

Herbs Make Scents



THE HERB SOCIETY OF AMERICA
VOLUME XLVII, NUMBER 11

SOUTH TEXAS UNIT
NOVEMBER 2024

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

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. 8:00 am – 2:00 pm
Open to the public **Herb Fair:** Southside Place Clubhouse, 3743 Garnet St, Houston, TX 77005.
Members arrive 8:00 and stay through cleanup
- 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.
Open to the public **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 Farm Manager, **Kimberly Meyer**. **Shamba Ya Amani**, or Farm of Peace, is run by resettled refugees, immigrants, and local Houstonians. 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**, Sat. 9:00 am – 5 pm **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. See Chairman’s Corner and p.8 for further information.

December 2024 Calendar

- Dec 7**, Sat. 11:00 am – 1 pm
Members and Family “**STU Annual Holiday Party**” at the home of Angela and Chris Roth
- Dec 10**, Tues. 10:00am
Members only **Day Meeting:** “*Holiday Mocktails, Cocktails and Shrubs*” presented by **Stephanie Calloway and Benée Curtis** at **Elayne Kouzounis’s**. Immediately following the program, we’ll share a potluck meal together. Bring a dish that serves at least 8-10. Beverages will be provided.
- Dec 14**, Tues. 9:00 am – 12 noon **Garden Workday Kolter Elementary** at 9710 Runnymede Dr., Houston, TX 77096
- Dec 14**, Tues. 10:00 am **Westbury Garden Workday** at 12581 Dunlap Street, Houston, TX 77035

Newsletter deadline: the 25th of every month is strictly enforced. (December editor is Linda Alderman)

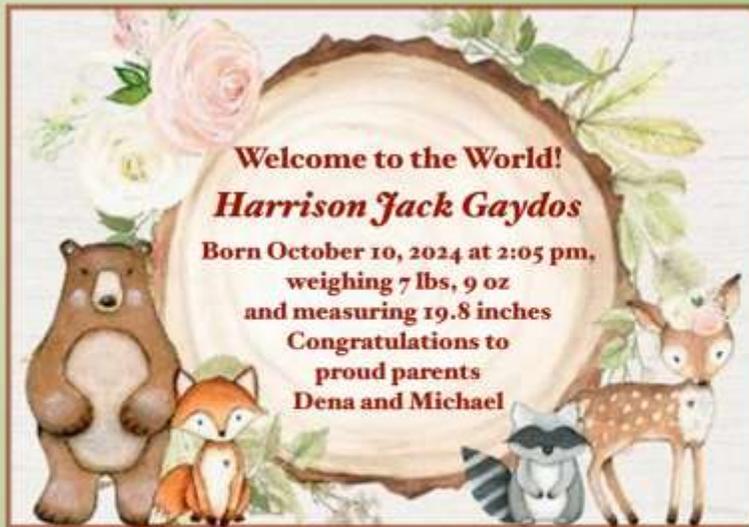


Happy Birthday



1 – Donna Yanowski
 4 – Julie Fordes
 4 – Jacqui Highton
 4 – Lindsey Pollock
 7 – Nicole Buergers

9 – Elayne Kouzounis
 11 – Robert Jucker
 14 – Janis Teas
 19 – Lois Sutton
 20 – Shirley Mills



If you would like to provide a meal for Dena and Michael, please sign up here:
<https://www.mealtrain.com/trains/3vlnnx>

Wear Your Name Badge at Herb Fair



Log Volunteer Hours in Your Record
 (Refer to the back page of your Directory)

Membership

The Herb Society Membership Cards and the STU Directories will be distributed at the November Day, Evening Meetings & at Herb Fair. Do you have questions? Contact the **Membership Chair**, janicehfreeman@comcast.net

Steps to Maintain Membership

An active member shall support the endeavors of the Unit during the fiscal year. He/she must:

- Be willing to hold office and/or serve on committee(s).
- Attend a minimum of three meetings.
- Participate in preparation of one major event.
- Participate on-site in one major event.
- Help in the planning and/or maintenance of any Unit sponsored herb garden for at least five hours.
- (If a first-year member) meet active member criteria but may not serve as an Officer or Committee Chair



I hope that all of our readers will be able to join us Saturday, November 2, from 9 am - 2 pm at the Southside Place Clubhouse, 3743 Garnet Street. Fall is the best time for gardening in Houston, so fill in those gaps in your herb gardens with our healthy, well-priced plants.

If you're looking for unique holiday gifts, bring your shopping list! There's something for everyone - ladybug houses, a large selection of salves (now including pine needle and yarrow!), mushroom coffee, herbal vinegars, beeswax wraps, "un"-paper towels, handcrafted gifts from our favorite woodworker, jellies (have you tried cranberry jalapeño?), herbal tisanes (including our signature butterfly pea flower tea), and to-die-for herbal pound cakes and cookies - just to name a few of the choices this year.

