

Herbs Make Scents

THE HERB SOCIETY OF AMERICA
VOLUME XLVII, NUMBER 10



SOUTH TEXAS UNIT
OCTOBER 2024

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

October 2024 Calendar

Oct 8, Tues. 10:00 am
Members only event

Day Meeting: *Field trip to Mercer Arboretum* to tour and view the Vines Herbarium. Members attending **must RSVP by Thursday, October 3** to Benée (text or email bccurtis5@comcast.net See details on p.3

Oct 12, Sat. 9:00 am – 12 noon

Garden Workday Kolter Elementary: 9710 Runnymede Dr., Houston, TX 77096

**Oct 12, Sat. 8:00 am and at
9:00 am**

Westbury Garden Workday: 12581 Dunlap Street, Houston, TX 77035, followed by the class *"Fall Herbs and How to Use Them"* taught by the South Texas Unit at the Westbury Garden.

Oct. 16, Wed. 6:15 pm
Open to the public.

Evening Meeting: *"Tagetes - Stinky Weed or Sacred Flower...or Both?"* presented by **STU Member Karen Cottingham**, Cherie Flores Pavilion, 1500 Hermann Dr. Houston, TX 77004. Doors open at 6:15 pm, with potluck meal and program to follow.

Oct. 18 – 20, Fri. – Sun.
8:00 am - 5:00 pm

Wild Herbal Field Trip & Medicinal Plant Symposium 2024, Ozark Folk Center State Park, Mountain View, Arkansas. See p. 11 for link to the details.

Oct. 20, Sun. 2:00 – 4:00 pm

October Lagniappe: *"Create your Own Herbal Besom"* **RSVP with Karen Cottingham.** karen.herbsociety@gmail.com See p. 10 for details.

For Herb Fair Workshops dates see p. 9

November 2024 Calendar

Nov 1, Fri. 9:00 am - finish

Herb Fair Set Up: Southside Place Clubhouse, 3743 Garnet St, Houston, TX 77005

Nov 2, Sat. 8:00am thru clean-up
Members time.

Herb Fair: Southside Place Clubhouse, 3743 Garnet St, Houston, TX 77005.
Open to the public 9:00 am – 2:00 pm

Nov 9, Sat. 9:00 am – 12 noon

Garden Workday Kolter Elementary at 9710 Runnymede Dr., Houston, TX 77096

Nov 12, Tues. 10:00 am
Open to the public.

Day Meeting: *"Drying Herbs and Blending Teas and Tisanes"* presented by **Julie Fordes**. Cherie Flores Pavilion, 1500 Hermann Dr. Houston, TX 77004. Bring a sack lunch. Beverages will be provided.

Nov 12, Tues. 11:30 am

Book Group Discussion led by **Joan Jordan** during our lunch gathering following Julie's presentation. *"Gardening Can Be Murder: How Poisonous Poppies, Sinister Shovels, and Grim Gardens Have Inspired Mystery Writers"* by Marta McDowell. We'll be selecting the fiction book for discussion in May.

Nov 20, Wed. 6:15 pm
Open to the public.

Evening Meeting: "Accidental Sisters: Refugee Women Struggling Together for a New American Dream" presented by Kimberly Meyer, Farm Manager, Shamba Ya Amani, Cherie Flores Pavilion, 1500 Hermann Dr. Houston, TX 77004. Doors open at 6:15 pm, with potluck meal and program to follow.

Nov 23, Sat. 9:00 am

Westbury Garden Workday at 12581 Dunlap Street, Houston, TX 77035,

Nov 23 or 24, Sat. or Sun.

Holiday Lagniappe "Heritage Gardeners of Friendswood Christmas Home Tour". This event includes Santa's Sweet Shop (a Holiday Bakery), 9:00 am - 5:00 pm; Christmas Market and raffles, 9:00 am - 4:00 pm; and home tours, 1:00 pm - 5:00pm.

