

# Herbs Make Scents

THE HERB SOCIETY OF AMERICA  
VOLUME XLI, NUMBER 2



SOUTH TEXAS UNIT  
FEBRUARY 2018

Interim Editor – Janice Freeman (janicehfreeman@comcast.net)

## February 2018 Calendar

- Feb 13, Tues. at 10 a.m.** **Day meeting** is at the home of **Tamara Gruber**. The program, “*Liqueurs*”, is presented by **Jacqui Highton**. **Bring a dish to share**. **Guests should RSVP by calling Tamara at 713-665-0675.**
- Feb 21, Wed. at 6:30 p.m.** **Evening Meeting** is at the Cherie Flores Garden Pavilion in Hermann Park (1500 Hermann Drive, Houston, TX 77004). **Hosts are Lois Jean Howard and Andi Leger**. The program is “*In Pursuit of Hoppiness*”, presented by **Kathryn Holler, Brewer and Owner, Holler Brewing Co.** **Bring your plate and napkin and a dish to share.**

## March 2018 Calendar

- Mar 6, Tues at 7 p.m.** **Board meeting** at the home of **Sally Luna**.
- Mar 13, Tues. at 10 a.m.** **Day meeting** is at the home of **Janice Dana**. The program, “*Lemony Herbs*”, is presented by **Beth Murphy**. **Bring a dish to share**. **Guests should RSVP by calling Janice at 713-669-1457.**
- Mar 21, Wed. at 6:30 p.m.** **Evening Meeting** is at the Cherie Flores Garden Pavilion in Hermann Park (1500 Hermann Drive, Houston, TX 77004). **Hosts are Robert Jucker and Cheryl Israel**. The program is “*The Bitter Herbs of Passover*”, presented by **Jean Fefer, PhD and Master Gardener**. **Bring your plate and napkin and a dish to share.**

**Newsletter deadline: the 25<sup>th</sup> of every month**



Happy  
Birthday!

13- Maria Treviño

14- Elizabeth Grandich

**Herb Day-- The date/location/ theme is set!**

Members mark your calendar for April 28<sup>th</sup>:  
***Herbs, Hives, and Honey*** at  
St. Paul's United Methodist Church.  
Look forward to a call/email from  
**Herb Day Chair Dena Yanowski**  
regarding how you would like to help this year!!



## Chairman's Corner

Greetings,

I keep thinking of the article I wrote for this column several months ago, quoting the Farmer's Almanac and anticipating a "warm and dry winter". That prediction could not be further from the truth. I wish I had gone the extra mile and brought some of my most tender plants all the way into the extra bedroom. They might have survived. C'est la vie.

In January we were given 30 days to vacate our storage facility, which was packed with Herb Fair materials, archived scrapbooks, financial records and much more. I met with Janice to inventory and move the first load, some of which is still in our homes. Many thanks to Jim Murphy, Janice and Richard Stuff who loaded and moved all the remaining items and shelving to our new storage facility, Big Tex Storage, 1810 Richmond at Woodhead.

One of our own was selected by the Herb Society of America's awards committee and board of directors to receive the Certificate of Appreciation for 2018. Janice Stuff, among others throughout America will be highlighted in the HSA Spring newsletter. She will be honored at the Awards and Recognition Dinner at the Meeting of Members on June 1 in Tarrytown, New York. Thank you Janice for your service and accomplishments and I am looking forward to reading the article.

To close, a bit of trivia I gleaned from a gardening magazine. Did you know that bananas are considered the world's largest herb? They are related to the lily and orchid family.

**Donna Yanowski**  
Unit Chair

### Storage of STU Property Moves to a New Location

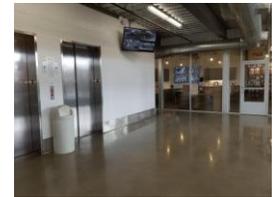
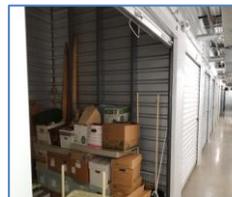
The storage company leasing our storage unit requested all its tenants move immediately during January. The request was due to the fact the storage company lost their rental lease from the building's owner. Fortunately, a more suitable rental space was located and rented from **BIG TEX Storage 1810 Richmond**.

