

Herbs Make Scents

THE HERB SOCIETY OF AMERICA
VOLUME XLVI, NUMBER 4



SOUTH TEXAS UNIT
APRIL 2023

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

April 2023 Calendar

- Apr 8, Sat. 10:00 am** **Westbury Garden Workday** at 12581 Dunlap Street, Houston, TX 77035
- Apr 11, Tue. 10:00 am** **Day Meeting** is cancelled
- Apr 12, Wed. 7:00 pm** **Herb Day Planning** Committee members will meet using the Zoom application. Watch e-mail for details.
- Apr 15, Sat. 10:00 am** **Fragrance and Tea Workshop**, is at the home of **Julie Fordes**. Refer to Directory for details. **RSVP** fordes.julie@gmail.com
- Apr 19, Wed. 6:30 pm** **Evening Meeting** "*Inspiring the Next Generation – Introducing Herbs to Children*" will be presented by HSA member and educator, **Angela Roth**. Location: Cherie Flores Garden Pavilion, 1500 Hermann Dr, Houston, TX 77004. Doors open at 6:30 pm, program at 7:00 pm. **Free and open to the public.**
- Apr 21, Fri. 5:00 pm** **Set up for Herb Day**
- Apr 22, Sat. 8:30 am-2:00 pm** **37th Annual Herb Day** "*Living Our Herbal Legacy*" Location: St. Paul's United Methodist Church, (Fondren Hall, Jones Education Building) 5501 Main St, Houston, TX 77004.
Registration Deadline Apr 17
- Apr 25, Tue.** **Nominations Due for Annual Garden Donations** Contact Julie Fordes See details on page 5.
- Apr 27- 29** **HSA Educational Conference** "*Herbal Lagniappe en Louisienne*" Location: Baton Rouge, LA. Register here <https://www.herbsociety.org/news-events/2023educationalconference.htmlEdCon>
Registration closes Sunday, Apr 2, at midnight

May 2023 Calendar

- May 6, Sat. 10:00 am** **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.
- May 17, Wed. 7:00 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 potluck meal and Annual Meeting at 7:00 pm.
- May 20, Sat. 10:00 am** **Westbury Garden Workday** at 12581 Dunlap Street, Houston, TX 77035.
- Quarterly** **Full Moon Ramble** (Members Only) is now quarterly: June, Sept, Dec, Mar. Watch your email for dates.
(Note: New Schedule)

Newsletter deadline: the 25th of every month is strictly enforced (May Editor is Janice Freeman)



Happy Birthday!

- 1 Janice Dana
- 21 Kathy McDaniel



Chairman's Corner

Hello Members,

We will have our **Annual Meeting on Wednesday, May 17**. We will approve the budget for the coming year and vote on expenditures like donations for local gardens. We will elect officers from the slate of candidates proposed by the Nominating Committee headed by **Donna Yanowski**. Put this important date on your calendar and make plans to attend this important meeting.

Catherine O'Brien, head of the Education Committee, has sent invitations to apply for the Madalene Hill Scholarship to over 50 colleges and universities across Texas. Thank you, Catherine! We hope to be able to give two or three scholarships out this year, as we have done the past three years.

Check out our new and revised Membership page on the website. Thanks to all who helped clarify the process for people who apply for membership in our Unit, **Benée Curtis, Karen Cottingham, Carolyn Kosclskey and Maria Treviño**.

“Living Our Herbal Legacy: Inspiring Today's Cooks, Gardeners, and Herbalists”

Herb Day is only three weeks away!

General Schedule

Set-up Friday, April 21 @ 5 pm at the church. (I am trying to get us in earlier) We need all hands on deck for this. Tables will be set up already. The crafts and plants need to get arranged; round tables decorated. I will be going to the storage shed earlier that day and could use help to bring over items we need.

Day of the Event

Come at 8:00 am to finish any last-minute items. After the event, it's all hands on deck once again to clean up and make a run to the storage shed.

Think about what you can do to make Herb Day a success
Reach out to the following members to let them know you can help



Herbs Make Scents

April 2023

Education/Speakers - Karen Cottingham

We have volunteer spaces available for assisting with Vermiculture, Fermentation, Compost Tea Production, and Heirloom Seeds and Seed Saving. It's a great way to learn a new skill and interact with guests and members. Contact Karen Cottingham karen.redbrick@gmail.com to volunteer.

Publicity - Virginia Camerlo

Remember, everyone can do publicity! There is more to do than just share the flyer. Let Virginia know if you can help.

