

Herbs Make Scents

THE HERB SOCIETY OF AMERICA
VOLUME XLVI, NUMBER 5



SOUTH TEXAS UNIT
MAY 2023

Co-Editors Linda Alderman (ewalderman@comcast.net) & Janice Freeman (janicefreeman@comcast.net)

May 2023 Calendar

- May 6, Sat. 10:00 am**
Note: Date & Time Change
Westbury Garden Workday at 12581 Dunlap Street, Houston, TX 77035.
- May 9, Tue. 10:00 am**
Day Meeting "Pesto Beyond Basil" Demonstration and Program presented by **Benée Curtis**. Location: Cherie Flores Garden Pavilion, 1500 Hermann Dr, Houston, TX 77004. Bring your own lunch. **Free and open to the public.**
- May 13, Sat. 9:00 pm – 12:pm**
Garden Days Kolter Elementary Location: Kolter Elementary 9710 Runnymede Dr. Houston, TX 77096. Refer to Announcement pg. 6.
- May 17, Wed. 6:30 pm**
HSA-STU (Members Only) Annual Meeting Location: Cherie Flores Garden Pavilion, 1500 Hermann Dr, Houston, TX 77004. Doors open at 6:30 pm, with meal and Annual Meeting at 7:00 pm Bring a dessert or light refreshments. Beverages provided.
- May 20, Sat. 10:00 am**
Westbury Garden Workday at 12581 Dunlap Street, Houston, TX 77035.

June 2023 Calendar

- June 1, Thur. 6:30 pm**
Note: Date & Time Change
Westbury Garden Workday at 12581 Dunlap Street, Houston, TX 77035.
- June 10, Sat. 9:00 pm – 12:pm**
Garden Days Kolter Elementary Location: Kolter Elementary 9710 Runnymede Dr. Houston, TX 77096.
- June 13, Tue. 10:00 am**
No Day Meeting
- June 21, Wed. 7:00 pm**
Evening Meeting To be Announced Location: Cherie Flores Garden Pavilion, 1500 Hermann Dr, Houston, TX 77004. Doors open at 6:30 pm, with potluck meal. .
- June 22, Thur. 6:30 pm**
Westbury Garden Workday at 12581 Dunlap Street, Houston, TX 77035.
- June TBA, 7:00 pm**
Full Moon Ramble (Members Only) is now quarterly: June, Sept, Dec, Mar. Watch your email for dates.

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



Happy Birthday!

Cynthia
Card
5/18

Carol
Cobb
5/15

Jane
Littell
5/13

Angela
Roth
5/5

Susan
Steinhart
5/1



Chairman's Corner

Hello Members,

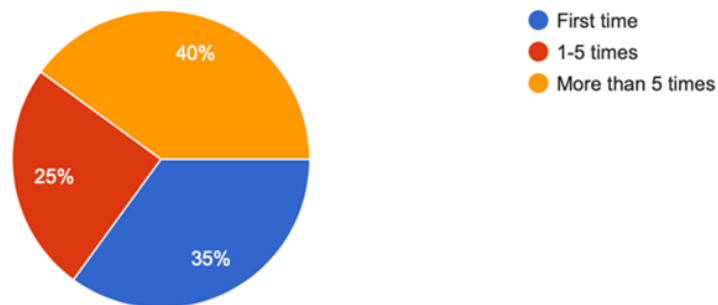
Herb Day was an incredible event! I can tell because I even had a good time! The stress of being in charge was washed away completely when I realized that the sound I kept hearing was that of people having fun! Many thanks to all the members who worked so hard to make the day special, there are many, many, many of you. Special thanks go to everyone who stepped up to chair an aspect of the event, your involvement was key to our success and most of all, gave me the support I needed.

Funds for the Madalene Hill Scholarships are generated from proceeds from Herb Day Marketplace and the dividends from the Scholarship Fund of our Unit's Assets. Saturday the sales from the Herb Day Marketplace (Ways and Means) made enough money for the Madalene Hill Scholarship Fund. All the expenses are not turned in yet, but it looks like all of our major costs have been covered by the registration fees.