The new site offers a better location, more security, and a cleaner, brighter property with easy access. This was a big move...STU has large signage, shelving, boxes of archives, various items used to produce crafts for Herb Fair, and setup equipment for both Herb Fair and Herb Day.

Big Thanks to **Richard Stuff, Jim Murphy, Janice Stuff, and Donna Yanowski** for the first phase of relocation. NEXT Step – Setup shelving, sort and organize, and dispose of unused items. During the process we are taking a detailed inventory.

Watch and respond for the call to help in the next phase!

By Janice Stuff  
Treasurer



**BIG TEX Storage**  
1810 Richmond





## Awards

**Certificate of Appreciation by The Herb Society of America is awarded to  
Janice Stuff**  
By Susan Wood

**Janice Stuff**, South Texas Unit member since 1982, will be honored with the **Certificate of Appreciation from The Herb Society of America** at the June 1<sup>st</sup> Annual Meeting of members in Tarrytown, New York. Janice is currently serving as our Unit Treasurer. She has served as Unit Chair, Vice Chair, and Secretary and has chaired many committees for us over the years. Whenever any committee member needs help Janice is there to get the job done. She has always quietly and efficiently assumed any responsibilities we ask of her -- this award is very well deserved! Please congratulate Janice the next time you see her. The following announcement is from [www.herbsociety.org](http://www.herbsociety.org) website:

### 2018 Award Recipients selected

Please join the awards committee and the board of directors in congratulating these individuals for their accomplishments and in thanking them for their service to The Herb Society of America! They will be honored at the Awards and Recognition Dinner during the 2018 Annual Meeting of Members, June 1, 2018 in Tarrytown, New York.

The award winners will be highlighted in the *HSA Spring 2018 Newsletter*.

**Helen de Conway Little Medal of Honor:** Susan Betz, Member at Large, Great Lakes District

**Nancy Putnam Howard Award for Excellence in Horticulture:** Justina Campbell, PA Heartland Unit, Mid Atlantic District

**Joanna McQuail Reed Award for the Artistic Use of Herbs:** Phyllis Sidorsky, Potomac Unit, Mid Atlantic District

**Elizabeth Crisp Rea Award:** Linda McDowell, Hill Country Unit, South Central District

**Certificate of Achievement:** Helen Hamilton, Delaware Valley Unit, Northeast District

**Certificate of Appreciation:** Diane Schuster, PA Heartland Unit, Mid Atlantic District

**Certificate of Appreciation:** Janice Stuff, South Texas Unit, South Central District

*Congratulations  
To  
Janice Stuff*



## What's Coming Up...

### Herb-in Beers: "Hops in Craft Brewing"

By Karen Cottingham

Most of you are probably familiar with the term *sommelier*, referring to a highly trained and experienced wine professional. You may even have taken the advice of the *sommelier* in a fancy restaurant when you weren't sure which bottle of wine to order for a special meal. But how many of you know what a *cicerone* is?

Let's see what the dictionary says. In 1726, the word *cicerone* began to be applied to the local Italians serving as guides to sightseers at museums and historical sites. These guides were called *cicerones* to suggest the same level of erudition and eloquence displayed by the great Roman orator, **Cicero**. With time, the word *cicerone* became generalized to indicate "a knowledgeable and learned guide in any field, a mentor or a tutor", and then almost disappeared into the dust-bin of discarded words.

Until 2007, that is, when the word *cicerone* was appropriated by beer *connoisseurs* to indicate a highly accomplished professional who has studied beer with passion and dedication. A *cicerone* in the beer world is equivalent to a *sommelier* in the wine world. A *cicerone* must possess "the knowledge and skills to guide those interested in beer culture, including its historic and artistic aspects".

Not just anyone can claim to be a *cicerone* – *cicerones* must pass a rigorous exam that includes beer style identification, brewing processes and ingredients, beer troubleshooting, and beer-food pairing.

**Kathryn Holler**, brewer and owner of **Holler Brewing Co.**, has a thirst for knowledge and professionalism that surpasses her thirst for beer. Congratulations, Kathryn, for successfully completing the challenging *Cicerone* program and examinations and receiving your **Cicerone Certification!**

Kathryn will be our "knowledgeable and learned guide" for the February 21, 2018 Evening Meeting of the South Texas Unit of The Herb Society of America. In her program, *In Search of Hoppiness*, Kathryn will share her personal reinvention from a middle-school teacher to a professional brewer and then guide us



through the world of hops from a brewer's perspective. But, as many of you know so well, once a teacher, always a teacher! Be prepared for handouts, show and tell, and hands-on sensory activities.