Vendors will include veteran herbie **Nicole Buergers**, with her always-great selection of Bee2Bee honeys, and newcomer, **Dalisa Garrett-Gaillard**, offering D's Elderbeez DIY Organic Elderberry Elixir Kits.

And don't forget to stop by the Herbal Experience Table. This year, for our hands-on complimentary activity, you can make your own decorative herbal broom (or "besom", if you prefer the more arcane term). We can't guarantee that your besom will take you for a ride across the sky, but we can promise that you will enjoy making it! Bring your whole family and join the fun.

November gets busy as the holidays approach, but make the time to join your herbal friends and learn something new. If you've been thinking about blending your own herbal teas, don't miss the Day program on November 12. **Julie Fordes** is the creative force behind the STU teas sold at Herb Fair, and will share her expertise in "Drying Herbs and Blending Teas and Tisanes". Following Julie's program, there will be a book discussion led by **Joan Jordan**. Joan has selected "Gardening Can Be Murder: How Poisonous Poppies, Sinister Shovels, and Grim Gardens Have Inspired Mystery Writers" by Marta McDowell. Hmm...I hope nobody gets any ideas...

For our November 20 Evening Meeting, we are delighted to introduce **Kimberley Meyer**, the Farm Manager at Shamba Ya Amani. Shamba Ya Amani, or Farm of Peace. Shamba Ya Amani is run by resettled refugees, immigrants, and local Houstonians as a model for increasing food access and human connection. Kimberley's program, "Accidental Sisters: Refugee Women Struggling Together for a New American Dream", is based on her book of the same title, which will be available for purchase at the meeting. Shamba Ya Amani is one of the deserving garden program that STU members chose to support this year.

Please remember when shopping at Herb Fair that the proceeds of this fund-raising event allow us to continue making well-deserved donations to worthy groups.

We complete our November activities with a group outing to the Heritage Gardeners Holiday Market/Home Tour in nearby Friendswood, Texas. If, after Herb Fair, you still have a few names on your gift list, you can choose from the offerings of 50 vendors. No time to bake? Check out the treats from Santa's Sweet Shop. And if you're looking for inspiration for holiday decorating, you might enjoy the Holiday Home Tour.



Friendswood is the only permanent town in Texas that started as a Quaker colony. It was established in 1895 by a group of Quakers, or Friends, who were looking for a "promised land". Fig orchards thrived and Friendswood became known for its fig industry.

Those interested in Texas history will enjoy access to several museums devoted to Friendswood history and Quaker life. Open and within easy walking distance from the Holiday Market will be the Frank J. Brown Heritage Museum, which is situated within a replica of the home of the town's Quaker founder; the 1902 Perry Home, which is the oldest original home in Friendswood; and the Friendswood Schools Museum, which is sure to be a trip down memory lane for boomers! The house museums are furnished with artifacts representative of a Quaker home in the community from the 1890's - 1920's.

And finally, a sneak peek ahead into December. HSA Member **Angela Roth** invites HSA members and their families to celebrate the holiday season at her home on December 7. A big "Thank You" to Angela and her husband Chris for their generous offer!

Karen Cottingham, STU Vice Chair



Save the Date & Support Local by joining us as we

Educate. Celebrate and Encourage

the diversity of urban agriculture.

We have been asked to provide herbal teas for this event again! I am so excited to be able to work with the women from Urban Harvest who are organizing this event! How about using your knowledge of herbs and blending teas to help put together some new and tasty blends for this event!!! Call **Julie Fordes** if you want to be part of this awesome opportunity.

Go to the [Urban Harvest website](#) to register, the early-bird price of \$30 is good until November 18.



Announcing our November Evening Meeting

"Accidental Sisters: Refugee Women Struggling Together for a New American Dream"

**Presented by Kimberly Meyer,
Farm Manager, Shamba Ya Amani
"Farm of Peace"**

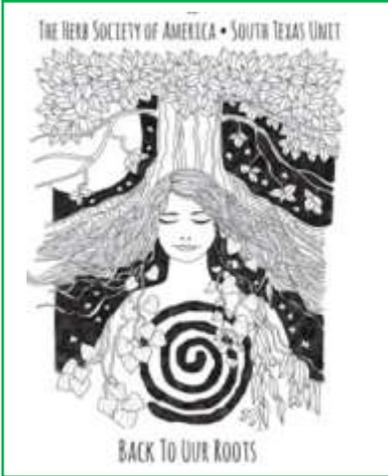


November 20, 2024

Cheri Flores Garden Pavilion in Hermann Park

Doors open at 6:15 pm Program at 7:00 pm

Free and Open to the Public



Back to our Roots at Westbury Garden

Julie Fordes

First and foremost a huge shout out to all of you who grew, harvested, dried and bagged herbs for our tea blends!!! It is always so rewarding to see all the months of hard work and dedication come together. It feels so good to know that once again we are able to share our knowledge and love of herbs with others.