Decorations - Mary Starr

Show up on Friday to decorate and Saturday afternoon to pack up. On the day of the event, bring fabric napkins with an herbal print and fresh cut herbs. Contact Mary Starr to ask questions.

Refreshments - Debbie Lancaster and Palma Sales

Baking beforehand, acquire serving trays, work the event and coordinate refreshments around lunch.

Plants - Jeanie Dunnihoo

Help get the plants and display them on tables.

Tea and Fragrance - Faith Strunk

We will meet at Julie Fordes' home on Saturday, April 15 @ 10 am to make tea blends and herbal bath products for Herb Day.

Crafts - Pam Harris, Janice Stuff, Donna Wheeler

Lots of crafts are in the works. We will set up the Herbal Marketplace on Friday. Help will be needed to price and inventory our items.

General Workers - Julie Fordes

We will need lots of help setting up and taking down the event. Don't let the opportunity to get to know your fellow herbies better and raise money for our scholarship fund slip by... suit up and show up for Herb Day.

Ingredients Needed to Make Herb Day Products - Julie Fordes

Here is a way you can help! We need the following ingredients to make Herb Day Products:

- Dried mint (spearmint, peppermint or red-stemmed apple mint)
- Dried lemon peel
- Sea salt
- Coconut milk powder
- Citric acid
- Cardamom, clove and rose essential oils
- Jojoba and almond oils

If you can provide any of the items, bring to our next meeting.

Julie Fordes

Unit Chair



Herbs Make Scents 2023



Herbs Make Scents

April 2023

37th Annual Herb Day
Living Our Herbal Legacy
Inspiring Today's Cooks, Gardeners & Herbalists
The Herb Society of America, South Texas Unit

Saturday, April 22, 2023
8:30 a.m. - 2 p.m. in the Museum District, Houston

Featured Speakers
John Forti
National Award-winning Horticulturist & Author, Presented via Zoom
"Heirloom Gardening with Traditional Herbs & Skills"

In Person Guest Speakers
"Let's Go Wild - An Introduction to Fermentation"
Scotty Sheridan, Scotty's Fermented Foods

"Heirloom Seeds - Their Place in Our Lives"
Charley Fisher, Urban Garden Project

Herbal Marketplace & Herb Plant Sales

Educational Demonstrations with
Compost Tea, Vermiculture, Fermentation & Heirloom Seeds

Catered Lunch and Dessert Provided

\$60 (\$40 for STU Members) Pre-paid Registration Required
For additional information and to pre-register
visit www.herbsociety-stu.org

Sales Support Our Scholarship Program for Texas Students



Membership Tips: Earning Your Hours - Major Events

Carolyn Kosclskey, Membership Chair

Membership Guidelines, Rules and Procedures (in the Membership Directory and on the website under Member Information, Unit Operating Manual tab), read “an active member will support the organization during the fiscal year by participating in the preparation of one major event (Herb Day in the spring, Herb Fair in the fall) and participate on-site in one major event (Herb Day, Herb Fair).” The upcoming 37th Annual Herb Day on Saturday, April 22 provides multiple opportunities to meet these obligations! Contact any of the members below for information on how to become involved in this event. Note: Be sure to record all of your hours related to this event in whole and half hour increments (1½ hour = 1.5 hour).

Herb Day 2023 Chair and Committee Members

Julie Fordes, Herb Day Chairman (fordes.julie@gmail.com)

Tricia Bradbury, Herb Day Committee (Triciabrad35@yahoo.com)

Karen Cottingham, Herb Day Committee (Karen.redbrick@gmail.com)

Catherine O'Brien, Herb Day Committee (Vibrio13@gmail.com)

Maria Treviño, Herb Day Committee (maria@burger.com)

Donna Wheeler, Herb Day Committee (ddwheeler16@hotmail.com)

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

Carolyn

Giving Some “Green” to Make Things Greener

Each year the HSA-STU allocates funds to support herbal education in local gardens. The decision about which gardens to fund is driven by the membership. Proposed gardens will be discussed at the Annual Meeting in May.

As a Unit, we are blessed with both healthy membership numbers and healthy finances. Over the past several years, roughly \$2,000/year has been budgeted for donations to local gardens. We have spent \$1,500 for the past two years from our Garden Donation funds to buy our membership in the Houston Botanic Garden.

