

Herbs Make Scents

THE HERB SOCIETY OF AMERICA
VOLUME XLVI, NUMBER 6



SOUTH TEXAS UNIT
JUNE 2024

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

June 2024 Calendar

- June 8, Sat. 9:00 am – 12 noon** **Garden Workday Kolter Elementary** at 9710 Runnymede Dr., Houston, TX 77096
- June 11, Tue. 10:00 am** **Day Meeting:** Cancelled, members please attend the HSA-STU Annual Meeting on Wed. June 12
- June 12, Wed. 6:15 pm** **HSA-STU (Members Only) Annual Meeting** Location: Cherie Flores Garden Pavilion, 1500 Hermann Dr, Houston, TX 77004. Doors open at 6:15 pm, with potluck meal and Annual Meeting at 7:00 pm.
- June 20 & 21** **2024 Herb Society of America Educational Conference**, “Once upon a thyme...stories from the garden...” in Malvern, PA
For details, read <https://www.hsaphiladelphia.org/educational-conference-2024>
- June 29, Sat. 9:00 am** **Westbury Garden Workday** at 12581 Dunlap Street, Houston, TX 77035
Note change in time

July 2024 Calendar

- July 1** **Membership Renewal Due Date**
- July 9, Tue. 10:00 am** **Day Meeting:** TBA
- July 13, Sat. 9:00 am – 12 noon** **Garden Workday Kolter Elementary** at 9710 Runnymede Dr., Houston, TX 77096
- July 15** **Volunteer Hours:** Submit your volunteer hours to stxu.membership@gmail.com
- July 17, Tue. 6:15 pm** **Evening Meeting:** TBA
- July 27, Sat. 9:00 am** **Westbury Garden Workday** at 12581 Dunlap, Street, Houston, TX 77035
Note change in time

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



Happy Birthday

6/10 Humberto Figueroa
6/11 Sara Diaz
6/26 Mary Sacilowski





Chairman's Corner

Happy June, although it's felt like summer for a while here in Houston. Hope everyone and their homes and gardens fared alright from the recent storm we had at the end of May. My house and family are fine, but my heart goes out to all those recovering from damage and loss of power.

This year, the HSA-STU Annual Meeting will be held in person on Wednesday June 12. We love including the general public at most monthly programs, but our Annual Meeting and Holiday Party are reserved as a perk for STU members in active standing only. Thanks for understanding. We will then take a break for the Summer, but invite you to check out our calendar here on the newsletter for future Fall events you might want to attend.

For new members, the HSA-STU Annual Meeting is your opportunity to help us recap the past year and set goals for the next, review our finances, approve our budget, and select which programs we will support this year with charitable donations. If you are a current, active STU member and would like more information on how to submit a proposal for a donation to be made to a garden, or garden-related program, please reach out to me personally via email.

For those non or new members who are curious as to what goes on at our Annual Meetings, or anything related to the nuts and bolts of our organization, I'll draw your attention to the *About Us > Members* tab on our website's homepage where we post reports and documents. <http://www.herbsociety-stu.org/member-information.html>

This year our HSA-STU Annual Meeting is one week earlier than our usual "every third Wednesday" Evening Meeting time, since many of our members will be traveling to Philadelphia for the Herb Society of America Educational Conference, including myself! The theme is: Once Upon a Thyme ... Stories from the Garden ... and you can read more about the program and events included on the national HSA website: <https://www.herbsociety.org/news-events/2024-educational-conference/>

Dena Gaydos

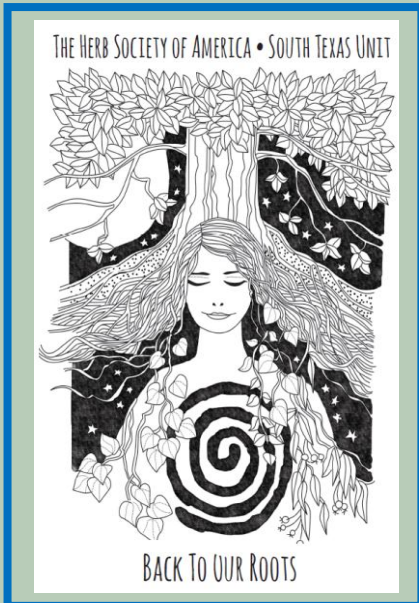
Chair of South Texas Unit

Many
Hands
Make
Work Light

"On April 16th Day Members created beautiful crafts in preparation for the Annual Herb Day event", reports **Janice Stuff**



Members creating projects and enjoying a community experience.