We can't rest on our laurels too long; it's almost time to take out the herbs that have been with us all summer and plant calendula, chamomile, and the rest of our cool season herbs. If you haven't been involved at the Westbury Garden yet, this new season is a great time to start. If you would like to start some calendula and/or chamomile seeds, I have some and would be glad to drop them off at your house. Let me know soon!

See you at the garden, Julie

Upcoming:

Westbury Workday
Nov. 23 Saturday 10 am

Westbury Workday
Dec. 14 Saturday 10 am

Address:

Westbury Community Garden
12581 Dunlap St,
Houston, TX 77035

Kolter Elementary School Garden Growing Native Plants

"Have you been to Kolter Elementary School Garden?"

"I am going Nov. 9 9 am -12 noon, for Grassroom Day."

"The Garden is open to STU every second Saturday of the month, 9 am – 12 noon."

*Kolter Elementary School,
9710 Runnymede Dr,
Houston, TX 77096*



Get Into The Holiday Spirit!

Save the Date!
STU Members & Families
Celebrate the Holidays
with the Roths
December 7th, 2024
11am - 2 pm



NOVEMBER LAGNIAPPE
FOR STU MEMBERS AND
THEIR FRIENDS
The Heritage Gardeners of
Friendswood are as
busy as the elves
in Santa's Workshop!
Their Holiday Home Tour,
Santa's Sweet Shop Bakery,
and Christmas Market
with 50 Vendors
is on November 23 & 24

If you're interested in a group outing on Nov. 23,
contact Karen: karen.herbsociety@gmail.com



The 51st Annual Herb Fair Is Here!

Stephanie Calloway

After months of planning and preparation, I am excited to see the 51st Annual Herb Fair arrive on Saturday, November 2nd. Presale vouchers, jellies, and bean soup sales close on October 31st at 9am (perhaps after you're reading this article). But the plant inventory, tea blends, body care, green cleaning products, jellies, books, baked goods, bird houses, chef scarves, and more will be available starting at 9am at the Southside Place Clubhouse. The online silent auction will go live at 9am as well and you can bid online until 1:55pm when the top bidder will secure the gorgeous attic window quilt by STU member **Laura Boston**. Plus – be sure to give yourself time to enjoy the Herbal Experience table to make and take an herbal bosom (witch's broom) and visit our two vendor tables – Bee2Bee Honey and D's Elderbeez. It will be another exciting day of connecting in community and raising funds for the South Texas Unit's annual activities. Funds raised from the event support local garden projects, scholarships for young adults pursuing horticulture degrees, and on our ongoing herbal education throughout the year. If you're reading this article on November 3rd, be sure to mark your calendar for Saturday, November 1st, 2025 for the 52nd Annual Herb Fair event!

South Texas Unit Featured on Houston Life



On Tuesday October 15, Stephanie Calloway and Angela Roth represented the South Texas Unit on the Houston Life TV program featuring easy to grow fall herbs and a delicious roasted vegetable dish. The Herb Fair event was promoted during the the TV segment. You can watch the segment here. <https://www.youtube.com/watch?v=ncuUGKht8sQ>



Day Meeting Field Trip to Herbarium

Benée Curtis

A group of 14 members visited the Mercer Botanical Center (MBC) on October 8 to tour their herbarium collections. Herbarium curator **Kari Hernandez** and intern **Naila Ortega** gave us a comprehensive tour of the collections and the process of collecting and presenting a specimen.

The term “herbarium” refers to either (1) a systemically arranged and catalogued collection of dried plants or to (2) the building, box, cabinet or book where these dried plants are kept. Mercer’s collection contains over 51,000 specimens. In 2017, the collection was significantly expanded when the Spring Branch ISD Robert A. Vines Environmental Science Center made a long-term loan of their extensive collection to Mercer. When Spring Branch ISD was dismantling the science center, they needed to move the collection. It was brought to Mercer instead of Texas A&M University because the collection needed to remain in southeast Texas.

The collection is housed in five climate-controlled upstairs rooms in the Mercer Botanical Center. The rooms house large dedicated cabinets specifically intended for plant collections. Specimens (or vouchers as they are sometimes called) are alphabetized by family, then genus, then species. While they do have a complete listing of all of the samples already in a database, they are additionally adding all of the details (like location, GPS coordinates, collection dates, collectors present) to their database. No live plants, or dried plants that haven’t first been frozen, are allowed upstairs where the collection is housed. Staff are constantly monitoring the samples to make sure that the collection is well preserved.

