

# Herbs Make Scents

THE HERB SOCIETY OF AMERICA  
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SOUTH TEXAS UNIT  
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## May 2019 Calendar

- May 14, Tues. at 10:00 am** **Day Meeting** is at the Cherie Flores Garden Pavilion in Hermann Park (1500 Hermann Drive, Houston, TX 77004). The program, "Mexican Salvias," presented by **Beth Murphy**. Host: **Linda van Heeckeren**. Open to public.
- May 14, Tues. at 7:00 pm** **Board Meeting** is at the home of **Donna Yanowski**.
- May 15, Wed. at 6:30 pm** **Annual Meeting** for members is at the Historic Club House (6201 Hermann Park Dr. in Hermann Park, Houston, TX 77004). Hosts: **Beth Murphy** and **Pam Harris**. **Bring your plate, cutlery, napkin and FINGER FOOD to share.**

## June 2019 Calendar

- June 11, Tues. at 10:00 am** **Day Meeting** is a Field Trip and Lunch Bunch at the Museum of Fine Arts, Houston, TX. For information contact **Lois Jean Howard**.
- June 13-15** **National Annual Meeting (Herb Society of America)** in Madison, WI
- June 19, Wed. at 6:30 pm** **Evening Meeting** is at the Cherie Flores Garden Pavilion in Hermann Park (1500 Hermann Drive, Houston, TX 77004). The program, "Shrubs, Switchels and Oxymels" presented by **Karen Cottingham**. Hosts: **Dena and Donna Yanowski**. **Bring your plate, cutlery, napkin and a dish to share.**

***Newsletter deadline: the 25<sup>th</sup> of every month***

Members – If you would like to have your birthday remembered, and haven't seen it announced, send an email to Linda Alderman at [ewalderman@comcast.net](mailto:ewalderman@comcast.net)



## Chairman's Corner

Hello May,

And certainly a big THANK YOU to all the growers, bakers, artists and creators, writers and behind the scene workers that allowed our 36<sup>th</sup> Annual Herb Day Luncheon and Symposium to be a success. It could not be done without all of the dedication and hard work of the members involved.

Thank you again and now we are looking forward to the Herb Fair the first Saturday in November.

Perusing the national Herb Society of America website I will share some of the information I read. I always enjoy reading about the Herb of the Month, but due to our deadline here, the May herb has not been posted yet. However, the Herb of the Month for April was Licorice, (*Glycyrrhiza glabra*).

\* Licorice is an herbaceous perennial with purple to lavender flowers; it is in the legume family and hardy to zone 6.

\* The flavor is extracted from the root (stolon) of the plant that is preferably one that is 2 to 4 years old.

\* Traditional healers in Egypt and Syria have used licorice medicinally for many generations. A large quantity was found in King Tutankamun's tomb. It has also been used in Chinese medicine, Ayurveda and by many Native American tribes.

A reminder that our May 15 evening meeting will be the Annual Members Meeting and will be at the Historic Club House, 6201 Hermann Dr.

We will be voting on the slate of officers presented by **Sally Luna** and the nominating committee, in addition to other orders of business. Members, please join us, with your table service and finger foods (as we are in the "rustic clubhouse") to share for our potluck meal.

Donna Yanowski



### **Upcoming National Organization Webinar:**

*How to Grow and Use Luffa (Loofah)* with **Janice Cox**, author of *Natural Beauty at Home*, on Tuesday, May 14, 2019 – 12 pm CST. Registration: [Herb Society of America](http://Herb Society of America) Go to the website and click on the "Learn" tab to drop down and register.

