

Herbs Make Scents

THE HERB SOCIETY OF AMERICA
VOLUME XXXVIII, NUMBER 7



SOUTH TEXAS UNIT
SEPTEMBER 2015

Editor –Linda Alderman ewalderman@comcast.net

September 2015 Calendar

- Sept 8** - Tues. - 10 a.m. **Day Meeting** at the home of Lois Sutton. Program: “*The Herbs of China Bayles: Morning Glory*”, presented by Lois Sutton. **Bring a dish to share.** This meeting is open to visitors.
- Sept 16** - Wed. - 7 p.m. **Evening Meeting** at Judson Robinson Center (2020 Hermann Drive, Houston, TX 77004), hosted by Carol Cobb & Irene Potoczniak. Program: “Herbal Tea Beverages from Traditional Cultures”, presented by Kim McHugh of McHugh Tea in Bellaire, TX. **Bring your plate, napkin and a dish to share.**

Newsletter deadline: 25th of the month

October 2015 Calendar

- Oct 2-3** – Fri. – Sat. **South Central District Gathering and Mountainview** (Details included in newsletter)
- Oct 8** - Tues. - 10 a.m. **Day Meeting** at the home of Carol Cobb. Program “*The Herbs of China Bales: Nightshade*”, presented by Pam Harris. **Bring a dish to share.** This meeting is not open to visitors.
- Oct 16** - Fri. - 8a.m. **Texas Pollinators’ Garden Symposium**, Walker County Storm Shelter 455 Hwy 75, Huntsville, Texas 77340 (Details included in newsletter & additional email)
- Oct 21** - Wed. - 7 p.m. **Evening Meeting** at Judson Robinson Center (2020 Hermann Drive, Houston, TX 77004), hosted by Lois Sutton. Program: “Follow the Scent Trail with Lucia”, presented by Lucia Bettler. **Bring your plate, napkin and a dish to share.**

Newsletter deadline: 25th of the month

Happy Birthday!



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17 – Lucia Bettler

Summary of STU Board Meeting

August 12, 2015

- Monthly inclusions to the Newsletter
- Proposed amendment to the By-Laws
- Guest Speaker Honorium
- Purchase of unit Power Point Projector
- Appointment – Financial Procedures Committee to include Lois Sutton, Linda Alderman and Albert Ramos
- Herb Fair Report



Chairman's Corner

A hearty welcome to all as our unit of the Herb Society of America begins a new year with wonderfully interesting programs, field trips and workshops arranged by to our vice chair/ program chair, Karen Cottingham.

I want each meeting this year to be filled with a spirit of joy. There is joy in seeing old and new friends, joy in sharing our common interests and passion for the little green plants that have brought us together. There is joy in sharing new information about our favorite topics and joy in the food prepared by our incredible chefs.

This is our 48th year and our goal this year is to enhance our visibility within the Houston community. It appears that our group is not well known in the greater Houston environs. While we are not a secret society and we are passionate about the little green plants that have brought us together, we need to reach out to the community at large and invite others to share in the joy and delight we find in herbal study.

Each of us has a responsibility to immediately change our image. This has to be done one on one with personal contact. We can no longer rely on print media casting a wide invitation for guests to our meetings since fewer and fewer people read traditional print.

We are a group of gregarious personalities and we each must have numerous friends and acquaintances that would enjoy our programs and learning about herbs. Remember our guests are potential members! The only requirement for membership is an interest in Herbs and the attendance at three meetings.



When you get this newsletter invite three people to come to our September evening meeting and follow up with each person. Offer to pick them up. Make it a fun and important friendly encounter.

The program on herbal teas from around the world will have broad appeal and be presented by a well-known herbal tea authority. It will be educational, full of surprises and unusual samples. This is a program that will make you proud of our group and one that you will want to share. The food will work out if each of us increases her recipes by three additional servings!

Finding joy and delight with each of you!

Sally Luna
Unit Chair

Proposed Amendment to By – Laws (changes are in parentheses)

Article V B1, B2 Standing Committees

1. The unit chair will appoint standing committee chairs **(and any needed co-chairs)**, such as day section, development, education, garden, membership and publications.
2. The standing committee chairs **(and co-chairs)** will sit as members of the board.

Article VI A Members of the Board

- A. The members of the Board will consist of the officers, standing committee chair, **(co-chairs)** and the retiring unit chair.

Action on these By-Laws changes to be considered at the September Evening meeting.



Herb Fair Workshops

Crafts: Thursdays

Sept 3: 10 a.m.

At the home of Lois Jean Howard
Please RSVP 713-771-0172

BRING: Sack Lunch, Scissors and any other supplies.

Sept 17: 10 a.m - TBD

For more information, please contact Pam Harris prharris014@gmail.com

Oct 1: 10 a.m - TBD

Oct 15: 10 a.m - TBD

Oct 29: 10 a.m - TBD

Jellies

At the home of Lois Sutton
Please RSVP 713-862-8857

Sept 26: (Saturday) 8:30 – 1:30

Sept 28: (Monday) 9:00 – 1:30

Oct 6: (Tuesday) All day. Shifts at volunteer's choice!

