

Herbs Make Scents

THE HERB SOCIETY OF AMERICA
VOLUME XLV, NUMBER 11



SOUTH TEXAS UNIT
NOVEMBER 2022

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November 2022 Calendar

Nov 4, Fri. 8:30 am – 12 noon

Nov 5, Sat. 9:00 am – 2:00 pm

Nov 8, Tues. 10:00 am

Nov 9, Wed. 7:00 pm

Nov 11, Fri. 10:00 am

Note Change of date and time.

Nov 16, Wed. 6:30 pm

Nov. 18, Fri. 10:00 am

Note Change of date and time.

Herb Fair Set-up Southside Place Clubhouse 3743 Garnet St., Houston, TX 77005

49th Annual Herb Fair Southside Place Clubhouse 3743 Garnet St. (77005)

Day Meeting “*Bouquet Garni*” will be presented by **Janice Dana**; at the Cherie Flores Garden Pavilion, 1500 Hermann Dr, Houston TX. Bring your own lunch. Following the program, attendees will be provided materials to assemble a bouquet garni. Please RSVP to jestuff@pdq.net if you plan to attend.

Full Moon Ramble (Zoom Gathering for Members Only)

Westbury Garden Workday at 12581 Dunlap Street, Houston, TX 77035

Evening Meeting “*The Art and Practice of Making Mandalas*” will be presented by Houston mandala artist **Sarah Deuster**. Join us at the Cherie Flores Garden Pavilion, 1500 Hermann Dr, Houston TX. Doors open at 6:30 pm, with potluck meal and program at 7:00 pm. Materials will be provided to create nature mandalas after the program.

Free and Open to the Public.

Westbury Garden Workday at 12581 Dunlap Street, Houston, TX 77035

December 2022 Calendar

Dec 7, Wed. 7:00 pm

Dec 9, Fri. 10:00 am

Dec 13, Tues. 10:00 am

Full Moon Ramble (Zoom Gathering for Members Only)

Westbury Garden Workday at 12581 Dunlap Street, Houston, TX 77035

Day Meeting is TBD.

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

Happy Birthday!



Coriander

- 1 Donna Yanowski
- 4 Julie Fordes
- 4 Lindsey Pollock
- 7 Nicole Buegers
- 8 Pam Harris
- 14 Janis Teas
- 16 Robert Jucker
- 17 Christine Ankney
- 19 Lois Sutton
- 20 Shirley Mills

Herbs of the Zodiac Scorpio Sign

Basil
Sage
Catnip
Coriander
Nettle



Chairman's Corner

We are just days away from Herb Fair and I am getting really excited for our opportunity to introduce people to the wide world of herbs. We all know the huge amount of work it takes to make this event successful. There are many moving pieces and many people involved in making the Fair a wonderful place to spend an afternoon. I am proud of all the members who have volunteered. If you have not volunteered yet, there is still time. I expect everyone to contribute in some way.

Many, many thanks go to **Catherine O'Brien** for stepping up as the chair of the event. Catherine, you are organized, professional, dedicated and creative... just to name a few of your wonderful qualities. Thanks so much for sharing your talents with us!

The holidays are fast approaching... I am wondering how many of our members would like to gather together in December to celebrate the Winter Holidays. Traditionally (before Covid) there is no regular evening meeting in December, just a party.

We have been unable to get together for a couple of years due to Covid and all its variations. However, there does seem to be a resurgence of the virus lately, which might prevent some from wanting to gather.

If you are willing to open your home for a potluck celebration, please let me know. If we have a place, I will, (depending on other developments) begin to plan something. I would like to hear from as many of you as I can about your preferences for gathering vs. not gathering. Please feel free to contact me with your thoughts on this. Stay tuned as they say.

Julie Fordes
Unit Chair

MEMORIES FROM PAST HERB FAIRS



Welcome!



Crafts
(bay balls)



Herbal Food Products
(wine vinegars)



Plants



"Bouquet Garni" Program and Workshop



Tuesday, Nov. 8 at 10 AM

Cherie Flores Garden Pavilion, 1500 Hermann Drive

Program will be presented by South Texas Unit member,
Janice Dana.

Following the program, materials will be provided for participants to assemble a bouquet garni.

Bring your own lunch. Free and open to the public.
Please RSVP to jestuffa@pda.net if you plan to attend.

