Herbs Make Scents



SOUTH TEXAS UNIT JUNE 2018

Interim Editor - Janice Freeman (janicehfreeman@comcast.net)

June 2018 Calendar

The Herb Society of America, "Herbs in Bloom", 2018 Annual Meeting of June 1, Fri.

Members in Tarrytown, NY.

June 12, Tues. 9-1:30 p.m. Day Meeting is a Field Trip and Lunch at the Blackwood Educational Land

Institute (27144 Rock Island Rd., Hempstead, TX 77445).

***RSVP by June 10th by contacting **Pam Harris** or **Lois Howard**. The group

will depart from Pam Harris's house.

June 20, Wed. 6:30 p.m. **Evening Meeting** is at the Cherie Flores Garden Pavilion in Hermann

Park (1500 Hermann Drive, Houston, TX). Hosts: Elizabeth Grandich

and Sarah Ballanfant. The program is "Season Well with Salt and

Pepper- Part 1", presented by Catherine Elizabeth Bartlett, a graduate of Le Cordon Bleu in Paris, France. Bring a dish to share, your own plate,

eating utensils and a napkin.

July 2018 Calendar

July 18, Wed. 6:30 p.m. **Evening Meeting** is at the Cherie Flores Garden Pavilion in Hermann

> Park (1500 Hermann Drive, Houston, TX). Hosts: Rose Wherry and Andi Leger. The program is "Season Well with Salt and Pepper- Part 2", presented by Sally Luna. Bring a dish to share, your own plate, eating

utensils and a napkin.

Newsletter deadline: the 25th of every month



Chairman's Corner

Happy Summer,

I think it started a month early in May, during those few record setting hot and dry days. My gardens were parched and thirsty often, as were yours. The drought was broken the other night however and my green spaces are thankful. I've been watching the ladybugs on my "end of life" cilantro lately. I let the plants die all the way in the beds - dry and brown (coriander seeds now) so I can see the small orange and black chrysalises. The miracle is when the hard case splits, rather quickly and a new ladybug appears. The little joys of gardening.

I am sorry that not everyone could make the 50th Anniversary celebration at Maggiano's last month. It is a popular place for groups and was very lively the Sunday evening we were there. Many thanks to the planning committee and those who stepped in to help when asked. A copy of the Herbalgram magazine (The Journal of the American Botanical Council) and a black velveteen pouch containing the well designed 50th Anniversary HSA, STU pin was placed at each setting. There are plenty of pins for anyone that did not receive one. A selection of photos from our scrapbooks was digitalized so all could enjoy. The food and fellowship made it a memorable evening.

I am looking forward to my first Annual Meeting of Members held this year in Tarrytown, New York. There will be three outstanding speakers for the educational programs, informal garden tours, the installation of officers, annual reports, District meetings and a celebration of 85 years for The Herb Society of America.

I will take notes and report back next month.

Donna Yanowski, Unit Chair

Welcome New Members

Catherine O'Brien

Steven van Heeckeren

Merriane Timko

Donna E. Wheeler



Friendship



Announcements

Our new South Texas Unit ad for The Herbarist

We have so much to be proud of as a Unit this year! Some of our highlights are included in the following advertisement I was asked to design for *The Herbarist*.

This will run in our 2018 edition of The Herb Society of America's annual publication.



My personal thanks to all the members that attended our annual business meeting and voted to make supporting local, regional & national herb gardens a priority among our 50th anniversary celebrations. *By Susan Wood.*

About our meetings....

Membership and Meeting Report

By Albert Ramos

Since the May 16, 2018 meeting was the annual meeting and not a regular open meeting with a program, I am not writing the usual "Membership & Meeting" Report. Instead, this is an overview of our membership for the current fiscal year.

As of May 15, 2018, the South Texas Unit of The Herb Society of America has sixty (60) active voting members. We also have ten (10) non-voting members consisting of five (5) sustaining and five (5) affiliate members. Sadly, one (1) active member, **Lucia Bettler**, passed away during the year; but the STU also added fifteen (15) new members.

