

# Herbs Make Scents

THE HERB SOCIETY OF AMERICA  
VOLUME XLIV, NUMBER 9



SOUTH TEXAS UNIT  
SEPTEMBER 2021

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

## Sept. 2021 Calendar

All Day Meetings are cancelled until further notice.

Sept. 2, Thur. at 6:30 pm

**Westbury Community Garden Workday** at 12851 Dunlap, Houston, TX 77035

Sept. 15, Wed. at 7:00 pm

**Evening Meeting:** "*Hildegard of Bingen – The Holy Healer*" will be presented by **Adrian Melissinos**, RN, PhD. The program will be presented via Zoom. You may start joining via <https://us02web.zoom.us/j/82842562835> at 6:45; the program begins at 7 pm. Always watch your email and our Facebook page for updates.

Sept. 16, Thur. at 6:30 pm

**Westbury Community Garden Workday**

Sept. 20, Mon. at 7:00 pm

**Full Moon Ramble** - (Members Only - watch your email for Zoom invitation)

Sept. 24 - 25

**South Central District Gathering** at the San Antonio Botanic Garden. Further information will be forthcoming.

## Oct. 2021 Calendar

Oct. 7, Thur. at 6:30 pm

**Westbury Community Garden Workday** at 12851 Dunlap, Houston, TX 77035

Oct. 14, Thur. at 6:30 pm

**Westbury Community Garden Workday**

Oct. 20, Wed. at 7:00 pm

**Evening Meeting:** "*Branching Out - What's That Herb and Why Should I Plant It?*" will be presented by **Tricia Bradbury**, **Fort Bend County Master Gardener and Coastal Prairie Texas Master Naturalist**. The meeting will be either virtual or in-person, depending on the recommended COVID-19 precautions at that time. Watch your email and our Facebook page for updates.

Oct. 21, Thur. at 7:00 pm

**Full Moon Ramble** – (Members Only - watch your email for Zoom invitation)

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



## Happy Birthday!!!

9/05 Pam Uschak

9/14 Janice Freeman

9/11 Janet Ruffin

9/15 Gayle McAdoo

**Morning glory**, any of several herbaceous twining vines or shrubs in the genus *Ipomoea* (family Convolvulaceae). Several species of morning glories are cultivated for their showy trumpet-shaped flowers and attractive leaves. Heavenly blue morning glory (*I. violacea*) - a twining perennial vine, usually cultivated as a garden annual - bears clusters of blue to purplish, sometimes white, flowers, 12 cm (4.7 inches) across, among heart-shaped leaves. It is native to tropical America. (Coutesy of the *Britannica.com*)



## Chairman's Corner

Greetings,

Although we had our in-person meeting last week, national a resurgence of COVID cases has made in-person gatherings riskier for more people. Many major institutions are returning to Zoom meetings in lieu of meeting in person for the foreseeable future. We have decided to do the same. Our September Evening Meeting will be a Zoom meeting instead of our planned meeting at Cherie Flores. Read all the details of the September program here in the newsletter.

I was so grateful to be able to see so many people at the in-person Herbal Happy Hour meeting this past week. My favorite memory of the meeting was seeing friends **Donna Fay Hilliard and Janis Teas** enjoying dinner together. I actually think they were in the same spot at the same table they were in pre-COVID!

Several recognition awards were given out that night. I felt that the effort and enthusiasm these members exhibit should not go unrewarded! **Congratulations to all of you!** If you see your name here and were not at the August meeting, I have your award and would love to give it to you. Let me know how that can happen.

### **The Jump in with Both Feet Award**

(for new members who got busy with STU projects right away):

**Debbie Lancaster, Catherine Wampler, Gayle McAdoo, Carolina Beiro, Laura Mullen, Lindsey Pollock, Nailah Mulla, and Lucinda Kontos**

### **The COVID Kudos Award**

(for the entire 'media team' who really stepped up during the pandemic):

**Janice Freeman, Linda Alderman, Benée Curtis and Cynthia Card**

### **The Over and Above the Call of Duty Award**

Two of our Board members who went the extra mile for us:

**Karen Cottingham** - Karen developed an outstanding program of original content and format during COVID. "Pearls for the Pandemic" was instrumental in our effort to reach out to the community. BRAVA!

**Maria Treviño** – Maria brings so many skills and talents to our unit! She brings such a fresh perspective and breadth of knowledge that she is willing to share and does it all so professionally and gracefully.

We also took time to recognize our newest Board members, **Carolyn Kosclskey** (Membership), **Catherine O'Brien** (Education), and **Yvette Darnell** (Hospitality). Thank you for suiting up and showing up.

