

# Herbs Make Scents

THE HERB SOCIETY OF AMERICA  
VOLUME XXXVII, NUMBER 9



SOUTH TEXAS UNIT  
OCTOBER 2014

Editor - Benée Curtis, 713-663-6416, bccurtis5@comcast.net

## October 2014 Calendar

- Oct. 14** - Tues. - 10 a.m. **Day Meeting** at the home of Elayne Kouzounis. Herb Fair Workshop and vignette, *Herbs that Changed History* presented by Cathy Livingston. Bring a dish to share. Due to limited space, this meeting is only open to members.
- Oct. 15** - Wed. - 7 p.m. **Evening Meeting** at the West Gray Multi-Service Center (1475 West Gray) hosted by Lois Sutton and Nita Rowe. Herb Fair Workshop and sneak preview of Chef Robert Barone's Cooking Demo. Bring your plate and napkin and finger food to share. Meeting open to the public. (see note below)
- Oct. 31** - Fri. - 12 - 5 p.m. **Set up for Herb Fair**

## November 2014 Calendar

- Nov. 1** - Sat. - 9 a.m. - 3 p.m. **Herb Fair** at the West Gray Multi-Service Center (1475 West Gray). Members arrive at 7:30 a.m. for final set-up.
- Nov. 11** - Tues. - 10 a.m. **Day Meeting** at the West Gray Multi-Service Center (1475 West Gray) hosted by Jacqui Highton. *Overview of 1944 - 1950 Herbarists* presented by Elayne Kouzounis. Bring a dish to share. Meeting open to the public.
- Nov. 19** - Wed. - 7 p.m. **Evening Meeting** at the the West Gray Multi-Service Center (1475 West Gray) hosted by Vivian Scallan and Akiko Watanabe. *Your Autumn Kitchen: The Harvest Home* presented by Lucia Bettler. Bring your plate and napkin and a potluck dish to share. Meeting open to the public.

### Special Request for October Evening Meeting

Nita and Lois request that we bring FINGER FOOD only for the October evening meeting. No casseroles, no pies that have to be cut up, no salads that require forks! Sandwiches, fruit, crudites, chips, cookies, brownies, etc.



# Herbs Make Scents

OCTOBER 2014

## Chairman's Corner

Hello, everyone. Last Tuesday we had our first board meeting for this year. We went over the Herb Fair plans, making sure everything is covered. Our day and night meetings will be work meetings. Also, we have flyers printed and ready to go into stores. We need your help distributing them. Please call Sally Luna for information on how to help.

The District Gathering was a big success this year. It was in Fredericksburg, Texas. We had about seventy members in attendance. On Friday afternoon, we went rain and all to three wine tasting rooms. What a treat that was. I don't think anyone even thought about the rain after we left the first tasting room. On Saturday morning we started the conference. This year the theme was "Texas Tough Herbs & Natives." First on our schedule was a welcome by our district representative Gloria Hunter. The first speaker was Gayle Sutherland on "Happy in Heat and Drought: Herbs That Thrive in Texas Summer." She gave us a list with 25 plants telling us about the name/family, historical herbal use, current herbal use, description, preferences and why grow it. She also gave us references on the plants. The plant summary is on our website now under the "Growing Herbs" section. Then we had a break to look at ways & means, raffle and silent auction. The South Texas Unit donated pumpkins we made out of cloth and ceramic. Next was a lunch with an herbal box lunch. After lunch, we went to Main Street to check out the shops. We all had a great time. After lunch our speaker was Bill Varney owner of Urban Herbal on "Growing & Using Herbs as a Contemplative Practice." You can receive his newsletter from urbanherbal.com ([info@urbanherbal.com](mailto:info@urbanherbal.com)). After his talk we traveled to the Urban Herbal home location to see his nursery and buy plants and different lotions. Do check out his website, it is full of useful information on herbs with wonderful receipts. Also, he has several books you can buy on Amazon.com. They are *Herbs: Growing & Using the Plants of Romance* and *Along The Garden Path: Favorite Recipes*.

Next year the District Meeting will be in Arkansas. Thanks to Gloria for a wonderful time.

