

# Herbs Make Scents

THE HERB SOCIETY OF AMERICA  
VOLUME XLVI, NUMBER 6



SOUTH TEXAS UNIT  
JUNE 2023

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## RoselleFJune 2023 Calendar

June 1, Thur. 6:30 pm  
**Note: Date & Time Change**

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

June 4, Sun. 7:00 pm

**Full Moon Madness** (Members Only presented via Zoom) Strawberry Moon: watch your email for details. Next events in Sept., Dec.

June 8, Thur. 6:30 pm

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

June 10, Sat. 9:00 am-12 pm

**Garden Days Kolter Elementary** at 9710 Runnymede Dr. Houston, TX 77096.

June 13, Tue.

**No Day Meeting**

June 21, Wed. 7:00 pm

**Evening Meeting** "*The Magical Herbs of Midsummer*" presented by **Karen Cottingham** at the Cherie Flores Garden Pavilion, 1500 Hermann Dr, Houston, TX 77004. Doors open at 6:30 pm, with potluck meal. **Free and open to the public.**

June 22, Thur. 6:30 pm

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

## July 2023 Calendar

July 8, Sat. 9:00am-12pm

**Garden Days Kolter Elementary** at 9710 Runnymede Dr. Houston, TX 77096.

July 11, Tue.

**No Day Meeting**

July 13, Thur. 6:30 pm

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

July 26, Wed. 7:00 pm  
**Note: Date and Time Change**

**Lagniappe – Something Extra Evening Meeting** (presented via Zoom) "*Harriet Tubman – Nurse, Herbalist and Spy*" presented by **Adrian Melissinos, PhD, RN**. Watch your email for further information.

**Newsletter deadline: the 25<sup>th</sup> of every month is strictly enforced (July Editor is Linda Alderman)**



## Happy Birthday!

10 – Humberto  
Figueroa

22 – Tamara  
Gruber

11 – Sara  
Diaz

26 – Mary  
Sacilowski



## Chairman's Corner



I have enjoyed being intensely involved in so many aspects of the unit's mission the past four years. This experience has enabled me to use skills I already have and to learn new skills that helped make things work. I have definitely grown as a person and look forward to continuing to be part of this wonderful group. I hope to do more with the Westbury Garden, Back to Our Roots and tea making.

I am confident that our new chair, **Dena Yanowski Gaydos** will be a great leader for the South Texas Unit. We are very lucky that **Karen Cottingham** and **Maria Treviño** will continue in their positions as Vice Chair and Treasurer as we start our new year. We also have a brand-new member on the board, **Tricia Bradbury** will serve as Secretary. She brings lots of experience participating on boards in other groups. Welcome Tricia!

I want to sincerely thank you all for the support you have given me the past four years, it means the world to me.

The outgoing Chair, **Julie Fordes** 'anoints' incoming Chair, **Dena Yanowski Gaydos** by bestowing upon her the 'mantle of authority' which is the beautiful quilt she received as a gift upon 'retirement'. (See right.)



### GreenBridges™ Initiative



Many of us who attended the HSA Ed Con in Baton Rouge were excited about this program after hearing **Debbie Boutelier**, GreenBridges Chair, speak about it at the conference. We all decided that we would personally participate in the program after seeing **Laura Mullen's** brand-new sign for her yard! We also thought it would be very cool to have as many members as possible in our unit participate in this wonderful program.

HSA's GreenBridges™ initiative encourages home and community gardeners to help support these fragile natural areas by creating safe passage to native plants and pollinators. Each GreenBridges™ garden is a link in the chain across the nation, providing safe movement for the plants and pollinators that help maintain healthy ecosystems.

You can get involved by creating GreenBridges™ in your backyard and throughout your community. Join the GreenBridges™ network, register your garden, and stay informed about:

- Best practices from a network of GreenBridges™ gardeners
- Growing native herbs unique to your own region
- Working toward a more sustainable gardening style

GreenBridges™ gardens are recognized with a colorful metal garden sign. You can install the sign using screws or with the included stake. It measures 7"x10" and will last for years to come.