Past recipients of our charitable donations include: Nature Discovery Center in Bellaire, TX; Herb Gardens at Festival Institute in Round Top, TX; the following herb gardens in Houston: Urban Harvest, Urban Harvest Garden Education for Children Program, Center for Contemporary Craft, Mercer Arboretum, Houston Botanic Garden, and Sight into Sound (non-profit for visually impaired).

Big, small, famous, or tucked away in a corner - we are calling on members to propose a garden for funding that is dedicated to herbal education in some way. Please provide a description of how the garden is involved in promoting herbal understanding and how much money is needed. Your proposal must be in writing and turned in to **Julie Fordes** before April 25, 2023 so it can be included in the May Newsletter.

Garden/gardens to receive funding will be determined by member vote at the May Annual Meeting. of how the garden is involved in promoting herbal understanding and how much money is needed.



Herbs Make Scents

April 2023



McAshan Herb Garden @ Festival Hill, Round Top TX



Sight Into Sound, Houston TX



Houston Center for Contemporary Craft, Houston TX



Urban Harvest Community Gardens, and the Urban Harvest Garden Education Programs, Houston TX

**Gardens
Previously
Supported
by Our
Charitable
Donations**



Hana & Albert Ginzburg Nature Discovery Center, Bellaire TX



Mercer Arboretum and Botanic Garden, Humble TX



Houston Botanic Garden, Houston TX

Photos provided by J Freeman. Pioneer Unit, websites of Sound into Sight, Urban Harvest & Center for Contemporary Craft



“Bee” a



Hospitality Host

Rose Wherry serves the South Texas Unit as the Hospitality Chair for our Evening Meetings. Members agree/sign-up to assist as Rose coordinates and arranges tasks so our potluck suppers are welcoming to all.

Members should sign up to host with another member for one evening.

*Hosts are needed for
July through November*

Some of the host tasks include set-up for the meeting then take down. Other tasks include washing tablecloths and tableware; perhaps you prefer to decorate tables or label potluck dishes? These are just a few of the simple tasks that build the foundation for a very enjoyable evening with the South Texas Unit.

Rose will provide instructions and guide you along the way. Volunteer as a Hospitality Hostess for an evening of herbal use and delight! Contact Rose Wherry at roseawherry@gmail.com

“Inspiring the Next Generation - Introducing Herbs to Children”



Presented April 19, 2023

By HSA Member and Educator Angela Roth

*Join us at the Cherie Flores Garden Pavilion
1500 Hermann Drive, Houston, TX 77004*

Doors open at 6:30 pm

Potluck meal and program at 7:00 pm

And the Winner is #3!

Catherine O'Brien

Thank you to everyone for participating in the taste test at the last meeting. The clear choice for the best tasting Ranch Style Dressing was #3. The plan is to sell packets of dried herbs and spices along with the recipe at Herb Fair in the fall. If you can, please collect and dry as much parsley and dill weed as you can. And if you find garlic powder and onion powder on sale, bring the dried herbs and spices to future meetings.

Herbs Make Scents 2023



ATTENTION!!! A "THANK YOU" TO ALL MEMBERS AND GUESTS WHO ATTENDED THE AROMATHERAPY PROGRAM



Contact Karen Cottingham at karen.redbrick@gmail.com for a 20% Discount Code at Source Vital Apothecary. Discount is good for one year, for either online purchases www.sourcevital.com or in-person shopping at 1291 N. Post Oak Rd, Suite 291.



Back to Our Roots

Julie Fordes



The garden at Westbury Community Gardens is looking fabulous! We are busy harvesting our comfrey, calendula and chamomile. Butterfly pea 'volunteers' are being moved over to the trellises and we are still waiting for holy basil seedlings to appear. Our next workday will be Saturday, April 8 @ 10 am. We will have two workdays on Saturdays in May. Even if you can't make it to the Westbury Garden, we hope, in your own backyard, you continue to grow, harvest and store herbs. As always, bring your dried and labeled herbs to any meeting.



Members

Spring is here! Remember to grow, harvest, save and contribute your herbs to the Chairpersons who need them for Herb Day & Herb Fair.

Check out the list below

Basil
Bay leaves
Blue Pea
Calendula flowers
Chamomile flowers
Comfrey
Lemon balm
Lemon verbena
Lemongrass
Mexican mint
marigold

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



New additions:
Dill weed
Parsley

Herb Society of America, South Texas Unit, Madalene Hill Scholarship

Janice Freeman

When a guest, visitor or a member, wishes to donate, it is now possible to do so electronically. Of course, donations can be given to the Unit Treasurer, if preferred. Remember donations can also be submitted on the STU website (see below).