Newsletter deadline: the 25th of every month is strictly enforced. (November editor is Janice Freeman)



Happy Birthday!

02 – Faith Strunk

13 – Benée Curtis

13 – Catherine O'Brien

21 – Janice Stuff

22 – Yvette Darnell

24 – Virginia Camerlo

27 – Deborah Maly

28 – Corlas Pearsall



Warm October Greetings to Our Herbal Friends -

It's an honor to be filling in for STU unit Chair Dena Gaydos as she continues her journey towards motherhood. It's been such a joy watching Dena and Michael grow as a couple - from their engagement, to marriage, and, now, on the threshold of parenthood.

Baby Gaydos is expected to arrive sometime around the middle of October.

Dena will be spending the next few months, her "fourth trimester", helping her baby adjust to the outside world, balancing new responsibilities, and letting her body heal. New mothers need plenty of rest and nutritious food to recover from the intense demands of pregnancy, childbirth, and the postpartum period.

If you have a favorite recipe for a healthy herbal bone broth or an amazing one-pot stew, please consider sharing. Sign up at Dena, Michael and Baby's Meal Train Link <https://mealtrain.com/3vlwn1> if you can help.

We look forward to seeing Mama Dena back in 2025. In the meantime, please send any requests, comments, suggestions, or concerns to karen.herbsociety@gmail.com

Karen Cottingham, STU Vice Chair



Herbs Make Scents

October 2024

Members are invited for a trip to Mercer Arboretum and Botanic Gardens to view the Vines' Herbarium Collections. Those attending **must RSVP by Thursday, October 3** to Benée (text or email bccurtis5@comcast.net).

Herbarium Curator Kari Hernandez will give us an overview of the collection starting at 10:00 am. The collection is in the Mercer Botanical Center.

Mercer Botanical Center (MBC)
22540 Aldine Westfield Rd.
Spring, Texas 77373.

The MBC where the herbarium is located is not at the botanic gardens but instead across the creek from the gardens (see map). The address is on Aldine Westfield Rd., but you must turn onto Titleist Dr. to access the parking lot for the MBC.

After viewing the Herbarium Collections, we will spend about an hour to visit the Botanic Gardens. The image on the attached map shows the two-level building with its green metal roof. The herbarium is located on the second floor and is accessed by stairs (no elevator).

https://www.pct3.com/Portals/45/Documents/MBG/Mercer_Map_Printable%20-%20Updated.pdf?ver=HRUxgT4i_Ak-BCZtTQB6MA%3d%3d

Day Meeting October 8

Trip to Mercer Arboretum

Since we'll be having a late lunch, plan to bring something to tide you over until lunch time.

Members wishing to carpool will meet at 9:00 am at the west side of the Colonial Park Pool (West Point Dr. and Byron St.). Let Benée know if you would like to carpool. Lunch afterward at Flower Child (Houston Heights) 1533 N. Shepherd Dr. Suite 100, Houston, TX 77008.





ANNOUNCING OUR OCTOBER MEETING
"Tagetes – Stinky Weed or Sacred Flower...or Both?"
Presented by STU Member
KAREN COTTINGHAM
October 16, 2024

Kolter Elementary Garden

See You Second Saturdays at Kolter!

Next Open Grassroom days are
 October 12 and November 9
 from 9 am – 12 noon

Members Spotlight

Let's give a warm
WELCOME to
 our *new members*

Sharron Sims
Enrique Guerrero
Deborah Maly





The HERB SOCIETY of AMERICA



Cumin

Cuminum cyminum

-The aromatic and flavorful seeds (which are technically the fruits) of the cumin plant have been cultivated since around 2200-1400 B.C.E.

-Many cultures use cumin to flavor their food, including those in Europe, North Africa, Middle East, South Asia and Mexico.

-Cumin is used to flavor many diverse dishes such as curries, meats, pickles, cheeses, sausages, soups, chilies, and stews.

-The essential oil of cumin has both antibacterial and antioxidant properties.