Announcing our November Evening Meeting

The Art and Practice of Making Mandalas



Presented by Houston mandala artist Sarah Deuster

November 16, 2022

Join us at at the Cherie Flores Garden Pavilion, 1500 Hermann Dr, Houston TX. Doors open at 6:30 pm, with potluck meal and program at 7:00 pm. Materials will be provided to create nature mandalas after the program.



HERB FAIR

Catherine O'Brien, Herb Fair
2022 Chair

Busy, busy, busy. **Sweet Organic Solutions** in Pearland donated six wooden crates and five bags of books from their shop to the Herb Fair. **Laura Boston** is busy inventorying the donations (over 200 books). She reported that she already has sold books just through the donations that came into the September meeting. More to come.



Vingar "dressed" for sale

Thank you to **Linda Alderman** for hosting the vinegar workshop (Red Wine Italian vinegar) and to **Beneé Curtis** for the multiple jelly workshops (more than 70 jars Burgundy Rosemary and White Wine Herbs de Provence jelly and that was before this newsletter went to press). More jellies to come.



JellyTeam: Janice Stuff, Beneé Curtis, Catherine O'Brien and Donna Yanowski

Thank you to **Julie Fordes** and **Dena Yanowski** for co-hosting a Culinary Blends, and **Julie** for hosting a Tea Blends workshop, along with **Faith Strunk** for the Fragrance workshop. Busy, busy, busy!



Fragrance Team: Catherine O'Brien, Faith Strunk, and Janice Freeman

Thank you to **Donna Yanowski** for distributing cake tins at the last two meetings. We are trying to provide uniform sizes this year to help the folks manning the Cashier's table with prices. To further help the money folks out, we have rounded up any prices that have \$.50 to the next highest dollar figure. Whole numbers make calculations a lot easier—especially when we get busy, busy, busy at the cashier table.

Thanks to **Janice Stuff** and her team for promoting the Pre-Sales. And the entire show would not be possible without **Virginia Camerlo** out there announcing our event. If you have a Facebook page, help Virginia by sharing the flyer on

your page. The Speaker's Bureau presenters sent out follow-up emails to the different groups at which they presented throughout the year to invite those attendees to the Herb Fair. And **Julie** has sent out email invitations to sister chapters.

And we all know that Herb Fair couldn't be pulled off without **Rose Wherry** and her team setting up and taking down tables. If you have husbands, sons, nephews, or even weight-lifting daughters who can help with the tables and unload the plants that **Janis Teas** and **Jeanie Dunnihoo** are purchasing for us, bring 'em on. We set up on **Friday, November 4, 9 a.m. until ???**, and clean-up is after **2 p.m. on Saturday, November 5 at Southside Place Clubhouse, 3743 Garnet Street, Houston.**



Parking out front is for drop off and pick up ONLY. Please park around the neighborhood and don't block driveways. Parking is only allowed on one side of the street circling the park. Observe the street signs!

Bring your garage sale items, baked goods, and everything that you have made for sale to the **Friday, November 4** set up party. Everyone who is working on **Saturday, November 5**, bring your name tags and aprons and be ready to go by **8 a.m. Doors open for Pre-Sales at 8:30.**

Mary Sacilowski will have coffee and snacks to keep us fortified while we are working. Thank you, **Mary!**

Another thank you goes out to the crafty ladies of the day group who are working on crafts and to **Susan Wood** and all the members who are providing homegrown plants to supplement the plants that are ordered for Herb Fair. Busy, busy, busy!

A huge thank you goes to **all the members** of the South Texas Unit who have been growing, harvesting, and drying herbs for this annual event. Your hard work helps us dirt-loving gardeners continue our mission. Thank you

Calling all members! Calling everybody!

The link below will take you to the STU website where you can find a downloadable digital flyer for Herb Fair. Please share it on your personal social media pages

[Herb Fair \(herbsociety-stu.org\)](http://herbsociety-stu.org)

Here's only a portion of what you will see on the webpage

- **Huge variety of HERB PLANTS**

- Jelly, tea and herb blends
- Handcrafted holiday gifts
- Culinary mixes and edibles
- Herb drying racks
- Homemade candles
- Soap and soap bombs
- Goodies for your pets
- Garden Tag Sale

Click for Plant Catalog

Click for Jelly Ideas

Click to Download Flyer





Back to our Roots

Julie Fordes

Cooler weather has arrived!! We will have workdays at the Westbury Community Garden on Friday mornings at 10 am for a while. Please put November 11 and 18 and December 9 on your calendar. Even though the weather is nicer, we do not have much to do in the garden right now, it can wait until after the fair.

