

Herbs Make Scents

THE HERB SOCIETY OF AMERICA
VOLUME XLVI, NUMBER 4



SOUTH TEXAS UNIT
APRIL 2024

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April 2024 Calendar

- Apr 6, Sat. 9:00 am** **Free Lagniappe** “An Insect Appreciation Walk at the Houston Botanical Garden” with **Lauren Jansen Simpson**, creator of St. Julian’s Crossing Wildlife Habitat and advocate/educator for home wildscaping. Members enter HBG free with their HBG Membership Card; non-members welcome! Purchase tickets at [HGB website](#).
- Apr 9, Tue. 10:00 am** **Day Meeting and Craft Workshop:** Complete unfinished crafts (pictures, frames, etc.) and plan pricing and labelling all crafts for Herb Day. Bring your own lunch. Cherie Flores Garden Pavilion, 1500 Hermann Dr., Houston TX
- Apr 13, Sat. 9:00 am – 12 noon** **Garden Workday Kolter Elementary** at 9710 Runnymede Dr., Houston, TX 77096
- Apr 17, Wed. 6:15 pm** **Evening Meeting:** “Insects Keep Your Garden Humming Along” will be presented by **Erin Mills**, entomologist, former Director of the Cockrell Butterfly Center, Houston Museum of Natural Science, and current Education Manager at the Houston Botanic Garden. Join us at the Cherie Flores Garden Pavilion, 1500 Hermann Dr., Houston TX. Doors open at 6:15 pm, with potluck meal and program at 7pm. Free and open to the public.
- Apr 20, Sat. 10:00 am** **Westbury Garden Workday** at 12581 Dunlap Street, Houston, TX 77035
- Apr 21, Sun. 7:00 pm** **Herb Day Planning Meeting** via Zoom (link will be emailed)
- Apr. 27, Sat. 8:00 am – 2 pm** **Herb Day:** Details on page 3

May 2024 Calendar

- May 11, Sat. 9:00 am – 12 noon** **Garden Workday Kolter Elementary** at 9710 Runnymede Dr., Houston, TX 77096
- May 14, Tue. 10:00 am** **Day Meeting:** “Herbal Sorbets: Demonstration How to Prepare and Flavor with Herbs”, presented by **Benée Curtis**. Join us at the Cherie Flores Garden Pavilion, 1500 Hermann Dr., Houston TX
- May 15, Wed. 6:15 pm** **Evening Meeting:** “Go Texan - Help Restore Our Native Ecosystem with a Pocket Prairie” will be presented by **Della Barbato**, Education Director, Native Prairies Association of Texas. Join us at the Cherie Flores Garden Pavilion, 1500 Hermann Dr., Houston TX. Doors open at 6:15 pm, with potluck meal and program at 7pm. Free and open to the public.
- May 18, Sat. 10:00 am** **Westbury Garden Workday** at 12581 Dunlap, Street, Houston, TX 77035

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



Important Dates to Remember!

Apr 22, Mon. Last day to register for Herb Day

Apr 26, Fri. 3:30 - 6:30 p.m. Herb Day set-up



Happy Birthday

01 – Janice Dana

21 – Kathy McDaniel

Chairman's Corner

As we embrace the warmth and vibrancy of spring here in Houston, I am delighted to extend greetings to each of you. April brings with it a renewed sense of energy and enthusiasm, and the promise of an educational and enriching 38th Annual South Texas Unit Herb Day as well!

By now your calendars should already be marked for our Herb Day, Saturday April 27 at St. Paul's United Methodist Church. This cherished tradition promises to be a day filled with education, inspiration, and community as we come together to celebrate The Bold and the Beautiful: Turmeric, Ginger and Roselle. Our lineup of speakers will offer valuable insights and expertise from a garden, culinary and educational perspective.

In addition to our engaging speakers, this year's Herb Day will continue to feature the delicious homemade treats our event is known for, as well as a catered lunch and a marketplace brimming with herbal products for sale. From culinary blends to homegrown teas, craft projects, and an assortment of herbs and plants, there will be something for everyone to enjoy and explore.