You can register your garden by filling out the application and mailing it to National with a check. Members pay \$35 and non-members pay \$40. I have filled out the form for my backyard and can hardly wait until I get my beautiful sign! [Herb Society of America](http://Herb Society of America)

-- Julie Fordes



## Strawberry Moon—June 4 at 7:00 pm



Watch your email for details for joining Full Moon Madness! Thank you, Nicole Buerders & Laura Mullen



HSA-STU Westbury Community Garden

Announcing Our June  
HSA-STU Evening Meeting

The Magical Herbs Of Midsummer  
Presented by: Karen Cottingham  
Please Join Us June 21 for  
A Celebration of the Summer Solstice

## Back To Our Roots

Julie Fordes

The garden is looking fantastic! Blue pea, yarrow, echinacea and nasturtium are all blooming. The calendula has died out, to be replaced by holy basil. We planted a roselle and some lavender. As you can see, we had a very productive workday last Saturday!

We will switch our workdays to Thursday nights for the month of June and into July to try and avoid the hottest part of the day. The garden will need some TLC and plenty of water to make it through the summer and will need attention not just on workdays.

If you can help with the harvesting and watering on non-workdays, please let me know. We also would accept any extra mulching material you may have to offer to help protect the plants from the summer heat.

### Westbury Community Garden Workdays

Thursdays, June 1 June 8 & June 22

6:30 pm





# *Julie Fordes, Chair STU/HSA 2019-2023*



*Back to our Roots*



*Pandemic Member Gift Bags*



## *Highlights and Milestones*

*Back to Our Roots, Zoom Meetings, Pandemic Member Gift Bags, Full Moon Ramble, Westbury Community Garden Partnership, Teacher, Crafter, Creator and Herb Fair Chair 2017 & 2018, Herb Day Chair 2023*



*STU/HSA Herb Garden at Westbury*



*Teaching the art of making herbal tea*





## 2023 EdCon: Herbal Lagniappe en Louisienne Impressions from First Time Attendees

Virginia Camerlo

A cup of yaupon tea anyone? How about a taste of sweet potato and crawfish curry? These are some of the delectable treats The Herb Society of America Education Conference 2023 (aka EdCon) offered attendees in Baton Rouge last month. The South Texas Unit was well represented with many new participants (**Virginia Camerlo, Julie Fordes, Angela Roth, Catherine O'Brien, and Steven & Linda Van Heeckeren**) plus a few returnees (**Karen Cottingham, Laura Mullen, and Susan Wood**). Appropriately titled Herbal Lagniappe en Louisienne, EdCon brought together over 100 members from units and members at large from across the nation to celebrate the herbs and culture of South Louisiana. Of course, herbs aren't aware of state boundaries, so many herbs native to Louisiana also grow in Texas.

**Fun fact:** yaupon belongs to the same Ilex family as yerba mate and guayusa in South America and is the only caffeinated plant in North America.



**At left: Laura Mullen and her dog Wicket. Wicket is an absolute doll and became the mascot of EdCon. She is Laura's rescue Pomeranian.**



**At right: Baton Rouge "worker bees" and Wicket**

*Photos courtesy of Catherine O'Brien*

What better way to immerse travelers into the rich and complicated culture of South Louisiana than to start the conference with a visit to Houmas House? The destination is one of scores of plantation homes that have existed along the banks of the Mississippi River on the famed River Road. Fully restored and furnished with period pieces like ornate ceramic apothecary jars and a vampire kit (owned by Anne Rice), the Houmas House sits on extensive grounds graced with enormous live oaks, lush plants that appreciate the sub-tropical climate, and whimsical sculptures. Just as impressive is the River Road Museum that sits on-site and documents the lives and structures of the people who have called this area home.

