

# Herbs Make Scents

THE HERB SOCIETY OF AMERICA  
VOLUME XXXVII, NUMBER 8



SOUTH TEXAS UNIT  
SEPTEMBER 2014

Editor - Benée Curtis, 713-663-6416, bccurtis5@comcast.net

## September 2014 Calendar

- Sept. 5** – Fri.                                **Registration Deadline for District Gathering** in Fredericksburg, Texas
- Sept. 9** - Tues. – 10 a.m.                **Day Meeting** at the home of Carlene Thompson. *Overview of 1935-1943 Herbarists* presented by Beth Murphy. Bring a dish to share. Due to limited space, this meeting is only open to members.
- Sept. 17** - Wed. - 7 p.m.                **Evening Meeting** at the the West Gray Multi-Service Center (1475 West Gray) hosted by Sally Luna and Cathy Livingston. *Growing Citrus in the Houston Area* presented by Janis Teas. Bring your plate and napkin and a potluck dish to share. Meeting open to the public.
- Sept. 19-20**                                    **District Gathering** in Fredericksburg, Texas
- Sept. 30** - Tues. – 7 p.m.                **Board Meeting** at the home of Martha Burg

## October 2014 Calendar

- Oct. 14** - Tues. – 10 a.m.                **Day Meeting** at the home of Elayne Kouzounis. Herb Fair Workshop and vignette, *Herbs that Changed History* presented by Cathy Livingston. Bring a dish to share. Due to limited space, this meeting is only open to members.
- Oct. 16** - Wed. - 7 p.m.                **Evening Meeting** at the the West Gray Multi-Service Center (1475 West Gray) hosted by Lois Sutton and Nita Rowe. Herb Fair Workshop and sneak preview of Chef Robert Barone's Cooking Demo. Bring your plate and napkin and a potluck dish to share. Meeting open to the public.

## Happy Birthday!

- 9/3 Diana Williams
- 9/13 Chloe Rowles
- 9/17 Lucia Bettler
- 9/29 Linda Lain
  
- 10/13 Benée Curtis
- 10/21 Janice Stuff
- 10/29 Martha Burg
- 10/30 Corlas Pearsall



## "LIKE" us on Facebook

The Herb Society of America, South Texas Unit has a Facebook page now. "Like" us if you want to see our updates.



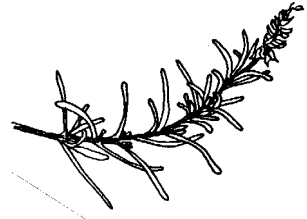


## In Remembrance...

Our dear member **Denny Graves** passed away on Thursday, August 28, the morning of his 91<sup>st</sup> birthday. Denny was a member of the South Texas Unit for over 24 years.

A private burial in Dallas is planned.

If you wish, you may send cards to Denny's partner, Pat Zeoli.



## Thinking of You

### Member Concerns

**Lucia Bettler's husband Michael** had back surgery in early August.

**Corlas Pearsall's husband Al** passed away on August 13. Cards can be sent to Corlas.

## Congratulations

**Dee Howell**, the City of Houston Senior Superintendent of Horticulture, with whom we have worked with for many years is retiring as of September 19, 2014.

We've enjoyed working with you and wish you many years of good health and happiness in your retirement.

## South Central District Gathering

### Texas Tough Herbs & Natives

Sept. 19 – 20, 2014  
Fredericksburg, Texas

"Happy in Heat and Drought: Herbs that Thrive in Texas Summers." by Gayle Sutherland  
Bill Varney from Urban Herbal - Talk  
Wine Tour – \$20.00  
Dinner, raffle, door prizes  
And more!

Hotel Accommodations - **Fredericksburg Inn & Suites**

Registration Deadline **Sept. 5**

Act now! Don't miss this event, planned by our District Delegate, Gloria Hunter.



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## It's Fall Y'all - Thyme to Dig In! Herb Fair - November 1, 2014

Exciting news and Fair update! Things are happening!

