

# Herbs Make Scents

THE HERB SOCIETY OF AMERICA  
VOLUME XLVI, NUMBER 1



SOUTH TEXAS UNIT  
JANUARY 2023

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

## January 2023 Calendar

- Jan 10**, Tues. 10:00 am **Day Meeting** is a member only Herb Study Group on **Chervil**: members report on their research on **Chervil** using the Herb Study Guide. The meeting will be held at the home of **Donna Wheeler**. Bring your own lunch. RSVP [ddwheeler16@hotmail.com](mailto:ddwheeler16@hotmail.com). Donna will be sending to day group attendees a detailed outline, information and guidelines for the study group. Others can contact Janice S for more information at [jestuff@pdq.net](mailto:jestuff@pdq.net).
- Jan 11**, Wed. 6:30 pm **Board Meeting** on Zoom.
- Jan 13**, Fri. 10:00 am **Westbury Garden Workday** at 12581 Dunlap Street, Houston, TX 77035
- Jan 15**, Sun. 11:00 am - 1:00 pm **January Lagniappe** "Experience a Traditional Ethiopian Coffee Ceremony" at the home of **Gennet Kassa**, in Sugar Land, TX 77498. RSVP to **Karen Cottingham** at [karen.redbrick@gmail.com](mailto:karen.redbrick@gmail.com). **You do not have to be a member to participate.**
- Jan 18**, Wed. 6:30 pm **Evening Meeting** "Stop and Smell the Coffee" presented by **Dean Borgerding** of **Boomtown Coffee** at the **Cherie Flores Garden Pavilion**, 1500 Hermann Dr, Houston, TX 77030. Doors open at 6:30 pm, program at 7:00 pm. **Free and open to the public**
- Jan 18, 2023** **Gratitude Gift of Baked Goods from Three Brothers Bakery** will be distributed to all new and renewing members during Evening Meeting. Reserve your gift with **Karen Cottingham** at [karen.redbrick@gmail.com](mailto:karen.redbrick@gmail.com)
- Jan 28**, Sat. 10:00 am - Noon **Lagniappe Field Trip to Boomtown Coffee Roastery**, 2517 Fairway Park Drive, Suite 205, Houston, TX 77092. RSVP to **Karen Cottingham** at [karenredbrick@gmail.com](mailto:karenredbrick@gmail.com). You do not have to be a member to participate

## February 2023 Calendar

- Feb 11**, Fri. 10:00 am **Westbury Garden Workday** at 12581 Dunlap Street, Houston, TX 77035
- Feb 14**, Tues. 10:00 am **Day Meeting** "Pesto" presented by Benée **Curtis** at the Cherie Flores Pavilion, 1500 Hermann Dr. Houston, TX 77030. Open to the public. Bring your own lunch.
- Feb 15**, Wed. 6:30 pm **Evening Meeting** "To Have and to Hold - The Traditional Herbs of Marriage" presented by **Karen Cottingham** and **Elizabeth Martin** at the **Cherie Flores Garden Pavilion**, 1500 Hermann Dr, Houston, TX 77030. Doors open at 6:30 pm, program at 7:00 pm. **Free and open to the public.**
- Newsletter deadline: the 25<sup>th</sup> of every month is strictly enforced (February Editor is Linda Alderman)**



- 1 Elizabeth Martin
- 6 Donna Wheeler
- 7 Joyce Wilkenfeld
- 12 Linda van Heeckeren

## Announcing ...



2023 Herb Fair  
Chairman

Catherine O'Brien has  
agreed to take the helm for  
this year's fair.

Thank you, Catherine!

## Chairman's Corner

I hope this newsletter finds you all rested and recharged after the holidays. A new year often brings new ideas, and so it is with the South Texas Unit. We have been blessed with many new members in the past couple of years. I am excited about getting to know each of them. New members need time to bond and find their niche and they also may need demonstrations of practical herbal knowledge to be able to help the unit in its mission of herbal education. You can't teach it if you don't know it.