For extra credit, you may take a personal field trip to The Holler Brewing Co. tap room (2206 Edwards, Suite A) and do some serious zythology homework (look it up!). If sustenance is required, visit the tap room on Wednesday for Steak Night or see what food trucks are in the parking lot. And here's a new twist – BYOF – Bring Your Own Food! How's that for a customer-friendly local drinkery? The Holler Brewing tap room is also kid-friendly, has a dog-friendly patio, and (I'm speaking with authority because I've already visited) is a great place to hang out!

So don't miss this second HSA-STU program highlighting hops, the International Herb Association's Herb of the Year. *In Search of Hoppiness* will be presented with "erudition and eloquence" by Kathryn Holler, Certified Cicerone, on Wednesday, February 21, 2018, at the Cherie Flores Garden Pavilion in Hermann Park. Members gather for a potluck supper at 6:30 pm and the program begins about 7:15 pm. Herb Society programs are always free and open to the public. Mark your calendars now and don't forget to bring a friend. Let's invite some home-brewers!

Footnote: Just for the wine snobs, the word *sommelier* is actually derived from the Old French word *somier* for "pack animal". It took many centuries for the *sommelier* to achieve the status, respect, and high salaries they enjoy today!

And before beer-lovers get too smug about the illustrious antecedent for the word *cicerone*, consider this: Even though Cicero was a most learned man, *his* name comes from the Latin *cicer*, which means "chickpea". "Chickpea" was a nickname handed down in Cicero's family and was originally given to an ancestor who had a big wart on his nose in the shape of a chickpea! ■



## About our meetings...



The Day Meeting was held January 9<sup>th</sup> at the home of Lois Jean Howard. There were 10 attendees who discussed rosemary and enjoyed eating food items made with this herb.

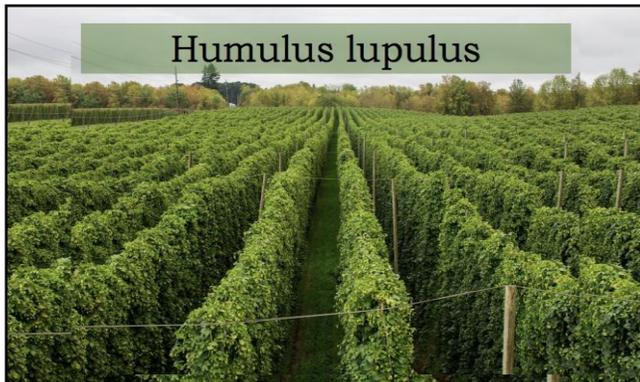
**Lois Jean Howard** (Contributor)

### Membership & Meeting Report

By Albert Ramos

The freezing weather and some unexpected snow kept us from hopping over to the Cherie Flores Garden Pavilion for our regularly scheduled evening meeting on the third Wednesday of January. Thankfully, however, we were able to gather the next week on January 24, 2018, and I think we were all convinced that *Hops are Hot!*

You'll wish you had been there with the twenty Members and thirteen guests in attendance when you've read this report about the fantastic presentation by Program Chair **Karen Cottingham**. *Hops: The Fruit Of The Bine* was a fun and fact-filled program that covered all aspects of hops from Pliny the Elder to the Protestant Reformation and from Patent Medicines to Prohibition. We even sampled Elderflower and Hops Bitters that the audience seemed to really enjoy. Since it was non-alcoholic, nobody got *hopped up!* Karen focused on *Humulus lupulus*, the only one of the five native hops species that is widely cultivated.



The great categorizer of plants and animals, Carl Linnaeus, gave *Humulus lupulus* its melodic name by latinizing the remarkably similar names by which the plant was known in essentially all of the European languages. Karen discussed the controversy about the actual meaning of the word *lupulus*, and came down on the side that *lupulus* is simply another word for "hops", rather than the usual explanation that a hops plant resembles a "climbing wolf". To me, the funny thing about *Humulus lupulus* is that it's name actually ends up meaning "hops hops"!

