

Herbs Make Scents

THE HERB SOCIETY OF AMERICA
VOLUME XLV, NUMBER 12



SOUTH TEXAS UNIT
DECEMBER 2022

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

December 2022 Calendar

- Dec 7**, Wed. 7:00 pm **Full Moon Ramble** (Zoom Gathering for Members Only)
- Dec 9**, Fri. 10:00 am **Westbury Garden Workday** at 12581 Dunlap Street, Houston, TX 77035
- Dec 13**, Tues. 10:00 am **Day Meeting** is a *Holiday Party* at the home of **Jane Littell. (Members Only!)**. Please bring a covered dish for lunch. Bring an herbal gift if you would like to participate in an herbal gift exchange (optional) and/or bring an unwrapped child's toy if you would like to donate to a children's toy drive (optional). Please **RSVP** to jestuff@pdq.net
- Dec 17**, Sat. 1-3:00 pm **Holiday Party** is at the home of **Maria Treviño (Members and spouses or significant others only!)** Please **RSVP** to maria@burger.com

January 2023 Calendar

- Jan 10**, Tues. 10:00 am **Day Meeting** TBD.
- Jan 11**, Wed. 6:30 pm **Board Meeting** on Zoom.
- Jan 13**, Fri. 10:00 am **Westbury Garden Workday** at 12581 Dunlap Street, Houston, TX 77035
- Jan 18**, Wed. 6:30 pm **Evening Meeting** TBD
- Newsletter deadline: the 25th of every month is strictly enforced (January Editor is Linda Alderman)**

Happy Birthday!



Borage

Laura Boston
Dec. 31st

Herbs of the Zodiac Sagittarius Sign

Sage
Basil
Borage
Saffron
Chervil

[Horoscope Signs and Corresponding Herbs](#)



From the desk of the
Treasurer:

Maria Treviño

Please submit all requests for reimbursement
by December 31, 2022!

After that date your purchases will be
considered a donation to the unit.

Thank you!



Chairman's Corner

First off, get out your calendar and make arrangements to go to one or both of the Herb Society Winter Gatherings. Many thanks go to the hostesses who volunteered their homes. We actually are so blessed that two of our members (**Jane Littell** and **Maria Treviño**) offered their homes for upcoming parties! We are going to have our new directory ready for distribution soon. Thank you **Benée Curtis** and **Janice Stuff**. Also, if you haven't heard, **Catherine O'Brien** has offered to chair the Herb Fair again next year!!! It is not too soon to be thinking about Herb Day our Spring event. Covid has cancelled this event for three years, I'm not sure I even remember what Herb Day is all about! If you are interested in helping and want to get in on the ground floor of planning something wonderful for fulfilling our mission of herbal education, give me a ringy-dingy and we will start looking for a location.

I tend to be reflective and inward centered when the weather keeps me indoors, and not in my regular routine. After a week of rainy, cold weather, I find that when I think about the Herb Society, I am filled with gratitude. I am grateful for all the new members we have, and for the long-time members who are able to come back after Covid. I am grateful for the financial success of the Herb Fair, and for all the new friends we made that day. I am grateful for all the people who make the unit work by doing jobs large and small, sharing ideas, and spreading some positive green energy everywhere they go. We have made our unit a fun place to be and I hope we can continue to do so for years to come.

Until Next Year,

Julie Fordes
Unit Chair



Reflections

amazonsmile

You shop. Amazon gives.

An AmazonSmile account has been set up for the South Texas Unit. Be sure to sign up for www.smile.amazon.com and select the South Texas unit as described below. Each quarter the AmazonSmile Foundation will donate 0.5% of the purchase price of eligible items to our unit.

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

Five Easy Steps to Support the South Texas Unit

1. Go to smile.amazon.com
2. No account? Create one! Have an account? Sign in.
3. Select charitable organization. Found near the top of the smile.amazon.com home page.
4. Type in Herb Society South Texas Unit and click Search. Once the name comes up hit Select.
5. Enjoy shopping!

Questions? Problems? Contact **Maria Treviño** at maria@burger.com



**HERB SOCIETY
HOLIDAY GATHERING**

Saturday, December 17 from 1-3 pm

Home of Maria Trevino

702 Mosby Circle Houston Tx, 77007

RSVP by December 14: maria@burger.com

(713-628-3681)

Potluck meal with ham provided

Feel free to bring your spouse or significant other

Herbal Gift exchange optional



Happy Holidays

*Tuesday, December 13th at
10:00 am*

*Holiday Luncheon (members
only) at the home of
Jane Littell*

Bring a covered dish to share!