-Grows as a short (about 12"), cool season annual.

- Best to store as whole seeds and grind just before using as the flavor degrades rapidly after grinding.

- Dry roasting the seeds before grinding enhances the flavor.



Cumin seeds and ground cumin

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.



Thurs - Sat.
Oct. 10-12

Garden Club of
Houston's Bulb
and Plant Mart

Bulb & Plant Mart Info: The Garden
Club of Houston (gchouston.org)

Sunday
Dec. 8
3 - 4:30
PM

"Scents and
Sensibility in the
Ancient World"
at the Women's
Institute of Houston
\$40

<https://www.wih.org/?s=scents>



Thursday

April 10
2025

Botanical Beauty Flower Show

Presented by

Bouquettes Garden Club

Prefontaine Hall of Corpus Christi
Church

9900 Stella Link Road

Questions? Contact Angela Roth



•BACK TO OUR ROOTS•



Back to our Roots at Westbury Garden

Julie Fordes

Westbury Workdays

8:00 am - Saturday, October 12

9:00 am - Saturday, November 23

I know that we are all more than ready for cooler weather, which will make gardening lots more pleasant. Because of the Herb Fair workshops on our usual workday, we are working on the second Saturday of the month. I know it conflicts with our Kolter workday, but I hope that both gardens get what they need.

The most important thing on October 12 is the Gardening Class that we are offering for the Westbury Community. **Fall Herbs and What to do with Them** will start at 9 am. I hope to introduce gardeners to some of the herbs that do well in the fall, (there are so many) and demonstrate a few herbal preparations.

Please give me a call (832-969-8349) if you can contribute to this class, I would really appreciate it!!

In other garden news, both of our roselle trees were so heavy, that they split down to the ground. We had to prune them severely, mostly to keep them out of the aisles. We have one tree that is going to be fine and one that probably won't make it. That said, we need anyone with roselle at home to contribute dried roselle to our tea making enterprise.

Thanks to all who brought herbs to the last meeting. We now have enough of four of our major tea blending herbs. Here is a list of herbs that we still need to make the tea blends for the Fair:

- Lemon balm
- Roselle
- Peppermint
- Rosemary
- Oregano
- Thyme
- Sage
- Mexican Mint Marigold

We are also hoping to make a new tea blend featuring the Herb of the Year, Yarrow, the favorite of our Herb Fair Chair, Stephanie Calloway. Please harvest and dry yarrow if you have it. The yarrow in the Westbury Garden croaked during the summer, so we will have to depend on our home gardens for this.

Take a turn to water the Westbury Garden by signing up for a week of TLC on our SignUp Genius.

<https://www.signupgenius.com/go/30E0D49ADAE2DA02-stuwestbury#/>



Calling all Cooks!

Help out by testing a product for the Herbal Marketplace

STU Member Susan Wood lost her 18-year-old sassafras tree in this Spring's Derecho. She has saved the root ball and has gifted STU with the leaves, which happen to be the one and only ingredient in file'. Powdered sassafras leaves (file') was first used as a thickener by the Cajuns (Acadians) when they moved to Louisiana.

Before we pulverize and package our sassafras leaves, I would like to make a couple of dishes with it because I would also like to include a recipe or two for Herb Fair. I am hoping a few members can give our file' a test run by cooking with it and then reporting the results to Julie Fordes. I would think the recipe doesn't need to be Cajun, although it's used a lot in that style of cooking. I will bring some file' powder to the October meetings, and you can always get hold of me, and we can make arrangements for you to get file'.

You can earn volunteer hours by cooking dinner!

Call, text (832-969-8349) or email fordes.julie@gmail.com
if you can "test drive" our file'.





Herbs Make Scents

October 2024

Herb Fair Countdown is ON!

