective against evils such as witchcraft. In Sweden, for example, people sewed garlic and thyme into the bridegroom’s clothes to prevent him from being bewitched on his way to the church.

In the realm of romance and marriage, a woman wearing a sprig of thyme in her hair was making it known she was looking for a husband. Men who lacked confidence in their amorous abilities could overcome their shyness by adding thyme to their beer.



Throughout European folklore, thyme has had a special connection with the fairy world. Patches of wild creeping thyme were said to have sprouted from the footsteps of dancing fairies, and, if disturbed, would arouse the ire of the fairies.

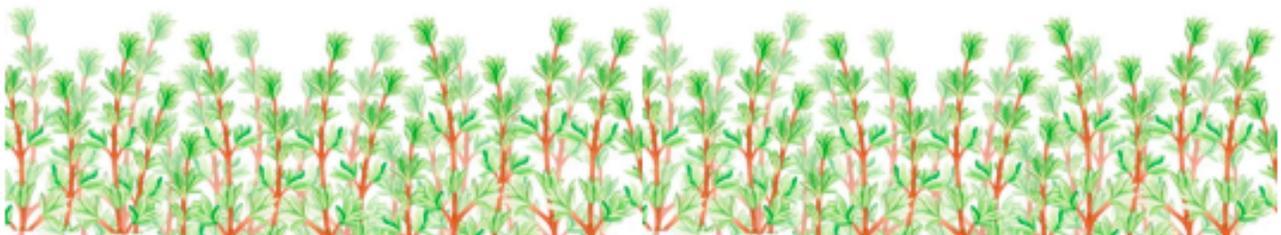
Thyme was also thought to have magical properties that enabled humans to see or communicate with fairies. This may or may not have been a good idea!

Fairies were blamed for large and small tragedies, from cows not giving milk to babies being born with strange behaviors or features. To protect themselves from such malicious fairy mischief, families kept a bundle or pot of thyme indoors or planted around the house. If, however, the local fairies were benevolent, their protection and friendship could be requested by hanging thyme over the threshold.

Maybe this is why, in colonial Maryland, when people moved house, they dug up their thyme and took it with them for good luck.

During the Black Death in the Middle Ages, people wore posies of thyme for protection against infection. Thymol, an essential oil produced by thyme, is in fact both antibacterial and anti-fungal. Nurses in the 19th century used to soak bandages in thyme water, and thymol is still an ingredient in toothpaste, in mouthwashes such as Listerine, and in Vicks VapoRub. Thyme tea is also a popular remedy for coughs and sore throats.

The genus *Thymus* contains a mind-boggling “several hundred species and maybe a thousand or more forms” (Rexford Talbert). This impressive diversity stems from specific structural and physiological details of thyme that favor cross-pollination. Some thyme flowers, for example, have male parts that are sterile (or lack them completely), so the female flowers must receive pollen from a nearby bisexual flower to produce seeds. Other thyme flowers have male and female parts that are both perfectly functional but useless for self pollination since they mature at different times.





Recipes

Pineapple Sage

Salvia elegans

Tips for Use:

1. The young leaves have more flavor than older leaves.
2. To infuse in hot liquid, chop leaves and steep in hot liquid for 10-15 minutes. Strain and proceed with recipe to make tea, simple syrup, jelly, ice cream or sorbet base, etc.
3. Infuse flavor into baked goods such as pound cake by lining the pan with parchment paper and adding a layer of leaves to the bottom of the pan before pouring in the batter. Bake as directed. • Chop and add approximately 2 tablespoons to your favorite pound cake recipe.
4. Chop and add leaves and/or flowers to fruit or chicken salads.
5. Make a compound butter by incorporating chopped leaves and flowers into softened butter. Pairs well with lemon herbs such as lemon verbena, lemon thyme and fruit mints.
6. Add a sprig to iced tea, lemonade, water or other cold beverages.
7. Add a chopped tablespoon full to your favorite tropical fruit smoothie.

Banana Pineapple Sage Smoothie

- ¾ cup fruit flavored or vanilla non-fat yogurt
- 1 teaspoon honey
- 1 small banana
- 1/3 cup skim milk 1 tablespoon chopped pineapple sage
- ½ teaspoon ground cinnamon

Combine all ingredients in a blender and process until smooth.

Michele Brown and Pat Stewart of Possum Creek Herb Farm
The Essential Herbal Magazine
May/June 2007 issue

Cannellini Bean Dip with Pineapple Sage

Give your classic hummus a twist by adding pineapple sage. The perfect dip to take to a picnic along with a bag of pita chips. – Colleen Delawder

- 1 15.5-ounce can of cannellini beans, rinsed and drained
- 1 garlic clove, peeled and roughly chopped
- Juice of 1 lemon
- 1 tablespoon freshly ground black pepper
- ½ teaspoon kosher salt
- ¼ cup extra virgin olive oil

Place all of the ingredients into a food processor, except for the olive oil. Begin to puree, while slowly adding the olive oil. Puree until you reach a smooth consistency. Serves 4 to 10

Colleen Delawder June 1, 2014, Food 52



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Find our Unit on the web at:
www.herbsociety-stu.org

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While authors or speakers may cite how they personally use herbs and may quote scientific, ethnographic, folkloric, or historic literature, the material presented does not represent a recommendation or an endorsement of any particular medical or health treatment.



The Herb Society of America is dedicated to promoting the knowledge, use and delight of herbs through educational programs, research and sharing the knowledge of its members with the community.