Our Unit has added a "Donate" button in our newsletter and to the STU website. To read more, visit <http://www.herbsociety-stu.org/scholarship-award.html>



Speakers Bureau Update

The Speakers are busy, busy, busy, educating folks on the wonderful world of herbs. Three presentations in April.

Catherine O'Brien will be presenting on Friday, April 14 at Crosby Library on Mediterranean herbs.

Karen Cottingham will present an Urban Harvest Program "Growing Herbs for Culinary and Medicinal Properties" on Tuesday, April 25, 6:00-7:00 pm. Registration is required. See <https://www.urbanharvest.org/education/classes/>

Janice Freeman will speak on April 29 Sat. 12-1:00 pm Quail Valley Garden Club, "Let's Talk Herbs" See <http://www.quailvalleygardenclub.org/fundraising-projects> If anyone is interested in joining the Speakers Bureau, contact **Catherine O'Brien** at 281-467-1139 or Vibrio13@gmail.com

March Garden Events

Susan Wood

The weekend of March 19 – 20 was full of excellent road trip opportunities near Houston for garden lovers. The Pioneer Unit Plant sale at Festival Hill in Round Top went smoothly despite cold, windy, and rainy weather on Friday. By Saturday afternoon the thousands of herbs, from five different suppliers, were on their way to new homes. I heard there was a standing ovation for a former prison inmate turned landscaper who spoke during the Herbal Forum on Saturday about horticultural programs available to prisoners in Huntsville. Well done!

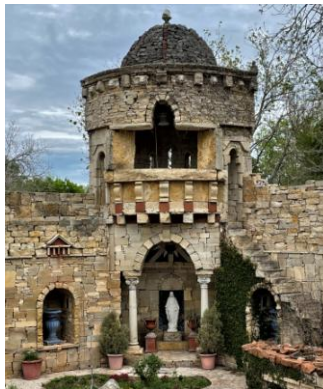
STU has been donating each year for the last 5 years to support the gardens created by **Madalene Hill** during her time living at Festival Institute. I hope we will continue that tradition. Attached are 2 photos of gardens there currently maintained by Pioneer Unit volunteers. Many herbs will be added to the Pharmacy Garden in the next few weeks. Their greenhouse needs repair, so I'm guessing donated funds will be appreciated and put to good use where needed.

The other photos are from the bucolic "Budding Out" sale at John Fairey Garden, a Nature Conservancy Garden, just outside Hempstead. Vendors and food trucks (including delicious wood fired pizza with prosciutto, arugula, Parmesan, and mozzarella cheese) were popular as was the coffee, wine, and mead! The hauntingly beautiful accordion music of **Anthony Barrilla** wafted over the tree tops as visitors toured the grounds. The serenity of that garden is priceless.



Bluebonnets at Festival Hill

Mary Garden at Festival Hill in Round Top TX



"Pollinator Portraits" vendor at



Budding Out, Fairey Garden



April 2023 Herb Fair Update from Catherine O'Brien

Spring has sprung and harvest time is upon us!!! We should already be harvesting dill, parsley, cilantro, and lettuce before they bolt. *Bolt* means that they are “going to seed.”

You know bolting is occurring when:

- a tough stalk, studded with just a few leaves, suddenly shoots up out of the plant's foliage,
- this stalk starts to form buds, which first become flowers, then seeds,
- the growth rate of the rest of the plant slows down, and
- the taste of the remaining leaves become bitter.

Bolting does have its benefits. Their presence is good for the garden because flowering plants attract pollinators. A plant that has gone to seed means free seeds for your garden for next season and free seeds for birds. And although the bitter leaves may not taste good in salads, the stems can be added to soups and stews for extra flavor. Cilantro stems make very good Chicken Tortilla Soup. Just be sure to pull out the stems out before serving.

Warmer weather means that it is time to set out seedling basil, anise hyssop, and jamaica (*Hibiscus sabdariffa*) which most of us call “roselle” or roselle hibiscus.” While roselle



Roselle flower

is a naturally perennial plant, it is commonly cultivated as an annual, meaning you need to plant seeds each year. Start roselle from seed in April through late August, like you would its cousin okra.) Roselle germinates at soil temperatures of 75°-85°F and does well directly sown into the garden.