Plans for the Fair 2014 are really taking shape. The new location at the Multi-Service Center on West Grey, Houston is a wonderful large space that will be stunning with rustic country décor and new signage. Karen Cottingham's herbal decorations for the lobby will greet customers as they enter the lobby of the Service Center. We will open at 8 AM for customers who have purchased pre orders and 9 AM to the general public. The Fair will close at 3PM. Set up will start at noon on Friday, October 31.

The Fair, as always, will afford invigorating aromatic pleasures from the gorgeous array of herbal plants selected by the plant committee headed by Janice Teas.

We are having a new plant booth. **Pass-Along Plants** (not to compete with the herbal plant offerings) from members' garden. So start to divide and repot now.

Two very recent developments are a new class presented by a chef and a vendor from Austin.

**Robert Barone**, a chef with Green Plate Foods and former demonstration chef with Williams Sonoma, will develop new recipes using our herbal blends. Robert will do a class demonstrating the use these blends. Robert has another claim to fame. He is the grandson of Vivian Scallan!

In keeping with our objective to educate the public about the use and culture of herbs, we will offer **three free classes**. **Pam Harris** will present "Herbs for Brunch." **Karen Cottingham** will offer ideas for herbal gardening focusing on "Herbal Gardens for Butterflies." **Robert Barone** will present a demonstration on "Cooking with Herbal Blends."

New vendor news includes **Stephanie Frogg's** Garden Charms from Austin. Check her site at <https://www.etsy.com/shop/gardencharms>. She sells identification markers for herb plants and fairy houses. Our member, **Susan Wood** will be a vendor this year offering "**Hats, gloves and decorative items for gardens and gardeners**" that are previous season's sale samples. We are so fortunate to have our returning vendor members, **Lucia Bettler** and **Donna Fay Hillard**.

Unit made crafts include soaps, lavender sachets, catnip squares, journals, painted jars, painted pots, coasters, food covers, garden shirts, kitchen towels, dirt balls with wild seeds and our famous herbal blends. It's not too late to join a fair workshop.

Among our strategies to make this a destination event include having a member's -choice food truck available for our customer's convenience and pleasure. See related notice below.

Announcement flyers will be available at both the September day and evening meetings for commercial postings, friends and acquaintances. We will send this via email so that you can pass it on electronically to your email lists. WE HAVE TO SPREAD THE WORD EVERY WAY WE CAN.

I welcome your suggestions as always,  
[sallyl@heritagetexas.com](mailto:sallyl@heritagetexas.com)

## Challenge to Our Foodies!

Attention ALL MEMBERS (i.e. THE ULTIMATE DISCERNING FOODIES)

We need your help .... And it is fun and only involves eating and reporting!!

The Fair Committee wants to have a food truck at the Herb Fair on November 1. The problem is, "Which one?"

Please start eating at Food Trucks and send me your comments and recommendations.

There are hundreds of food trucks in Houston. A good place to start is at this site  
<http://www.hautewheelshouston.com/trucks.shtml>.

Copy and paste into your browser or just explore the internet.

The waffle bus is good and easy to try because it is at MFAH on Saturdays. Fork in the Road Bus is at HEB Montrose Market on W Alabama.

We have a prize for the first person who gets back to me with most reviews by September 10.

Thanks,  
Sally Luna  
Fair Chair





## Candelilla *Euphorbia antisiphilitica*

### A Plant for Use and Delayed Delight!

In the 1960s and 1970s, Texas Historical Commission archeologists surveying the rugged west Texas lands along the Rio Grande River encountered a fascinating small-scale industry centered around an inconspicuous wild plant known as *candelilla*. While growth of the stalky, leafless plant is ruled largely by the whims of nature, the harvesting and extraction of the product—a high-quality wax—is dependent solely upon the ingenuity and sweat of Mexican laborers following decades-old traditions.