Several members will receive pins from National marking multiples of five years as members of The Herb Society of America:

- 5 years:** Mary Sacilowski, Dena Yanowski, Donna Yanowski, and Julie Fordes
- 10 years:** Karen Cottingham and Nita Rowe
- 25 years:** Janice Dana and Pam Harris
- 40 years:** Beth Murphy and Chole Rowles

STU had the honor of giving out three Madalene Hill Scholarships in 2021. The recipients are: Ph.D. student **Bishwoyog Bhattarai** from Texas Tech studying Plant and Soil Science, **Audrey Beakley** studying Plant and Soil Science at Texas Tech, and **Josey Darby** from Texas A&M studying Horticulture. We wish them all continued success in their studies.

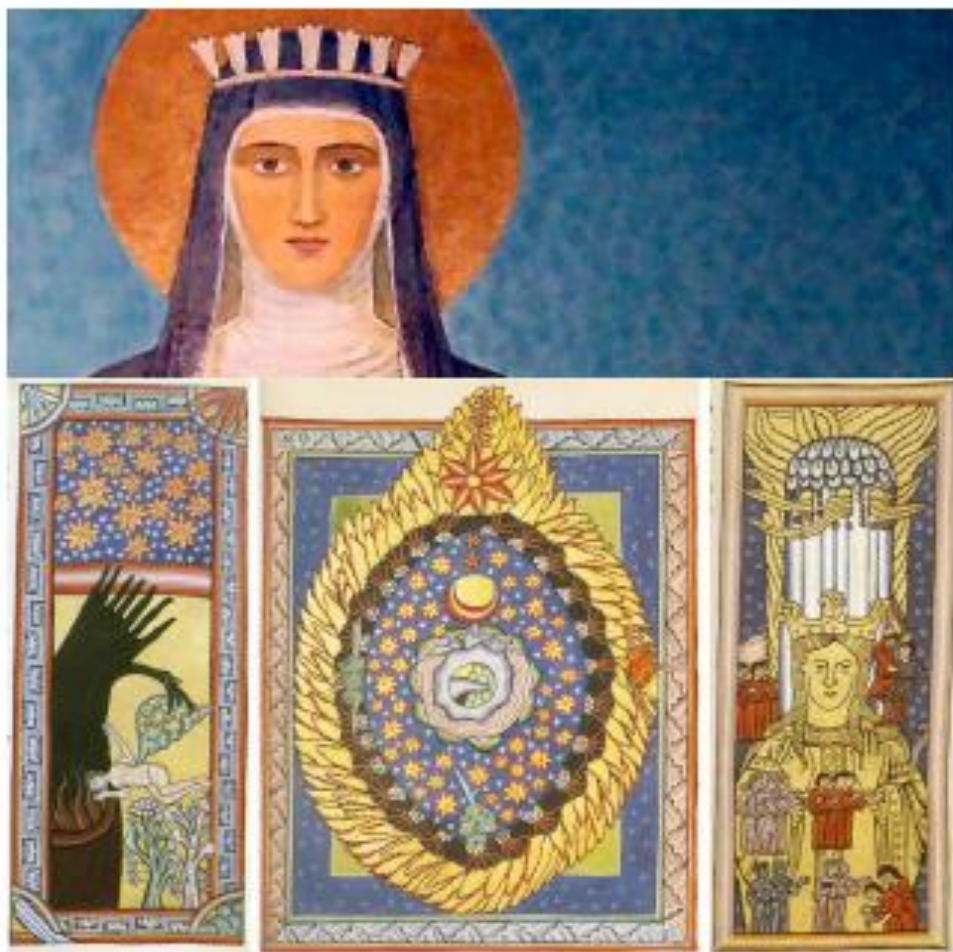
Until next month,

**Julie Fordes, Unit Chair**



**Announcing our September Pearls for  
the Pandemic Program**

***Hildegard of Bingen -  
The Holy Healer***



**Presented via Zoom by:**

**Adrian Melissinos, RN, PhD**

**September 15, 2021 at 7 pm**

**<https://us02web.zoom.us/j/82842562835>**





## HSA-STU Membership Dues Renewal Notice!

### HSA-STU Membership Dues

**REMINDER AUGUST 1<sup>st</sup> IS THE DATE TO RENEW DUES**

[CLICK HERE](#) or visit STU Website

<https://squareup.com/store/hsa-south-texas-unit/>

Under the word, "Dues", click on the Basil leaves picture and you will be directed to checkout.

There is a drop-down menu for the various membership categories.

OR

**Mail a check to:**

South Texas Unit, HSA  
PO Box 6515,  
Houston Tx 77265

Regular Member	\$67.50
Sustaining Member	\$80.00
Joint Membership	\$98.75
Affiliate or Life Member	\$12.50

## Herb Fair - 2021

*~ Save the Date ~*

The Herb Society of America, South Texas Unit is hosting our 48<sup>th</sup> Annual Herb Fair Saturday, November 6<sup>th</sup> from 9-3 pm. This year the Fair will take place at a nice new venue, the Southside Place Clubhouse, 3743 Garnet Street, Houston, TX 77005.