Continued next page





## Herbs Make Scents

June 2023



**Photo upper right is the Houma House and the other photos are from various areas on the grounds of the plantation. [Isn't it beautiful!!]**



*Photos courtesy of Virginia Camerlo and Susan Wood*

As promised, Edcon was packed with speakers giving talks ranging from the use of local medicinal herbs, spices in local cuisine, the burgeoning boutique rum industry, the modern victory garden, and local parks. Fortunately, the speakers did not overlap, allowing attendees to enjoy every talk. One of Julie Forde's favorites was "The Healing Herbs of the Traiteur Garden presented by traiteur Beverly Fusilier. Traiteurs are the traditional healers of Acadiana, an integral part of the community through spiritual belief and knowledge of native medicinal plants. Should you find yourself that way, look up the Healer's Garden at the Vermilionville Living History Museum and Folklife Park in Lafayette, LA. It showcases a living Acadian village with a Traiteur garden. Steven particularly enjoyed "The Modern Victory Garden: Growing in Small Spaces," by Dr. Gary Bachman.

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One of the highlights of any large gathering is the ability to catch up with old friends and make new acquaintances who will in time join your circle. Even though many members travelled together, it was always easy to strike up a conversation with someone while sitting on the bus, admiring auction items, or standing in line at the cash bar. Everyone was welcoming, regardless of whether they were legends in The Herb Society or relative new members. When asked about her highlights, Angela Roth says, "I met wonderful people, and some were from Texas!" Of course, the resulting exchange of ideas is inevitable, and most valuable. I personally loved listening to other versions of Herb Fair and Herb Day and soon began following other units on Facebook and Instagram.



**STU member, Virginia Camerlo (second from right), with her new Baton Rouge Unit Friends, Sharon Murphy, Julie Walsh and Claudia Ross.**

*Photo courtesy of Virginia Camerlo*

In addition to the education talks, shopping opportunities with local vendors and various HSA units, and the huge raffle, EdCon was also a time to hold meetings including those for unit chairs, individual districts (sadly, **Bill Varney**, South Central District Delegate, was unable to attend) and covering the financials. Many thanks to our very own **Laura Mullen**, HSA Treasurer, for making financials fun and interesting!

EdCon 2023 was made extra special due to the exceptional hospitality of the Baton Rouge Unit which went above and beyond to keep the atmosphere festive and entertaining. Case in point: Two BR Unit members dressed in butterfly costumes to be visible as field trip leaders to Houmas House. Due to the overwhelming positive response, the two continued to dress as bees, then ladybugs on subsequent days. The opening reception included a New Orleans Jazz band. On the last evening we were entertained by a great Zydeco band (with professional dancers to lure members onto the dance floor). To top it off, we were treated to an amazing performance by a young James Linden Hogg and his father, Jim, who played traditional and new folk ballads on a variety of stringed instruments including guitar, banjo, mandolin, and fiddle after the Awards Ceremony.



**The STU Zydeco band with Laura Mullen, Julie Fordes and Angela Roth.**

**At right: James Linden Hogg**



## Herbs Make Scents 2023



Steven sums it well: "Truly a cornucopia of knowledge to be gleaned." We all had a great time and look forward to attending next year's meeting in Philadelphia. Ayee!

Tips for next year:

- Register early: limited number of rooms in host hotel and seating on buses for field trips
- Find a travel partner to share a car or room
- Be adventurous and be willing to strike up a conversation.
- Exchange business or personal cards
- Meeting is also a fundraiser; lots of opportunities to participate in raffle items, purchase seeds, book, jellies, herb plants
- Bring a little spending money to support local craft vendors

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

Carolyn Kosclskey, Membership Chair

**Last year's total was 6603.5 hours – can we beat that this year???**

It's that time of year again to start totaling your volunteer hours from July 1, 2022 through the end of this month, June 30, 2022. 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. As of August 15, 2022 there was a total of 6603.5 volunteer hours submitted for the membership year July 1, 2021 through June 30, 2022.

**Can we beat that this year???** YES you can!!!

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 including Pearls of the Pandemic meetings;

Attendance online at Full Moon Ramble events;

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](mailto:stxu.membership@gmail.com). Remember these hours can be in whole hours or half hours as needed (2 ½ hours = 2.5 hours).