BACK TO OUR ROOTS

Julie Fordes

The hot weather is here!!! Please note that the time and dates of our workdays have changed. We still have our workdays at the garden on Saturday mornings, but we will start at 9 a.m. instead of 10 a.m. because of the heat. We are also switching our workdays to the 4th Saturday to coincide with the general Westbury Community Garden Service Day that is usually the 4th Saturday. By doing this, we can be more a part of the gardening community in general, and simultaneously give support to the Garden's new initiative to increase the number of people from the community who can participate in gardening.

The Community Outreach Committee of the Westbury Community Garden has been working with local schools and residents of the

nearby apartments to create opportunities for local families to come to the garden. Many of the families who come have been very interested in herbs. We can be a big help in this regard by being available to help with herbal questions. What a natural way to get people to love plants and growing them. Sign up to water at

<https://www.signupgenius.com/go/30e0d49adae2da02-stuwestbury#/>



Photo: Top left – Borage, Bottom left – Chamomile
Top right –and Roselle on the right and left, with Lemon Balm growing in the center
Herb Garden at Westbury Community Garden
from Janice Freeman



Membership Renewal – Now is the Time

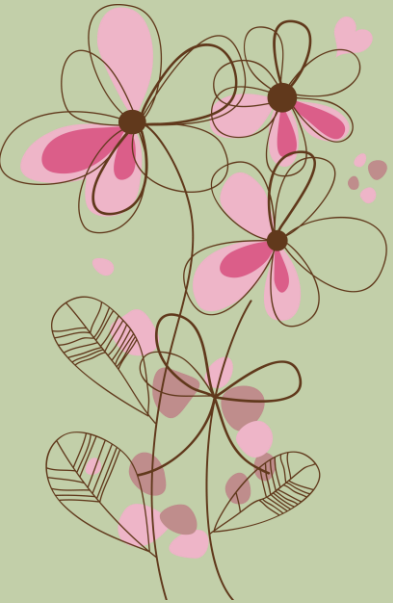
Maria Treviño, Treasurer

South Texas Unit membership renewals are due July 1. Our goal is to collect as many of the dues as possible by July 30th to remit the majority of the member dues in one payment to national.

As treasurer, I will be emailing you an “invoice” from Square for your dues. The primary purpose is to give you quick access to pay dues. The invoice will have a PAY NOW button that will allow you to enter your credit card information and finalize the renewal process. You will also be able to go to the STU website and pay as usual.

If you want to mail a check you can. The mailing address is:

South Texas Unit
P.O. Box 6515
Houston, TX 77265-6515

Member Outreach

If you know of a member that is ill, suffered a loss or could use some words of encouragement, or has received good news and congratulations are in order, please contact **Donna Wheeler** at ddwheeler@hotmail.com. Donna is our Member Outreach contact and she will send a garden card.



Remember FUZZY BUTTS Observation
May 15 – June 15
 For more information see HSA News, May 2024




Herbs Make Scents 2024



SAVE HERBS for the Fall Annual Herb Fair 2024

- | | |
|------------------|-------------------|
| Bay Leaves | Doublemint |
| Blue Pea Flowers | (formerly |
| Calendula | Red-stemmed Apple |
| Chamomile | Mint) |
| Comfrey | Peppermint |
| Holy Basil | Roselle |
| Lemon Balm | Rose Petals |
| Lemon Verbena | Sage |
| Lemongrass | Spearmint |
| Mexican Mint | Thyme |
| Marigold | Yarrow |

Note: As of May no additional Oregano is needed

Remember to review:

Harvesting, Drying and Storing Herb
by **Susan Gail Wood**

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

IT'S THAT TIME OF YEAR AGAIN! NOTICE TO ALL MEMBERS -- TOTAL YOUR VOLUNTEER HOURS

Carolyn Kosclskey, Membership Chair

**Last year's total was 8,605.5 hours – can we
beat that this year!!!**

It's that time of year again to start totaling your volunteer hours from July 1, 2023 through the end of this month, June 30, 2024. Collecting volunteer hours is an important job for each unit! We are asked by HSA to submit a sum of our member's hours each year. August 15, 2022 there was a total of 6603.5 volunteer hours submitted for the membership year July 1, 2021 through June 30, 2022. August 2023 we came through like the champs we are and submitted a grand total of **8,605.5 volunteer hours.**

Can we beat that this year???
I think you can!!!

Send volunteer hours to **Carolyn Kosclskey** at stxu.membership@gmail.com by July 15th

Volunteer hours can take on many forms. Examples include, but are not limited to the following:

- Attendance at all in-person and virtual business meetings;
- Participation in preparing for unit events such as day and evening meetings, New Member Orientation/Potluck, Herb Day and Herb Fair. This also includes time spent preparing and crafting articles sold at events and preparations of foods and beverages served at the events;
- Gardening at the Westbury Community Garden or a school garden;
- Education, such as preparing and presenting for a group, writing a book review or article for the newsletter including submitting recipes and photographs;
- Administrative work, such as fulfilling a board position or other appointed positions or chairing an event.

No need to itemize your hours--after the end of June send your total volunteer hours to stxu.membership@gmail.com Remember these hours can be in whole hours or half hours as needed (2 ½ hours = 2.5 hours). Send me your best "guessimate" and always remember to round up.

Thanks members, you're the best!
Carolyn



The HERB SOCIETY of AMERICA

Lavender, *Lanvandula angustifolia*

- *Lanvandula angustifolia* is known as English lavender, true lavender, fine lavender and common lavender.
- Generally hardy between Zones 5-9, prefers full sun of 6 hours or more and benefits from afternoon shade in hot climates.
- Grow lavender in well-drained gravelly soil.
- According to The Lavender Association there are 45 species and 450 varieties. It is important to know the species and variety when using lavender.
- Uses include: culinary, medicinal, crafting, décor, aromatherapy, perfumery and cosmetics



Janine Joles on Unsplash

- Propagation is best by cuttings late spring or early fall or layering, because many seeds do not come true.
- Plants grow better with annual pruning.
- Research supports the calming, soothing and sedative affects of lavender when inhaled.
- The Lavender Association holds the United States Lavender Conference every 2 years.

Abbreviated by Janice Freeman, taken from the Herb Society of America website.

Madalene Hill Memorial Scholarship

Catherine O'Brien, Education Committee Chair

The scholarship committee—**Angela Roth, Faith Strunk**, and I—is pleased to announce the recipients of this year's Madalene Hill Scholarship. The students are:

- **Caleb Olmstead** is a junior in horticulture science at Tarleton State University in Stephenville. Caleb remembers designing and planting flower beds starting when he was in middle school. He started a lawncare service while still in high school to save money for college. He has a greenhouse at home where he grows tomatoes and peppers. He even grew 70 plants in his dorm room at college. This extracurricular experience has contributed to his education and his ultimate desire to manage greenhouses after he graduates.
- **Monica Villalobos** is a student at Tarrant County College District in Fort Worth. She has always had a love of gardening, but only recently realized that horticulture could be a career. After completing a degree in linguistics and English, she returned to college, majoring in horticulture with a specialization in greenhouse management. Her awareness of climate change has led her to think that greenhouses and indoor gardening are going to become more important. The scholarship will allow her time to pursue internships and volunteer opportunities to gain more experience. She would like to “help fuel knowledge of horticulture to people of color and underprivileged persons.”
- **Jacie Guerrero** is a junior at West Texas A&M University in Canyon, TX. She is currently pursuing a bachelor's degree in plant, soil, and environmental science. She is looking to the future of agriculture, including hydroponics and different farming techniques. After receiving her undergraduate degree, she plans to continue her education by earning a PhD in entomology. For now, “I want to learn as much as I can about plants”...and “take into account the world of insects, both as pests and benefits, because they have a huge impact” on the plant kingdom.