We are looking forward to this years Herb Fair. The Herb Fair Committee is working hard to make this a successful event. Monies from Herb Fair support our donations to public and educational gardens and operating expenses for public educational programs throughout the year. We hope you can join us.

Members will have the opportunity to sign up for volunteer positions and times to prepare for the "day before" and the "day of" Herb Fair. Watch your email for Herb Fair Sign-Up Information. Thank you for your participation!

**Donna Wheeler**  
Herb Fair Chair



## Members Spotlight Linda Alderman

Member since 1989  
Since 2015: Publications/Newsletter Standing  
Committee

Co-editor of the  
South Texas Unit's  
**Herbs Make Scents**  
newsletter



Ah, rosemary! Its piney scent evokes so many culinary and crafting memories. I have to say it is, beyond a doubt, my favorite herb. I love growing rosemary, perhaps, because it is easy for me to have a beautiful bushy plant that's relatively free of problems. I have a plant outside my front door, just ready for snipping to use in my cooking!

An advertisement in a local newspaper announcing the 1987 Herb Fair was my first introduction to this group. I walked into the sale and was delighted by the aroma of the herbs and the wonderful displays of herbal products and plants! The members were so knowledgeable, and so very friendly! I was invited by several people to join in the fun at the evening meetings and my membership became official in 1989.

This group didn't waste any time putting an enthusiastic "newbie" to work. I started on the vinegar committee and learned how to take those labels off of wine bottles. Yes, we sold herbal vinegars in wine bottle-size! My second year as a member, and for many years after that, I was the chair of the vinegar committee. I learned how to make the popular Italian *Red Wine Vinegar* our guests liked to purchase so much, and we produced upwards of 15 different herbal vinegars with total production near 300 bottles. Looking back, it is so amazing we were able to sell almost that entire stock in one day!

I moved on and wore several other hats within the South Texas Unit. These have included treasurer, Herb Day chairman and currently, co-editor of the newsletter, along with **Janice Freeman**. In this role we design and deliver a monthly newsletter to the STU members and other interested guests. Occasionally I may submit a brief article.

After retiring from 36 years of teaching, I now have lots of time to pursue my other very time-consuming interests. I love to needlepoint! It is my creative outlet, and very relaxing. Reading! My current book is **The Drunken Botanist** by Amy Stewart. Open it up to any page and start reading. It's such a fascinating book.

Lastly, we currently have our sailboat in Florida, where my husband, Wayne, and I enjoy an area with lots of local places to drop the anchor and it is a great jumping off place to enjoy the beautiful waters of the Bahamas. It's 5 o'clock somewhere!





## Every Garden Needs a Protector



Predator in the garden: Praying Mantis



## Who's Keeping Watch in Yours?

*Photo courtesy of Janice Freeman*



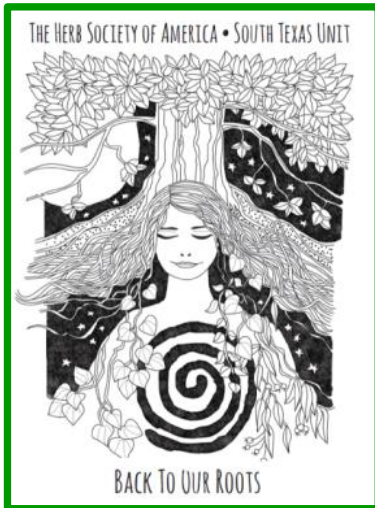
### Members-

We are looking for a member or a small group of members to **volunteer to run our AV equipment** at Evening Meetings and other times it is needed.

You would need a laptop to run any Powerpoint presentations for our speakers and handle the sound for the meeting (we have a great new microphone and speaker). An important requirement to do this job is being able to come to meetings.

If any of you think you could provide some technical help during meetings, contact Julie Fordes.

**HELP  
WANTED**



## BACK TO OUR ROOTS

*Julie Fordes*

Check the calendar in this issue for Westbury Community Garden Workdays. We almost always have a few moments after our chores to sit and sip some fresh herbal tea and shoot the breeze. Come join in on the fun.

Please *continue harvesting and drying herbs* on our list for teas and blends. The Tea group will begin taking inventory of what we have and start deciding what blends to make based on the results of the inventory.