At the same time, I ponder about how to meet the needs of some of our longtime members, many of whom can't be as active as they once were. **Donna Wheeler** through Member Outreach has made a great impact on all our members, but we can always do more.

**Catherine O'Brien** is on fire!!! As next year's Herb Fair Chair, she is working hard to keep Herb Fair alive all year long. She had taken information from several sources and combined it with a focus on preparing for Herb Fair. For each month of the year, she has an article highlighting the herbs needed for the fair and what needs to be done with them, in a way that makes it user friendly and very informative. Look for her article in each newsletter.

You can't teach it if you don't know it... so true! We have been brain-storming ways of spending time together with members sharing what they know and others learning the skills needed to prepare herbs for the use and delight of others. We hope to keep the "working groups" together to research new products to sell and fine tune the old ones. Is this something you would like to be part of? Look for a special Mail Chimp sometime in January that will start the ball rolling for year-round work groups.

The Board will meet on January 11 via Zoom to discuss many of the new ideas that have come forward. Here is a preliminary agenda of what will be discussed. If you have ideas about any of these topics, or any other topic for that matter, reach out to a board member so they may bring your idea(s) to the meeting.

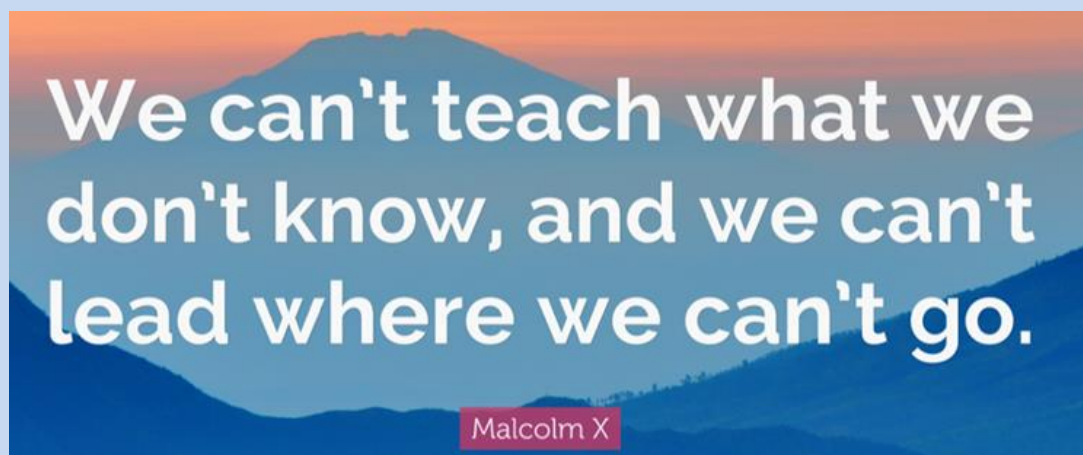
continued



- A picture guide of members to aid in putting a face with a name.
- More meetings or parts of meetings for members only. The purpose would be to provide new member orientation to the group as well as direct instruction on all aspects of growing, harvesting and storing herbs.
- Return to our regular timetable for the paying dues to coincide with our calendar year. Begin dues collection May 1 and end it June 30. The directory will be able to be published sooner. Does not need member approval (vote).
- A membership category (emeritus? or friend?) that would require less money for dues and less direct participation. This would be a bylaw s change and needs approval of membership. We could possibly tie this in to National's idea of gifting a membership, but just for our local unit.
- Have the Herb Fair team leaders or interested others get the working groups together more often than just October.
- Herb Day- Herb Day will be April 22 this year coinciding with Earth Day. Right before Ed Con in Baton Rouge. We are working on finding the perfect location for this spring event. We have a reservation for the Southside Place Clubhouse and a call into St. Paul's Methodist. There are several ideas that have been proposed for the program:
  - IDEA: Use the theme from the Herb Day that was planned and never implemented. The theme was Slow Down and Savor Each Day featuring speakers on *Slow Gardening* (Felder Rushing), *Herbal Bouquets That Tell a Story* (Teresa Sabankaya), and *Herbal Tea Time* (Kim McHugh).
  - IDEA: Rent the use of Houston Community College (and their tech crew) to present a "big name" keynote speaker via Zoom and supplement with breakout sessions or workshops. The Native Plant Society has had events at the HCC West Loop location.