Our evening meeting programs have been the draw that has added so many members this fiscal year. These meetings have averaged 18 guests, although we've hosted as many as 26 in an evening. This is the base from which the HSA-STU has gained its new members.



Treasurer Report

Membership Dues

Remit your membership dues during June and July, deadline August 1. Checks payable to STU-HSA.

\$67.50 Single

\$98.75 Joint membership

\$80.00 Sustaining

\$12.50 Affiliate

Mail to Janice Stuff, Treasurer

STU-HSA

P.O. Box 6515

Houston, TX 77265-6515

Questions? jestuff@pdq.net

You will be contacted by email or in person at one of our meetings to verify your contact information.

Any changes in your email? Phone?

Update Your Volunteer Hours

As a non-profit organization, once a year we summarize the hours of voluntary work (educational meetings, unit's business, and event production & more) completed by members.

Is your membership log up-to-date in the Member's Log Notebook? Please log your updated list of volunteer hours/activities by August 1. The Member's Log Notebook is available during June and July meetings. (E.g. date, description of work, and hours completed). If you are unable to update the membership log at one of the meetings, you may send an email to Janice Stuff jestuff@pdq.net with a description and summary of your hours.

50th Anniversary History, a Pictorial Review

To help capture a pictorial review of our Unit's history...a brief program of selected photos of events, faces, and herbs over the past 50 years was created and initially shown at our 50th Anniversary party. The pictorial review had bookends...first, the "Oldest Bookend" was a photo of an early Herb Fair held on the lawn of the McAshan's River Oaks home; Lucia Bettler is seen in the foreground. Second, the "Newest Bookend" was comprised of photos of 2018 Herb Day Refreshment table, speakers, event chairs, etc. In between the two bookends were photos from our Herb Fairs (crowds on inside or waiting outside for entrance), Herb Days, members' gardens (featured in lifestyle magazines and newspapers), Hermann Park Fragrant Garden structures and plants, Madalene Hill ...one of our founding members, and more. *This review represents a dual celebration for the accomplishments of the past 50 years, as well as a celebration for the exciting future of the next 50 years.* By Janice Stuff.







Herbs Make Scents - June 2018









Notes from sailing....





Hi everyone! Who knew Tarpons Springs, FL. is the sponge capital of the world!?!

In the 1890's, Greeks came to Tarpon Springs to dive and harvest the abundant sponges.

One feels as if he is in Greece walking along the waterfront streets.



The Greek language is spoken by the boatmen calling to each other, and the local ladies gathering to gossip over their coffees. There are seven (7) Greek restaurants along the waterfront where the sponge boats dock. It was interesting watching the sorting of the sponges by size and quality right on the pier as we took our morning stroll.

By Linda



What's Coming Up...

WORTS AND ALL

By Karen Cottingham

A long time ago, when I came across a plant with the funny name of *St. John's Wort*, I remember wondering, "What's a *wort*?" This was a question that was not destined to be immediately answered, but was not forgotten either. Many years later I travelled through herb-rich Provence with MFK Fisher's recollections of her own life in southern France, <u>As They Were</u>, as my travel guide. Fisher's charming tale "Wartwort" brought up the same unanswered, but unforgotten, question, "What's a *wort*?"

So many herbs that were important in the medieval and pre-modern world seem to have *wort* in their names: *dragonwort* and *madwort*, for example, along with *staggerwort*, *starwort*, and *spearwort*. It seems there was a wort to protect against every known danger and cure every known ailment. And if charms or magic were needed, there were worts for that too.

Some wort-plants are probably best avoided - the malodorous *brimstonewort* and *stinkwort*, for example; but others, such as the enticing *pearlwort* and *moonwort*, hint of luminous beauty. My favorite of all the archaic wort-names is the whimsical *whorlywort*, the old name for the plant which we now know as *speedwell* or *Veronica*.

The word "wort" conjures up images of by-gone times - of a medieval monk or nun tending the "physic garden" or a wise woman foraging the hills for useful plants. Yet this strange little word is also surprisingly persistent in contemporary usage.