Then as now, the industry seems almost shockingly primitive in our crisply modern and mechanized world, particularly given the value and world-wide usage of the product. Wax makers (*candelilleros*)—many of them working alone in remote areas—cut massive stacks of the weed by hand, then boil it in jerry-rigged metal vats to extract the wax. Once cured, the raw wax is stuffed into huge burlap bags and hauled down dusty trails on the backs of small burros. Although a few workers have acquired trucks to expedite the process, paying for gasoline is another matter, and there are no trucks to equal the nimble burros in areas where there are no roads.

From these crude origins, the wax is delivered to buyers, refined in factories, and ultimately distributed into an international market where it will become a key ingredient in floor wax, cosmetics, candles, chewing gum, and other items. Though unknown to most of us, candelilla wax has touched all our lives in a small way through products such as these.

The late Curtis Tunnell, former State Archeologist of Texas and Executive Director of the Texas Historical Commission, was a leader of those early survey expeditions along the Rio Grande. Over a decade's time, he developed a fascination with the industry and an abiding admiration for the self-reliant wax makers. His conversations, interviews, and research led to a remarkable study published by the commission in 1981.

Taken from Copano Bay Press Blog

*Submitted by Sally Luna*

## September To-Do List

From Buchanan's Native Plants  
11 E 11<sup>th</sup> Street Houston, TX 77008

<http://buchanansplants.com/>

- **Refresh Container Gardens:** Fall is in the air. Refresh container gardens with snapdragons, dianthus, mums, petunias, lobelia, crotons & more.
- **Watering:** Maintain watering on newly planted seeds and transplants, use a rain wand to avoid disturbing plants with small root systems. On St. Augustine and other lawns, **water well but less often**. With shorter days and cooler nights – begin to reduce the amount of water applied as needed. Avoid watering in the evenings if possible to prevent fungal diseases.
- **Hummingbirds:** Migrating hummingbirds can be found at your feeders and natural nectar sources. Keeping feeders clean, filled, and in a shady area will encourage visitors
- **Natural nectar sources for hummingbirds:** Turk's cap, hamellia, shrimp plant, firespike, salvia, lobelia(cardinal flower), Mexican oregano, pride of Barbados, anisacanthus, and cigar plants. These are all hummer magnets.
- **Vegetable Transplants:** Get your transplants in your fall vegetable garden. Early September is your last chance to get tomatoes and peppers in the ground. Cool-season vegetables such as cauliflower, broccoli, brussels sprouts, cabbage, kale, mustard, lettuce, and kohlrabi can be planted September through January, look for seeds or transplants to add to your garden.
- **Mulch, Mulch, Mulch:** Mulching keeps plant roots cooler, weed seeds at bay and conserves water. Apply 3" deep around trees and shrubs. Add compost around annuals, herbs, and vegetables. Do not mound mulch against the base of a plant, this only invites insect and fungus to come in contact with the crown of plants
- **Pests:** Blast off sucking insects (aphids, mealybugs, etc) with water and/or spray with insecticidal soap. Leaf miners are active on citrus, they will not kill your citrus, leave alone or alternate treatments of spinosad and neem to keep them at bay. BT will get rid of cabbage loopers. Insects such as chinch bugs and fungal diseases on lawns (grey leaf spot) are two things to watch out for. Organic treatment products can be found in our plant care shed.



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## Save the Dates...



**South Central District Gathering**  
Fredricksburg, Texas  
**September 19 – 20<sup>th</sup>**

**Sat., Sept. 6, 2014** 10 am- 5 pm **MFAH** Brown Auditorium

Shartle Symposium: The English County House and Gardens

**"The English Garden: Perfection on Earth"** *Curt DiCamillo, architectural historian, recognized authority on the British country house* "discusses the development of the English landscape tradition and demonstrate why the English garden has often been called Britain's single most important contribution to world culture. **Free with MFAH membership or admission to the museum.**