Stephanie Calloway

We have a number of exciting updates to share for the Herb Fair happening in *less than one month* (if you're reading this on October 2nd or later). 😊

- There is still time to support the event as an Herb Society Member - sign up [here](#) to help with a committee!
 - October is the final month to bring in any books or gently used garden items for our Twice Found shop – you can bring your items to the Day or Evening meetings or reach out to Donna Wheeler or Yvette Darnell to arrange pick-up/delivery.
 - There is still time to foster a plant for our 'member grown' section at the plant sale! **Please arrive early for the October evening meeting** to connect with Janice Teas and pick up some seedlings to care for until November 2nd.
 - We are looking for a few more bakers to support the Bakery Shoppe – cookies, scones, and breads. Debbie Lancaster has baking pans (small and large) for your use as well as recipe ideas. Please reach out with questions: Lancaster.deborah@gmail.com or 713-702-8499.
- Speaking of plants, we are excited to feature a Native Plants section this year, including feverfew (a great headache medicine), Mexican mint marigold (a favorite licorice-like digestive herb for salads, teas and baked goods), firebush, native red hibiscus, and even elderberry!
- Stay tuned for the link to purchase Pre-Order vouchers and enter **early at 8:30am** for a first chance to purchase plants, teas, jellies, crafts, and baked goods!
- We are excited to welcome two local vendors, in addition to our member-crafted goodies: Bee2Bee Honey <https://bee2beehoney.com/> and D's Elderbeez <https://dselderbeez.bigcartel.com/> . Stop by during the Herb Fair to sample and purchase their delicious, health promoting products – for yourself or someone you love!
- See the article about the Attic Window Quilt donated by HSA-STU member Laura Boston. We are excited to feature this quilt as a silent auction item during this years' Herb Fair – the link to the *online auction* will be shared in the November newsletter and will be live from 9am-2pm on November 2nd. You do not need to be present to win.

Herb Fair Supply Request: We are seeking shallow cardboard boxes to use for our plant sale – please bring them to the October evening meeting or reach out to Janice Teas and let her know if you have some. It could be a box lid, or any container to help our customers take plants home.





Herb Fair Workshops

Oct. 19, Sat. 9:00 am Teas and Culinary Blends. Contact **Julie Fordes** for details.

Oct 26, Sat. 9:00 am **Fragrance** - focus on cleaning products. Contact **Julie Fordes** or **Faith Strunk** for details

Oct 27, Sun. 1:00pm – 4:00 pm **Vinegars.** Contact **Catherine O'Brien** for details.

Harvest Herbs for Herb Fair

Bay Leaves	Red stem apple mint
Blue Pea Flowers	Mint)
Calendula	Peppermint
Chamomile	Roselle
Comfrey	Rose Petals
Holy Basil	Sage
Lemon Balm	Spearmint
Lemon Verbena	Thyme
Lemongrass	Yarrow
Mexican Mint	
Marigold	

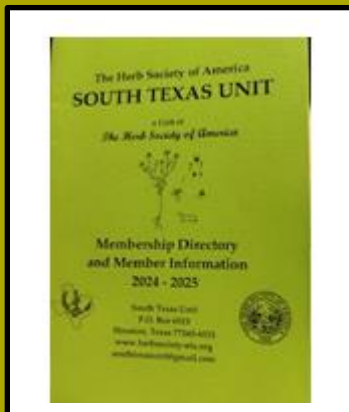
Need more information?

Harvesting, Drying and Storing Herbs

by **Susan Gail Wood**

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

Now Available Membership Cards and STU Directories



The Herb Society Membership Cards for Members and the STU Directories will be distributed at the September – November Day/Evening Meetings & at Herb Fair. Do you have questions? Contact **Membership Chair, Janice Freeman** at janicefreeman@comcast.net





The Attic Window Quilt

Laura Boston

I started quilting in 2001. My sister taught me the basics and we would quilt while we visited our mother in the years after our dad died. Mom was wonderful because she had a great eye for color and scale. I started making I-Spy quilts for my school library and expanded from there. The sister is better at piecing than me and a much better quilter, but quilting makes me happy so that's fine.