I would like to personally acknowledge and thank Faith and Angela for their hard work.



HSA-STU ANNUAL MEETING

The HSA-STU members will meet on Wednesday June 12 to conduct Unit business. We will have proposals for discussion and to be voted on. The proposals can be read below. Additional proposals may be distributed at the meeting. Two proposals follow.

PROPOSAL #1

Editorial Comments re: Scholarship
Catherine O'Brien

Gentle members, the scholarship has traditionally been awarded to students who are studying agribusiness, agriculture sciences or horticulture; or ecology or environmental science with a focus on botany. Students majoring in other disciplines and graduate students have been eligible as long as their focus of study is plant-related. Last year, I met an intern funded by our unit at the National Arboretum Herb Garden in Washington, D.C. This gave me an idea that I would like to share with you.

Instead of providing a scholarship directly to a college student, I would like to propose that the funds be used to support an intern in a Houston-area garden or university. (Source: <https://www.usna.usda.gov/about/jobs-and-internships/>). Depending on the available funds, our unit could fully or partially fund an intern for a semester. It would be the responsibility of the college, university, or garden to screen and hire the student. We would stipulate that the student do more than "dig holes and weed flower beds." The employer would ensure that the student accomplishes learning objectives.

For example, "upon completion of the internship, the student will be able to:

1. propagate woody and herbaceous herbs;
2. grow herbs from seed according to the growth zone; and
3. transplant herbs into a garden.

I have requested that this proposal be placed on the annual meeting agenda for consideration and discussion. Thank you,

PROPOSAL #2

Susan Wood

The Herb Society of America currently needs volunteers to step up for many positions. By supporting our members willing to serve we can support the mission of the Society. Funds from our general operations are available for budgeting this endeavor.

As a reminder, the net proceeds from our annual Herb Day marketplace are used for scholarships. Profits from Herb Day registration and our annual Herb Fair go into our operating fund. We already support travel expenses for STU Chair to attend HSA in person yearly meeting. If the current HSA plan to hold national in person meetings every other year instead of yearly stands, we will not need to support travel expenses on odd numbered years.

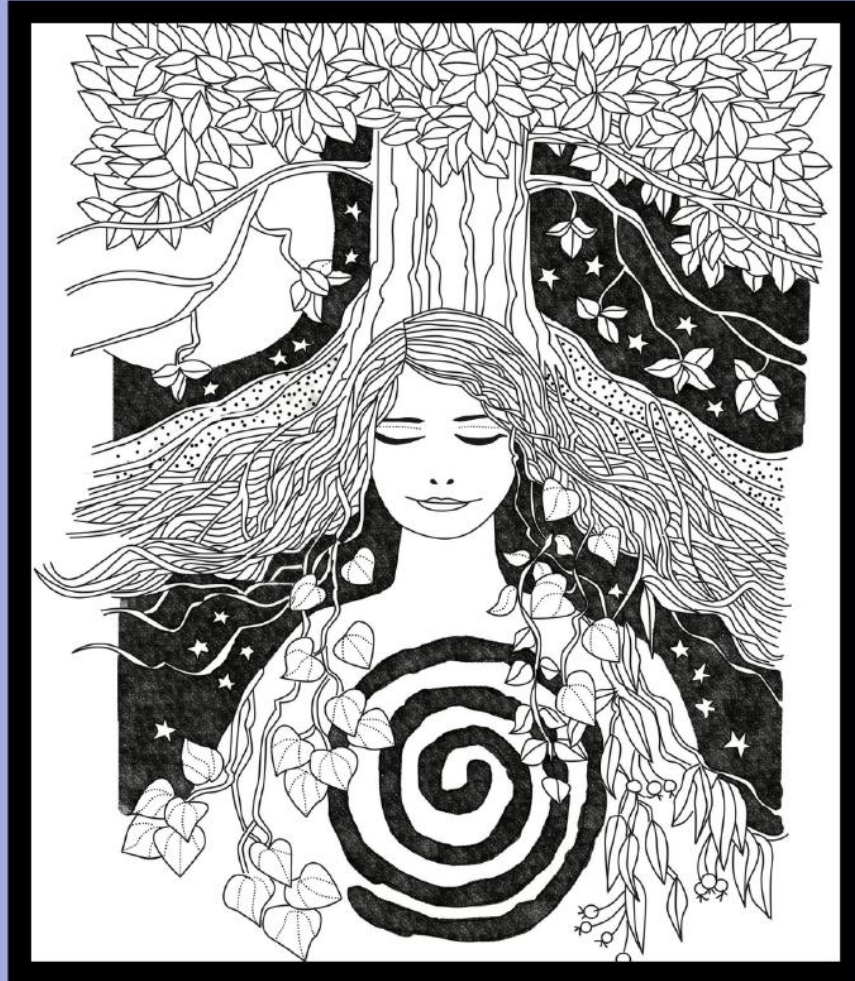
I move the South Texas Unit supports our members willing to serve on The Herb Society of America Board of Directors by reimbursing in person meeting travel expenses for up to \$2,000 per year. This includes members volunteering for executive officers, district delegate (or representative), and national committee chairs.