Oct 16: (Friday) 9:00 – 1:30

Oct 17: (Saturday) 9:00 – 2:00



Ways & Means Needs...

We always need dried herbs for our tea blends for Herb Fair, and now that we have had abundant rains, our herbs are growing well. **We need to be harvesting red stem applemint, lemon balm, lemon verbena, Mexican mint marigold, and any other herbs that could be used for crafts or cooking.**

South Central District Gathering & Mountain View (Oct 2-3)

The schedule, speaker bios and menus are up on www.ozarkfolkcenter.com. This is the link: <http://www.ozarkfolkcenter.com/events/?isofc=1&id=2406>. All members are advised to register right away. This event is open to the general public. The Lavish Herbal Feast on Thursday night is a very popular regional event. To avoid disappointment, please urge everyone to call or mail in registration very soon. Lodging at the Cabins at Dry Creek will also sell out quickly. (The phone numbers for the Cabins at Dry Creek and the Ozark Folk Center State Park Administration office are on the registration form.)

We are so excited! The Ozark Unit has planned the reception and the recipes have been tested. We have been holding folk dance rehearsals! Tina Marie Wilcox
Ozark Folk Center State Park
Heritage Herb Garden
(870) 269-3851

"Texas Pollinators' Garden Symposium"...

is an exciting day of learning about our gardens and the need for pollinators. Due to droughts and other climatic events, the use of herbicides, pesticides and pollinator predators, many pollinators are becoming fewer and fewer. What can we do to bring them back? Why does the survival of food crops and herbs depend on them? Come see four renowned speakers who will explain what needs to be done and how we can contribute to pollinator survival. At the same time we will benefit our gardens and lives in other ways.

Linda Alderman sent an email with more information and a link for registration.

For more information: <http://walkercountymastergardeners.org/>



July Program



The Columbian Exchange

Sally Luna

July 15, 2016

Have you ever considered how the foods from the Americas like the chili pepper got to China? Or how the sweet potato and corn saved the people of China from starvation? It is one of history's real happenstance occasions that convey an engaging story about fifteenth century exploration history.

According to the UT history professor, Alfred Cosby, the transmission of these foods was one of the ultimate consequences of the 1492 voyage of Christopher Columbus that accidentally landed in the America's. Cosby's thesis maintained that as a result of this voyage there was a grand transfer or exchange of goods, foods, plants, animals, technology, diseases and ideas between the [American](#) and [Afro-Eurasian](#) hemispheres. This grand transfer he called the Columbian Exchange.

Professor Cosby in 1972 dared to look at history in terms of biology and ecology and birthed a new field *environmental history*. ***Ecologists describe the Columbian exchange as the*** most important event since the death of the dinosaur.

The interaction between Europe/Africa and the American hemispheres precipitated by the European explorers is easily grasped. The rather obscure and little known piece of the story is the interaction with Asia. Consider for a moment that profit was a major motivation for Columbus's expeditions. His quest was for a quicker and cheaper way to acquire Chinese porcelains and silks for the Europeans who had an unquenchable hankering for these luxuries. An easier and shorter route to China

would increase the profit margin for Columbus and subsequently other entrepreneurs.

Some 50 years after Columbus's voyages an expedition of ships loaded with silver was sent out from Mexico to solidify a permanent settlement in a group of islands in the Pacific that would be named the Philippines. Upon arriving in the Philippines the expedition pleasantly discovered to what must have been to their total amazement, the presence of a Chinese trading envoy that had silks and porcelains. This encounter for both the Chinese and the Spaniards was a major-culturally altering incident.

Thus began globalization between the East and the West. The lucrative exchange of Chinese merchandise for Mexican silver lasted for three centuries.

The Chinese traders visiting the Philippines experienced foods from the Americas such as the sweet potato, corn, tomato, chilies, pineapple and chocolate. Fascinated by the novel delicacies, the traders smuggled the plants back to China. Food stuffs from the Americas were coveted luxuries for the Chinese elite for decades.

Eventually political discord and climatic changes brought about famine and starvation in China. At that point corn and the sweet potato from the Americas were made available to the masses. These two plants originated in the American hemisphere thousands of years earlier and were domesticated by native populations before the 15th century. They saved millions from starvation when the climatic conditions for the cultivation of rice were made near impossible during the little ice age of the sixteenth and seventeenth centuries.

Charles May, [1493](#), 2012.

The South Texas Unit is a non-profit educational organization incorporated under the State of Texas. The South Texas Unit has no paid employees. Our activities are accomplished through the efforts of our volunteers.

The Herb Society of America
South Texas Unit
P.O. Box 6515
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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.



Find our Unit on the web at:
www.herbsociety-stu.org

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