Okra flower

Plant 2-3 seeds ½ inch deep and about 3 feet apart. When the seedlings are 2-3 inches tall, weed out all but the strongest seedling. Roselle prefers well drained fertile soil in a sunny spot. Over fertilization of the plant leads to a very large plant, but fewer calyces.



Roselle calyx

It's the calyces that we want. The plant needs about 5-6 months before they produce blooms. The blooms will be triggered as the days get shorter in the fall. The calyx is the outermost part of the flower. (See photo) After the bloom drops off, harvest the calyx about 10 days later. If you want to collect seeds, you need to let the seed pod inside the calyx mature on the plant until it turns brown.

A lot of YouTube videos are available on how to plant the seeds, save the seeds, harvest the calyx, and how to make jams, syrups, and tea. We use roselle in our Texas Herb tea.

In April, you can also set out basil plants, oregano, rosemary, sweet marjoram, and thyme needed for culinary blends; hyssop; chamomile, lemon balm, lemon verbena, lemongrass, and mint needed for teas; and patchouli and passionflower for bath products. Passionflower can also be used in the sleepytime pillow and eye pillows.



Rosemary, oregano, basil, bay leaves and garlic are needed in that delicious Italian Red Wine Vinegar that **Linda Alderman** makes. When growing basil for culinary use, cut it often so that it doesn't bloom. Blooming can change the flavor. Harvest with a gentle touch so as not to bruise the leaves. And harvest the entire plant before the first frost because basil won't survive low temperatures. For the rosemary and oregano that will go into culinary salts and seasonings, remember "keep the leaves and toss the stems." The leaves are easily removed by stripping them in the opposite direction of the way they grew.

If you happen to have an old pair of the mini blinds that were popular in the 70s, we could use them to make and sell plant markers. Bring them to **Catherine O'Brien** at an Evening Meeting. ■

AT-HOME RECIPES



STAY-AT-HOME RECIPES

April 2023

By Carolyn Kosclskey

"No winter lasts forever; no spring skips its turn."

— Hal Borland



Trivia: The condiment mustard is best associated with this French city.

The initial Roman calendar placed April as the second month of the year and it is believed that the name comes from the Latin word "to open" describing the flowers and trees "opening forth" at springtime. Easter, a movable feast which is always on a Sunday between March 21 and April 25, will be observed on April 9 this year. According to the Bible, Jesus Christ's death and resurrection occurred at the time of the Jewish Passover, which was celebrated on the first Full Moon, Pink Moon, following the vernal equinox. This soon led to Christians celebrating Easter on different dates. The formula for Easter 2023 was determined by the first Sunday (April 9) after the first Spring full moon, the Pink Moon thus designated as the Paschal Moon (April 5), following the vernal equinox (March 20). Passover this year begins April 5 and lasts through the 13th.

A MONTH OF CELEBRATIONS

In addition to Easter and Passover celebrations, this is a great month to create your own celebration for birthdays of family, friends and beloved pets. April 21 is San Jacinto Day celebrating when Texas became a free republic in 1836—a great reason to make a Texas Sheet Cake! **STU Herb Day this year is on Saturday, April 22**, also the 53rd global celebration of Earth Day. [In 1970 Wisconsin senator Gaylord Nelson invented Earth Day deploying students to protest and demonstrate against air and water pollution opening the public eye to environmental issues for perhaps the first time in America.]



SUGGESTIONS FOR A PASCHAL MENU

For the Easter holiday meal many of us will be preparing a special meat such as a roasted chicken or baked ham with a sauce. For an orange glaze recipe stir 1 tablespoon ground mustard and 1 teaspoon allspice into $\frac{3}{4}$ cup orange marmalade, brush on meat and finish in a 325° oven. Another orange glaze recipe for baking a ham studded with cloves would include mixing $\frac{3}{4}$ cup brown sugar and $\frac{1}{2}$ cup Dijon mustard with $\frac{3}{4}$ cup orange marmalade and brushing on ham prior to baking. If carrots are on your menu, instead of water cook them in orange juice with a piece of fresh ginger sweetened with honey for added flavor.