Thank you **Bene Curtis** for all your work on the Directory, they are back from the printer and ready for distribution. You can pick yours up at a meeting or if that won't work, we will make arrangements to send you your copy.

Until next time,  
Julie  
**Unit Chair**





## **Chervil, *Anthriscus cerefolium***

Chervil is also known as French parsley or garden chervil. The leaves are the culinary part of the plant. They impart a very subtle flavor...

**...Want to learn more about chervil?**

**Members** will gather at Donna Wheeler's home on Jan. 10<sup>th</sup> at 10:00 am to report their research on chervil.

RSVP [ddwheeler16@hotmail.com](mailto:ddwheeler16@hotmail.com). Bring your own lunch.

## *Announcing*



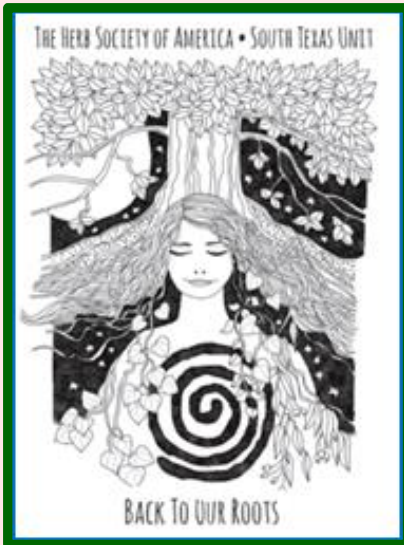
*"Stop and Smell the Coffee"*

Presented by **Dean Borgerding** of Boomtown Coffee

*January 18 at 6:30 pm*

Cherie Flores Pavilion  
1500 Hermann Dr





## Back to our Roots

Julie Fordes

Here is what is growing in in the garden now... I have included some recent pictures.

- Echinacea
- French and Sweet lavenders
- Greek and Hilltop oreganos
- Pacific Beauty Blend and Oopsie Daisy Calendula (just put in twenty six plants)
- Arp rosemary
- Lemon balm
- Rama and vana holy basil
- English and lemon thyme
- Anise hyssop
- German chamomile
- We cut back and harvested seeds from the butterfly pea

This bed is sponsored by the Westbury Garden and has traditionally been for the more medicinal herbs. Right next to us is a bed that is also sponsored by the garden and has been traditionally used for culinary herbs. Westbury gardeners have access to both and one of the things we will begin doing more often is herbal education for the gardeners who have a bed there. The new president of the garden, Debbie Gordon, (an avid herbalist by the way) would like us to write articles for their newsletter twice a month informing member gardeners of what is growing in the garden, what is ready to harvest and how to use it. If you would like to help do that, let me know. This would be a great way to hone your writing skills...



**Chamomile ready to flower**



**Calendula-just planted**



**Lovely Lavender**



**Echineca**



## WESTBURY COMMUNITY GARDEN WORK DAYS

Fridays

Jan. 13<sup>th</sup> and Feb. 11<sup>th</sup> @ 10 AM



Bring your tools and a mug for tea. I'll bring hot water.