On Saturday, October 18<sup>th</sup> the McGovern Centennial Gardens & Cherie Flores Garden Pavilion Grand Opening Celebration will take place. This will start at 9:30 am – 5PM. You can find this on the web under Hermann Park. This is open to the public and everyone is welcome.

Hope to see you in October.

Martha Burg  
Unit Chair



## "LIKE" us on Facebook

The Herb Society of America, South Texas Unit has a Facebook page now. "Like" us if you want to see our updates.





## Garden Mounts

Artificial interventions like adding a heap of dirt to the flat terrain of Herman Park has been practiced by landscape architects for centuries. The earthen mount is the focal point of the new garden and has lofty English origins dating at least to the seventeenth century. Garden mounts were meant to foster wonderment in the hearts of friend and foe. "They were meant to be artificial platforms from which to consider the sweep of nature, the tapestry of God's grandeur."



Francis Bacon, the English natural

philosopher wrote that a proper garden must have a thirty foot high mount in the middle. He believed that an earthen work was a scientific and moral instrument for peering into life and can stimulate the senses and the imagination! Charles II erected a mount which crowned a border of fruit trees in St James's Park. Does that not sound like the borders that are crowned by the mount in the newly designed garden? Among other English garden mounts were those at Dunham Massey in Cheshire, New College and Exeter Collage in Oxford.

Apparently there was an early eighteenth century garden mount at Williamsburg which covered an ice house on the grounds of the governor's palace. The exact location of which has been lost over time. It was planned and ostensibly constructed about 1715 when Lieutenant Governor Alexander Spotsworth began to make improvements at the governors' palace that would reflect the majesty and legacy of England's great estates. The English had been in Virginia for more than a hundred years by that time and had sufficient wealth to imitate the life styles of their ancestors.

Today in Colonial Williamsburg there is a reproduction garden mount at the end of long alee of boxwoods built by the restoration architects in the 1930's. It is a truncated pyramid with a top that is twenty by twenty. There were two other early garden mounts in Virginia which included the pair that Thomas Jefferson built at his retreat, Poplar Forrest, and the one built by another royal governor, Sir William Berkeley at Greens Springs. It is thought that Jefferson was possibly inspired by these early garden mounts at Williamsburg and Green Springs that he saw in his youth. His library, however, included the Essays by Francis Bacon. According to Bacon the only thing grander than a garden mount was two mounts. "At the end of both the side grounds, I would have a mount of some pretty height... to look abroad into the fields."

As we enjoy the vista offered by the new garden mount in Herman Park try to imagine that it is a scientific and moral instrument for peering into life and can stimulate the senses and the imagination!

Taken from Michael Olmert, "of Garden Mounts," The Journal of the Colonial Williamsburg Foundation, Summer, 2014

*Submitted by Sally Luna*



# Herbs Make Scents

OCTOBER 2014

## Save the Dates...

### Thurs., Oct. 2: Garden Club of Houston Bulb and Plant Mart Early Bird Shopping and Party,

4:30-7:30, St. John the Divine Episcopal Church, 2450 River Oaks Blvd. \$20. Details: [www.gchouston.org/BulbPlantMart.aspx](http://www.gchouston.org/BulbPlantMart.aspx). (Note new site)



**Fri., Oct. 3: Garden Club of Houston Bulb and Plant Mart**, 9am-5pm and **Sat., Oct. 4**, 9am- 2pm, St. John the Divine Episcopal Church 2450 River Oaks Blvd. Free. [www.gchouston.org/BulbPlantMart.aspx](http://www.gchouston.org/BulbPlantMart.aspx). (Note new site)

**Sat.-Sun., Oct. 4-5: Spring Branch African Violet Club Annual Fall Sale**, 10am-4pm Sat., 10am-3pm Sun, Judson Robinson Jr. Community Center, 2020 Hermann Dr. Free. Details: Karla Ross, 281-748-8417, [kjwross@yahoo.com](mailto:kjwross@yahoo.com)

**Thur., Oct. 9: "Soil Biology and Gardening", "Mulches and Compost", "Backyard and Small Scale Composting" by John Ferguson**, Mercer Arboretum, 9am - 3 pm, Texas Gulf Coast Gardeners Class. Details: <http://www.hcp4.net>