HERBED DEVILED EGGS

Ingredients

12 large eggs, hardboiled, peeled and sliced in half
 $\frac{1}{2}$ cup mayonnaise
2 tablespoons 2% milk
1 tablespoon minced parsley
2 teaspoons minced chives
 $\frac{1}{4}$ teaspoon dried tarragon
 $\frac{1}{2}$ teaspoon ground mustard
 $\frac{1}{4}$ teaspoon paprika
 $\frac{1}{8}$ teaspoon kosher salt, or to taste
 $\frac{1}{8}$ teaspoon ground black pepper, or to taste
Dill sprigs for garnishing

Preparing the filling

Add the mayonnaise, milk, parsley, chives, tarragon, mustard, salt, paprika and black pepper to the bowl with the yolks. Use a fork to mash the yolks into the mixture and mix well. Or, for a super creamy filling, use a food processor to combine the ingredients. Spoon the filling into a piping bag or a plastic sandwich bag with the corner removed. Pipe the filling mixture into the egg whites. Sprinkle the deviled eggs with paprika and garnish with dill sprigs. Refrigerate the eggs until ready to serve. 24 servings.

French Potato Salad

A slightly sweet, mustard and vinegar based French potato salad balanced out with savory herbs.

Ingredients

2 lbs red potatoes or fingerling potatoes
3 tablespoons olive oil
2 tablespoons red wine vinegar
1 $\frac{1}{2}$ teaspoon Dijon mustard
1 shallot, diced
2 teaspoons chives (or 2 tablespoons fresh chives, chopped)
2 teaspoons tarragon (or 2 tablespoons fresh tarragon, chopped)
1 teaspoon parsley (or 1 tablespoon fresh parsley, chopped)
1 teaspoon chervil (or 1 tablespoon fresh chervil, chopped)
 $\frac{1}{2}$ teaspoon kosher salt



¼ teaspoon ground black pepper

Instructions

Wash potatoes and cut them into 1-inch chunks. Place them in a medium saucepan and cover with water. Heat to boiling then turn to medium and boil potatoes until tender, but still firm. Drain the potatoes. In a small bowl, mix together the olive oil, vinegar, and mustard. Add the vinegar mixture to the drained potatoes. Add the diced shallot, herbs, salt, and pepper to the potatoes. Mix well to coat and evenly distribute the herbs. Serve warm or at room temperature. Serves 4 to 6.

J. ALEXANDER RESTAURANT CARROT CAKE

(Copycat Version)

Ingredients for the cake

2 cups all-purpose flour
1 tablespoon baking soda
1 tablespoon cinnamon
2 cups sugar
¼ teaspoon salt
3 large eggs
¾ cup canola oil
¾ cup buttermilk
2 teaspoons vanilla extract
1 (8-ounce) can crushed pineapple, drained
2 cups julienne carrots
3 ounces shredded coconut, about 1 cup
1 cup pecan pieces, small chop

Instructions

Preheat oven to 325 °. Line a 9x13-inch cake pan with parchment and spray all with a baking spray, and set aside. Mix flour, baking soda, cinnamon, sugar and salt in a large mixing bowl. Mix remaining cake ingredients in a separate medium bowl. Combine the wet ingredients with the flour mixture, mixing well. Transfer batter to prepared pan. Bake approximately 45-50 minutes or until a toothpick inserted in the center comes out clean. Cake should be 1 ½-inch thick.

Ingredients for the Syrup

1 cup sugar
1/2 cup buttermilk
6 ounces (1 1/2 sticks) unsalted butter, room temperature
1 teaspoon vanilla extract

Near the end of baking, prepare the buttermilk cake syrup: Using a medium saucepan over medium-high heat, combine cake syrup ingredients. Cook, stirring occasionally, until sugar is dissolved. Set aside. While the cake is still hot, poke holes all over the top with the *handle end* of a place setting spoon or knife. Pour the buttermilk cake syrup over the top, allowing cake to soak up the syrup. Refrigerate cake until completely cool (about two hours), then prepare cream cheese frosting.

Ingredients for the Frosting



6 ounces (1 1/2 stick) *unsalted* butter, room temperature ingredients, mixing until smooth and free of lumps. Frost cake with the cream cheese frosting. Refrigerate cake to let frosting set. Serves 12.

See: <https://likeabubblingbrook.com/j-alexanders-carrot-cake-recipe/>

Trivia Answer: Dijon.

There are five STU members celebrating birthdays in May. For readers' enjoyment all are invited to submit their favorite recipe, along with the back story about how that recipe became part of their collection, to therecipeladycollection@gmail.com. Everyone's participation is appreciated.

Happy Spring!



Photo by Michal Balog on Unsplash

The Herb Society of America
South Texas Unit
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Find our Unit on the web at:
www.herbsociety-stu.org

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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.



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