Julie

### Membership Tips: STU 2023 Resolution

Carolyn Kosclskey, Membership Chair

It's a new year and a great time to make a resolution for recording volunteer hours. [If you're a new member or current member who needs a refresher, it would be helpful to first go to the STU website [www.herbsociety-stu.org](http://www.herbsociety-stu.org) under the second tab *About Us* and read the Membership Tips section in the July 2022 and December 2022 *Herbs Make Scents* newsletters for what counts as hours and recording them. According to most members, the challenging part of volunteer hours is not just completing them. but figuring out what counts and then writing that number down at the time rather than later. Volunteer hours are collected each year by the Herb Society of America from all units for the period of July 1 through June 30. Last year the total reported and submitted by STU was 5937.5. Although this was a high number, it only represented about 80% of the membership reporting their hours. So, starting this month find a place on your physical calendar or digital calendar and make a "STU 2023 Resolution" of recording your hours as soon after they're completed as possible. Look back through your 2022 calendar or planner for the time period July 1 through December 31 and total your volunteer hours only using the "guesstimate" method if necessary, but come up with a number. Record that number on your January 2023 calendar or planner in bold font because you're going to need that number next July. In summary, your "STU 2023 Resolution" requires you to know what counts as hours and to record your hours in a timely manner. To borrow the iconic eighties Nike tagline, "Just do it!" If you have any questions related to volunteer hours, please email me at [stxu.membership@gmail.com](mailto:stxu.membership@gmail.com).



### 2023 Herb Fair Update from Catherine O'Brien



**Mexican Mint Marigold**

*Photo courtesy of Susan Wood*

**Catherine O'Brien** has agreed to chair Herb Fair 2023, saying, "It's never too early to begin our preparations for next year." Mark your calendars for **Saturday, November 4**. As you begin recycling after the Christmas holidays, save holiday cards to help **Donna Wheeler** get a jumpstart on her cards for next year's event. Save your leftover ribbons and paper for **Karen Cottingham**. She always has great ideas for the Herbal Experience table. Bring your castoffs to the meetings, and Catherine will get them to the right people.

Take a bit of time to look at the [Monthly To-Do List](#) on our website, courtesy of **Beth Murphy**. January is the month to plant parsley seeds and set plants of rosemary and thyme. We will need parsley, rosemary, and thyme for **Dena Yanowski's** Culinary Blends (Rosemary's Cookies Blends, Olive Oil Dipping Mix, Royal Salt, and Poultry Blend). The blends sold like crazy during our recent Herb Fair. Rosemary is also needed in our Tea Blends. And if you are a beginner to herb gardening, parsley and rosemary are among the easiest to grow.

According to **Beth Murphy**, January is the time to start with fresh seed-starting mix. You will want to keep the soil moist, but not soggy. A good way to do this is to place the seed flats in clear plastic dry cleaning bags (which helps the environment by reusing). Remove the bags when the seedlings begin to emerge. Fertilize with a soluble plant food at the dilute rate.

If you need to divide and transplant fall-blooming perennials such as Mexican mint marigold (*Tagetes lucida*), January is the month for transplanting to give them a chance to settle in before new growth in spring. We need the Mexican mint marigold if we want to sell the Mexican Mint Marigold Buttermilk Cake and make our Texas Herb Tea.

If you want hands-on learning experience in transplanting, seed sowing, soil preparation, weeding and watering, **Julie Fordes** needs volunteers to help with the Westbury Community Garden that the South Texas Unit maintains. It's a great way to learn.

Calendulas should have been started from seed in September, and the plants should have been planted by December. If you already have calendula, there are two ways to harvest it: petals and heads. **Faith Strunk** and the Fragrance team put the petals in Calendula and Coconut Milk Bath Soak, and **Julie Fordes** and the Tea Blenders put the entire flower head into the Balanced Blend Tea. You can harvest either way but takes longer to dry the flower heads than it does to dry the petals. If you haven't ever read [Harvesting, Drying & Storing Herbs](#) by Susan Gail Wood on our website, you should do so. There's great information in there.

Like calendula, chamomile is another winter plant for Texas. The earliest that you can plant chamomile in zone 9a is January because it will tolerate some frost, and it grows through October. There are two types of chamomile, German and Roman. German is preferable in our gardens. The plants enjoy a light, well-drained soil; not our gumbo clay, so take the time to prepare your garden bed. It enjoys full sun but might benefit from shade in hot weather. Chamomile seeds have a low germination rate and require sunlight to germinate. Starting with transplants is easier. Deadheading keeps the blooms going, but since we want lots of chamomile for our Balanced Blend Tea, plan to harvest flowers often. When cutting flowers for use in teas or other concoctions, they should be taken in the morning before the sun has started to draw out some of the flower's essence. What a wonderful way to start your day.





