

# Herbs Make Scents



THE HERB SOCIETY OF AMERICA  
VOLUME XLIV, NUMBER 11

SOUTH TEXAS UNIT  
NOVEMBER 2021

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## Nov. 2021 Calendar

- Nov. 5, Fri. 8:30 am-12:30 pm      **Set-up for 48th Annual Herb Fair**, Southside Place Clubhouse, 3743 Garnet Street, Houston, TX 77005.
- Nov. 6, Sat. 9 am-3 pm      **48th Annual Herb Fair**
- Nov. 9, Tue. 10:00 am      **Day Meeting** "Inspirations from the Deanery Garden at Canterbury Cathedral," will be presented by HSA-STU Member **Janice Stuff**. The In-Person Gathering is for members only and will be at the Cherie Flores Garden Pavilion in Hermann Park (1500 Hermann Drive, Houston, TX 77004). Masks are encouraged indoors. Bring your own lunch. Drinks provided.
- Nov. 15, Mon. 6:30 pm      **Zoom Board Meeting**
- Nov. 17, Wed. 7:00 pm      **Evening Meeting** "Create Your Own Herbal Smoke Bundle - A Make-and-Take Demonstration" will be presented by HSA-STU Member **Karen Cottingham**. The In-Person Gathering will be at the Cherie Flores Garden Pavilion in Hermann Park (1500 Hermann Drive, Houston, TX 77004). Watch your email and our Facebook page for updates. The public is invited. Masks are required in all indoor spaces. You may bring your own snacks, but there will be no shared food. A selection of herbal beverages will be provided.
- Nov. 19, Fri. at 7:00 pm      **Full Moon Ramble** (Members Only)

## Dec. 2021 Calendar

- Dec. 5, Sun. 10:00 am      **Group Trip**, The Houston Botanic Garden (1 Botanic Lane, Houston, TX 77017). Save the date and watch for updates.
- Dec. 19, Sun. 9 am-3 pm      **Full Moon Ramble** (Members Only)

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

## Happy Birthday!



11/1	Donna Yanowski	11/8	Pam Harris	11/17	Christine Ankney
11/4	Julie Fordes	11/9	Caroline Beiro	11/19	Lois Sutton
11/4	Jacqui Highton	11/9	Elayne Kouzounis	11/19	Fatma Ozel
11/4	Lindsey Pollock	11/14	Janis Teas	11/20	Shirley Mills
11/7	Nicole Buergers	11/16	Robert Jucker		

**Chrysanthemum** (*genus Chrysanthemum*) is a flowering plant from the Aster family and is native to the subtropical and temperate areas. Most of the genus is considered perennial herbs or subshrubs. Chrysanthemums are especially common in East Asia, where they are often depicted in art, and many are popular ornamentals. Chrysanthemum tea has a long history of use in [traditional Chinese medicine](#) and is usually made from the dried flowers of florists' chrysanthemum or *Dendranthema indicum* (formerly *C. indicum*). Adapted from the Encyclopedia Britannica



## Chairman's Corner

Greetings,

Our member directory will be ready for Herb Fair Set-Up Day on Nov. 5<sup>th</sup>. If you don't pick it up then, you can get it at the November **Day** or **Evening Meetings**. Both meetings are In-Person this month, and held at Cheri Flores. Come and enjoy the programs, but bring a mask and a beverage container for drinks. We aren't quiet ready to have our pot luck dinners yet, but we are inviting the public to come and enjoy the programs.

The HSA 2021 Herbalist publication will soon be in your mailbox. Of special interest to the STU members is an article by **Henry Flowers**, "*The Allure of Holy Basil*" on page 30; and the STU advertisement on page 64, a colorful photo and layout designed by member **Susan Wood**.

I know that the holidays are coming up and it would be wonderful to make some plans to celebrate somehow as members. The Day Group has a plan already. We will discuss how to have a COVID-appropriate holiday celebration at the November 15 Board Meeting. If you have ideas for a holiday party, PLEASE SPEAK UP WITH YOUR SUGGESTIONS to me before the board meeting.

I plan on seeing all of you at Herb Fair...Suit Up and Show Up!!!