There is even some disagreement over the origin of the common name "hops". The usual explanation is that hops comes from the Middle Dutch word *hoppe*, which means climbing, and that Medieval English speakers later anglicized it to "hops". Other scholarship states that "hops" may come from a Proto-Germanic word for "cluster, tuft, or hair of the head". This alternate line of reasoning seems entirely plausible considering the tuft-like blossoms of the female hops plant.

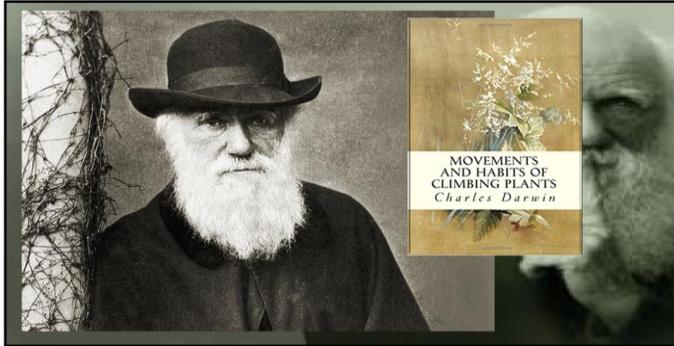
Whatever the origin of its name, hops is a champion climbing plant. It can reach 50 ft. in height if left unchecked. It is such a vigorous grower that a single plant can grow several inches in one day.

Apparently, watching hops grow can be entertaining. When Charles Darwin was confined to bed because of illness, he had young potted hops plants brought into his

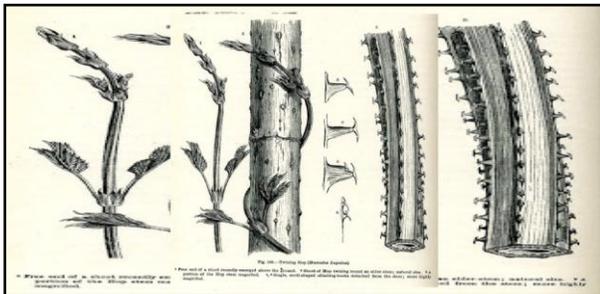


bedchamber so he could pass the time watching them grow. Darwin noticed that in addition to elongating themselves, the hops stems also moved about in a circular motion until they contacted a potential support and attached themselves to it. Darwin, truly a *patient* patient, observed that one circular rotation of the hops plant takes exactly 2 hours and eight minutes!

For more on this, see Darwin's book, *The Movements and Habits of Climbing Plants*.



We also learned that hops are *bines*, not *vines*. The main difference is that with bines, the stem itself twirls around a support. With vines, tendrils shoot out from the stem and twirl on to the support. Interestingly, hops bines always twirl in a clockwise direction.



While most of us associate hops with beer, hops have a much broader and surprisingly compelling history and a mind-boggling multitude of applications.

The useful properties of hops stem from the cone of the female plant and its *lupulin*, the sticky, yellow substance within.

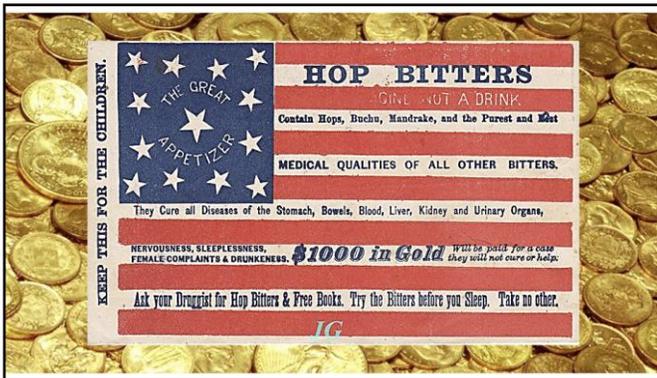


The 300 or more distinct chemical substances in *lupulin* have a host of useful properties. For example, the *lupulin* extracts that are antibacterial, anti-fungal, antiviral, and anti-helminthic (a helminth is a parasitic worm) have had a role in healing for centuries. *Lupulin* is also being studied for potential applications in the treatment of cancer, cardiovascular disease, diabetes, osteoporosis, psychiatric disorders, and post-menopausal symptoms, just to name a few possibilities.