I first saw the "Attic Window" quilt pattern years ago and knew I wanted to make one. The original pattern described how to stitch the tricky mitered window edges, however, I knew I would never manage their method and gave up. As luck would have it, I later found a book about quilting at a library book sale while on a trip to Cheyenne, Wyoming. The book described an easy method to make the miters, so I started collecting flower and plant prints because I believed I could finally manage to make the quilt! My sisters helped me pick out the greens of the outer border of the window. My grandchild picked out the backing fabric. A friend picked out the border. I found myself making more and more window blocks and eventually ran out of flower prints. Fortunately, Julie Fordes called Lois Jean Howard so we could rummage through Lois's fabric collection for more garden type prints.

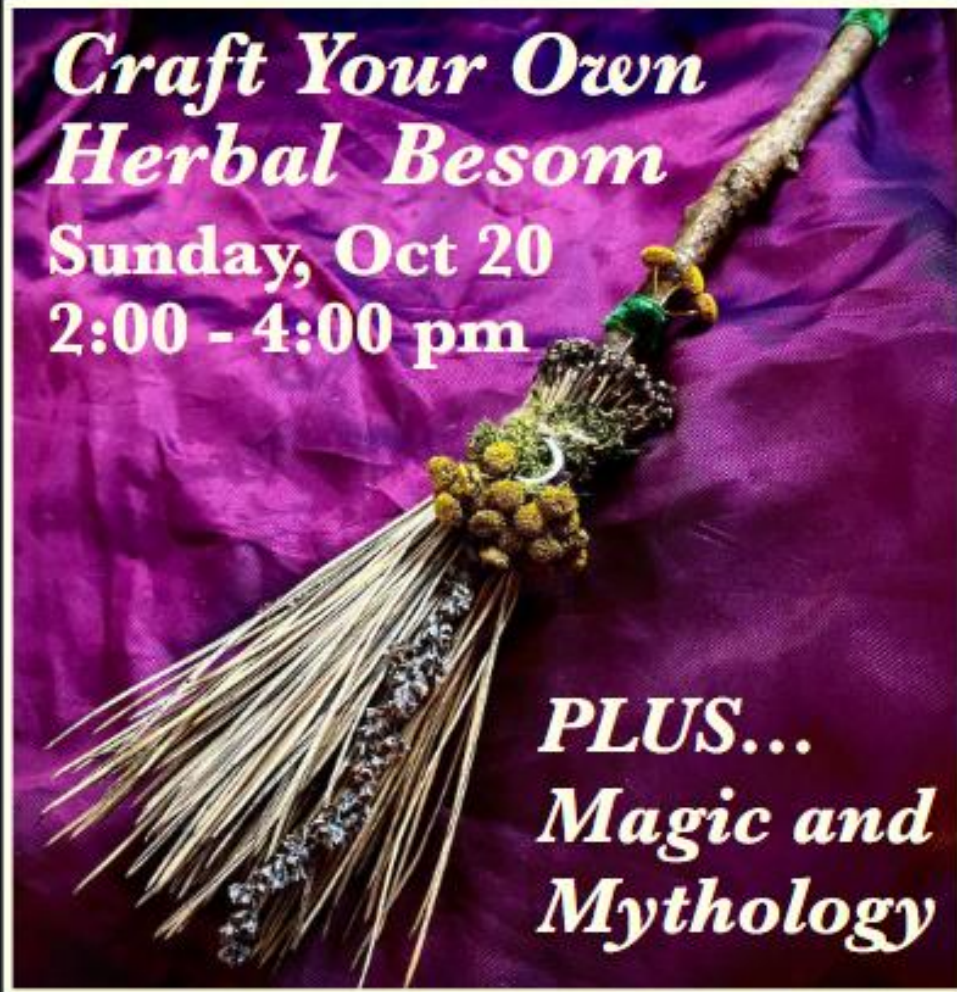
This is the hardest quilt I have ever done. It is machine pieced and machine quilted. I had hoped to complete it this past spring but that did not happen. Finally, you get the quilt. It measures 55" x 75" and contains 80 "windows." **The quilt will be a silent auction item at the 51st Annual Herb Fair on Saturday, November 2nd.**