**Julie Fordes**  
Unit Chair

Taking advantage  
of our  
Houston Botanic Garden Membership

Raw silk dyed with pokeberry and an iron mordant  
at the Houston Botanic Garden's  
Botanical Dyeing Class



Saturday Oct. 9

**We toured the garden for FREE!**

Front (l-r) Debbie Lancaster, Julie Fordes, Rose Wherry  
Back (l-r) Janice Freeman, Benee Curtis, Catherine O'Brien



Saturday Oct. 23

**We get a DISCOUNT on classes at  
Houston Botanic Garden!**

Julie Fordes



**Announcing Our November Meeting**  
*Create Your Own Herbal Smoke Bundle*  
*A Make-and-Take Demonstration*  
By HSA-STU Member Karen Cottingham



***We're Back In-Person!***  
***Please Join Us for Herbal Fun and Fellowship***  
**November 17, 2021 at 6:30 pm**  
**At The Cherie Flores Garden Pavilion**  
**1500 Hermann Drive in Hermann Park**



Remember to wear your  
Masks



Observe the  
No Parking Zones



See You There

**48TH ANNUAL  
HERB  
FAIR**

Saturday Nov. 6, 2021  
9am - 3pm

*Huge variety of HERB PLANTS  
Herbal Gifts, Jellies, Teas,  
and Culinary Blends*

Presented by  
**The Herb Society of America, South Texas Unit**  
[www.herbsociety-stu.org](http://www.herbsociety-stu.org)  
[www.facebook.com/HerbSociety.SouthTexasUnit/](https://www.facebook.com/HerbSociety.SouthTexasUnit/)

Southside Place Clubhouse  
3743 Garnet Street, Houston, TX 77005



## 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 Fair, Herb Day) and participate on-site in one major event (Herb Fair, Herb Day).

The upcoming 48<sup>th</sup> Annual Herb Fair on Saturday, November 6 provides multiple opportunities to meet these obligations! Contact **Donna Wheeler**, Herb Fair chairman ([ddwheeler16@hotmail.com](mailto:ddwheeler16@hotmail.com)), for information on how to become involved. Be sure to **record your hours in whole and half hour increments (1½ hour = 1.5 hour)** on the back page of the Directory.



## In Memory of a Dear Friend *Donna Fay Hilliard*

Janis Teas

On October 10, 2021, Donna Fay Hilliard passed away after a brief illness. Donna Fay joined the Herb Society of America (HSA) in 1998, and she and I became friends shortly afterwards. She had an intense love of plants and herbs. Although we lived on different sides of the city, she often came to our nursery and purchased plants and other items until it closed.

We always sat together at the HSA meetings. When we had time, we would go fishing together, and she would join me at the Texas Landscape Nursery Association Expo.

She was a proud Master Gardener, who founded the Harris County Precinct 2 'Friendship Garden' in 1999. She received the Master Gardener lifetime achievement award in 2001.

After a divorce in 2002, Donna Fay went to Houston Community College and received an Associates Degree in Horticulture. In 2005, Donna Fay married **Ronnie Reeh**. After working at several nurseries, she became self-employed renting a space at a feed store. This lasted until 2010, when she was able to rent the current location in Pearland, which she continued until her death.

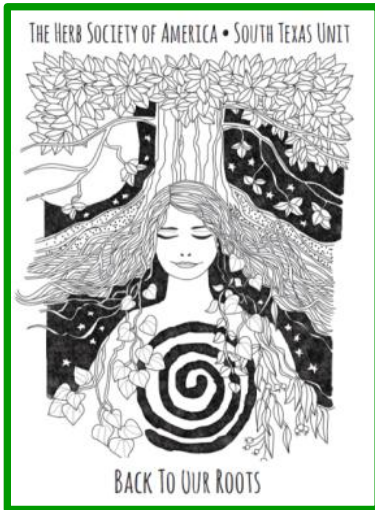
Donna Fay was a fixture at HSA Meetings and participated in the Herb Fair and Herb Day. Donna Fay was a strong Christian, and spent much of her life doing the Lord's work. She will be missed.

### *Obituary*

Read more about Donna Fay



*Rosemary  
In  
Remembrance*



## BACK TO OUR ROOTS

Julie Fordes

Thanks to all who contributed dried herbs for tea. We had plenty of everything except lemon balm.

Please continue to harvest the butterfly pea flowers and holy basil until they are 'done'. We will be able to sell both tea blends again at Herb Day in the spring if we harvest a bit more of each of these wonderful herbs and put them in the freezer.

In the Westbury Community Gardens, we need to harvest holy basil and plan for planting winter/spring herbs like chamomile and calendula. I am not

really able to schedule workdays until I see how my new hip works, stay tuned for at least one work session before Thanksgiving.

