

# Herbs Make Scents

THE HERB SOCIETY OF AMERICA  
VOLUME XLVII, NUMBER 7



SOUTH TEXAS UNIT  
JULY 2024

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## July 2024 Calendar

<b>July 1</b>	<b>Membership Renewal Due Date</b>
<b>July 9</b> , Tue. 10:00 am	<b>Day Meeting:</b> Annual planning meeting at the home of Benée Curtis, members only. RSVP if attending, (text or email <a href="mailto:bccurtis5@comcast.net">bccurtis5@comcast.net</a> ). Bring your lunch. Beverages provided.
<b>July 13</b> , Sat. 9:00 am – 12 noon	<b>Garden Workday Kolter Elementary</b> at 9710 Runnymede Dr., Houston, TX 77096
<b>July 14</b> , Sun. 1:00 pm	<b>Summer Lagniappe:</b> “ <i>Savor the Taste of India</i> ”, a Summer Sunday Brunch with <b>Anita Jaisinghani</b> , Executive Chef at Pondicheri Café, 2800 Kirby, Ste. B132, West Ave Complex, Houston, TX 77098. Please <b>RSVP with Karen Cottingham</b> at <a href="mailto:karen.herbsociety@gmail.com">karen.herbsociety@gmail.com</a> . <b>Members only</b> , but HSA members may bring one guest if desired. This is a self-pay event.
<b>July 14</b> , Sun. 4:00 pm	<b>ZOOM Meeting:</b> Herb Fair leaders look for meeting information, or contact Stephanie at <a href="mailto:stephaniec621@gmail.com">stephaniec621@gmail.com</a> for more information
<b>July 15</b>	<b>Volunteer Hours:</b> Submit your volunteer hours to <a href="mailto:stxu.membership@gmail.com">stxu.membership@gmail.com</a>
<b>July 17</b> , Wed.	<b>Evening Meeting:</b> No evening meeting – summer break!
<b>July 27</b> , Sat. 9:00 am	<b>Westbury Garden Workday</b> at 12581 Dunlap Street, Houston, TX 77035.

## August 2024 Calendar

<b>Aug 10</b> , Sat. 9:00 am – 12 noon	<b>Garden Workday Kolter Elementary</b> at 9710 Runnymede Dr., Houston, TX 77096
<b>Aug 13</b> , Tues. 10:00 am	<b>Day Meeting:</b> TBA
<b>Aug 21</b> , Wed. 6:15 pm	<b>Evening Meeting: (Members Only)</b> “ <i>Herb Fair Kickoff</i> ” presented by <b>Stephanie Calloway</b> , 2024 Herb Fair Chair, at Cherie Flores Pavilion, 1500 Hermann Dr. Houston, TX 77004. Doors open at 6:15 pm, with potluck meal and program at 7pm
<b>Aug 24</b> , Sat. 9:00 am	<b>Westbury Garden Workday</b> at 12581 Dunlap Street, Houston, TX 77035.

*Newsletter deadline: the 25<sup>th</sup> of every month is strictly enforced. (August Editor is Linda Alderman)*



## Happy Birthday!

01 – Nita Rowe	10 – Gloria Hunter	22 – Mary Starr
07 – Suzanne Wessels	10 – Mary Nurre	24 – Laura Mullen
08 – Mary Shapiro	15 – Sally Luna	28 – Jeanie Dunnihoo
	17 – Joyce Taylor	



## Chairman's Corner

It's officially Summer, and feels every bit of it here in Houston!

Thank you to everyone who attended and participated in our Annual Meeting last month. We had a good turn out of members and were able to pass multiple garden donations. For anyone not in attendance, or who would like a recap, here are some of the meeting's highlights:

- We approved our 2024-2025 budget, which is no small feat!
- We will donate \$1000 to the Nature Discovery Center at Russ Pitman Park in Bellaire, TX to be used to improve their Sensory Garden.
- We will donate \$1000 to be used to support the women's garden program at the Lucille Plane State Jail in Dayton by way of the HSA Texas Thyme Unit.
- We will donate \$1000 to Shamba Ya Amani's community farm to be used for their herb and flower programs.
- We will donate \$1000 to the HSA Pioneer Unit to be used for repairs on the greenhouse at Festival Hill.
- We will donate \$644 to the Westbury Community Garden's D2 Medicinal Herb Bed, managed by STU, to purchase 2 convertible bench/ tables.
- We will be donating \$2000 per year to be used for HSA BOD (members volunteering for executive office, district delegate, and national committee chairs) reimbursement for meeting travel and expenses.
- We have also renewed our Houston Botanic Garden Membership for the upcoming year.
- **Maria Treviño** has volunteered to fill the board position of Treasurer for another 2-year term, a big thank you to her for committing to this job *again!*

Many thanks go to the members who participated in this process!