Tickets for Herb Day are available for purchase online through our website: <http://www.herbsociety-stu.org/herb-day.html>. I encourage each of you to secure your spot early and join us for this annual tradition. Whether you're a seasoned herb enthusiast or just beginning your herbal journey, Herb Day offers a unique opportunity to learn, connect, and grow together as a community.

A Committee is forming to help develop "garden donation proposals" for our STU Annual Meeting (June 12) for more information, please reach out to Dena Gaydos: denagaydos@gmail.com

Wishing you all a Spring garden filled with abundance, and looking forward to seeing you in a few weeks at Herb Day.

Dena Gaydos
Chair of South Texas Unit





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Membership Tips: Earning Your Hours – Major Events

Carolyn Kosclskey, Membership Chair

Membership Guidelines, Rules and Procedures (in the Membership Directory and on the website under Member Information, Unit Operating Manual tab), read an active member will support the organization during the fiscal year by participating in the preparation of one major event (Herb Day in the spring, Herb Fair in the fall) and participate on-site in one major event (Herb Day, Herb Fair). The upcoming 38th Annual Herb Day on Saturday, April 27 provides multiple opportunities to meet these obligations! Contact either of the members below for information on how to become involved in this event. Note: Be sure to record all of your hours related to this event in whole and half hour increments (1 ½ hours= 1.5 hour).

To become involved with Herb Day, contact Herb Day Chair **Virginia Camerlo** at camerloclan@gmail.com. To become involved with Herb Fair this fall, contact Herb Fair Chair **Stephanie Calloway** at stephaniec621@gmail.com.

If you have any questions about volunteer hours please do not hesitate to contact me at stxu.membership@gmail.com

The Herb Society of America, South Texas Unit

38th Annual Herb Day

THE BOLD AND THE BEAUTIFUL

Saturday, April 27, 2024 8am - 2pm
Houston Museum District



Ginger and Turmeric: Roots of Great Taste and Health

Henry Flowers, Horticulturist and HSA Member-at-Large

Masala:

“Masala is. . . quite simply, a blend of seasons and spices”

**Anita Jaisinghani, Chef, Author and Owner of Pondicheri Café &
Multi James Beard Award Nominee and Semi-Finalist**

Around the World with Roselle

Karen Cottingham, South Texas Unit Program Chair

- Speakers
- Cooking Demonstration
- Hands on Demonstration Tables for Ginger, Turmeric (paint with turmeric!), Roselle & Yarrow
- Herbal Marketplace (herb plants, herbal teas and culinary blends, handcrafted items and more)
- Vendors & Book Signing by Ms. Jaisinghani

Lunch, herbal refreshments, gift bag and a chance to win door prizes included with registration. Prepaid Registration Required. Visit <http://www.herbsociety-stu.org/herb-day.html>



“The Bold and the Beautiful” 38th Annual Herb Day Update

Virginia Camerlo, Herb Day Chair

Spring is in full swing and that means it's time for Herb Day! Ditch your gardening gloves and join fellow herb enthusiasts on **Saturday, April 27th** from **8am to 2pm** for our program **The Bold and the Beautiful** featuring turmeric, ginger and roselle. Not only will we learn about these amazing herbs from our speakers **Henry Flowers, Anita Jaisinghani** and **Karen Cottingham**, we will also sample these vibrant flavors throughout the day. Ms. Jaisinghani will have a limited number of copies of her James Beard nominated cookbook *Masala* available for purchase and signing.

Arrive early to shop at the Herbal Marketplace and with vendors to pick up gift items for Mother's Day, a friend or yourself! We will have a variety of herb plants in addition to a selection of culinary, pollinator and ornamental plants grown by members. You'll also find handcrafted favorites and many new items in addition to fragrances, culinary herb blends and teas. Net proceeds from the Herbal Marketplace fund the Madalene Hill Scholarship for Texas students.

This year's demonstration tables will focus on turmeric, ginger, roselle and yarrow (bonus herb!). Are you ready for a little herbal magic? If yes, then try your hand at painting with turmeric!