I have been seriously enchanted with thoughts of heirlooms, and herbal legacies. I want to share a bit of preliminary data from our Herb Day Post-Event Survey. The pie chart below represents a breakdown of participants by how many times they have attended Herb Day. More than a third of our attendees were there for the first time. This tells me two things - 1. We did a great job of creating an event that sparked people's interest and 2. We did a great job getting the word out. I think that hosting events like this, that bring new people information about the use and delight of herbs is our legacy in a way, one that I am very proud of and you should be too.

How many times have you participated in Herb Day?

20 responses



And now for a bit of business. Wednesday, May 17 @ 6:30 pm will be our Annual Meeting at Cherie Flores. This meeting is for members only. We will approve next year's budget, elect some new officers and vote on any measures put forth to the group. Please make every effort to attend. This will be the first "in-person" Annual Meeting since Covid, and we would love to see you and hear what you have to say. We will provide drinks and are asking members to bring dessert or some other light refreshment. I will be sending out the agenda and all the supporting information to members two weeks prior to the meeting in a separate email (or "snail mail" where appropriate).



BACK TO OUR ROOTS

Julie Fordes

The garden is simply gorgeous... every time I go, it seems new and fresh: some plants are on their way out, new ones are beginning to crop up, and the cilantro is going to seed. Truly a season of change.

We are busy harvesting chamomile and calendula (which is a BUMPER CROP by the way). Most of the volunteer butterfly peas have been moved to the trellises. The yarrow, which is a new herb for us is so happy, it is flowering.

If you would like to be more involved in the garden, your help would be greatly appreciated. We love everyone to see our bed on a garden workday, but there is also a need for people to help dry and store the herbs. If you have good drying space, let me know... or ask Susan Wood about her drying rack on wheels!

Please note the changes in Westbury Workday times and dates. We will go on Saturday mornings this month and switch to Thursday evenings in June.

See You at the Garden!



HSA-STU Herb Garden at Westbury Community Garden



Cilantro Flowers



Calendula (top)
Anise hyssop (Bottom)



MEMBERS—IT'S TIME TO COUNT AND RECORD YOUR HERB DAY HOURS!

Carolyn Kosclskey, Membership Chair

Collecting volunteer hours is an important task and many of you who participated in the preparation of the **37th Annual Herb Day** please record your earned hours. We are asked by HSA to submit a total sum of member hours each year at the end of July that covers from July 1 of the previous year through June 30 of the current year. Hours are recorded in 1 hour and ½ hour increments, rounding up for 15+ minutes of activity. So what counts? Volunteer hours can take on many forms and these are some examples of Herb Day hours you may include, but are not limited to the following:

Attendance at Herb Day (and any other meetings during the year live or virtual);

Participation in preparing for Herb Day (as well as other events). This includes time spent preparing and crafting articles sold that day and also any foods made for that day. This also includes the time spent on Friday afternoon getting the room and all things Herb Day ready as well as cleaning up after Herb Day on Saturday afternoon;

Administrative work such as working on flyers, programs, sign-in sheets and signage, name tags, pricing plant and craft items, making the items included in the participant gift bag and putting together the participant gift bag, etc.

In July when it comes time to submit your total hours there will be no need to itemize, just remember hours can be in whole hours or half hours as needed (2 ½ hours = 2.5 hours).

If you have any questions about volunteer hours please don't hesitate to contact me at stxu.membership@gmail.com.

Carolyn

Membership Renewals Around the Corner

Maria Treviño

South Texas Unit membership renewals are due July 1. This year, we are trying something new. Our goal is to collect as many of the dues as possible by July 30th to remit the majority of the member dues in one payment to national. Last year, we spread the remittance over three months.

As treasurer, I will be emailing you an “invoice” from Square for your dues.

The primary purpose is to give you quick access to pay dues. The invoice will have a PAY NOW button that will allow you to enter your credit card information and finalize the renewal process.

You will also be able to go to the STU website and pay as usual. If you want to mail a check you can. The mailing address will be provided.

The Herb Society of America



South Texas Unit



Herbs Make Scents

April 2023



Join Angela Roth and Kolter Garden Volunteers and Supporters for Garden Days at Kolter Elementary School. Come out on May 13th, June 11th and July 8th to enjoy the gardens, offer advice, donate herbs, pull some weeds, and harvest whatever is available!

Kolter Elementary School
9710 Runnymede Drive,
Houston, 77096

Questions? Contact Angela at chrisangelaroth@sbcglobal.net

PESTO! Beyond Basil

Demonstration and Program

May 9, 2023 10:00 AM

Herb Society member, Benee Curtis, will discuss and demonstrate the fundamentals of making Pesto; pestos with different herbs will also be presented.