Look for HSA's yearly magazine, *The Herbarist*,
this fall with our full page ad

Susan Wood and Virginia Carmelo

•BACK TO OUR ROOTS•



The South Texas Unit

Proud member of The Herb Society of America since 1968

Herb Fair - First Saturday in November

Herb Day - Last Saturday in April

Awarding the HSA-STU Madalene Hill Scholarship

herbsociety-stu.org

Herb Fair Preparations

Stephanie Calloway

As spring heats up into summer, your herb gardens may be exploding with greens and flowers as is mine! In addition to keeping your garden well hydrated between downpours, be sure to harvest regularly. This not only helps us to stock our tea, treat, and herbal product shelves for Herb Fair, but also helps your herbs flourish and stay healthy. As mentioned at the May Evening Meeting, key dried herbs for our tea and culinary blends include: lemongrass, oregano, rosemary, basil, butterfly pea, roselle, and thyme. Please continue harvesting and drying these and be prepared to bring them in *labeled* bags/containers to the August members-only meeting. If you are interested in supporting the tea or culinary blend committee as co-chair to support the preparation and selling of the items, please reach out to Herb Fair Chair **Stephanie Calloway** at stephaniec621@gmail.com.

Benée Curtis is again chairing our herbal jelly committee and is welcoming donations of 8 oz. jelly jars (straight-sided Mason-type jar). She will purchase new lids but can sanitize and re-use the jars. Please bring your clean jars to an upcoming meeting!

Catherine O'Brien has offered to chair the vinegar committee for Herb Fair. While dried herbs are needed for most of our recipes, we need fresh herbs to make the vinegars. For Mediterranean Red Wine Vinegar, we will need rosemary, oregano, bay leaves, and garlic. For Blueberry Port Wine Vinegar, blueberries are needed. For Tomato & Oregano Vinegar, oregano and garlic are needed. Stay tuned for further details on the scheduled workdays. If you want to help, contact Catherine at Vibrio13@gmail.com.

For the past few years we have incorporated a resale shop featuring books on herbal medicine, gardening, and nature-themed children's books along with garden tools in good condition. To continue this tradition, we are looking for 1-2 people to step up and coordinate this endeavor. Responsibilities of the Bookshop Committee chairperson(s) include collecting items ahead of the Herb Fair (via STU meetings or we could coordinate a specific drop off point/time) and then transporting and arranging items ahead of the Herb Fair, on Friday November 1st. Please contact Stephanie as soon as possible if you are interested: stephaniec621@gmail.com. If we do not have someone to coordinate this area we may not offer it this year.



Hello fellow herbies,
my name is
Stephanie. I am the
2024 Herb Fair Chair





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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While authors or speakers may cite how they personally use herbs and may quote scientific, ethnographic, folkloric, or historic literature, the material presented does not represent a recommendation or an endorsement of any particular medical or health treatment.



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.



DONATE