**Sat., Sept. 27: Texas Rose Rustlers 2014 Fall Cutting Exchange**, 10am, Brookwood Community, Brookshire. To request cuttings of specific antique roses, email: [thetexasroserustlers@texasroserustlers.com](mailto:thetexasroserustlers@texasroserustlers.com). Details: [texasroserustlers.com](http://texasroserustlers.com)

**Sat., Sept. 27: Sugar Land Garden Club Fall Festival and Plant Sale**, 8:30am-1pm, Knights of Columbus Hall, 702 Burney Road, Sugar Land (new location). Details: [www.SugarLandGardenClub.org](http://www.SugarLandGardenClub.org); Diana Miller, 713-724-3113, [dmiller@realtor.com](mailto:dmiller@realtor.com)

**Tues., Sept. 30, 2014**, 2:00 pm  
**"George Washington's Gardens"** Kilroy Center Bayou Bend Collection and Gardens *entrance on Memorial*  
**FREE**

**Thurs., Oct. 2: Garden Club of Houston Bulb and Plant Mart Early Bird Shopping and Party**, 4:30-7:30, St. John the Divine Episcopal Church, 2450 River Oaks Blvd. \$20. Details: [www.gchouston.org/BulbPlantMart.aspx](http://www.gchouston.org/BulbPlantMart.aspx). (Note new site)

**Fri., Oct. 3: Garden Club of Houston Bulb and Plant Mart**, 9am-5pm and **Sat., Oct. 4**, 9am- 2pm, St. John the Divine Episcopal Church 2450 River Oaks Blvd. Free. [www.gchouston.org/BulbPlantMart.aspx](http://www.gchouston.org/BulbPlantMart.aspx). (Note new site)

**Sat.-Sun., Oct. 4-5: Spring Branch African Violet Club Annual Fall Sale**, 10am-4pm Sat., 10am-3pm Sun, Judson Robinson Jr. Community Center, 2020 Hermann Dr. Free. Details: Karla Ross, 281-748-8417, [kjwross@yahoo.com](mailto:kjwross@yahoo.com)

**Thur., Oct. 9: "Soil Biology and Gardening", "Mulches and Compost", "Backyard and Small Scale Composting" by John Ferguson**, Mercer Arboretum, 9am - 3 pm, Texas Gulf Coast Gardeners Class. Details: <http://www.hcp4.net>

**Fri.-Sat., Oct. 10-11: The Southern Garden Symposium**, St. Francisville, LA.  
<http://www.southerngardensymposium.org>

**McGovern Centennial Gardens and Cherie Flores Garden Pavilion Grand Opening Celebration**  
**Sat., Oct. 18, 2014**  
9:30 am - 5 pm  
McGovern Centennial Gardens

**Sat., Oct. 25, 2014** 8:30-1:30  
**"Historical Plants for Today's Gardens"** presented by Texas garden writers, Chris Weisinger, Dr. William Welch, joined by Bayou Bend's curator of Gardens, Bret Bretcher. **Registration \$45-\$50 includes lectures, panel discussion, box lunch and speaker-led tour of the Bayou Bend Gardens.**

**Tues., Nov. 18: "Ten Commandments of Lazy Gardening"** by Brenda Beust Smith, 10am, Knights of Columbus Hall, 702 Burney Road, Sugar Land. Sugar Land Garden Club event. Details: [sugarlandgardenclub.org](http://sugarlandgardenclub.org)

**Lucia's Garden, 2360 W. Alabama 713-523-6494**

**Under the Tuscan Sun Cooking Class**  
Wed. Sept. 10th, 2014  
6:30 pm to 10 pm  
\$65.00

**Aromatherapy for the Harvest Home**  
Sat. Sept. 20th, 2014  
1 to 4:30, \$45.00 + \$9.00 materials fee

**Cooking in the Big Easy**  
Wed. Sept. 24th, 2014  
6:30 pm to 10 pm - \$65.00

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



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.



Find our Unit on the web at:  
[www.herbsociety-stu.org](http://www.herbsociety-stu.org)

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