*Optional: bring an herbal gift to exchange
And/Or
Child's toy for a toy drive*

Please RSVP to jestuff@pdq.net



Herbs Make Scents

December 2022

Photos courtesy of Elizabeth Honeycutt Martin, Donna Wheeler, and Dena Yanowski



**Kali Shiska and Terry Snook
at Herbal Experience Table**



**Janis Teas and Kathy McDaniel
assisting shoppers with buying herbs**



**Virginia Camerlo at the
jelly table**



**At right,
plant
presses
for sale**

All Around HERB FAIR 2022



**At left,
Wooden
garden
signs
for sale**



Dena Yanowski at the blends table



Lois Jean Howard at the crafts table



**Janice Dana,
cashier**



**Lucinda Kontos
What did she
do?**



**Elizabeth Sapp, Janice Freeman, Linda
Alderman, Janice Stuff and Lois Jean**



**Donna Wheeler
with homemade
herbal gifts**



**Elizabeth Grandich at
herbal experience**



Back to our Roots

Julie Fordes

We had some awesome working groups preparing items for the fair. The Herb Fair Chair and the Board would like to somehow keep a couple of the groups going all year long. We would be able to share recipes, teach people how to make salves, infusions and other herbal products and get to know each other on a whole new level. This amount of collaboration already happens to some extent with the dried herbs from the garden making their way into blends to sell. If you have ideas to share about what these groups should be, how often they should meet, what they should do, etc. Let me know. I plan to bring this idea up for discussion at the next Board Meeting which will be 6:30 pm Wednesday, January 11 on Zoom.

WESTBURY COMMUNITY GARDEN WORK DAYS

Fridays

Dec. 9th & Jan. 13th @ 10 AM



Bring your tools and a mug for tea. I'll bring hot water.

Julie



Membership Tips: Totaling Your Hours Half-Way through the Year

Carolyn Kosclskey, Membership Chair

The 49th annual Herb Fair was another success thanks to the many hours put in by countless members. At the end of December we will be half way through the membership year remembering that hours are submitted in June. In case there are questions about what counts as “hours,” anything you worked on related to Herb Fair, any meetings attended, any time spent preparing for or assisting in preparing for a program, any time spent preparing refreshments for a meeting and any time you spent at the Westbury garden. Remember to count your hours in whole and half numbers so that 60 minutes equals 1.0 hour, and 90 minutes [an hour and a half] equals 1.5 hours. Round up if you have 15+ minutes and carry over if you have less than 15. The most challenging part of hours for all of us seems to be remembering to record them in a timely manner, so find a place on your physical calendar or digital calendar and make a habit of writing down your time as soon after it occurs as possible using the “guesstimate” method only if necessary. In summary know what counts as hours and record your hours in a timely manner. If you have any questions related to this please email me at stxu.membership@gmail.com

Speakers' Bureau Update

Catherine O'Brien made a presentation to the Shepherd Park Garden Club on Monday evening, November 14. There were approximately 26 ladies in attendance. Pictured with **Catherine** are 1st Vice President Pam Beunker, 2nd Vice President Nicole Felice, and member Shelley Dietz. The topic for the evening was “Mediterranean Herbs,” with tips on growing, propagating, and using the herbs. Catherine left the group with a recipe for Italian Seasoning made from the dried herbs that were the subject of her speech, and a recipe for Pesto. Pam Beunker said that the ladies “just love your talk.”

If you have a topic about herbs or gardening that you would like to share, then please join our Speakers' Bureau. You can contact Catherine at Vibrio13@gmail.com or 281-467-1139.



Catherine O'Brien, Pam, Nicole, Shelley



MEMBER SPOTLIGHT

By Carolyn Kosclskey

Welcome New Member, Mary Starr!

A warm welcome to our newest “former” member, **Mary Starr!** Mary re-joined our group in November after an absence of several years and expressed how much she enjoyed the November Herb Fair reacquainting herself with members she had known before. On her application Mary stated that she was a STU member for 25 years during which time she chaired Herb Day three times in addition to serving as unit chair. Also in her herbie resume in the early 80s she had the enviable position of catering manager for Madelyn and Gwen at Hilltop Herb Farm Restaurant on Westheimer. More recently she was active in the Heart Stone Garden Club serving as president in 2016. STU “has truly been a highlight of my life! I am looking forward to getting involved again.”

At the November Day Meeting

Donna Wheeler



The South Texas Herb Society Day meeting was held at the Cheri Flores Pabillion, Tuesday, November 8. **Janice Dana** explained bouquet Garni, uses and variations. Participants had the opportunity to make their own bouquet garni with herbs provided from members' gardens.

We tasted Creamy white bean and kale soup made using a Bouquet Garni followed by a short meeting and lunch.

The HERB SOCIETY of AMERICA

Cloves, *Syzygium aromaticum*



--Cloves are the fragrant unopened flower buds of a tree native to the Maluku Islands (the Spice Islands) in Indonesia, though are now grown for commercial cultivation in Zanzibar, Sri Lanka, Madagascar, the West Indies, India, Pemba Island, and Brazil.

--Culinary uses include beverages, sweet and savory dishes.