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\$65 registration fee includes lunch (The Heights Catering), herbal refreshments, gift bag and a chance to win door prizes from some of Houston's favorite places. Registration is open now through April 22nd (sorry, no walk-ins). St. Paul's United Methodist Church, St. Paul's United Methodist Church has FREE parking, and there is accessible parking near the entrance to Fondren Hall. Visit <http://www.herbsociety-stu.org/herb-day.html> for details.

Hope to see many of you there!

****ALL HANDS ON DECK**** Volunteers are needed to help with Herb Day set up on the afternoon of Friday, April 26th between 3:30-6:30 pm. See both Virginia Camerlino and Donna Adair for logistics. We will have a cart, but BYO wagon if you have one.

Herb Day Needs

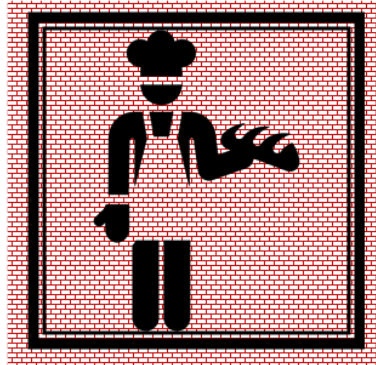
PAINT BRUSHES

Contact:
Stephanie Calloway



BAKERS

Contact:
Ro Jones



DRIED LEMONGRASS

(Cut in 1" pieces)

Contact:
Julie Fordes



Lois Jean Howard, STU
Member recently achieved a milestone in her life. Family and friends joined together for a happy celebration.

When you see her be sure to say "Happy Birthday Lois Jean!"



“Every Spring is the only Spring - a perpetual astonishment”

*Ellis Peters
The Summer of the Danes*

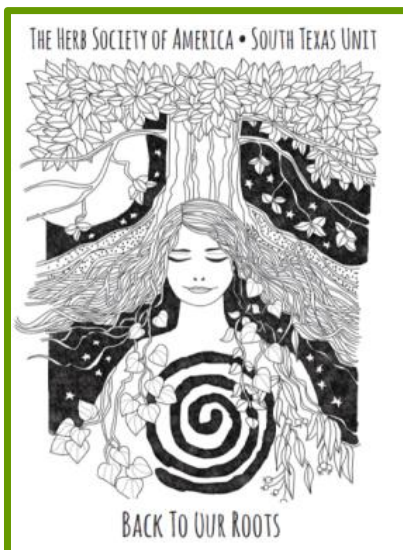
Prepare to Be Astonished!

Come to the Houston Botanic Garden for “An Insect Appreciation Walk” with Lauren Jansen Simpson



Make friends with this hover fly - it’s one of your best defenses against aphids!

**Saturday, April 6
9:00 am at HBG
You don’t have to be an HSA member to participate**



BACK TO OUR ROOTS

Julie Fordes

On Saturday, March 23, **Julie Fordes** gave a presentation at the Westbury Community Garden titled “*Spring Herbs and What to do with Them*”. She was assisted by **Donna Yanowski and Beth Murphy**. Both Westbury Community Gardeners and Westbury residents enjoyed the beautiful weather while engaging all their senses in an immersive herbal experience. The participants were encouraged to taste and smell a variety of herbs and then made a vinegar infusion of selected herbs. Many of the gardeners were new to using herbs and we hope that they continue to enjoy these useful plants.

We had so much fun teaching this class that we didn’t get any work done in the garden! In spite of this, the garden looks fabulous!! Calendula and chamomile, our cool weather herbs, are enjoying the cooler evening temperatures and blooming like crazy!

Continued next page



Spring Herbs Class at Westbury Community Garden



We have put in two “old-school” medicinal herbs, clary sage and skullcap, recently and are looking forward to seeing what happens to them. We have roselle and lemon verbena to transplant. Of course, we are also on the lookout for the appearance of our hot weather herbs, butterfly blue pea and tulsi (holy basil), as the weather warms up.