**Fri.-Sat., Oct. 10-11: The Southern Garden Symposium**, St. Francisville, LA. <http://www.southerngardensymposium.org>

**McGovern Centennial Gardens and Cherie Flores Garden Pavilion Grand Opening Celebration**  
**Sat., Oct. 18, 2014**  
9:30 am - 5 pm  
McGovern Centennial Gardens

**Sat., Oct. 25, 2014 8:30-1:30**  
**"Historical Plants for Today's Gardens"** presented by Texas garden writers, Chris Weisinger, Dr. William Welch, joined by Bayou Bend's curator of Gardens, Bret Bretcher. **Registration \$45-\$50 includes lectures, panel discussion, box lunch and speaker-led tour of the Bayou Bend Gardens.**

**Tues., Nov. 18: "Ten Commandments of Lazy Gardening"** by Brenda Beust Smith, 10am, Knights of Columbus Hall, 702 Burney Road, Sugar Land. Sugar Land Garden Club event. Details: [sugarlandgardenclub.org](http://sugarlandgardenclub.org)

## Continued...

**Fri., Oct. 17: Hill Country Unit, 7<sup>th</sup> Herbal Luncheon, 10:30 am-1:30 pm**, Wimberley Presbyterian Church, 956 FM2325

"Everday Food, Herbally Scrumptious" presented by guest speaker Billi Parus. RSVP by Oct. 13. \$18 ticket includes Lunch, Herb Shoppe and Silent Auction. Contact [francesbadams@gmail.com](mailto:francesbadams@gmail.com) or 512.847.3401.

**Sat., October 25, 8:30 a.m. - 1:30 p.m.**  
**Gardens Seminar**  
***Historical Plants for Today's Gardens***

Enjoy a presentation and discussion about best practices for developing garden spaces in Southeast Texas using plants that serve as tangible symbols of the successes of previous generations of American gardeners. Your ticket also includes lunch, which follows the discussion along with a tour of [Bayou Bend Gardens](#).

*Presented by Bart Brechter, curator, Bayou Bend Gardens; with horticulturists and authors Chris Wiesinger, the Southern Bulb Company, and William Welch, Texas A&M University.*

Bayou Bend Collection and Gardens  
Lora Jean Kilroy Visitor and Education Center  
6003 Memorial Drive

For more information or to purchase a ticket, visit [mfah.org](http://mfah.org) or call 713.639.7750



## Pomegranate Ginger Sorbet

A co-worker has an extremely productive pomegranate tree, and I've been the happy recipient of about 40 pomegranates in the past two weeks. I found this great recipe on the <http://www.bloggingoverthyme.com/> website. I used the same combination of pomegranate and ginger to make a jelly as well. Yum!

*Yields 1 quart*

### Ingredients:

- 1 cup granulated sugar
- 1/2 cup water
- 1 tablespoon roughly chopped fresh ginger
- 2 cups (100%) pomegranate juice (such as POM)
- 1 tablespoon + 1.5 teaspoons St. Germain liqueur (optional, but highly recommended)

### Directions:

1. Combine the sugar, water, and ginger in a small saucepan. Bring to a boil, reduce heat and simmer, whisking occasionally, until sugar has fully dissolved.
2. Set aside in heatproof bowl, cover with plastic wrap, and allow to cool completely in refrigerator--which should take about 20-30 minutes, roughly.
3. Once the simple syrup has chilled, strain through a fine-meshed sieve to remove the ginger chunks (discard).
4. Whisk together the pomegranate juice, simple syrup, and St. Germain liqueur in large bowl.
5. Freeze the mixture in an ice-cream maker according to manufacturer's directions--the sorbet is ready when it resembles the texture of a thick slushy.
6. Place sorbet in an airtight container (cover surface with plastic wrap) and freeze for an addition 4-6 hours (or overnight, ideally) to firm up.
7. Garnish with fresh pomegranate arils.