Many of these medieval plant names are still in common use today, such as the *mugwort* and *spiderwort* that roam through my backyard herb garden. Preparations of *St John's Wort*, said to be useful for depression, prominently line the shelves of grocery stores and pharmacies along with more modern supplements.

And, like Hamlet's ghost, this musty old word even managed to make two appearances in our recent programs on hops. "Wort" is the sweet slurry of grain and water to which yeast is added to create beer and is a term still used by modern brewers. And do you remember where the alewives gathered the herbs they added to the brew? From the *wortyard*s just outside their cottage doors!

"Wort" keeps popping up like dandelions in the spring. It's time to investigate the history of this wonderfully tenacious old-fashioned word!



Wyrts Before Worts

In the convoluted and meandering ways of language development, "wort" traces its lineage back to the Proto-Germanic "wrot", which may itself be a relative of the Latin *radix*, or root. The earliest word that a non-linguist could probably recognize as being a precursor to "wort" is the Old English *wyrt*, meaning "root or plant". Old English was the language spoken in Britain for about 700 years, from the fifth-century, when Anglo Saxons brought their Germanic language, until the Norman invasion in 1066. W*yrt* words from this period include *wyrtgeard* - a kitchen garden; *wyrtgælstre* - a woman who uses herbs for charms; and *wyrtstenc* - a perfume or fragrance from a plant. The roots of plants were distinguished by the especially lovely names of *wyrttruma* or *wyrtwala*.

Important plants, usually medicinal or sacred, were given compound names consisting of a descriptive word followed by *wyrt*. The names indicated how the plants were used or sometimes what they looked like or where they grew. *Goldwyrt*, for example, was the name selected for the bright yellow marigold, *fleawyrt* identified a plant as an insect repellant, and *banwyrt* was an herb given to promote the healing of bones. Even if a plant was notable only for being "pleasant" it was given a special name - in this case, the appropriately pleasant-sounding *wynwyrt*.

Any healing herb in early medieval England was classified as a *læcewyrt*. The healing properties and identifying features of *læcewyrts* (*later called leechworts*) were so important that they were recorded in a ninth century medical text called the <u>Leech Book of Bald</u>. Those who attended our 2017 HSA-STU program HERBS IN THE HEADLINES will remember that in the Middle Ages, skilled herbalists were called "leeches". Many of the medicinal herbs that medieval "leeches" used for healing are now being studied intensively by ethnobotanists.

As time passed and language evolved, *wyrt* matured into *wort*. By the time "wort" was in common usage, it had lost its association with roots and more specifically indicated the type of green plant that we would now call a vegetable or an herb. The word *plante* (from the Latin *planta* for "sprout, shoot, cutting") also existed in the English language at this time, but it was used only in reference to a seedling, not a mature plant.

A Wort for All Ailments

Wort became the unifying suffix that consistently designated plant names, especially the important plants that had medicinal or magical uses. In many cases, the first part of the name specified the problem against which the plant was especially effective and was then followed by the generic suffix wort. Examples are *goutwort*, *bruisewort*, and my old friend wartwort. Figwort was used to treat hemorrhoids, an ailment once called "figs".

Other plants thought to be useful in treating specific diseased organs were often named for the organ itself - *spleenwort*, *liverwort*, and *bladderwort*, to mention just a few. Most of these organ-specific plant "cures" arose from a widely held magical belief that plants mimic the parts of the body that they can heal. *Lungwort*, for example, has spotted leaves that, to the medieval mind, resembled diseased lungs. The plant's appearance signaled to them its usefulness for treating pulmonary conditions. Similarly, *spleenwort* was administered for diseases of the spleen because the undersides of the fronds of this fern were dotted with spleen-shaped sporangia.



Despite what must have been a very low success rate, this method of selecting "healing" plants persisted for many centuries and was eventually even formalized as the doctrine of signatures. Disastrous outcomes were inevitable, as occurred, for example, when "healers" saw the image of the human uterus in the dramatic flowers of *Aristolochia*. Known thereafter as *birthwort*, the plant was administered to countless women to help expel the placenta after childbirth. Many did not survive the "treatment", as *Aristolochia* is extremely toxic.