Let me know if you can help out at Westbury until I am back to full strength! Julie

**Continue harvesting and drying herbs!  
We will sell both at Herb Day in the Spring!**

**Holy Basil  
Butterfly Pea Flowers**

<http://www.herbsociety-stu.org/harvesting--drying-and-storing-herbs.html>

**Grand Welcome to  
New Members!**

**Laura Boston  
Tricia Bradbury  
Ralph De Leon  
Eric Frisk  
Lucinda Kontos  
Elizabeth Martin**



## Herb of the Month: Carob

Ralph De Leon

I grew up in Southwestern Arizona and the interior desert areas of Southern California and they plant Carob Trees (*Ceratonia siliqua*) as landscape plants as they are drought resistant, long lived, provide welcoming shade and become quite handsome when older. If anyone is familiar with their cultivation, there are both female and male trees and you need both to produce Carob pods. In landscape settings, people only plant the female trees in their yards. The flowers of male trees smell horrible, even from across/down the street. The smell is so distinctive that if you were walking down a sidewalk in an unfamiliar neighborhood and smelled one, you would immediately look around until you spotted the male Carob tree and then wonder to yourself why someone would plant that in their yard.

Originally native to the Mediterranean basin and the Atlantic coasts of Portugal and Morocco, today they are cultivated and have naturalized throughout the world, predominately in areas with Mediterranean, Arid or Semiarid Climates. So useful were the pods of the tree, even during historical times that common names for the species can be found in Greek, Latin, Hebrew, Arabic, Aramaic, and Akkadian. Sweet cakes made from Carob are eaten as part of holiday traditions by various Mediterranean cultures even today.

The pod, only produced on female trees, and is ground into carob powder, cut into chips, processed into syrup, or refined into an extract, and is used as a healthy substitute for chocolate. Today one can find liquors, cookies, cakes and cake frostings, fudge bars, health drinks, gluten free alternative foods, skin care products and even cosmetics all made from Carob. Substituting Carob for Chocolate in your diet has many health benefits, as its caffeine free, fat free, and high in fiber and is used for treating high blood pressure, diabetes, and assisting in weight loss. It's even safe for dogs and can be used in dog treat and pupcake recipes.

That said, I was asked to include a recipe and I chose a dog treat recipe made with Carob (from Must Love Home), and note after reading the recipe I don't see why we couldn't just mix up a batch and serve them at one of our functions ..... no one would know.

<p><b>Peanut Butter &amp; Carob Dog Treats</b>          Prep time: 5 minutes          Cook time: 25 minutes</p>	<p><b>Ingredients</b>          4 cups oat flour          2/3 cups unsweetened applesauce          1/2 cup natural peanut butter          1 large eggs          6 ounces carob chips          1/2 cup unsalted peanuts (chopped)</p>
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Preheat the oven to 350°F. Line large baking sheet with parchment paper. Combine the oat flour, peanut butter, applesauce and eggs in a large bowl. Mix thoroughly. If dough is sticky, add a little oat flour until you can handle the dough without it sticking to your hands. Transfer dough to a flat surface and roll out to about 1/4 inch thickness. Using a cookie cutter, cut your shapes. Transfer to baking sheet. Bake 20-25 minutes until the cookies are dry and starting to darken at the edges. Cool biscuits completely on a wire rack. Toss carob chips into a shallow bowl. Using a microwave or double boiler, heat the carob chips until just starting to melt. Quickly stir until all chips are melted and carob is



smooth. Pour peanuts into shallow dish or plate. Workings quickly, dip one end of dog biscuit into carob, top only, to coat. Immediately roll in chopped nuts Press down on nuts to anchor. Place on tray or wire rack to cool and allow carob to harden. Store in an airtight container in the refrigerator for up to two weeks. ■

It is the policy of The Herb Society of America 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.

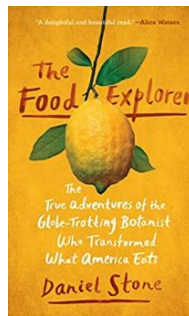
## BOOK

## C O R N E R

If you have suggestions for books or other media members might like, submit your suggestions to Linda Alderman at [ewalderman@comcast.net](mailto:ewalderman@comcast.net)



### The HERB SOCIETY of AMERICA Booklist Recommendation



The true adventures of David Fairchild, a turn-of-the-century food explorer who traveled the globe and introduced diverse crops like avocados, mangoes, seedless grapes—and thousands more—to the American plate.