Thanks members, you're the best!

Carolyn





## Herb Fair Update from Catherine O'Brien



Remember the Mexican mint marigold (*Tagetes lucida*) that you transplanted back in January? The end of June is the month when you want to stop cutting and harvesting it so that the buds have time to set blooms for late October/early November. Have you ever wondered why we “herbies” grow Mexican mint marigold? It is because it has a flavor like French tarragon (*Artemisia dracunculus*), which doesn't grow well in Texas. There is a great article about Mexican mint marigold by **Janice Dana** in the May 2019 *Herbs Make Scents* newsletter on our website (<http://www.herbsociety-stu.org/newsletters.html>). As I was pouring through historical documents

from our chapter, I came across a nice article by **Linda Alderman** and **Stephanie B. Hall** (1992) on how to make herb vinegars. If you add fresh Mexican mint marigold leaves to red wine vinegar and steep in a dark place for two months, it will be ready to blend with olive oil for a great salad dressing. Be sure to dry the fresh herbs well before adding them to vinegar. Make some for yourself and make some extra bottles to sell at Herb Fair on November 5.

Speaking of bottles, one of the key items that we need for selling vinegars is bottles. As you are making purchases, look for food products that you use that come in pretty bottles. If you are traveling this summer, drop by resale shops or cooking stores and look for bargains. William Sonoma, World Market, Container Store, Michael's, and Ikea are just a few of the stores that carry bottles. Corks can be found at hardware stores. If the bottle has a label on it, it needs to be removed. Use hot, soapy water (Dawn was recommended), elbow grease, and in a pinch Goo Gone™. Wash the bottles in a dishwasher to sterilize them and allow them to dry thoroughly. **MOISTURE IN THE BOTTLES OR ON THE HERBS CAN LEAD TO MOLD**, which is also why you must dry the herbs well.

Another herb that we need for Herb Fair is basil. The basil in your garden should be coming along nicely now but keep an eye on it because it will try to bloom (bolt). The best way to keep basil from blooming is to harvest it often. Pinch the stem back just above a node to encourage branching. Deadhead your flowers, fertilize regularly. Mulching and watering are priorities as the weather gets hotter. Add about two inches of mulch to the garden to discourage weeds, conserve moisture, and keep the roots cool. Water slowly and deeply in the morning. Also, keep a check on your potted plants to make sure that they are not root-bound.



**Urgent!!! Renew Your Dues Now! Deadline July 1<sup>st</sup>!**

South Texas Unit membership renewals are due **July 1**.

**Invoice from treasurer:** Watch your email; invoice will have a PAY NOW button that will allow you to enter your credit card information and finalize the renewal process.

**Pay by check:** Mail to: HSA-STU, PO Box 6515, Houston, TX 77265-6515

**Here's the link to pay your dues through the STU website:**  
[Dues | Herb Society of America, South Texas Unit \(square.site\)](https://www.square.site/dues-herb-society-of-america-south-texas-unit)

**From the Treasurer's Desk:**

Maria Treviño



## Welcome New Member, Debby Gordon!

Carolyn Kosclskey, Membership Chair

If you were at Herb Day you may have already met new member **Debby Gordon**. Or if you garden at Westbury Gardens you probably have met her there. Thanks to unit chair Julie Fordes Debbie is our newest member of the South Texas Unit—lucky us!



Debby brings with her a rich background in gardening from an early age. Growing up in Iowa she remembers both grandmothers had large kitchen gardens. One grandma had a big strawberry patch Debby loved, along with mixed flowers including ostrich ferns, lots of phlox, delphiniums and day lilies which they called “crazy bananas.” Both grandmothers enjoyed pointing out interesting things about the plants to all the family kids and also letting them help harvest. In the second grade Debby was a Brownie and remembers her troop leader taking the group along the wooded trails of a city park many times and learning the names of many of the woodland wild flowers.

Debby’s first experience with herbs was after she moved to Houston as a young adult and had a small raised bed in her home backyard where she grew tomatoes and basil. Her basil was so prolific that she was able to share 5-gallon buckets of it with the neighborhood Italian restaurant.