Wort-plants were also used to counteract poisons or venoms. According to the 16th century English botanist and herbalist John Gerard, Hercule's *woundwort* - when drunk in wormwood wine - is "good against poison, the biting of mad dogs, and the stinging of all manner of venomous beasts". And Nicholas Culpeper, a 17th century English botanist, herbalist, physician, and astrologer, claimed that *St. John's Wort* is also "good for those who are bitten or stung by any venomous creatures".

Worts for Love, Charms, and Protection

Those suffering from matters of the heart had their own compendium of wort-plants. The carnivorous plant Sundew, also called *lustwort*, was apparently a powerful stimulant for those with waning desire. There was even a wort-remedy for those afflicted with an excess of lust. To put it more colorfully, "if a person becomes leprous with lust or incontinence" the antidote is bathing in *sticklewort* (agrimony) infused water along with some added deterrents such as menstrual blood and chicken dung.

Wort-plants were also important for protection and charms. Frank J. Anderson, the eminent self-taught scholar of medieval botany, translated the original documents and recorded many of the magical uses of plants in <u>Herbals Through 1500 (The Illustrated Barsch)</u>. Here, Anderson recounts the medieval belief that *motherwort*, if burned,

drives all demons from the house and is regenerative, being a herb of life. It also preserves the holder from all weariness. A coal, or piece of jet, may be found beneath it if dug up on Midsummer's Eve: this will keep the finder free from plague, lightning, carbuncles, and fever.

St. John's Wort, according to Anderson, was even more powerful:

Maidens used it to divine their future marriage partners, and it drove away demons and evil. When hung on houses, it protected them from thunder, and if carried, warded off witchcraft. If held at Midsummer's Eve, it would reveal witches at their revels, and other marvelous things. The devil sought to destroy its powers by piercing its leaves with a needle, but it retained its ability to prevent hydrophobia and maniacal seizures. Should one step on the plant after sunset, a horse would rise from the ground and carry off the offender through the night, abandoning him at dawn, wherever the journey might chance to end.



Mugwort was probably the most sacred of all protective herbs, and if laced onto the foot, "preserved one from weariness, demons, beasts, poison, the heat of the sun, and effects of the evil eye". By the way, since *mugwort* was long-used as a bittering agent and preservative in ale, the "mug" in *mugwort* is often incorrectly assumed to refer to the mug from which the beer was drunk. "Mug" is actually derived from *mu*, meaning fly, midge, or bug, and refers to *mugwort*'s insect repellent properties.

Other Worts in the Medieval World

A wort croppere, or "plant nibbler", was the name given to the pesky hare, who perhaps visited the wortbed a little too often.

Vegetables of the genus *Brassica*, especially cabbages, apparently needed no further description and were simply called *worts*. So it is not surprising that *wortworms* were the worms, weevils, and larvae that fed on cabbages.

Wort also referred to the thick porridge, soup, or stew that was the mainstay of the medieval diet, probably since the main ingredients were cabbage, kale, and other hardy greens.

The growers and sellers of vegetables, herbs, and spices also came to be known as *worts*. And when surnames became necessary, the *worts* followed the example of the bakers, millers, and smiths and adopted their occupation as their name. The *worts* thereby became the Worts. Wort as a surname persists today in various forms and occasionally even appears as a very old British place-name.

The *wort* that brewers speak of even today refers to the sweet infusion of malt or other grain prior to its fermentation to become beer. Brewer's wort and botanist's wort share the same trunk and many of the same branches of the language family tree; but in its linguistic meanderings, brewer's wort picked up the additional meanings of "spice, seasoning, piquancy, and aroma". Even though the two worts are spelled and pronounced alike and have much the same linguistic history, they are on different branches of the same tree.

And finally, the sediment strained out of the wort, also called spent grain, has been used for centuries in baking, giving rise, naturally, to *wortbread* and *wortcake*.