You may begin to get your dried herbs to me, either at meetings or through making arrangements with me for pick-up or delivery. Herbs should be in leaf form and bags should be labeled. Happy harvesting! Julie

**Continue harvesting and drying herbs!  
We will make our special tea blends to sell  
at our fundraising events**

Orange Peel  
Roselle (Hibiscus)  
Rosemary  
Lemon Balm   Lemongrass   Lemon Verbena  
Mexican Mint Marigold  
Oregano  
Holy Basil  
Spearmint and Peppermint  
Red-Stemmed Apple Mint  
Rose and Calendula Petals  
Chamomile Flowers  
Stevia

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







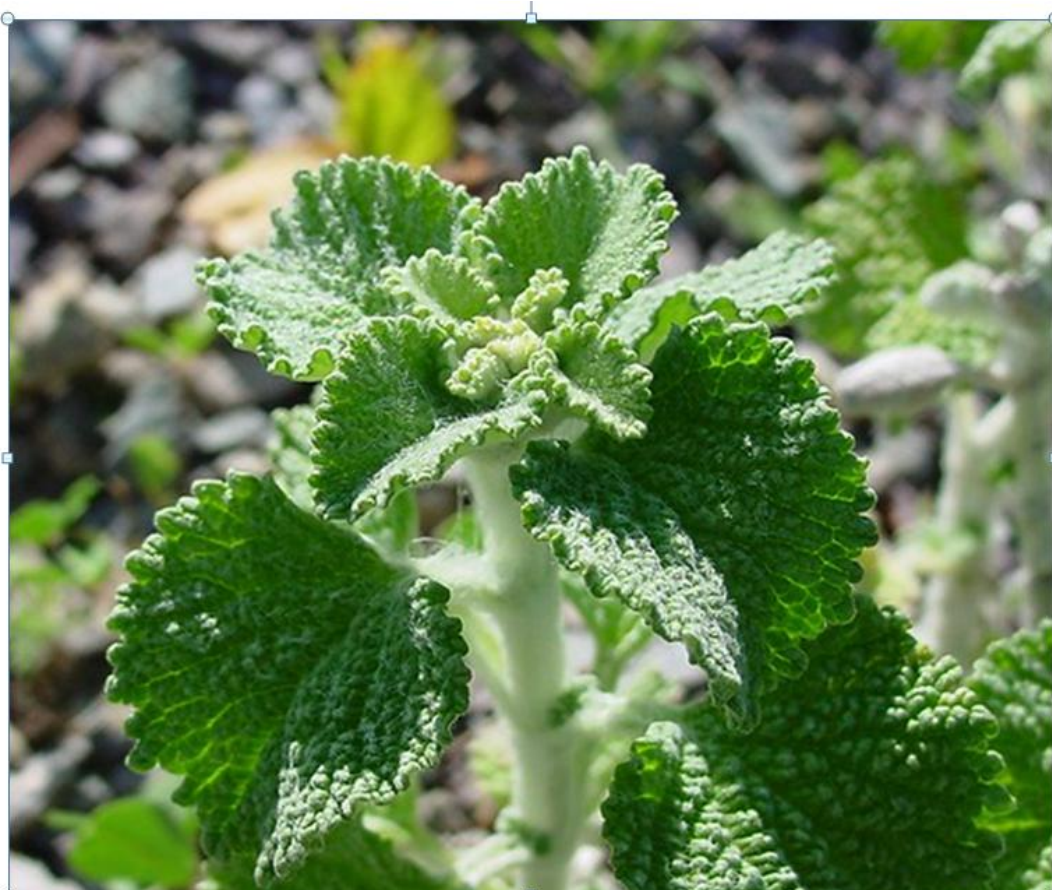
# Herb of the Month: Horehound

## Horehound

Catherine O'Brien

**Latin name:** *Marrubium vulgare*, is also called white horehound or common horehound. It belongs to the family Lamiaceae or the mint family. Other names for horehound include eye of the star (magical name), white horehound and hoarhound, seed of Hors (Egyptian), and llwyd y cwn (Welsh). "Hoar" means white, as in hoarfrost, and "hune" means hound.

Horehound is native to Europe, northern Africa, southwestern and central Asia. It has also become naturalized in most of North and South America, probably brought to the New World by migrating Europeans.



"Horehound -- terminal bud, prior to flowering" by [dionysia](#) is licensed under [CC BY-SA 2.0](#)

Horehound is an herbaceous perennial that grows 1-2.5 feet tall. The grey leaves are 0.8-2.0 inches, toothed, rounded, green above and lighter beneath. The densely crinkled surfaces of the leaves are covered in downy hairs. White tubular flowers occur in clusters on the upper part of the main stem, forming dense whorls. The calyxes are toothed, and after drying as a group, are bur-like. The seeds are small, egg-shaped and brown. It is easily grown from seed and thrives in full sun, but tolerates partial shade.