**The Food Explorer** by David Stone

### Book Recommendation from Susan Wood, HSA-STU Member

#### **The Queen of Paris**

A Novel of Coco Chanel by Pamela Binnings Ewen

Pamela Ewen’s 2020 historical novel recounts the early years after Chanel’s life at the abbey in Aubazine, France where she and her two sisters were left by her father after her mother’s death. At an early age Gabrielle knew she had to take care of herself. She learned to sew at the abbey and after leaving taught herself to design hats. At House of Chanel, she combined fragrances to create the now iconic Chanel No. 5 using a top note of jasmine along with lavender and other herbs from the Grasse region of France.

Coco Chanel’s determined rise in the world of fashion takes a darker turn once the clouds of World War II start gathering and France is occupied by Germany. She is coerced into becoming a spy for Hitler with an offer she can’t refuse. And secrets to protect. At the same time, Coco is struggling to maintain control of Chanel No. 5 after her Jewish business partner flees to America with her secret formula. Has he betrayed her? Has she betrayed France? This novel combines facts (a Wikipedia search can fill in the blanks) with fiction for an enjoyable read about the incredibly talented Mademoiselle Chanel.

**Herbs Make Scents November 2021**





## AT-HOME RECIPES



### At-Home Recipes November 2021

By Carolyn Kosclskey

When we think of November we usually think of the moveable feast Thanksgiving on the fourth Thursday of November, although there are other important days in the month beginning with election day on Tuesday, November 2.

Daylight savings time ends Sunday, November 7, so unless you live in Arizona or Hawaii set your clocks back when you go to bed Saturday. November 11 is Veteran's Day when Americans come together to celebrate those who have served our country in the military.

The most celebrated day of the month is November 25 which marks the official beginning of the holiday season. In many households this translates to over indulging in heavy and rich dishes. Now is the time to think about your menu in terms of nutrition and healthy and mindful eating. Here are suggestions on how to eat smarter on this American holiday.

- Make time to eat breakfast and lunch too, depending on when the big meal will be served.
- Hydrate often as thirst is sometimes mistaken as hunger.
- For appetizers serve fresh veggies with hummus or seasoned Greek yogurt instead of cheese and crackers or anything fried.
- Substitute Greek yogurt for all or some of the cream or sour cream in recipes.
- Be aware of sodium levels and incorporate herbs and spices for seasoning.
- Choose low-sodium broths and homemade dressings which tend to be lower in sodium than many store-bought ones.
- White turkey meat has fewer calories than dark meat, remove the skin.
- Add fiber by replacing 25 to 50 percent of all-purpose flour with whole-wheat flour when possible.
- If serving wine reduce the calories (125 per 5 oz. serving) with a spritzer of half wine and half selzer with a lime slice. Water with a lime or lemon slice is also refreshing. Limit offering of sodas.
- The sugar in many dessert and baking recipes may be reduced by 10 to 25 percent, or using sugar substitutes such as Swerve.
- If you have guests and dessert leftovers, send them home with the guests.
- After your meals take a walk rather than a nap in front of the TV.



## Brussels Sprouts Slaw with Pecans and Pomegranate Seeds

*A fresh salad as a side dish is always welcome, especially one where some of the work may be done the day before.*

### Ingredients

- ½ cup olive oil
- ¼ cup Champagne vinegar
- 2 teaspoons Dijon mustard
- 2 teaspoons kosher salt
- ½ teaspoon black pepper
- 1 ½ pounds Brussels sprouts, thinly shaved
- 1 cup toasted pecans, chopped
- 1 Anjou pear, thinly sliced (about 1 cup)
- ¼ cup pomegranate arils (seeds)

Whisk together oil, vinegar, mustard, salt, and pepper in a small bowl. Place Brussels sprouts in a large bowl. Add 1/2 cup of the dressing, and toss to combine. Let stand at room temperature until softened, 30 minutes to 1 hour. Add pecans, pear slices, and pomegranate arils to Brussels sprouts, and toss to combine. Drizzle with remaining dressing just before serving.