For “fashionable” clothing of the past, *lupulin* was useful as a yellow textile dye. In food, we use its components as flavoring agents, antioxidants, and preservatives. Industry also finds *lupulin* extracts useful as antioxidants and as natural pesticides. And the chemicals that make all of this possible are in the heart of the hops cone within the golden *lupulin*. There should be many more uses in the near future as research into this herbal “gold mine” continues.



Our appreciative audience often responded with laughter and surprise at all the ways hops has influenced life and history. Karen kept us amused and fascinated with slides and anecdotes illustrating the diverse roles hops have played - in religious conflict and reformation, economics and personal wealth, governmental affairs and power, sports (ever heard of the Rochester Hops Bitters Baseball Club?), social customs (ask Karen about the hops babies), and even in circumventing Prohibition laws! Her discussion about hops as an ingredient in patent medicines and the use of “hops tonics” to perk-up new mothers and their babies was as interesting as well as alarming.



Karen also discussed the contemporary uses of hops in medicine for humans and livestock, companion animals, and even bees (an acid from *lupulin* is helping control mite infestations in bee colonies). We also enjoyed learning about the uses of hops in fancy foods, cocktails, coffee, soda, and chocolates. There’s even a newly-released beer designed especially for menopausal women!

Continuing the hops and beer connection, we had a lively discussion about the excessively intoxicating and frequently hallucinogenic herbs that were added to ales before being replaced by hops. We heard about some pretty potent *gruit* ales, including the one containing sweet gale that the Viking Berserkers drank before going into battle. The innocent-sounding sweet gale ale transformed the Vikings into foaming-at-the-mouth berserk warriors who were impervious to pain and who could perform super-human feats on the battlefield.



And one more thing: When Karen spoke about the use of hops in luxury spas and showed a slide of a woman luxuriating in an elegant wooden tub filled with hops and beer, **Dena Yanowski’s** punny comment was priceless: “It’s a hops-tub!”

Although we discussed the many ways we have learned to exploit hops and its *lupulin* core for ourselves, Karen also reminded us not to forget that plants actually produce these complicated substances for their own purposes. Plants are vastly more proficient as chemists than we will ever be. They can synthesize what they need for self-preservation (protection from predators and environmental injuries), growth regulation, and reproduction.

The presentation on hops would not have been nearly so wonderful or complete were it not for the talents and dedication of member **Kerry Madole**. Kerry spent countless hours selecting and arranging slides with Karen, artistically enhancing them for presentation, and cheerfully accommodating all of Karen’s last-minute inspirations. Thank you, Kerry, for putting your talents to such good use for our benefit!

*Continued on the next page...*



Our meeting hosts were **Jenna Wallis**, **Mike Jensvold**, and **Sarah Ballanfant**. They did a lovely job of decorating the tables using beer bottles as vases for evergreen arrangements.

We ended the meeting by awarding door prizes. **Elizabeth Grandich** was delighted to take home a sack of earthworms thoughtfully donated by our vermiculture expert, Member **Mary Sacilowski**. Member **Bobby Jucker** and guest **Donna Wheeler** each won fragrant, rich, and therapeutic herbal beeswax salves to soothe their hardworking hands. **Karen Cottingham**, who donated the salves, made them with local beeswax from the beehives of fellow HSA Member **Maria Treviño**. Thank you, Karen and Maria, for all your contributions that make our meetings so interesting and successful!

As a final note, three of the evening's guests have now attended three or more meetings in the last 12 months and are eligible for membership in the HSA-STU. We gave them applications before they left the meeting, so we hope to welcome them soon as new Members! It would be great to have more guests attend our meetings and join us as new Members, so be sure to invite your friends. And if you don't want to invite a friend, invite an acquaintance and make a new friend! Our next program, *In Search of Hoppiness*, will be presented February 21, 2018 by Certified Cicerone **Kathryn Holler**, brewer and owner of **Holler Brewing Co.** ■

South Texas Unit Celebrates 50 years



1968 - 2018

The South Texas Unit is a non-profit educational organization incorporated under the State of Texas. The South Texas Unit has no paid employees. Our activities are accomplished through the efforts of our volunteers.

The Herb Society of America  
South Texas Unit  
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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.



Find our Unit on the web at:  
[www.herbsociety-stu.org](http://www.herbsociety-stu.org)