Lastly, a **friendly reminder for all HSA-STU members to pay their annual dues.** You should have received an emailed invoice, but dues can also be paid through our website if that's easier for you!

[www.herbsociety-stu.org](http://www.herbsociety-stu.org)

Happy July,  
Dena Yanowski Gaydos





## SAVOR THE TASTE OF INDIA



ENJOY A SUMMER SUNDAY BRUNCH  
WITH ANITA JAISINGHANI  
EXECUTIVE CHEF PONDICHERI CAFE  
July 14, 2024 at 1:00 pm

Space is limited for this self-pay event  
RSVP with Karen Cottingham  
karen.herbsociety@gmail.com  
STU members may bring one guest  
INDIA, THE LAND OF SPICES

## PLANNING

### Day Group Meeting



Members that attend the Day Group are invited to attend a planning meeting on Tuesday, July 9 at the home of Benée Curtis. We intend to have all meeting topics, presenters, field trips, adventure outings, beverage hosts, etc. planned for the whole year. Bring your ideas to the meeting. All ideas are welcome!



## Harvest Herbs for Herb Fair

- |                  |                  |
|------------------|------------------|
| Bay Leaves       | Red-stemmed Appl |
| 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>



## The HERB SOCIETY of AMERICA



### Lemon Verbena

*Aloysia citriodora*

- Widely known as lemon verbena, but common names also include vervain and lemon beebrush.
- In the language of flowers, lemon verbena symbolizes sensitivity
- Native to western South America, lemon verbena is often thought to have the best lemon fragrance of the lemon-scented herbs and is intensely lemon flavored.
- In the movie *Gone with the Wind*, lemon verbena is mentioned as the favorite plant of Scarlet O'Hara's mother.
- Since the 17th century, lemon verbena has been cultivated for its oil. Today, France, Algeria and Morocco cultivate lemon verbena for its essential oil.
- Lemon verbena has sweet and savory uses including: teas, baked goods, salads and salad dressing, as well as potpourri. It can also be used to flavor meat or fish and in making compound butter, pudding, sorbet and ice cream. See Herb of the Month Recipes for more culinary tips.
- With centuries of medicinal uses, lemon verbena has been valued for its anti-inflammatory, antispasmodic, and antioxidant benefits. It has been used to treat sleep disorders, digestive ailments, asthma, arthritis, skin problems, varicose veins and even as a tension reducer and to sharpen concentration.
- Leaves are used fresh but also retain their fragrance when dried.
- Thrives in gardens or containers in full sun and rich, well-drained soil. It can grow up to 6 feet tall in warm climates and is hardy in zones 8-11.
- Pinch new growth to encourage a bushy habit.
- Take cuttings of new growth to propagate lemon verbena easily.

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.

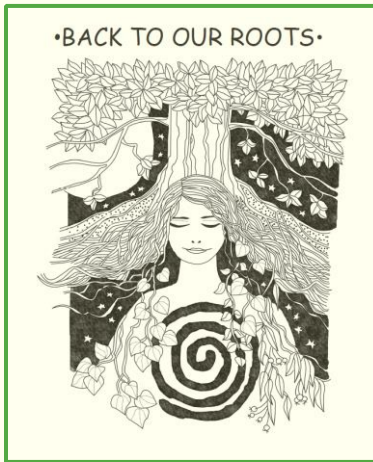
## Kolter Elementary Garden



We have many herbs for harvesting AND we have had members cover areas with cardboard and pile (free) wood chips from trees that were downed by our recent storms. You can check out an App named, "ChipDrop".