"White Horehound (*Marrubium vulgare*)" by Franco Folini is licensed under [CC BY-SA 2.0](https://creativecommons.org/licenses/by-sa/2.0/)

**Growing tips:** Because of its height, gardeners are encouraged to place horehound near the back of the garden. It prefers sandy, well-drained soil that is not overly rich. Some sand and coarsely ground limestone can be combined with potting soil. It is bug- and disease-resistant, but is susceptible to winterkill, especially if the soil is moist.

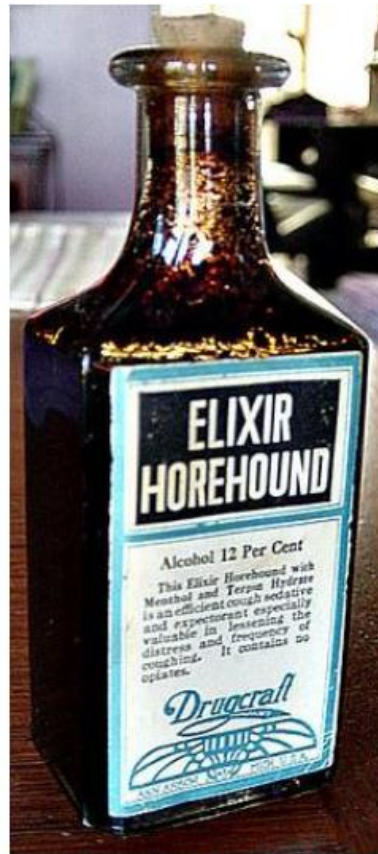
Seeds should be sowed directly into the soil, just under the surface. Germination occurs within a few weeks. After germination, space the young seedlings 9-12 inches apart. Horehound self-seeds if left alone. The plant doesn't bloom in the first year, but top growth and leaves can be harvested after one growing season. Established plants can be propagated by division. They should be divided every few years to maintain vigor. The peak gardening season is usually June to September.

It is the policy of The Herb Society of America not to advise or recommend herbs for medicinal or health use. This information is intended for educational purposes only and should not be considered as a recommendation or an endorsement of any particular medical or health treatment.



**Health benefits:** Horehound is one of the five bitter herbs consumed by Jews during the Passover. Palestinians believe it delivers a wish for good health, and the ancient Greeks used it as an antidote for rabid dog bites. In the 16<sup>th</sup> century, it was considered an antidote for those who drank poison or were bitten by serpents. More commonly, it is recommended for lung conditions.

Medicinal uses date to at least the first century BC as a remedy for respiratory ailments. The leaves were used as an expectorant and to stop muscle-spasms, which includes treating bronchitis and whooping cough. It relaxes the smooth muscles of the lungs while clearing it of mucus. It helps those with asthma breathe easier and helps with hoarseness.



[“Drugcraft ‘Elixir Horehound’ cough medicine bottle, from Ann Arbor.”](#) by [In Memoriam](#)

Wystan is licensed under [CC BY-SA 2.0](#)

Leaves are harvested between June and September on a clear, dry, sunny morning before the blossoms develop. They should be dried in a shady spot. In the first year, the foliage should be cut sparingly. The dried leaves should be stored in airtight containers away from heat and sunlight. It does not freeze well. Horehound leaves can be used in teas, tincture, and candy. Horehound candy drops are a bittersweet candy made from sugar and horehound extract. They have a flavor compared to menthol and root beer. They have been used as a folk treatment for coughs. It is a bitter tonic, and was once commonly used in over-the-counter (OTC) cough medicines. The federal Food and Drug Administration (FDA) banned horehound from OTC cough remedies based on the recommendation by an agency advisory panel, claiming that it was ineffective. The FDA decreed that guaifenesin was safe and effective, although herbalists claim that guaifenesin is not as effective as horehound.

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Horehound is not recommended for children under 2 years old. Older children and people over 65 should begin with a low-strength preparation and increase strength as necessary. Large doses may cause cardiac arrhythmia, and those with heart disease should avoid it.



<https://recipes.net/drinks/tea/horehound-tea-recipe/>

### *Horehound Tea*

½ teaspoon dried horehound

1 cup boiling water

Steep 10-15 minutes. Strain before drinking. Sweeten with 1 teaspoon of honey. Drink up to three cups per day.

### *Horehound Tincture*

1-2 ml of horehound tincture added to a glass of water or juice. Consume up to 3 times per day.

### *Horehound Candy*

1-2 cups of fresh horehound

4 cups of water

Slowly bring to a boil. Simmer 15 minutes. Remove from the stove. Strain. Add 3 cups of brown sugar and 3 cups of granulated sugar. Stir with a wooden spoon until dissolved. Bring the syrup to a boil again. Remove it from the heat. Pour the herbal batter into a well-greased 9x13 baking pan. When the candy hardens, break it into bite-size pieces and wrap each in waxed paper.