*Submitted by Benée Curtis*

## October To-Do List

From Buchanan's Native Plants  
11 E 11<sup>th</sup> Street Houston, TX 77008

<http://buchanansplants.com/>

1. Compost – Add to your pile or create one. Clean out all the dead stuff from your garden and flower beds. Leaves are already falling — add them, too.
2. Plant trees, shrubs, rose bushes and perennials. Planting now will ensure better survival next spring/summer and earlier growth and blooms.
3. Plant fall and winter color – pansies, dianthus, snapdragons, alyssum, ornamental kale and cabbage, dusty miller, etc. Plant in beds you cleaned out (from #1), or in pots on deck or porch.
4. Replace dead grass with St. Augustine sod. Weeds will sprout in dead patches if you don't. New sod will be well-established by spring. Winterize the lawn that you still have left. An organic, slow release fertilizer is just what the grass needs to get ready for cold weather.
5. Be sure to have nectar feeders or nectar plants for migrating hummingbirds and butterflies.
6. Plant fall veggies and herbs – Broccoli, cauliflower, Brussels sprouts, lettuce, cabbage, peas, dill, cilantro, parsley, Swiss chard, mustard greens, etc.
7. Plant bulbs by the Holidays. Between Halloween and Thanksgiving: Crocus, anemones, freesia, ranunculus, alliums, lycoris, etc. Plant paperwhites in pots by November 11th (Armistice Day) for blooming in time for Christmas. Refrigerate tulips until New Year's Day, then plant every two weeks through Valentine's Day for longer bloom time.
8. Plant wildflower seeds through November – bluebonnets, paintbrush, larkspur, etc. Also plant sweet pea seeds in November for better results in spring.
9. Move and divide perennials and roses while they are dormant or growing slowly. They will be ready to burst into bloom in spring.
10. Mulch, mulch, mulch — the mulch you applied last spring is long gone! Protect roots and maintain moisture while keeping weeds to a minimum with a 3-inch layer of the mulch of your choice — pine straw, bark mulch, compost, leaves.





# Herbs Make Scents

OCTOBER 2014

*Sing it from the roof tops... Tell everyone... Send flyers electronically to your email lists... Deliver flyers....*

## Our 42nd Annual Herb Fair

*It's Fall Y'all - Thyme to Dig In!*

November 1, 2014  
Metropolitan Service Center  
1475 West Gray, Houston, 77019

Pre-sale 8 a.m.  
Public sale 9a.m.- 3 p.m.

Set-up Friday October 31, noon to 5 p.m.

Arrival time on Saturday 7:30 a.m.

DRESS CODE denim shirts and green unit aprons

Check out the units beautiful new website designed by our own talented Benée Curtis for other details.

The fair is going to be a great public educational event with three free classes presented by Pam Harris, chef Robert Barone, the talented grandson of Vivian Scallan, and Karen Cottingham.

We will have an extraordinary array of plants, masterfully organized and displayed with new instructive signs. There will be our famous blends, jellies and soaps and great new crafts. There will be four vendors.

It is imperative that we engage with every visitor and convey the joy of herbs, tell them about the unit and invite them to the November meetings. The Fair is our largest contact with the public.

Since we will all be working the day of the fair and not able to hear Chef Robert's demonstration, I have asked him to do a sneak preview at the October evening meeting. We will sample his new recipes using the unit's blends. Robert loves herbs and is an inspiring speaker. Do not miss this meeting!

### NEEDS FOR THE FAIR

We are in desperate need of flats either plastic or discarded cardboard flats from grocery stores. Every member must bring at least 30 on Friday before the Fair. Our customers must be able to shop comfortably and easily carry more than two plants.

Our most talented gardener Vivian Scallan will manage the Pass-Along Plant table but we need plants from members' gardens to pass along. Pot up and let Vivian know about your plants.

Garage sale items---- start cleaning your closets now! Bring these on Friday.

## Unit Website Updated

Check out the unit website. It has a fresh new look and new content.



## Holiday Gathering Location Needed

We need a location for our holiday gathering in December. No members are able to host us in their homes at this juncture, so we're looking for suggestions for a moderately priced restaurant for our gathering. Do you have a suggestion? Please pass suggestions along to Martha Burg or Sally Luna.

## Herb Day Location Announced

We will be hosting our Herb Day on April 25<sup>th</sup> at St. Paul's United Methodist Church on Main at Binz. Herb enthusiast, former HSA Honorary President and author Susan Wittig Albert will be our featured speaker.

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  
P.O. Box 6515  
Houston, TX 77265-6515



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)



***Herbs Make Scents – October 2014***