### **Wishing a Speedy Recovery for our Herb Friends**

*Shirley Mills  
Jacqui Highton  
Jane Littell*

### **Welcome New Member!**

**Terry Snook**





**What's Happening in our Unit!**



Photos from Herb Day



2019



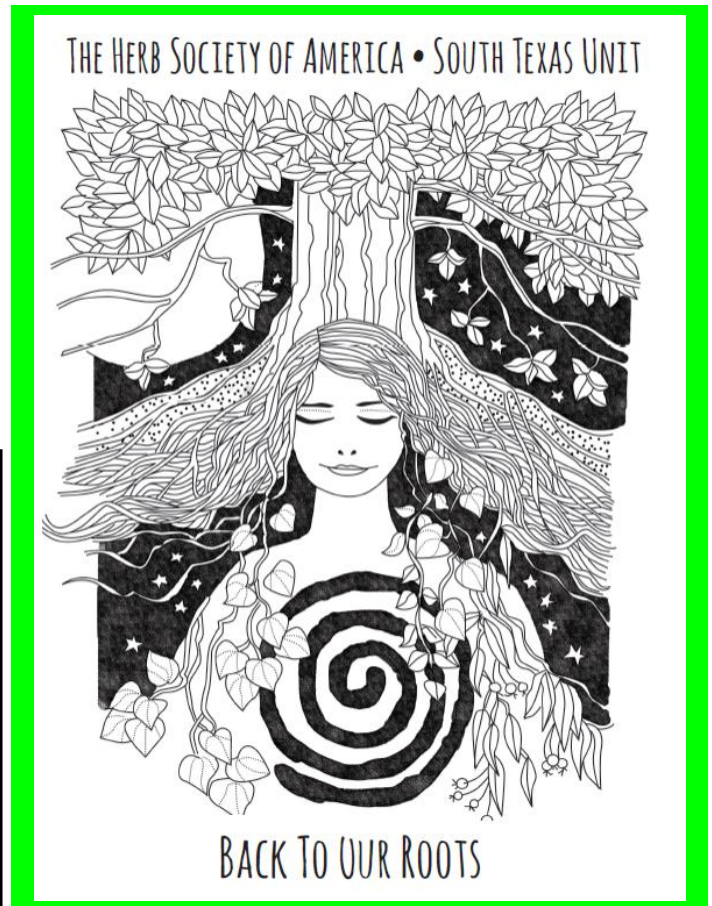


## Back to Our Roots

Janice Dana

This is the third in the series about growing, harvesting and using our own herbs. I want to encourage every member with a garden to grow this plant for use in tea.

Mexican Mint Marigold (*Tagetes lucida*) also known as Sweet Mace, Mexican Tarragon, or Yerba Anise



*Tagetes lucida* is easy to grow in Houston. It loves full sun and has moderate to low need for water. It attracts bees, butterflies and birds. As you can see from the photo it has bright yellow flowers that

set in fall, just in time for Herb Fair teas. Be sure not to cut back the plant in the summer or you will lose the blooms. This plant grows about two feet tall and wide; coming up from around the bottom, so allow plenty of space around the base. It is not usually bothered by drought or pests.

The Latin name refers to its other *Tagetes* relatives, the marigold. Mint Marigold is a perennial, native to Central and South America and has been used as a seasoning herb, tea plant and medicinal in native cultures for more than a thousand years.

Due to its anise-like flavor it can be used like French Tarragon. You would use much less because its flavor is much stronger. It is Not related to French Tarragon (*Artemisia dracuncululus* "Sativa") at all. Its best flavor is from the fresh leaves, chopped and used in dishes like chicken salad, tossed green salads and even in a pesto over tacos. It dries quite well when the leaves are stripped and dried on paper. By volume, it is a large ingredient in our Texas Tea.



## Mexican Mint Marigold

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## Back to Our Roots



The Nuts and Bolts  
Julie Fordes

A wide variety of herbs that are used in our teas and blends are doing well in our gardens, and will continue to do well throughout the summer season. Many of our most useful herbs can be continually harvested as they become ready. This will be different in everyone's garden. The idea is for everyone to harvest, dry and store them individually.

Dry on paper, store in airtight, labeled plastic bag, and keep it in the back of a cupboard or in the freezer. At some point, all the herbs will be combined together and made into our teas or herbal blends. Stay tuned for the next step!

Here is a short, and probably incomplete list of things that we can use in our products and should be ready to harvest... it's not too late to plant them if you don't have them.

Mints  
All kinds of oregano  
Lemon or lime balm  
Lemon verbena  
Lemongrass  
Rosemary  
Sage  
Mexican Mint Marigold  
Comfrey (for skin products)  
Roselle

Thank you to the members who are now growing red-stem apple mint. I would like us to try two new herbs that might make great teas, holy basil (tulsi) and butterfly pea (the flower turns food blue!). The National Herb Society has holy basil and peach tea for sale on their website. We have recently heard a lot about the butterfly pea, it should like our climate and will be a great thing to offer people.

If you got some of the holy basil seeds at the March meeting, let me know how they are doing. I had NO success and plan to buy some plants. Donna Fay thinks that cuttings are the best way to go to get more holy basil out there. I have given out some butterfly peas seeds and have more ordered.

Back to Our Roots is a work in progress... thanks to all who are growing and harvesting... because it really is about use and delight!■





***What's Coming Up Next?***

*Shrubs, Switchels and Oxydels*

presented by

*Karen Cottingham*

*June 19, 2019*

*6:30 p.m.*

*Cherie Flores Garden Pavilion in Hermann Park*

Happy Spring!