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Baker, Jerry. 2000. *Herbal Pharmacy*. American Master Products, Inc. Wixom, MI (372 pp).

Castleman, Michael. 1991. *The Healing Herbs: The Ultimate Guide to the Curative Powers of Nature's Medicine*. Rodale Press, Emmaus, PA (436 pp).

Cunningham, Scott. 1982. *Magical Herbalism: The Secret Craft of the Wise*. Llewellyn Publications, Woodbury, MN (265 pp).

Hill, Madalene and Gwen Barclay. 1987. *Southern Herb Growing*. Shearer Publishing, Fredericksburg, TX (196 pp).

Kane, Charles W. 2009. *Herbal Medicine: Trends and Traditions*. Lincoln Town Press, Tucson, AZ (325 pp).

McNair, James K. 1978. *The World of Herbs & Spices*. Ortho Books, San Francisco, CA (96 pp).

## BOOK C O R N E R

If you have suggestions for books or other media members might like, submit your suggestions to Julie Fordes at [fordes.julie@gmail.com](mailto:fordes.julie@gmail.com)



### The HERB SOCIETY of AMERICA

Have you joined one or more of our book clubs? Each group meets on GoToMeeting. The groups are open to all members and you are welcome to join in whether or not you have read the book! There is no pre-registration - just click the link below at the designated time. Here are the books, times and links for each

#### **2<sup>nd</sup> Wednesdays of the month at 2pm EST**

<https://www.gotomeet.me/HSAOrganizer/bookclub1>

September 8 – *The Tea Rose* by Jennifer Donnelly

#### **3rd Wednesdays of the month at 3pm EST**

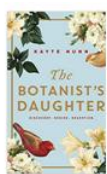
<https://www.gotomeet.me/HSAOrganizer/bookclub2>

September 15 – *The Botanist's Daughter* by Kayte Nunn

#### **4th Wednesdays of the month at 7:30pm EST**

<https://www.gotomeet.me/HSAOrganizer/bookclub3>

September 22 – (two books) *A is for Arsenic: The Poisons of Agatha Christi* by Kathryn Harkup & 4:50 from *Paddington*, *A Miss Marple Mystery* by Agatha Christi





## AT-HOME RECIPES



### At-Home Recipes September 2021

By Carolyn Kosclskey

Labor Day, which traditionally marks the end of summer and the beginning of the school year, will be celebrated on Monday, September 6 this year. Many of us don't remember the origin of the first Labor Day in 1894 and that it paid tribute to the contributions and achievements of American workers. Much of our nation will choose to celebrate this 3-day weekend at home with family in a more traditional way grilling burgers and "dogs" outdoors with sides of potato salad and baked beans, concluding with desserts of ice cream and cake. For those choosing to make every bite count and moving toward a more plant-based menu, there are great choices for this holiday while incorporating herbs from your garden.

### HERBAL SUN TEA

When you steep tea with boiling water, the flavor tends to be much more astringent and bitter. Sun tea is milder in flavor and slightly more aromatic. The ideal vessels for brewing sun tea are glass jars, a gallon one if you can find it, leaving the covered container in the sun 6 to 8 hours.

#### Ingredients

Tea bags of your choice (usually 4 family size or 8 individual size for a gallon)

Herbs of your choice (sprigs of basil, chamomile, mint, lemon balm, pineapple mint leaves, thyme, etc.)  
dried herbs may be used, but fresh herbs are more aromatic.

Ginger slices

Water

Sweetener of choice (optional)

Add tea bags to your glass container(s). Rinse and dry your herbs of choice, enough to pack loosely into the container. Add water to container being sure to cover tea bags and herbs, screw on lid and set in out of way sunny location. At end of day strain out herbs and tea bags (saving to add to compost) and add sweetener if desired. To enjoy pour tea over glass filled with ice and garnish with sprigs of fresh herbs (mint, basil) and lemon or lime slices. Leftover tea should be stored in the refrigerator up to a week.

### GRILLED VEGGIE STACKS

[www.saveur.com/article/Recipes/Grilled-Vegetable-Stacks](http://www.saveur.com/article/Recipes/Grilled-Vegetable-Stacks)

#### Ingredients

2 medium eggplants

Salt

1 medium yellow squash



- 1 medium zucchini
- 2 medium tomatoes
- ½ cup extra-virgin olive oil, plus additional for brushing vegetables
- 2 ½ tablespoons red wine vinegar
- 1 tablespoon coarsely chopped fresh parsley
- 1 tablespoon coarsely chopped fresh basil
- Freshly ground black pepper
- ¼ cup diced red bell pepper (or a hot chile, such as serrano)

## Instructions

Rinse all veggies and set aside. Slice eggplants into ¼"-thick rounds, sprinkle with salt, and layer in a colander. Weigh down with a plate and set aside to drain for 20 minutes. Brush salt off eggplant.