## The HERB SOCIETY of AMERICA



### Parsley, *Petroselinum crispum* spp.

#### *Petroselinum crispum* var. neapolitanum

- Parsley is an easily grown biennial which grows 12-15 inches high in sun to partial sun and moist well-drained soil.
- There are three main types of parsley grown in the United States:
  - *Petroselinum crispum* var. crispum – Curled-leaf parsley has bright green curly leaves and is the type most frequently used as a garnish.
  - *Petroselinum crispum* var. neapolitanum – Flat-leafed or Italian parsley has a flat leaf and is typically a darker green than the curly variety. It is generally preferred for cooking due to a stronger flavor, though both varieties can be used in cooking.
  - *Petroselinum crispum* var. tuberosum – Turnip-rooted variety is grown for its large root and is eaten as a vegetable.
- The many cultivars of both curled and flat-leafed parsley, each with characteristics that affect flavor, leaf shape and size, are available for home gardeners and commercially.
- Parsley is an attractive and edible addition to garden borders and container gardens.
- The sprig of parsley that is served as a garnish on the dinner plate is both attractive and can be eaten to freshen the diner's breath at the end of the meal as well as to aid digestion.
- Parsley is added to brighten the overall flavor as well as to heighten the flavors of the other ingredients in the dish.
- Parsley adds nutritional value to dishes as it is rich in iron, calcium and vitamin K, as well as vitamins A, B12, C and folic acid. Flavonoids and antioxidants also add to parsley's nutritional and healing value.
- According to medieval folklore, parsley cured baldness.
- Infusing parsley in bathwater for both cleansing and soothing the skin has been done for centuries. Infused parsley water also makes a good hair tonic, conditioner and can be added to lotion. Look for parsley, listed by its botanical name, in the list of ingredients in skin care products.
- Medicinal uses for parsley leaves have included tonics for digestion, tea for improving circulation, and antiseptic poultices for applying to wounds, bites and stings.

It is the policy of The Herb Society of America, Inc. 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. Please consult a health care provider before pursuing any herbal treatments.





The Herb Society's day group holiday party was held at the home of **Jane Littell**. Jane was the perfect hostess welcoming 19 members into her festively decorated home. Members played a Christmas guess the song game before enjoying a delicious potluck lunch followed by a gift exchange. Donated toys are for Ukrainian refugees living here in Houston. It was a fun event, lots of catching up, good food and laughter!

-Donna Wheeler



**A beautiful setting, wonderful food, and our hostess, Jane, with Pam Harris**



**This woman assists with preparing donations for the Ukranian families living in a Catholic Charity. They are grateful for all and anything! She is an attorney who speaks only Cyrillic; her job potential is limited to cleaning and cooking. Her husband is dead and her son is a soldier.**

Herb Society members enjoyed themselves Saturday, December 17 at the lovely home of **Maria and Donald Burger**. Maria and Donald were very gracious hosts providing a ham entree and beverages while members attending completed the meal with potluck dishes. Their home was filled with the laughter and chatter of approximately 25 Herb Society Members. A few members exchanged gifts and many brought gifts/donations for the Ukranian refugees living in Houston. It was nice to be back with friends during the holiday season.

-Donna Wheeler



**Mother and daughter before distributing items to families here.**



**Iryna, a petroleum engineer, has lived here since '08 and assists with distributing donations.**

## Member Outreach

If you know of a member that is ill, suffered a loss or could use some words of encouragement, OR has received good news and congratulations are in order, please contact **Donna Wheeler** at [ddwheeler16@hotmail.com](mailto:ddwheeler16@hotmail.com). Donna is our Member Outreach Contact and will send a garden card when requested.





The Herb Society of America  
South Texas Unit  
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Houston, TX 77265-6515

Find our Unit on the web at:  
[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.