Some years later after moving to the Westbury area she discovered and joined the Westbury Community Garden group because it offered a full-sun growing environment as opposed to her garden at home. She admits there is a learning curve to gardening with a full-sun exposure in the Houston climate. In the last 10 years at WCG she has served in various leadership roles and after retiring in 2022 agreed to serve as president.

Since retiring Debby began teaching part time with Urban Harvest and is the “garden educator” at a couple of HISD elementary schools. She enjoys taking kids on tasting tours of herbs in their gardens, looking at bugs with a magnifying glass, and making salsa and Roselle tea from plants in the school gardens.

Debby’s current home projects involve replacing non-native ornamental and landscape plants with natives or edible plants. She has a large oval bed in the front of her Westbury area home with some small fruit trees. “While the trees are small, I fill in between with flowers, herbs, and for this summer, tomatoes, peppers, and Roselle. After the Herb Day event I harvested the last cabbage from the front yard and it’s fermenting right now!” Debby is also a member of the Native Plant Society and the National Wildlife Federation and displays a Certified Wildlife habitat Plaque in her front yard garden.

**Welcome Debby!**







## Members

Remember to grow, harvest, and save herbs. We will use them to make preparations for Herb Fair 2023

*Check out the list below*

- |                       |                        |
|-----------------------|------------------------|
| Basil                 | Parsley                |
| Bay Leaf              | Passionflower          |
| Blue Pea              | Peppermint             |
| Calendula flower      | Red-stemmed apple mint |
| Chamomile flower      | Rose petals            |
| Comfrey               | Roselle                |
| Dill Weed             | Sage                   |
| Lemon Balm            | Spearmint              |
| Lemon Verbena         | Stevia                 |
| Lemongrass            | Thyme                  |
| Mexican Mint Marigold |                        |
| Oregano               |                        |

Store dried herbs in plastic freezer bags. Remember to label the bags!

## Kolter Elementary Garden



Come out **June 10** from 9 to noon, and join Angela Roth and the Kolter Garden volunteers.

Enjoy the garden, share some herbs, pull weeds, provide advice, and harvest whatever is available.

Questions? Contact Angela at [chrisangelaroth@sbcglobal.net](mailto:chrisangelaroth@sbcglobal.net)

## Member Outreach



If you know of a member who 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.

[ddwheeler16@hotmail.com](mailto:ddwheeler16@hotmail.com)

Donna is our Member Outreach contact and will send a card when requested.



## SPEAKERS BUREAU NEWS AN URBAN HARVEST PROGRAM AT THE STU MEDICINAL HERB GARDEN



Twenty-some gardeners gathered April 25 at the Westbury Community Garden for **Karen Cottingham's** program on "Growing Herbs For Culinary and Medicinal Properties". It's wonderful to have a garden classroom. Come by if you haven't visited recently!

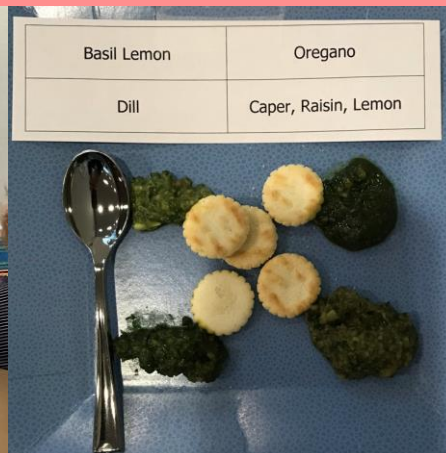
The Herb Society of America –South Texas Unit is dedicated to promoting the knowledge, use and delight of herbs through educational programs, research and sharing the knowledge of its members with the community.



**Janice Freeman** spoke April 29 to members and guests of the Quail Valley Garden Club in Missouri City, TX. She presented "Let's Talk Herbs," an overview of growing and using herbs. The attendees were left in awe and delight not only by the fragrance of fresh herbs but by the many uses of herbs too!