The Wort Moon

One of the most interesting applications of the words *wyrt* and *wort* has to do with the marking of time. Especially in early agrarian societies, time was measured and critical activities organized around the cycles of the moon. People who relied on the moon to regulate their lives typically gave each full moon a special name - and this is exactly what the people of medieval Britain did.

When the Anglo Saxons invaded and settled Britain, they brought not only their language and customs but also their Germanic lunar calendar. The year was divided into 12 or sometimes 13 lunar months, and each month was named for season-specific weather or agrarian activities, for pagan deities, or even for Christian celebrations.

Continued next page



These medieval English month names were recorded in <u>The Reckoning of Time</u> by St. Bede the Venerable, an extraordinary scholar-monk living in northeast England in the eighth century.

What we now call January, for example, corresponded to the Anglo-Saxon lunar month called "After Yule", literally the first full moon after Christmas. The lunar month named in honor of the pagan goddess Eostre was eventually re-named April when the Roman calendar was imposed, but the resilient Eostre lives on today in the Christian celebration of Easter.

May was the lunar "Month of Three Milkings" when livestock were so well-fed on the lush green grass that they could be milked three times a day.

And the full moon of late summer abundance was the "Wort Moon", a time when medicinal herbs were abundant, maximally potent, and were traditionally gathered for preservation. Sufficient herbs to last the year were dried in bunches and hung from the ceiling or preserved in vinegars, ointments, unguents, or lozenges. Herbal tinctures were made, ales were brewed, and wines were infused with the herbal bounty. This year's Wort Moon occurs on July 27.

Pseudo-Archaic Wort Words

A wort word that seems like it should date back to Old English, but doesn't, is wortcunning. Wortcunning means "knowledge of the properties of herbs and plants". "Cunning" originally meant "practical knowledge or experience", a concept that eventually came to be represented by the word "craft". While both of the words "wort" and "cunning" are Old English words, their use in combination did not occur until the mid-nineteenth century. In 1864, The Rev. Oswald Cockayne published a history of science before the Norman Conquest and gave it the unforgettable name of Leechdoms, Wortcunning and Starcraft of Early England. The invented word wortcunning is a wonderful example of a "pseudo-archaic" word.

Wortcraft is another clever word that also refers to the knowledge of herbs, particularly their magical properties. I suspect that wortcraft is a recent addition to the language, perhaps inspired by videogames or fantasy fiction.

Where Does "Herb" Fit In?

You may be wondering when the word "herb" finally came into the English language. Many French words, including *erbe*, (from the Latin *herba*, meaning grass or green plants) found their way into the English language after the Norman Conquest. The "H" had been dropped from both the Latin and French pronunciation, which resulted in the simplified spelling of the word. *Erbe* was absorbed with its French spelling into what was then the Middle English language. It was only in the fifteenth century that *erbe* was revamped to *herbe* for consistency with the original Latin. Eventually the word "wort" was for the most part replaced by the more fashionable anglicized French "herb".



Worts for Warts

Since this essay was in part inspired by the writings of MFK Fisher, it seems appropriate to include a bit of her story "Wartwort". "Wartwort" takes place in the still-undiscovered Provence of the 1950s, where she lived a simple life with her two young daughters. The story begins like this:

I have never seen a man recover from a mad dog's bite, even when dosed with powdered liverwort. But I have seen a wart push itself out and away from a boy's hand because of a wort called, plainly enough, wartwort.

This was interesting to watch. It happened a few summers ago, when a little boy called John came from California to stay on a farm in Provence with me. He arrived with several bottles which I could see had been very costly, and a habit of keeping one hand always in his pocket. He did indeed have the ugliest-looking wart I had ever seen, on the back of his right hand where it seemed to get hit with things, and to bang into them and rub against them. John said that he had used a dozen different medicines, and that if he had not had his ticket to Provence, his mother would have arranged for an operation to remove this angry lump. Instead, he was supposed to dab on various things from the bottles, but they hurt and he kept forgetting. Meanwhile it grew worse, and I could see that he was humiliated as well as in some discomfort.