Preheat a gas or charcoal grill (or place a stove-top grill pan over medium-high heat). Slice squash and zucchini into ¼"-thick rounds and slice tomatoes into ½"-thick rounds. Lightly brush all vegetables with olive oil, then grill, turning once, until tender and slightly charred, about 30 seconds per side for tomatoes, 2–3 minutes per side for eggplant, squash, and zucchini.

Whisk together ½ cup olive oil, vinegar, parsley, and basil in a mixing bowl and season with salt and pepper. To assemble, place 1 eggplant round on a plate and stack on top a tomato round, a second eggplant round, and squash and zucchini rounds. Drizzle with dressing and top with diced red pepper. Grilled veggies may also be eaten on a bun brushed with olive oil and grilled. Serves 8.



Moving from August into September we're transitioning into fall as the sun moves toward the equator with days becoming a little shorter and shadows a little longer. According to the calendar September 1 begins our "meteorological fall" even though our "astrological fall," also known as the autumnal equinox, does not occur until September 22. It doesn't yet quite look like fall, and certainly doesn't feel like fall, but our warm weather garden plants are past their production peak and going to seed. In Houston's zone 9 early September will be the last chance to get your tomatoes and pepper transplants in the ground. Now is the time to harvest your summer herbs, vegetables, and fruits, using what you can in dishes, preserving by freezing, or canning and sharing with family and friends.

## **ROSEMARY LEMON SEASONING BLEND**

*This recipe easily doubles*

## Ingredients

- 2 cups *fresh* rosemary leaves
- 2 cups coarse sea salt
- ½ to 1 cup butcher grind (coarse) black pepper\*
- 2-3 lemons

Before beginning you will need a food processor or blender, a large glass or stainless steel bowl plus a large metal spoon for mixing, a cutting mat (or parchment or wax paper), and at least one large wide-mouth glass jar for storage. Use fresh rosemary only as dried herbs lack the essential oils and aroma.

Rinse and dry herbs before removing leaves from the woody stems of the rosemary using only the tender green leaves and tips for this recipe. Add the leaves to a food processor, or hand cut the herbs finely. Add





the minced rosemary to a separate bowl--you should end up with about 1 cup. Add the 2 cups of coarse salt to the processor and pulse to the desired grind, ending up with about 1 cup. Add the coarse ground pepper and salt to the rosemary and mix well. Zest the lemons on a cutting mat, parchment or wax paper and add to the rosemary mixture, stirring well. Using parchment or wax paper make a funnel and using large serving spoon add mixture to a large wide-mouth glass jar. Cover with plastic wrap and then band/lid. Store in a cool, dark place for at least a week or more to allow mixture to infuse before re-packing in smaller glass containers. Re-packaged, this mixture makes welcome gifts.

\*Available in the bulk section at some HEBs



To date our medical news has not been as positive as we had previously hoped and mask wearing, a debated political topic nationwide, continues to be recommended by the CDC indoors even for the fully vaccinated. Throughout the pandemic there have been shortages in many products and we are required to constantly re-purchase making ourselves dependent on the stores to keep going. With an uncertain future now would be a good time to take inventory of food and other products you use and build up your supply should you choose or need to limit future trips to the store. Think back to past lessons learned over the last 17+ months and even further back to major weather events causing power outages. Choosing to plan ahead is a good step towards being less affected should shortages occur.

\*The latest CDC information for vaccinated and unvaccinated people may be found here: <https://www.cdc.gov/coronavirus/2019-ncov/your-health/index.html>

## Houston Botanic Garden

The South Texas Unit is a sponsor of Houston Botanic Garden located at:

One Botanic Lane (at Park Place Blvd)  
Houston, TX 77017  
Hours: 9:00 am-5:00 pm Mon-Sun

The sponsorship includes tickets to visit the garden.

For more information, watch for details posted to the website  
[Herb Society of America, South Texas Unit;](#)  
Member Information Section



Hermann Park Conservancy is happy to announce the return of the *Garden & Nature Series!*

Each class will take place at the Family Garden in the McGovern Centennial Gardens and focus on a variety of subjects related to gardening, nature, and the benefits of the great outdoors.