Thanks to the many members who worked in the garden and grew herbs at home to supply the raw material for our teas and blends. I am really proud of how much of what we need does not need to be purchased.

WESTBURY COMMUNITY GARDEN WORK DAYS

Fridays

November 11 & 18 @ 10 AM



Bring your tools and a mug for tea. I'll bring hot water.
Snacks will not be turned away!

Julie



Photo courtesy of the HBG

Houston Botanic Garden

November 19: Plant Market at 10 am

Come participate in a market featuring over 40 local plant, craft, art, and food vendors. In addition to a variety of vendors, the Houston Plant Market is also offering educational plant workshops, yoga, and art therapy sessions!

Ten STU members can save \$15 with free admission to this event by contacting Maria Treviño in advance. Weekday admission is \$12 and weekend admission is \$15.

For more information, click on the link below:

[Houston Botanic Garden | Houston Botanic Garden | Life Grows Here \(hbg.org\)](#)

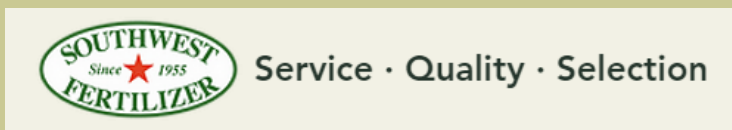
Membership Cards and Member Benefits

Our current membership cards have arrived. See Julie Fordes at Herb Fair, otherwise look for your card in the mail.

Present your membership card for discounts at the vendors below:



Enjoy 20% off at this plant nursery and gift shop
[Houston Garden Center & Plant Nursery - The Arbor Gate in Tomball](#)



Enjoy 10% off at this lawn, garden and more store!
[Home | Southwest Fertilizer](#)



THANK YOU

WE APPRECIATE ALL OF OUR MEMBERS

In appreciation for all of our new and renewing members, Bobby Jucker is offering a "Gratitude Gift" of baked goods from Three Brothers Bakery.

If you haven't yet renewed or joined, do so by November 15. Let Karen Cottingham know at karen.redbrick@gmail.com and she will tell you how to get your Gratitude Gift.

Gustave Baumann (American, b. Germany, 1881-1971) Zinnias, c. 1915

LAST Chance!! Herb Fair PREORDER INFORMATION



Preorder purchase allows early entry at 8:30AM for pickup and further shopping. Check out early as 9:00AM.

Reserve and purchase
Jelly, Tea Blends, Herb & Spice Blends;
Vouchers - Apply to any item at Fair, Give to cashier at checkout.

Pre-orders close November 3 at 12 pm

<https://hsa-south-texas-unit.square.site/>



Membership Tips: Counting Herb Fair Related Hours

Carolyn Kosclskey, Membership Chair

The 49th annual Herb Fair is less than a week away and many dedicated members have put in countless hours to make this Herb Fair another success. There have been questions throughout the year about what counts as “hours” and how to record hours prior to submitting your total in June.

First of all, count your hours in whole and half numbers so that 60 minutes equals 1.0 hour, and 90 minutes, or an hour and a half, equals 1.5 hours. If you have 15+ minutes round up to 0.5. And if you have less than 15 minutes, carry it over to your next total. An example would be if you spent 1 hour and 45 minutes on a project record it as 2.0 hours (2 hours). In the same example if you spent 1 hour and 40 minutes on a project you would record that as 1.5 hours (1 and 1 half hour), and save the extra 10 minutes for your next total. And if you forgot to write down your total from last week (oops!) it’s okay to use your best “guesstimate.” It may be a little challenging at first but when you start adding up your hours in June it will be much easier.

So what counts as hours? For Herb Fair it’s easy: anything you worked on related to Herb Fair counts as hours. That would include any time spent on projects, and there are many, as well as time spent talking, calling, texting or emailing other members about projects. Time spent shopping/buying supplies needed for Herb Fair counts. Time spent baking counts. In summary, the important thing about hours is to 1) know what counts as hours and to 2) record hours.

A good suggestion is to write your hour total as it occurs either on the margin or day of a calendar or planner, draw a circle or daisy around that number and highlight it. If you’re recording hours on a digital calendar use a certain color just for STU hours. If you have any questions related to this please email me at stxu.membership@gmail.com.



photo courtesy of Houston Botanic Garden



AT-HOME RECIPES

November 2022

Carolyn Kosclskey



Trivia: The distinctive feature of this spice is that it comes from the bark of various laurel trees; ground variety is perhaps the most common baking spice; Sri Lanka is the principal source of this spice. **[See answer at end]**

What's Not To Like About November?