We have been blessed with enough rain lately that no one has needed to sign up for watering. As we move into warmer weather, we will probably need to have more members water the garden. Sign up here to water and harvest: <https://www.signupgenius.com/go/30e0d49adae2da02-stuwestbury#/>

I KNOW THAT OUR LEMONGRASS IS JUST COMING BACK FROM THE FREEZE, BUT PLEASE DO NOT FORGET TO HARVEST AND DRY WHAT YOU CAN AND GET IT TO ME FOR MAKING THE PINK AND LEMONY TEA BLEND FOR HERB DAY. LOOK ON OUR WEBSITE FOR HINTS ON HOW TO DO THIS. <http://www.herbsociety-stu.org/harvesting--drying-and-storing-herbs.html>

++Remember dried lemongrass, cut in 1” pieces are needed for roselle tea!



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May 14, 2024 10 AM

“Herbal Sorbets”

Demonstration How to Prepare and Flavor with Herbs

Presented by Benée Curtis

Cherie Flores Pavilion 1500 Hermann Park Drive



“Cooking Inspiration with your Edible Petals,”

STU member Benée Curtis presented at the February 2024 Day Meeting. Below is the link which contains content from Benée’s presentation.

<http://www.herbsociety-stu.org/edible-petals.html>



Catherine O’Brien

The South Texas Unit heard a wonderful presentation on “Herbs Behind Bars” from **James Langley** and **Gladys Martinez** at the March meeting. James and Gladys are instructors at Lee College providing classes to students within Texas Department of Criminal Justice. If there is anyone in our unit who would like to present a lecture to this program or to any other group, please get in touch with the chair of the Speakers Bureau: Catherine O’Brien at Vibrio13@gmail.com.

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Announcing Our April Program
“Insects Keep Your Garden Humming Along”



Presented by:
Erin Mills, Entomologist and
Education Manager of Houston
Botanic Garden



Herb Fair is Looking for Your Support!

Stephanie Calloway

As we are excitedly preparing for the Herb Day event this month, work is happening behind the scenes to prepare for the Herb Fair in November. Thank you to all of the Committee chairs who have agreed to coordinate different activities for the 2024 event – more than half of our chairs have re-committed to serving this year! That said, we could use support and leadership in the following areas:

- **Herbal Vinegar Blends** – previous chair **Linda Alderman** needs to step back for personal/family reasons so we're looking for someone to step up and coordinate this area. We have recipes and connection to material, but are looking for someone to spearhead coordination of the vinegar blends.
- **Bookstore and Garage Sale** – Since 2021, we have grown a successful bookstore/resale market at the Herb Fair and this year we are seeking a Chair to step up and organize/coordinate the incoming donations for our Garage Sale/Booksale Market. If you have a passion for upcycling, please consider this coordination role to facilitate member donations for the event.
- **Article/Publicity Authors** – We are looking for a few more writers to join our publicity team and write articles for publication in local newspapers, journals and magazines. Could you submit a short article to promote the event?
- **Herbal Tea Blends** – Do you have a passion for herbal tea blends? We would love to have a co-leader for our Herbal Tea Blends committee to join **Julie Fordes** to lead the coordination and planning for our herbal tea blends.
- **Pre-Sale Orders** – Are you looking for an opportunity to fulfill your annual volunteer hour commitments without a lot of stress? **Janice Stuff** is seeking a volunteer/co-chair to support the organization and preparation of the pre-sales, which has been a growing revenue stream for the Herb Society as our Herb Fair event has grown. This low-stress position has a huge impact on the overall financial impact of the event.
- **Set up/Take Down** – We are always looking for more dedicated volunteers and 'worker bees' to help with set-up on Friday and take-down on Saturday.

For any of the above volunteer opportunities, please email Herb Fair Chair, **Stephanie Calloway** @ stephaniec621@gmail.com with the subject line "Herb Fair XX Committee" with your respective area of interest. Again, this is a group effort, and we need your support to pull it off – please don't wait for someone else to step up – it's YOUR turn!

Herb Fair 2024!



Coming May 15 ...

“Go Texan - Help Restore Our Native Ecosystem with a Pocket Prairie” will be presented by Della Barbato, Education Director, Native Prairies Association of Texas



Virginia Camerlo and Angela Roth in the Kolter Grassroom



Happy Holiday

The Herb Society of America
South Texas Unit
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Find our Unit on the web at:
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.



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