*Craft Your Own
Herbal Besom*

**Sunday, Oct 20
2:00 - 4:00 pm**



***PLUS...
Magic and
Mythology***

**Volunteers for the Herb Fair
Herbal Experience Table are especially
encouraged to attend, but everyone is
welcome. Bring charms, ribbons,
feathers, twigs, dried herbs,
grasses, and flowers...anything you
think belongs on an herbal besom.**

**RSVP with Karen Cottingham
karen.herbsociety@gmail.com**



Enjoy Autumn in the Ozarks!

Ozark Folk Center's Wild Herbal Field Trip & Medicinal Plant Symposium

October 18 - 20



**Includes a guided forest walk, lunch featuring
wild food and herbs, & lectures and
demonstrations on beneficial medicinal plants -
including the Herb of the Year, Yarrow**

Registration closes October 3

**More information here: [https://
ozarkfolkcenter.ticketleap.com/wild-herbal-field-trip--
medicinal-plant-symposium-2024/details](https://ozarkfolkcenter.ticketleap.com/wild-herbal-field-trip--medicinal-plant-symposium-2024/details)**

Keep herbal wisdom alive!



A Word of Thanks

In many cultures, the beloved autumn blooms of chrysanthemums symbolize friendship and gratitude.

We gratefully acknowledge the following members who are retiring from their Board positions: Catherine O'Brien (Education Chair), Rose Wherry (Hospitality Chair), and Carolyn Kosclskey (Membership Chair). We sincerely thank all of them for their hard work, cheerfulness, and dedication to the South Texas Unit.

Please join us as we welcome the members stepping up to fill those important positions: Angela Roth and Cynthia Card (Education Co-chairs), Janice Freeman (Membership Chair) and the entire newly expanded Hospitality Team - Catherine O'Brien, Rose Wherry, Jimmie Keddie, and Linda and Steven van Heeckeren.

We appreciate each and every one of you!





My Early Herbal Adventures With Basil!

Rex Talbert



Although I had been growing basil, *Ocimum basilicum*, for quite a few years, I was blessed with a favorable climate in Texas where this tropical perennial not only flourished, but when forced to be annual by the few days a year that dropped below freezing, re-seeded itself!

Over sixty years ago, Madelene Hill, my first plant mentor, introduced me to wonderful basil pesto and a magnificent, cranberry/basil jelly! The making of basil pesto became an obsession and I tried many different olive oils, forms of *O. basilicum* and Italian grana to satisfy my taste. Madalene's recipe included large-leaved Italian parsley *Petroselinum crispum* var. *neopolitanum*. I chose not to include this ingredient although it did add a stonger color to the unoxidized oil and basil blend! Thirteen years passed and not in that interval did I successfully find any restaurant or commercial pesto that pleased me!

My first opportunity to taste an authentic version was in the city that had the famous malformed structural edifice, and came from an attempt to get sandwiches for a train ride to the next stop. The pesto that was added to the ham and cheese on freshly baked bread was wonderful! The next stop on the journey was Fireze and I was treated to small trattoria, whose chef and owner was a native of the historical mecca of the mixture – Genoa, home to Christopher Columbus.

My ignorance and inability to speak Italian led to a conversation where I told the chef my recipe for pesto. She was impressed until I mentioned my cheese ingredient--two parts Parmesan and one part Romano. She responded in a scolding voice, "No, no, no! Fiore Sardo!" It took me several years before I was able to buy authentic Fiore Sardo in Georgetown, D.C. and over forty years later before I found the original Fiore Sardo, a Sardinian Romano cheese was not just the "Flower of Sardinian cheese" but had a "plant produced rennet enzyme" from a native flower—cardo!