*Garden & Nature Series* classes are completely free to the public but capacity is limited, so be sure to register early to reserve your spot! **Click the links below for more information.**

**SEPTEMBER AND OCTOBER CLASSES**  
**[Observing and Recording Wildlife in Your Neighborhood](#)**

**Wednesday, September 22 – 6 pm**

**[Sage Advice: Salvia in Texas](#)**  
**Wednesday, October 27 – 6 pm**



## In Her Own Words - Hildegard von Bingen Karen Cottingham



Over eight hundred years after her death, the visionary Benedictine nun **Hildegard von Bingen** continues to amaze with the enormity of her gifts and accomplishments. Abbess, philosopher, and poet; preacher, reformer, and scholar; healer, musician, and mystic - Hildegard was a renaissance woman long before the Renaissance. She founded a convent, counseled kings and church leaders, invented a new language for her nuns, and composed hauntingly beautiful liturgical music that is still performed today.

Hildegard wrote nine books, on topics ranging from visionary theology to natural history. “Physica” (Natural History) is a massive compilation of medieval “science” regarding life - mammals, reptiles, fish, birds, trees, and plants - and earth - the elements, metals, and precious stones and jewels. In “Causae et Cura” (Causes and Cures), she describes the understood causes and symptoms of forty-seven diseases as well as instructions for the use of over 300 healing herbs.

From childhood, Hildegard experienced powerful visions filled with a transformative divine light and mandala-like celestial symbols. With the permission and encouragement of **Pope Eugenius III**, she produced the beautifully illuminated “Scivias” (“Know The Ways”), in which she described and interpreted these complex, luminous visions.

No less radical was Hildegard’s experience of the sacred in the every-day ordinary, the divine intention present in every blade of grass and birdsong. “Viriditas” was the word she used, borrowing from the Latin for “greenness”, to describe the divine force animating all creation. The earth to Hildegard, was a sacred place of “joy and jubilation”, the “song of God” to be cherished and protected. We would do well to heed her words today.

In 2012, **Pope Benedict XVI** canonized Hildegard a saint and gave her the title “Doctor of the Church”. “Doctor of the Church” is a high honor bestowed on rare individuals possessing “eminent learning”, “great sanctity”, and whose writings are deemed to be of universal importance to the Catholic Church. As this brief introduction into the immensity of Hildegard’s intellect and creative powers shows, it’s best to let her speak for herself. On the next few pages are some of my favorite quotations from her songs of prayer, letters, and other writings. See if you agree that her twelfth-century thoughts are strikingly relevant for today’s world.





**“Everything that is in the heavens, on earth, and under the earth is penetrated with connectedness, penetrated with relatedness.”**

**“We cannot live in a world that is interpreted for us by others. An interpreted world is not a hope. Part of the terror is to take back our own listening. To use our own voice. To see our own light.”**



**Like billowing clouds,  
Like the incessant gurgle of the brook,  
The longing of the spirit can never be stilled.”**





**“Glance at the sun. See the moon and the stars.  
Gaze at the beauty of earth's greenings. Now, think.  
What delight God gives to humankind  
with all these things .  
All nature is at the disposal of humankind.  
We are to work with it. For without we cannot survive.”**



**“All of  
creation is a  
symphony of  
joy and  
jubilation”**



**“The earth is at the same time mother. She is mother of all that is natural, mother of all that is human. She is mother of all, for contained in her are the seeds of all. The earth of human kind contains all moistness, all verdancy, all germinating power.”**

**“Divinity is in its omniscience and omnipotence like a wheel, a circle, a whole, that can neither be understood, nor divided, nor begun nor ended.”**



**Dare to declare who you are. It is not far from the shores of silence to the boundaries of speech. The path is not long, but the way is deep. You must not only walk there, you must be prepared to leap.”**





**“Every creature is a glittering glistening mirror of Divinity.”**



**“Become a flowering orchard.”**



**“God has arranged everything in the universe in consideration of everything else.”**





Which of Hildegard's thoughts resonate most with you?

Whether you love music, use herbs for your health, or embrace eco-spiritualism, Hildegard has something profound to offer.

To learn more about this brilliant woman, please join us for the September Pearls for the Pandemic Program.

***Hildegard of Bingen -  
The Holy Healer***

**Presented via Zoom by:**

**Adrian Melissinos, RN, PhD**

**September 15, 2021 at 7 pm**

**<https://us02web.zoom.us/j/82842562835>**

**Photo credits-**

Alpenglow: Scott Baker for The New York Times "Alpenglow and Autumn Colors at Patagonia's Torres del Paine"

Billowing Clouds: Unattributed

Glance at the Sun: Johannes Plenio

Murmurations: James Wainscoat

Trees on Island: Johannes Plenio

Night Sky Time-lapse: Teoh Hui Chieh "The stars circling above the active Indonesian volcano Mount Semeru"

Wooden walkway into the lake sunset: Unattributed

Colorful Dragonfly: Erik Karits

Blossoming Orchard: David Zawila

V-shaped Formation of Geese at Sunset: Unattributed

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.

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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.