Cherie Flores Pavilion
Hermann Park
Sponsored by South Texas Herb Society
Public Welcome

Members

Spring is here! Remember to grow, harvest, and save herbs. We will use them to make preparations for Herb Fair 2023

Check out the list below

Basil
Bay Leaf
Blue Pea
Calendula flower
Chamomile flower
Comfrey
Dill Weed
Lemon Balm
Lemon Verbena
Lemongrass
Mexican Mint Marigold
Oregano

Parsley
Passionflower
Peppermint
Red-stemmed apple mint
Rose petals
Roselle
Sage
Spearmint
Stevia
Thyme

Store dried herbs in plastic freezer bags.
Remember to label the bags!



Photo by J. Freeman



May 2023 Herb Fair Update from Catherine O'Brien

Early May finds us outside to beat the fast-approaching summer heat. It's time to move herbs into larger pots. It's time to plant more basil. To encourage the growth of more flowers, it's time to trim blooms from roses, sweet peas, and cornflowers. Flowers that are needed for Herb Fair in the fall can be planted in your summer garden in May. They include hibiscus, impatiens, and marigolds as well as roses and butterfly blue pea. These can be dried and saved for bath salt recipes.

It's time to start harvesting rose petals and rose buds for the **Fragrance Committee** and for the Holy Basil and Rose Herb Tea blend. **Don't harvest roses for Herb Fair if you spray them with pesticides and herbicides.** For rose buds, harvest the ones that have slightly opened, but are still in bud form. Cut them close to the calyx to ensure that they maintain their shape. Harvest petals in the morning after the dew has dried, but before it gets too hot. Select the ones that are in "almost full bloom" as they are the most fragrant. Shake the blossoms to remove any unwanted little critters before you take them inside. You don't need to rinse the flowers. Remove the petals at the base. If using a dehydrator, lay the rose petals on a single layer and dry them on the lowest setting possible for a few hours. Be sure to check them every hour to make sure they don't burn. They will be done when they are crisp like potato chips. To air dry the petals and buds, spread them on a mesh tray and distribute them evenly. Keep the mesh tray in a well-ventilated spot and out of direct sunlight. Gently toss the petals and buds at least daily or more often if you can. This method takes about a week to dry the petals and a little longer to dry the buds, but it is so worth it. The petals retain their color better with the air dry method. When they are well dried, store them in a clean glass jar, out of direct sun light,

Other herbs that can be planted this month include anise hyssop, garlic chives, ginger, lemon verbena, lemongrass, jamaica (Roselle), patchouli, pineapple salvia, rosemary, scented pelargoniums, sesame, and turmeric. Scented pelargoniums (old name was geranium) should be moved to partial or full shade during the upcoming hot months. Pelargoniums can be propagated by cuttings. Here is a nice video from the National Trust School of Gardening (<https://www.youtube.com/watch?v=jtYLL8L0QUw>).

The soil temperature is warm enough to plant butterfly pea (*Clitoria ternatea*) that we use in tea. And the best thing that you can do for your plants is mulch, mulch, mulch. At least two inches of mulch should be added to your garden to discourage weeds, conserve moisture, and keep the roots cool. Check that potted plants don't become root bound.

By now your cilantro (soon to be coriander seeds) has bolted and started to go to seed. But those green fruits can still be used in a nice pico de gallo. They give a burst of flavor when you bite into them. Harvest coriander and dill seeds, for planting next fall. While dill dries nicely, cilantro does not. Be sure to leave some seeds on the plants for the birds. They will repay you by eating bugs as well as seeds.

Do you have any broken flowerpots that you want to get rid of? How about turning them into a home for frogs? With the hot summer months just around the corner, you can make some for yourself and you can turn them into a craft for the Herb Fair. Just stencil "Toad Abode" or "Toad Home" on them and you have contributed to the crafts table.

Continued next page



Herbs Make Scents

April 2023



Elderberry



Rose



Bolted
Cilantro



Photos by
Catherine O'Brien



Photo by Janice Freeman

The Herb Society of America
South Texas Unit
P.O. Box 6515
Houston, TX 77265-6515

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

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.

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.



[DONATE](#)