The oldest voucher in the collection is from 1791 from Mexico, but the exact location within Mexico is unclear. Very likely, other specimens from the Vines collection were traded to acquire such a special specimen. Many of the specimens are from the 1930’s.

MBC follows the guidelines recommended by the experts at The Botanic Research Institute of Texas (BRIT) in Fort Worth. These detailed instructions for collecting, recording, photographing, identifying, pressing and drying, mounting and storing are on BRIT’s website (<https://fwbg.org/news-publications/phytophilia-blog/plant-collecting-how-to/>). Before collecting any samples, always seek prior permission from the landowner. Collecting from most state or national parks, preserves, forests, etc. is forbidden without a proper permit. If a plant is rare, the plant should not be collected, but photographed only.

BRIT’s website is very well organized and provides excellent step-by-step instructions for preserving a voucher on your own.



RESTRICTED AREA
HERBARIUM
STAFF ONLY

HERBARIUM

No live or
unfrozen
material



Kari Hernandez
Herbarium curator



*Inside the
Herbarium*





Herbs Make Scents

November 2024



Robert A Vines Environmental Science Center Herbarium Collection
 HERBARIUM OF MERCER BOTANIC GARDENS
 HUMBLE, TEXAS 77338 U.S.A.
 Plants of Texas

MERCAF 45902

Helianthus annuus
 ASTERACEAE

USA: Texas: Harris Co: Georeferenced: Fence line Harris County
 Precinct 4 Prairie Dawn Preserve. 29°57'21.03"N, 95°31'34.57"W. Other
 collectors present: Chapman, Suzanne; Constanzo, Linda; Tiller, Anita.

- Amaryllidaceae
- Anacardiaceae
- Anemaceae
- Annonaceae
- Apiaceae



CAUTION
 Anacardiaceae
POISON IVY
 Toxicodendron spec
 pubescens
 radicans



The HERB SOCIETY of AMERICA



Rosemary
Salvia Rosmarinus
(*Salvia rosmarinus*)

- While *Rosmarinus officinalis* has long been the botanical name for rosemary, DNA research has revealed that the plant characteristics are more closely aligned with plants in the *Salvia* genus. Therefore, the scientists at the Royal Horticultural Society in London have reclassified rosemary as *Salvia rosmarinus*.
- The genus name *Salvia* comes from the Latin word *salveo*, meaning “to save or heal”.
- Early Egyptians used rosemary in their embalming practices.
- Rosemary is associated with improved memory and alertness. Greek scholars often wore a rosemary garland on their heads to help their memory during exams.
- It was also the symbol of remembrance. A sprig of rosemary was often placed in the hands of the deceased at funerals.
- As a symbol of happiness, loyalty, and love, rosemary sprigs were used in bridal bouquets, or a simple sprig was worn by the groom symbolizing faithfulness.
- Napoleon Bonaparte’s Eau de Cologne was made with rosemary.

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440-256-0514 9019 Kirtland Chardon Road, Kirtland, OH 44094



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>

PUT THIS on YOUR CALENDAR!

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



Recipes



Rosemary

Salvia rosmarinus

Herb Roasted Garlic

2 heads garlic

4 teaspoons olive oil

1 ½ teaspoons honey

1½ teaspoons fresh basil (½ teaspoon dried)

1½ teaspoons fresh rosemary (½ teaspoon dried)

Slice the garlic heads in half horizontally.

Drizzle 1 teaspoon olive oil on exposed cloves then drizzle with ½ teaspoon honey.

Sprinkle with herbs. Wrap garlic in aluminum foil and bake for about 45 minutes, or until soft. Spread on whole grain crackers or pita triangles.

Rosemary Potato Casserole

2 pounds potatoes, peeled and sliced

4 teaspoons chopped fresh rosemary leaves

½ cup butter

Freshly ground black pepper

1 cup milk or half-and-half

1 tablespoon flour

¼ teaspoon salt

Preheat 375°F. Place half the prepared potatoes into a large, buttered baking dish. Top with half the rosemary leaves, ¼ cup butter, pepper, ½ cup milk or half-and-half, 1 tablespoon flour, and a little salt. Put remaining potatoes on top, and then add the rest of the rosemary, pepper, milk or half-and-half, and dot with the remaining butter.

Cover and bake for 45 minutes to 1 hour, until potatoes are soft. Remove cover and bake for an additional 15-20 minutes, or until the top begins to brown. Yields 4-6 servings.

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***A Thought for
Thanksgiving...and
Everyday***

***“Let us be grateful to
the people who make
us happy.***

***They are the charming
gardeners who make
our souls blossom.”***

Marcel Proust

***Happy Thanksgiving to
All the Charming Gardeners!***





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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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.