--Today, clove oil is known to have antibacterial, antiviral and anti-inflammatory properties.

To see the entire HSA document: [Microsoft Word - DYK Cloves.docx \(herbsociety.org\)](#)



AT-HOME RECIPES



AT-HOME RECIPES

December 2022

Carolyn Kosclskey

CELEBRATING THE HOLIDAYS



Trivia: The name of this spice comes from the French word meaning nail, not surprisingly, they look like nails. [See answer at end]

In an organization with almost 80 members strong, located in the 4th largest city in the United States, you would think there would be several members with birthdays in December. Well, no, you would be wrong, not in STU. There were ten November birthdays, and four are celebrating in January, but December has only one member birthday, and barely: Laura Boston, December 31. Laura was invited to submit a recipe reminiscent from her days growing up, and this is what she shared.

My dad wanted all of us kids to be able to read a thermometer. What better way to show us the necessity of temperature reading than to make candy! Taffy is capable of removing loose teeth and fillings. It was okay when we were kids; we had good teeth back then, not so much now!

HOMEMADE TAFFY

From the kitchen of Laura Boston

Ingredients

*Use REAL Butter for this recipe!

- 2 cups sugar
- 1 cup light corn syrup
- 1 cup water
- 1.5 teaspoons salt

For later:

- 2 tablespoons butter
- ¼ teaspoon flavoring if desired.
- A few drops food coloring if desired.
- Butter for your hands!

Directions

Butter a sheet pan at least 15in by 10in. then place the pan on a heat proof counter or a folded towel. Put the sugar, corn syrup, water and salt in a sauce pan over moderate heat. Stir mixture until it boils. Put a candy thermometer into the mixture and heat until the temperature is 255°F for a soft chewy



taffy and 265°F for harder taffy. Remove the pan from the heat and stir in 2 tablespoons of butter, and if you wish flavoring and color (though we never flavored or colored our confection).

Pour the really hot liquid into the prepared buttered sheet pan. Wait and wait and wait until it has cooled at least 15 minutes. Butter your hands; test the taffy to see if it is cool enough to start pulling. My dad always started pulling for us, his hands could take lots of heat. Start pulling and twisting the taffy. It will go from clear to smooth and satin looking; this takes at least 10 minutes. Pull and twist the taffy into a long strand, lay it on the counter and cut into bite size pieces with buttered scissors. We would then wrap each piece in pieces of wax paper.

Makes about 1.5 pounds of taffy or 100 pieces. Not good for you or your dental work but so much fun to make. Scouts, youth groups and friends made tons of the stuff between October and December. The best part was the laughter. It probably helps the candy to be laughed over as it is pulled.

Trivia Answer: Cloves, from the French word “clou” (nail).

LOOKING FORWARD INTO 2023

We are *still* in the pandemic and next year will enter our fourth calendar year. Some of the home trends that begin in 2020 are still continuing which include preparing more meals for family at home, awareness of our health and importance of a healthy home and products we use in our home, online grocery ordering, awareness of alcohol intake, environmentally friendly food with an increased interest in meatless and plant based products, fresh herbs, home garden produce and farmers’ market offerings. **In acknowledgement of these trends, the January at-home recipe section invites you to send recipes to share with others for chemical-free home cleaning products, i.e. glass cleaners, detergents, etc. You don’t have to be a member of STU to respond, all submittals are welcome, so please send to therecipeladycollection@gmail.com**

LETTER FROM SANTA? YES PLEASE!

Deadline to send is December 12, 2022

Every age that celebrates Christmas loves the December holiday for many reasons including the holiday foods, the love and joy among family and friends, and the sharing of gifts. One of the greatest enjoyments is of someone young, or “young in spirit,” who receives a letter from Santa acknowledging “yes, there is a Santa Clause!” Below are two links giving information on how to receive a letter from Santa, including information and templates for writing the letter to be received. Be sure your letters are postmarked by midnight Monday, December 12, 2022.

<https://about.usps.com/holidaynews/operation-santa.htm>

<https://www.dreamalittlebigger.com/post/letters-from-santa-from-the-north-pole.html>



LONGER DAYS / SHORTER NIGHTS BEGINNING IN DECEMBER

Wednesday, December 21st is the winter solstice; shortest day in the northern hemisphere, with only 9 hours and 47 minutes of daylight in the Houston area with the sun setting at 5:02 pm. Below is a link to a hands-on after-dinner activity for your family to enjoy together on that evening making kirigami snowflakes. Holiday greetings to all!

<https://mathcraft.wonderhowto.com/how-to/make-6-sided-kirigami-snowflakes-0131796/>

Member Outreach Holiday Message



photo courtesy of the Houston Botanic Garden

Wherever you are, however you spend your time over the holidays, please know we wish you and yours good health and great happiness! Stay safe, create memories, honor old traditions or start new ones, and know we are looking forward to seeing you in the New Year!



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.