What's not to like about November? And especially in the Houston and upper Gulf Coast area what's not to like about the weather when you think back to last summer! And what's not to like about the MLB playoffs when you think about the Astros. There are also important calendar days in November beginning with turning our clocks back ending daylight savings time on Sunday, November 6. Tuesday, November 8 is Election Day, followed by Veteran's Day on Friday celebrating those who have served our country in the military. And what's not to like about the most celebrated day of the month, the moveable feast of Thanksgiving which this year falls on Thursday the 24th. Surrounding yourself with family, friends and extended family members all grateful for the invitation. No presents to buy. A focus on food with celebrated traditions. What's not to like? If you think it's too early to start planning for Thanksgiving, rethink that. Thanksgiving turkeys are predicted to be 73% more expensive than usual this year due to a nationwide bird flu outbreak that's already shortened the country's supply ahead of the holiday adding to what's already been a rough year.

And what's not to like about having a November birthday? Again, great weather, an opportunity to surround yourself with family, friends and extended family members all glad to be included, and a focus on traditional special occasion food, namely our favorite dish or cake that we've had in past years, and many times homemade by our mother, grandmother or aunt. Donna Yanowski, whose birthday is the first week of November, shared her memories.

I have always loved the date of my birthday and get sentimental around my birthday as I think of my mom and the home birthdays she used to do. I thought that the Halloween decorations and parties, the anticipation of Trick or Treating and candy everywhere were just for me. I learned of All Saints Day and All Souls Day and began creating my own ofrendas at home as family members died and I learned of this beauty and ritual. When Dena was born we had handmade costumes and blocks and blocks of Trick or Treating. She hoarded her candy just like me! With the cooler weather and the leftover chicken in the fridge, I'm going to defrost the 4 tablespoons of Mole Negro I have left, make some rice and call it dinner.



MOLE NEGRO

From the kitchen of Donna Yanowski

This is a no recipe recipe. Thin your mole paste with broth, beer or water and cook your meat, usually chicken, turkey or pork, directly in the thinned mole. Great served over or with rice. Recommend freezing in 4 tablespoon portions for a 2-person meal. For the mole go to Canino's Farmers Market, 2520 Airline Drive, and look for the Mole Seller, south side'ish. Sample many and purchase what you like.

Unit chair Julie Fordes whose birthday also falls in the first week, remembered her early celebrations. *For my birthday I always wanted a Boston Cream Pie. My mom always made it from a store-bought mix. I loved it, I probably didn't know that all cakes didn't come in a box until college!* Most grocery stores carry Boston cream pie in their bakery and there are quite a few good recipes for those of you who would like to make this American classic from scratch.

BOSTON CREAM PIE

An American classic, Boston cream pie isn't a pie at all. Its base is an old-fashioned hot milk cake, a downy-soft, buttery yellow cake. How you whip the eggs and the sugar is critical, as the tiny air bubbles they produce add lift to the finished product.

INGREDIENTS

For the Custard

3 large egg yolks
½ cup/100 grams granulated sugar
2 tablespoons cornstarch
Pinch kosher salt
1 cup/240 milliliters whole milk
¼ cup/60 milliliters heavy cream
1 tablespoon/14 grams unsalted butter
1 teaspoon pure vanilla extract

For the Cake

8 tablespoons/114 grams (1 stick) unsalted butter, cut into pieces, plus more for the pan
1¾ cups/224 grams all-purpose flour
1¾ teaspoons baking powder
¾ teaspoon kosher salt
¾ cup/180 milliliters whole milk
3 large eggs, at room temperature
1 cup/200 grams granulated sugar
1 teaspoon pure vanilla extract

For the Glaze

¼ cup/60 milliliters heavy cream
4 ounces/113 grams semisweet chocolate chips
1 teaspoon neutral oil, such as safflower
Pinch kosher salt



PREPARATION

Make the custard: In a medium saucepan, whisk together egg yolks and sugar until well combined. Whisk in cornstarch and salt. In a slow, steady stream, whisk in milk and then the cream. Add butter. Cook mixture over medium-low heat, stirring constantly with a wooden spoon, just until it starts to thicken. Immediately whisk mixture until smooth, then continue to cook and stir custard until it has come to a very low boil for 2 minutes, about 6 to 8 minutes total. Strain custard through a fine mesh sieve into a small bowl, pushing it through with a small spatula. Stir in vanilla. Cover with plastic wrap, pressing the plastic directly onto the surface. Chill for at least 3 hours and up to 24 hours.