Janice Freeman was lucky enough (along with 20 other people) to get to the South Texas Unit Day Meeting in May and it was awesome! Benee Curtis presented "Pesto Beyond Basil" which included tips and techniques for making pesto. She also provided samples of several freshly made pestos (without using basil) and each one was delicious! If you were not lucky enough to make it to the meeting, watch for pesto recipes in the July STU newsletter and you can pick your favorite. Remember, "no basil, no problem".







*Trivia: It's a key herb in Mediterranean cooking and was called 'the king of herbs' by the Greeks; key ingredient of pesto sauce.*

This year's **37<sup>th</sup> Herb Day** on Saturday, April 22 at St. Paul's Methodist Church in the Museum District was a great success thanks to the leadership of unit chair **Julie Fordes**, committee members, craft group members, volunteers and many others who made this event supporting the *Madalene Hill Scholarship* program come together for all to enjoy. Due to the pandemic this was the first Herb Day held since spring 2020. To make sure this event was special, many members along with family members and friends arrived the afternoon before to set-up the room and made ready for guests, including arranging tables for handmade craft items to be sold and tables of fragrant herb plants. On Saturday morning as members entered the hall they sat at tables laid with white coverings and colorful handmade cloth napkins at each setting. Tasteful and decorative centerpieces arranged by member **Mary Starr**, many pieces from her own collection, adorned each table--thank you Mary for going above and beyond making the room beautiful!

### CELEBRATING THE HERB CAFÉ FOODS FROM THE 37<sup>TH</sup> HERB DAY (PART 1 OF 2)

After members and guests registered and found a table, all were invited to enjoy delightful homemade food appetizers provided by members to enjoy while socializing and catching up with friends before the program. Many thanks to **Debbie Lancaster** and her culinary crew of **Laura Boston, Karen Cottingham, Julie Fordes, Janice Freeman, Elizabeth Grandich, Giselle Grandich, Bobby Jucker, Lucinda Kontos, Gayle McAdoo, Catherine O'Brien, Palma Sales, Susan Steinhardt, Janice Stuff, Maria Treviño, Linda van Heeckeren, Rose Wherry, Dena Yanowski Gaydos** and **Donna Yanowski** for providing these wonderful delights. Because of the popularity of the **Herb Café** foods provided, recipes along with the maker follow. Enjoy!

### MELLOW YELLOW HERBAL TEA INFUSION *From the Kitchen of Julie Fordes*

This caffeine-free infusion was served in a gallon container and enjoyed without added sweetener. Proportions of ingredients should be made to your taste preference considering the quantity made, and may be served hot or iced.

- Lemon balm                      dried citrus peels
- lemon verbena                calendula petals\*

Proportions are 2 parts lemon balm, 2 parts lemon verbena, 1 part or less citrus peel and as many calendula petals as you want. Pour Hot water over herbs and steep 10-15 minutes. Strain. May also be brewed like sun tea. Refrigerate after brewing.

\*Available from <https://mountainroseherbs.com/> with a 20% discount for STU members.



## GORGONZOLA STUFFED DATES

From the kitchen of Linda van Heeckeren

Use fresh preserved pitted dates.\* Cut a lengthwise slit down but not through each date and set aside. Make a smooth mixture of gorgonzola cheese as is or with cream cheese. One-by-one spread each date open and place approximately 1/2 teaspoon of the cheese mixture inside the pocket of each date. Smooth out the top and place the prepared date on a platter or in a container. Repeat with the remaining dates then top each date with a nut of your choice. The dates may be prepared a few days ahead, covered tightly, and kept refrigerated. Bring to room temperature before serving. When ready to serve sprinkle lightly with confectioner's sugar to absorb moisture and add to eye appeal.

\*Dates available at *Phoenicia Specialty Foods on Westheimer*, also *Costco*.