**Next Open Grassroom days are  
July 13 and August 10, from 9  
am – 12 noon**





## Back to our Roots at the Westbury Garden

*Julie Fordes*

Westbury Workday - Saturday, July 27 @ 9 am  
Westbury Workday - Saturday, August 24 @ 9 am

Summer is officially here. Our bed is producing **lots** of herbs and needs to be harvested regularly. If you want to try your hand at drying herbs, all you need is a bit of space to lay out the herbs for several days. No dehydrator needed! If you would like to learn a new and valuable skill, **I can meet you at the garden and we can pick whatever you can take home and process. I can help guide you through the process if you need it.**

Some herbs like our blue butterfly pea don't take up a lot of room in the drying process; some of the larger plants, monarda, holy basil, and lemon verbena can be stripped from the stalk before drying to take up less space.

I have a hanging drying rack (available from Amazon) but for many years I laid an old bedsheet on the bed in the guest bedroom and dried herbs there, right under a fan.



If you are an old hand at drying herbs, don't forget to label your bounty with the name of the herb and the date.

**WE NEED VOLUNTEERS TO WATER...SIGN UP FOR A WEEK AT THIS LINK.**

<https://www.signupgenius.com/go/30e0d49adae2da02-stuwestbury#/>



## Herb Fair Countdown is ON!

Stephanie Calloway

We are just four short (and hot!) months away from the **51<sup>st</sup> Annual Herb Fair**, on **Saturday, November 2, 2024, 9am-2pm**. As the temperatures rise, so has momentum and energy around Herb Fair planning and organizing. Although this is my first year as Chair, it is clear that the South Texas Unit has had five decades of experience organizing this event – THANK YOU to the volunteers who have recommitted to lead event committees and those who have stepped up to bring fresh ideas and energy to the event.

For those interested in taking on a leadership role in the event, please reach out to me, **Stephanie Calloway**, [stephaniec621@gmail.com](mailto:stephaniec621@gmail.com), for the Zoom information to join us on **Sunday, July 14<sup>th</sup>, 4pm** to touch base on event plans and next steps ahead of the August meeting. All Herb Society members are *strongly encouraged* to join the member-only meeting on **Wednesday, August 21<sup>st</sup>, 7:00pm** (doors open at 6:15pm for potluck and networking) to hear about the exciting plans for this year's event. This is the time to sign up for committees, including day-of support and product preparation workshops, and events that will take place in September and October ahead of the Herb Fair. For those who are unable to attend the day of, we will be sure to publish upcoming workshops in the newsletters (and potentially via member-only email notices).

Remember that support of our annual Herb Fair and Herb Day are critical to our success as a local unit – this is not only a fun way to learn, create, and grow together as a community, but revenue from the Herb Fair supports our on-going expenses as an organization and allows us to contribute back to garden projects in the community. Thank you for your commitment and involvement!

### Herb Fair Committee Requests and Invitations

**Catherine O'Brien** leads the *Herbal Vinegars* workgroup this year will order the vinegar bottles and purchase the wines. **Linda Alderman** will provide her delicious recipes. As we get closer to the vinegar preparation workdays, Catherine will need fresh herbs including **rosemary, oregano, bay leaves, and garlic**. Two workdays have been set and volunteers are needed to help prepare the vinegar and learn about this delicious process:

- **Sunday, September 15**, 1-4 p.m. to make the vinegars (fresh herbs needed this day).
- **Sunday, October 27**, 1-4 p.m. to bottle the vinegars and decorate the bottles.

If you want to help, contact Catherine at [Vibrio13@gmail.com](mailto:Vibrio13@gmail.com).

**Donna Wheeler** and **Yvette Darnell** are co-chairing the *Resale Shop*. They are looking forward to organizing "Twice Found" our 2024 Herb Fair resale store this year. We will start accepting your **garden-themed books** at the August meeting. Please make sure the books and items you donate are desirable and in good condition.

We would also **like you to share the title of your favorite garden and or herb book with a brief recommendation (2-3 sentences)**. They will create a "South Texas Herb Society Unit Recommended book list" to display at "Twice Found." The recommended books could be **mystery, gardening, culinary, companion planting**....please email your recommendations to Donna Wheeler [ddwheeler16@hotmail.com](mailto:ddwheeler16@hotmail.com)



The **Herbal products team** (fragrances, teas, and culinary blends) are seeking donations of jojoba oil (64 oz total) and witch hazel (20-30oz) for infusions and salves, in addition to the previously requested dried herbs: **lemongrass, oregano, rosemary, basil, butterfly pea, roselle, thyme, calendula flower, and Mexican mint marigold.** Please let **Stephanie Calloway** know if you have any of these items and she'll forward the message to the appropriate committee chair. Thank you for your support!