I told all this to a friend named Peter who lived in Aix and who knew so many strange things about other strange things – a kind of male Lolly Willowes really – that I thought he might well suggest something about John's burden.

"Of course," Peter said briskly. "Wartwort. Plain everyday old wartwort. We are walking on it this minute."

So every day they followed Peter's instructions exactly: Pick the pretty herb, squeeze from the stem a drop of milky latex, and dab it gently on the wart. In about ten days, it was gone. Forever.

Fisher recounts later, "When I look at John's smooth hand now, I remember what fun it was to rummage in the green weeds for the one we wanted, and then touch it so daintily to the ugly vanishing lump."

This miracle plant *wartwort* is known officially as *Chelidonium majus*, or greater celandine, a beautiful flowering plant in the *Papaveraceae* family. Greater celandine is native to Eurasia from Great Britain to Russia and then south to North Africa. It has also been introduced into North America, where it is considered an invasive plant in some states. Its many uses as a traditional herb would require an entire article of its own, but I will say here that its sap contains protein-splitting enzymes powerful enough to dissolve warts and corns.

MFK Fisher is not the only modern writer who has described her experience with warts and *wartwort*. Here is another account, this time from the May/June 1999 issue of Mother Earth Living:



DADDY-Y-Y-Y!" my teenage daughter came crying to me. "It's ugly! What can I do?" She pointed to her knee, where a rather large wart sat. In just a few months, it had grown from a tiny dot and was now very noticeable—it was summer, and she had just started wearing shorts.

I took my daughter to the local drugstore, where we bought an over-the-counter wart cream. I gave her directions for using it and promptly forgot about the matter until . . .

"DADDY-Y-Y-Y! It's getting bigger!" After a few days of using the cream, my daughter was unnerved. To me the wart looked about the same size, but it surely hadn't fallen off as promised by the cream's manufacturer. So I took her to a dermatologist, who removed the wart surgically. Zip! No more wart! The procedure left a small scar, but it wasn't big enough to be of concernat least to me.

Then, several weeks later . . . "DADDY-Y-Y-Y! It's back! I want to try out for cheerleaders! Do something!" Indeed, the wart had returned. Already it was bigger and meaner-looking than ever. I was desperate, but I kept my wits about me. I knew that the herb celandine had a long folk history as an effective wart remedy. Additionally, published scientific papers show that, when applied topically, celandine is an effective germ-fighter with few side effects.

Celandine grows like a weed in our garden, so I had an ample supply and suggested to my daughter that we experiment. Every day for a week after her evening shower, she was to go to the garden, pick celandine leaves, and squeeze juice from the leaf stems onto the wart. After seven days, we'd assess the situation to see whether celandine worked.

After one week, my daughter came running to me. "It's shrinking—for the first time!" Eventually, it disappeared, once and for all.

Another success story for *wartwort*! And who is DADDY-Y-Y-Y? None other than Arthur O. Tucker, PhD, the emeritus Research Professor of Agriculture & Natural Resources at Delaware State University, member of the American Botanical Council Advisory Board, co-director of the Claude E. Phillips Herbarium, prolific researcher and author of scholarly publications as well as herbal encyclopedias for the non-scientist, and, most recently, interpreter of the mysterious Voynich Manuscript.¹

If anyone could vouch for the efficacy of wartwort, I think it would be Dr. Tucker.

And even if you don't have any warts that need attention, it's good to remember that *wartwort* can solve other important problems. Simply breathing in the fragrance of greater celandine, according to the great 12th century German herbalist, Hildegard of Bingen, prevents arguments between spouses! And what marriage doesn't occasionally need an emergency *keep-the-peacewort*?

The Voynich Manuscript is a 500-year old illuminated botanical text written in an unknown language that has thus far resisted all attempts to decipher. Readers may be interested to know that Dr. Tucker's collaborator in his ground-breaking work on the Voynich Manuscript was Rexford Talbert, a founding member of the HSA-STU and its first President. Mr. Talbert was recently made an honorary member of the STU.

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



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.

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.