## BREAKFAST SANDWICH COOKIE RECIPE

From the kitchen of Palma Sales

### Ingredients

1 stick (8 tablespoons) unsalted butter, at room temperature, plus more for serving  
4 ounces cream cheese, at room temperature  
1 large egg  
2 cups all-purpose flour  
1 tablespoon dried chives  
1 ½ teaspoons baking powder  
½ teaspoon garlic powder  
½ teaspoon onion powder  
½ teaspoon kosher salt  
½ teaspoon freshly ground black pepper, plus more for garnishing  
1 cup grated white Cheddar  
½ cup chopped cooked bacon  
Your favorite jam for serving, optional

Preheat the oven to 375 degrees F. Line 2 rimmed baking sheets with parchment paper. Add the butter and cream cheese to a large bowl, using a hand mixer, beat on medium-high speed until light and fluffy, about 30 seconds. Scrape down the bowl and add the egg and beat again until combined. In a separate medium bowl, add the flour, chives, baking powder, garlic powder, onion powder, salt and pepper. Add the flour mixture to the butter mixture and beat to combine. Fold the cheese and bacon in by hand. Spoon a 2 tablespoon sized ball onto the prepared baking sheet and gently press to slightly flatten. Sprinkle on a pinch of pepper. Repeat with the remaining dough. Bake until lightly golden, about 25 minutes. Serve with room temperature butter and jam if desired. Yields 18 cookies.

<https://www.foodnetwork.com/recipes/valerie-bertinelli/breakfast-sandwich-cookies-11375718>





## BLUEBERRY BRAN MUFFINS

*From the kitchen of Janice Stuff*

### Muffin ingredients

½ cup Kroger Bran Flakes Cereal  
½ cup oats  
1¼ cup all-purpose flour  
¾ cup sugar  
1 teaspoon baking powder  
1 teaspoon baking soda  
½ teaspoon salt  
1 teaspoon cinnamon  
1 cup milk  
¼ cup *unsalted* butter, melted  
2 eggs  
2 tablespoons maple syrup  
1 teaspoon vanilla extract  
1 cup fresh blueberries

### Streusel topping ingredients

½ cup brown sugar  
¼ cup all-purpose flour  
2 tablespoons Kroger Bran Flakes Cereal, crushed  
2 tablespoons oats  
¼ teaspoon salt  
1 teaspoon vanilla extract  
¼ cup *unsalted* butter, chilled and cut into pea-size pieces

Preheat oven to 400o F and line muffin tray with liners. In a bowl add dry ingredients bran flake cereal, oats, flour, sugar, baking power, baking soda, salt and cinnamon and stir together. In a separate bowl combine milk, melted butter, eggs, maple syrup and vanilla. Slowly add dry mixture to wet mixture and combine until incorporated. Gently fold in blueberries. Do not over mix.

Mix streusel topping in separate bowl. Add brown sugar, flour, crushed bran flakes, oats, vanilla and butter and stir until combined.

Spoon muffin mix into muffin liners until 2/3s full and top each with 2 tablespoons of streusel mixture. Bake for 20 – 25 minutes until golden brown and toothpick comes out clean. Cool and remove from tin. Serve and enjoy!

*Recipe from Kroger Bran Flakes Cereal box.*

## PUMPKIN MUFFINS

*From the kitchen of Catherine O'Brien*

### Ingredients

1 box of yellow cake mix  
1 can (15 oz) pumpkin puree



1 teaspoon cinnamon  
½ teaspoon ground nutmeg  
¼ teaspoon ground cloves

### Directions

Set oven at 350 degrees F. Line muffin pan with paper cups. Mix all ingredients until well blended and divide among 12 muffin cups. Bake 20-25 minutes. Frost when cool.

## **EARL GREY TEA SHORTBREAD COOKIES**

*From the kitchen of Catherine O'Brien*

### Ingredients

1 cup all-purpose flour  
¼ cup sugar  
¼ cup confectioner's sugar  
1 tablespoon Earl Grey tea (other dried herb choices may be used)  
¼ teaspoon salt  
1 teaspoon water  
½ teaspoon vanilla  
½ cup butter

### Directions

Preheat oven to 375 F. Combine dry ingredients. Mix vanilla and water. Add vanilla-water mixture and butter to dry ingredients. Mix only long enough to form dough. Form a log of the dough in either parchment paper or plastic wrap and refrigerate at least 30 minutes. Slice log into 1/3 inch slices and bake for 12 minutes. Cool for 5 minutes. Makes about 12 cookies.