## Photos from June 20 - 21, 2024 HSA EdCon in Philadelphia, PA



Top Row: left to right

- HSA Life Members Susan Wood and Mary Rimmel Wohlleb at Northview Gardens.
- Endless summer hydrangeas at Chanticleer.



Photos courtesy of  
Susan Wood



Bottom Row: left to right

- Conservatory at Longwood Gardens.
- Whimsical teapot fountain at Northview Gardens



**IT'S THAT TIME OF YEAR AGAIN!  
NOTICE TO SUBMIT YOUR VOLUNTEER HOURS NOW**

Carolyn Kosclskey, Membership Chair

**Deadline: Monday, July 15, 2024**

It's time to submit your volunteer hours from July 1, 2023 through June 30, 2024. Collecting volunteer hours is an important job for each unit! We are required by HSA to submit a sum of our member's hours each year with our annual report in August. **Last year our grand total was 8,505.5, an increase of over 1900 hours from the previous year.**

Volunteer hours can take on many forms. Examples include, but are not limited to the following:

Attendance at all live and virtual business meetings;

Participation in preparing for Unit Events such as the New Member Orientation/Potluck, Herb Day and Herb Fair. This also includes time spent preparing and crafting articles sold at Herb Fair;

Gardening at the Westbury Community Garden or a school garden;

Education, such as preparing and presenting for a group, or writing a book review or article for the newsletter including submitting recipes and photographs;

Administrative work, such as fulfilling a board position or appointed position.

No need to itemize your hours, just send your total volunteer hours to [stxu.membership@gmail.com](mailto:stxu.membership@gmail.com). Remember these hours can be in whole hours or half hours as needed (2 ½ hours = 2.5 hours).

Thanks everyone!

Carolyn

**Note** To any member who has already submitted their hours, if an update to your total is needed, email me at the link above—it's never too late to up your total.







# Recipes

## Lemon Verbena

*Aloysia citriodora*

### Tips:

1. Older leaves are a bit tough and best used for steeping. Use young growth for chopping and including in dishes
2. Dry leaves on a screen or hang stems until "corn flake crisp". Store leaves in a sealed container, away from direct sunlight. Lemon verbena retains its flavor and fragrance for a few years when stored properly
3. Steep 1 teaspoon of dried or 1 tablespoon of fresh leaves for 7 minutes to make a relaxing tea. Or combine with equal parts mint. Also blends nicely with black tea and other herbal tea to make a hot or iced tea
4. Use finely chopped lemon verbena leaves in place of lemon zest in recipes
5. Use lemon scented sugar in teas, cookie recipes or other bake goods. See recipe below.

### Lemon Verbena Sugar

Sugar

Lemon verbena leaves

Layer lemon verbena leaves in sugar in a sealed container for two – three weeks. Leaves can be left in the sugar or removed as the sugar is used.

### Lemon Verbena Simple Syrup

1 cup water

1 cup sugar

½ cup lemon verbena leaves, loosely packed

Combine water and sugar in a sauce pan. Stir to dissolve the sugar and bring to a simmer. Remove from the heat and add lemon verbena leaves. Cover and steep for 15 minutes. Strain out the leaves and refrigerate.

### Lemon Verbena Dip

8 ounces cream cheese, softened

8 ounces lemon yogurt

¼ cup lemon verbena leaves, very finely minced (use tender leaves)

¼ cup sugar

1/3 cup fresh lemon juice

Mix all ingredients thoroughly. Cover and refrigerate overnight. Serve with sliced fresh fruit or plain cookies.

Marilyn Rhinehalt, Western Reserve Unit  
*Herb Society of America's Essential Guide to Growing and Cooking With Herbs*



Thank you to our Giving Circle members!

CULTIVATORS

Nancy Allen

Linda Clark Anderson

Anne and Bob Baillio

Minnie and Ed Cappel

Norma and Beto Cardenas

Mary and John Eads

Nancy Epley

Clayton Erikson

Kerry Galvan

Kate and Steve Gibson

Joanne and David Graham

Herb Society of America, South Texas Unit

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Pinetree Inc.

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Mark Seavers

Stasie and Tim Smith

Johnny Steele

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Sherri and Pat Wood



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[www.herbsociety-stu.org](http://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.