## Stuffed Acorn Squash (Vegetarian)

*Makes 4 stuffed squash halves*

### Ingredients

- 2 medium acorn squash
- 2 tablespoons extra-virgin olive oil, divided
- ½ teaspoon fine sea salt, divided
- ½ cup quinoa, rinsed
- 1 cup water
- ¼ cup dried cranberries
- ¼ cup raw pepitas (hulled pumpkin seeds)
- ¼ cup chopped green onion
- ¼ cup chopped fresh flat-leaf parsley, plus 1 tablespoon for garnish
- 1 clove garlic, pressed or minced
- 1 tablespoon lemon juice
- ¾ cup grated Parmesan cheese
- ½ cup crumbled goat cheese or feta

### Directions

Preheat the oven to 400°F and line a large, rimmed baking sheet with parchment paper for easy clean-up. To prepare the squash, use a sharp chef's knife to slice through it from the tip to the stem. Use a large spoon to scoop out the seeds and stringy bits inside, and save for your compost. Place the squash halves cut side up on the parchment-lined pan. Drizzle 1 tablespoon of the olive oil over the squash, and sprinkle with ¼ teaspoon of the salt. Rub the oil into the cut sides of the squash, and then turn them over so the cut sides are against the pan. Bake until the squash flesh is easily pierced through by a fork, about 30 to 45 minutes. Leave the oven on.

*Continued next page*



Combine the rinsed quinoa and water in a medium saucepan, and bring to a boil over medium-high heat, then reduce the heat as necessary to maintain a gentle simmer. Simmer, uncovered, until all of the water is absorbed, 12 to 18 minutes. Remove the pot from the heat and stir in the cranberries. Cover, and let the mixture steam for 5 minutes. Uncover and fluff the quinoa with a fork. Toast the pepitas over medium heat, stirring frequently, until the pepitas are turning golden on the edges, about 4 to 5 minutes. Set aside. Pour the fluffed quinoa mixture into a medium mixing bowl adding the toasted pepitas, chopped green onion, parsley, garlic, lemon juice, the remaining ¼ teaspoon salt, and the remaining 1 tablespoon olive oil. Stir until the ingredients are evenly distributed. Salt to taste, if necessary. If the mixture is very hot, let it cool for a few minutes before adding the Parmesan cheese and goat cheese. Gently stir the mixture to combine. Turn the cooked squash halves over so the cut sides are facing up. Divide the mixture evenly between the squash halves with a large spoon. Return the squash to the oven and bake for 15 to 18 minutes, until the cheesy quinoa is turning golden on top. Sprinkle with the remaining 1 tablespoon chopped parsley, and serve warm.

## Pumpkin Peanut Butter Dog Treats

*Pumpkin pie and seasoned turkey meat are on the “do not eat” list of foods for our four-legged best friends, but this recipe is sure to keep tails wagging.*

### Ingredients

1 cup whole wheat flour  
½ cup creamy peanut butter  
¼ cup pure pumpkin puree  
1/3 cup unsalted chicken stock, divided

### Directions

Preheat oven to 350°F. Line 2 baking sheets with parchment paper. Stir together flour, peanut butter, pumpkin, and 1/4 cup stock in a large bowl until a firm dough forms, adding remaining stock as needed to bring dough together. Turn dough onto a lightly floured surface and press into a (5-inch) disc. Roll dough to 1/4-inch thick; cut using desired cookie cutter shapes. Place cut cookies on prepared baking sheets and bake in preheated oven until golden and crisp, about 18-20 minutes, depending on size and shape of cookies. Let cool 2 minutes on baking sheets then transfer to wire racks to cool completely, about 20 minutes. Store in an airtight container for up to 2 weeks.

Source: [www.southernliving.com/recipes/pumpkin-peanut-butter-dog-treats](http://www.southernliving.com/recipes/pumpkin-peanut-butter-dog-treats)

Previous holiday recipes may be found at [www.herbsociety-stu.org](http://www.herbsociety-stu.org) under the “About Us” tab, “Newsletters.”

*Chai Tea Blend, Homemade (December 2020)*

*Classic Cornbread Southern Dressing (November 2020)*

*Roasted Turkey Tenderloin and Roasted Vegetables (Summer 2020)*

*Two Sisters Turkey Dressing (November 2020)*

The December At-Home Recipe section will feature gifts from the kitchen. [Please submit your recipe \(in a form convenient to you\) and/or information to \[therecipeladycollection@gmail.com\]\(mailto:therecipeladycollection@gmail.com\).](#)



## Support South Texas Unit



You shop. Amazon gives.

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The shopping experience is the same as shopping through amazon.com with the added benefit the foundation will donate to our organization.

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4. Type in Herb Society South Texas Unit and click Search. Once the name comes up hit Select.
5. Enjoy shopping!

*See you at Herb Fair!*  
*Nov. 6, 2021*



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.

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](http://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.