Prepare the cake: Heat oven to 325F degrees. Butter a 9-inch round baking pan, generously greasing the sides, and line it with parchment paper. Butter parchment paper. In a medium bowl, whisk together flour, baking powder and salt.

In a small saucepan, bring the milk and butter to a simmer over medium heat. When the butter is melted, remove pan from heat. In a large bowl, beat eggs and sugar with an electric mixer until pale and thick, about 4 to 6 minutes. With the mixer running on low, add the milk mixture and beat until combined. Then add flour mixture and vanilla and beat until combined.

Transfer batter to the prepared pan and smooth the top. Bake until a toothpick inserted into the center comes out clean, 30 to 35 minutes. Transfer to a rack and let cool 10 minutes. With a very thin knife, cut around the edge to release the cake from the side of the pan. Carefully flip the cake onto the rack, then turn it right-side-up to cool completely.

Assemble the cake: Using a serrated knife, carefully cut the cake into two layers and place the bottom layer on a serving plate. Stir custard, and spread it onto the cut side of the bottom half. Replace the top half of the cake, cut side down.

Prepare the glaze: In a small saucepan over medium-low, heat the cream to a simmer. Remove the pot from the heat and pour cream over the chocolate chips, oil, salt and let stand for 3 minutes. Whisk until smooth. Spread the glaze evenly over the top of the cake.

<https://cooking.nytimes.com/recipes/1018668-boston-cream-pie>

Member Nicole Buegers also has a birthday in the early part of November saying she was always known as the “election baby.” Growing up her favorite choice for a birthday cake was cheesecake but admits she’s not one for spending a lot of time in the kitchen as an adult making cakes. However, as an apiarist and owner of Bee2Bee honey company she shared how to make some infused honey mixes which would be excellent accompaniments to a holiday dinner. Bee2Bee honey company will have spicy honeys available for sale at the Herb Fair on November 5!





ROSELLE INFUSED HONEY

from the files of Nicole Buergers, Bee2Bee Honey

Since cranberry is our herb of the month for November, I thought I would include the closest thing we grow here, roselle! When using roselle, or Jamaican hibiscus, for the infusion you want to make sure the seed pods are removed and the calyx is dehydrated to prevent fermentation. Use the ratio of 2 units of dehydrated roselle to 10 units of honey. Start by steeping the roselle in the honey and then pouring into a glass container. Stir and taste weekly until you are satisfied with the taste. The honey should be a bright magenta color and have a tartness. Strain the honey roselle mixture through several layers of cheese cloth or a fine mesh strainer saving the roselle to use in another dish. Roselle infused honey is excellent in tea, as a vinaigrette, or drizzled on a sheep's milk cheese. It's also adds a great flavor layer to lemonade and margaritas!

SPICY HONEY, aka HOT HONEY

from the files of Nicole Buergers, Bee2Bee Honey

Spicy honeys, also known as hot honeys, are great on fried chicken, pizza, wings, salmon, Brussels sprouts, stir fry and in barbecue sauce or drizzled on cream cheese or blue cheeses. Feel free to experiment with the ratios to taste, according to your preference. It's important that the peppers are dried as adding moisture to honey will cause fermentation. In all of these infusions begin with steeping the pepper in the honey then storing in a glass container. Stir weekly until you reach your heat preference then strain using layers of cheese cloth or a fine mesh strainer. Peppers strained from the honey can be used in other dishes. Below are the ratios suggested to use for different types of peppers.

Jalapeno infused honey: 1 unit of dehydrated jalapenos to 6 units of honey.

Chile de arbol infused honey: 1 unit of dehydrated chile de arbol to 10 units of honey.

Green Hatch Chile infused honey: 1 unit of dehydrated chiles to 16 units of honey.

Chipotle infused honey: 1 unit of chipotle chile to 16 units of honey.

Habanero infused honey: 1 unit of dehydrated habanero chile to 32 units of honey.

Trivia answer: Cinnamon

On November 1st there are only 4 days until the **49th Herb Fair**, 23 days until **Thanksgiving**, and 54 days until **December 25th**, with lots of opportunities in-between for making special recipes. The December *At Home Recipes* sections will be all about the foods we enjoy at no other time of the year than the holidays, especially recipes passed down through family and friends. If you have a holiday recipe you would like to share, please email it to therecipeladycollection@gmail.com. Recipes for our 4-legged friends to enjoy during the holidays are encouraged.



49th ANNUAL
**HERB
FAIR**
Saturday Nov. 5, 2022
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

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.