For reasons ranging from politics to diet, many vegetarians avoid cheese made with animal rennet. But plant-based rennet has been used in cheese production for thousands of years, and although the resulting cheeses may be less consistent, their sheer variety makes them well worth seeking out.



Spiny and bulbous with a crowning tuft of violet, the cardoon (*Cynara cardunculus*) is a hearty thistle belonging to the sunflower family. A perennial plant what thrives in a dry summer time climate, wild cardoons have long been present around the sunny Mediterranean. They've grown in the basin for so long, in fact, that the use of cardoon thistle in cheesemaking dates back to ancient civilization.

This ends a story of my basil adventures but not the adventures themselves. I hope I have successfully made a small attempt to pass on some knowledge on this species of basil -- *Ocimum Basilicum*. And I have also inadvertently cured your insomnia, even temporarily, it was not my intent and I sincerely apologize.

Note: Rex Talbert is one of the founding members and first chairman of STU. He originally wrote this for the North Carolina Unit. He mentions Madalene Hill, his mentor, another STU founding member.



Recipes

Cumin

Cuminum cyminum

Red Lentil Soup

2 ½ cups red lentils, rinsed and stones removed
8 cups vegetable broth
½ teaspoon ground turmeric
3 medium potatoes, peeled and cubed
2 bay leaves
2 stalks celery, sliced thinly
2 tablespoons olive oil

1 red onion, peeled and chopped
1 teaspoon ground cumin
2 tomatoes, seeded and chopped
1 (1-inch) piece gingerroot, peeled and grated
4 tablespoons chopped fresh cilantro (or parsley, if you prefer)
Freshly ground black pepper and salt to taste

Place lentils, vegetable broth, turmeric, potatoes, bay leaves, and celery in a large stainless steel pot. Bring to a boil, reduce heat, and simmer for about 20 minutes or until lentils and potatoes are soft. While the lentils are cooking, heat olive oil in a sauté pan, and then add onions. Cook over medium heat until soft and well browned, about 10-15 minutes, stirring frequently. Remove from heat and stir in the cumin. Add onions, chopped tomatoes, and grated ginger to the soup. Cook over low heat for 15 minutes. Remove bay leaves and stir in cilantro (or parsley) just before serving. Season with freshly ground black pepper, salt, and a little chopped cilantro (or parsley).

Katherine K. Schlosser, HSA North Carolina Unit

Chicken with Lime and Spices

4 boneless chicken breasts
2 tablespoons olive oil

Marinade

3 tablespoons fresh lime juice
1 teaspoon ground coriander
1 teaspoon ground cumin
½ teaspoon turmeric
1 tablespoon chopped fresh mint

Combine all marinade ingredients in a bowl. Cut chicken into ½" strips. Add chicken strips to marinade, cover, and allow to marinate several hours or overnight in the refrigerator. Drain chicken. Heat olive oil in a medium pan, add chicken. Cook over medium-high heat for 5-10 minutes, until lightly browned and tender.

Mark Ragland and Scott Norton, HSA Virginia Commonwealth Unit



DRINK FOR YOUR HEALTH



Stephanie Calloway

Talks with us about herbs, their benefits and some great ways to incorporate them into mocktails, cocktails, teas and everyday life.

Oct 22 | 6:30pm

LITBookbar, Richmond, TX

<https://www.litbookbar.com/event-details-registration/drink-for-your-health>





Save the Date

51st ANNUAL
HERB
FAIR

Saturday Nov. 2, 2024
9am - 2pm

Huge variety of HERB PLANTS
*Herbal Gifts, Books, Jellies,
Teas, and Culinary Blends*

Presented by
The Herb Society of America, South Texas Unit
www.herbsociety-stu.org
www.facebook.com/HerbSociety.SouthTexasUnit/

Southside Place Clubhouse
3743 Garnet Street, Houston, TX 77005

Awarding the HSA-STU Madalene Hill Scholarship



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

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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.