## **MATCHA GREEN TEA SNOWBALLS**

*From the kitchen of Giselle Grandich*

### Ingredients

1 cup brown sugar, lightly packed  
1 large egg  
¼ teaspoon salt  
¾ cup butter, softened  
2 cups all-purpose flour  
½ teaspoon baking soda  
2 tablespoons matcha powder  
1 cup confectioner's sugar

### Instructions

Preheat oven to 350 degrees F and prepare a baking sheet with a silicone liner or parchment paper. Set aside. Using a hand-held mixer, blend together the brown sugar and butter until light and fluffy. Add the egg and salt. Mix into the butter mixture. Add the flour, baking soda, and matcha powder. Mix until just incorporated. Do not over mix. Use a small cookie scoop, about 1 tablespoon in size, to scoop the cookie batter into even portions. Roll into balls and roll into the confectioner's sugar until





well coated. Place the dough on the baking sheet, about 1 inch apart. Bake for 15 minutes. Remove from oven and immediately transfer to a wire cooling rack to completely cool.

<https://www.lordbyronskitchen.com/matcha-green-tea-snowballs/>

## SNICKERDOODLE COOKIES

*From the kitchen of Janice Stuff*

- ½ cup all vegetable shortening
- ½ cup margarine
- 1 ½ cup sugar
- 2 eggs
- 2 ¾ cups all-purpose flour
- 2 teaspoons cream of tartar
- 1 teaspoon baking soda
- ¼ teaspoon salt
- 2 teaspoons cinnamon mixed with 2 tablespoons sugar

Preheat oven to 400o F. Mix shortening, margarine, sugar and eggs thoroughly. Measure flour and sift together with cream of tartar, baking soda and salt. Blend with other mixture. Form into 1-inch balls and roll in mixture of cinnamon sugar. Place cookies 2 inches apart on ungreased baking sheet. Bake 8 – 10 minutes. Makes 6 dozen.

*Recipe from Christ the King Lutheran Church Cookbook, 1991*

## MEXICAN MINT MARIGOLD BUTTERMILK MUFFINS

*From the kitchen of Maria Treviño*

- 1 stick butter
- 3 cups sugar
- ½ cup Mexican mint marigold leaves
- 1 cup eggs (4-6)
- 3 cups flour
- ½ t baking soda
- ½ t salt
- 1 cup buttermilk

Place the herb leaves in a food processor with ½ of the sugar. Process until the leaves are finely chopped. Mix butter and sugar well with an electric mixer. Add eggs and beat until well blended fluffy (2-3 minutes). In a separate bowl mix the dry ingredients. Add dry ingredients and buttermilk alternately in small amounts on low speed and only until well blended.

Grease and flour 4 small loaf pans and bake. Bake at 350o F for 1 hour. Cake is done when toothpick inserted in the center comes out clean. Should be brown with small cracks. Cool 10 minutes, and then remove from pan. This cake will shrink down some.

*Original recipe from Henry Flowers, Pioneer Unit, and is for a cake.*

**Answer: Basil**



Independence Day is on Tuesday, July 4 and is the third of four patriotic holidays ending with Labor Day on September 4. "Remembered family recipes" from these holidays will be featured for each holiday. Members celebrating their birthdays that month (there are 10!) will be invited to submit a recipe they remember from years past, along with memories of how their summer was celebrated.

*Announcing the July Program*

Something Extra in July -  
A Virtual Lagniappe Program



Harriet Tubman -  
Nurse, Herbalist, and Spy

Presented Virtually by:  
Adrian Melissinos, PhD, RN

July 26, 2023 via Zoom

The Herb Society of America  
South Texas Unit  
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