

Herbs Make Scents

THE HERB SOCIETY OF AMERICA
VOLUME XLVI, NUMBER 5



SOUTH TEXAS UNIT
MAY 2024

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May 2024 Calendar

- May 6, Sat. 9:00 am – 12 noon** **Garden Workday Kolter Elementary** at 9710 Runnymede Dr., Houston, TX 77096
- May 14, Tue. 10:00 am** **Day Meeting:** "*Herbal Sorbets: Demonstration How to Prepare and Flavor with Herbs*", presented by **Benée Curtis**. Join us at the Cherie Flores Garden Pavilion, 1500 Hermann Dr., Houston TX
- May 15, Wed. 6:15 pm** **Evening Meeting:** "*Go Texan - Help Restore Our Native Ecosystem with a Pocket Prairie*", be presented by **Della Barbato**, Education Director Native Prairies Association of Texas. Join us at the Cherie Flores Garden Pavilion, 1500 Hermann Dr., Houston TX. Doors open at 6:15 pm, with potluck meal and program at 7pm. Free and open to the public.
- May 18, Sat. 10:00 am** **Westbury Garden Workday** at 12581 Dunlap Street, Houston, TX 77035

June 2024 Calendar

- June 8, Sat. 9:00 am – 12 noon** **Garden Workday Kolter Elementary** at 9710 Runnymede Dr., Houston, TX 77096
- June 11, Tue. 10:00 am** **Day Meeting:** TBD
- June 12, Wed. 6:15 pm** **HSA-STU (Members Only) Annual Meeting** Location: Cherie Flores Garden Pavilion, 1500 Hermann Dr, Houston, TX 77004. Doors open at 6:15 pm, with potluck meal and Annual Meeting at 7:00 pm.
- June 18, Sat. 10:00 am** **Westbury Garden Workday at 12581 Dunlap, Street, Houston, TX 77035**
- June 20 & 21** **2024 Herb Society of America Educational Conference**, "Once upon a thyme...stories from the garden..." in Malvern, PA
For details, read <https://www.hsaphiladelphia.org/educational-conference-2024>

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



Happy Birthday

5/01 Sue Steinhardt
5/18 Cynthia Card
5/13 Jane Littell

5/13 Deborah Niskin
5/05 Angela Roth

Photo-David Brooke Martin on Unsplash



Chairman's Corner

Dear Members, Friends, and Newcomers to the Herb Society of America: South Texas Unit, Welcome to another edition of our cherished monthly South Texas Unit newsletter. To those who recently discovered our vibrant community through last month's Herb Day educational symposium, I extend a warm greeting and welcome to our community. We are thrilled to have you join us on this herbal journey, filled with learning, growth, and shared passion.

I am delighted to report that our recent Herb Day 2024 event, The Bold and the Beautiful, was an overwhelming success! With a lineup of exceptional speakers, engaging demonstration tables, and an abundance of crafts and plants for sale, the day was a true celebration of all things herbal. As a unit we're all so grateful to everyone who attended and contributed to making the event possible. Your enthusiasm, support, and dedication truly made Herb Day a memorable and enriching experience for all.

For those who may have missed out on Herb Day, or are already eagerly anticipating their next herbal adventure, mark your calendars for our other annual event: the Fall Herb Fair on Saturday, November 2, 2024. Building upon the success of our previous 50 fairs, this event promises to be even bigger and better, with an expanded selection of herbal products, crafts, teas, culinary blends, garden decor, books, and plants for your fall garden. Mark your calendars today!

In between today and our Fall Herb Fair, our unit hosts monthly day and evening programs that are often open to the public. Note our calendar below for your next opportunity to meet and grow with our Herb Society unit.

Dena Gaydos
Chair of South Texas Unit

"The Bold and the Beautiful" 38th Annual Herb Day Update

In addition to the statement below from **Virginia Camerlo**, Herb Day Chair, a detailed e-mail letter was sent post Herb Day, with gratitude, to the STU members who prepared for and participated in the 2024 Herb Day event.

"I hope everyone slept in just a little today (the day after Herb Day) because y'all deserve it and so much more! Thank you for your hard work over the last few months. We pulled off an incredible Herb Day!" Virginia Camerlo, 2024 Herb Day Chair





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May 2024

MEMBERS—IT'S TIME TO COUNT AND RECORD YOUR HERB DAY HOURS!

Carolyn Kosclskey, Membership Chair

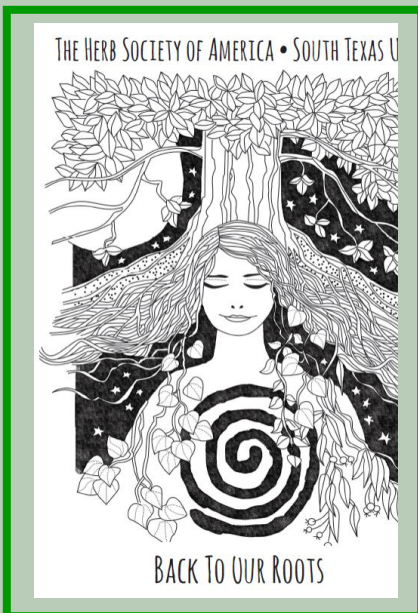
Collecting volunteer hours is an important task and many of you who participated in the preparation of the 38th Annual Herb Day please record your earned hours. We are asked by HSA to submit a total sum of member hours each year at the end of July that covers from July 1 of the previous year through June 30 of the current year. Hours are recorded in 1 hour and ½ hour increments, rounding up for 15+ minutes of activity. So what counts? Volunteer Herb Day hours may take on many forms and these are some examples you can include, but are not limited to the following:

Attendance at Herb Day (and any other meetings during the year live or virtual);

Participation in preparing for Herb Day (as well as other events). This includes time spent crafting articles sold that day and also any foods made for that day. This also includes the time spent on Friday afternoon getting the room and all things Herb Day ready as well as cleaning up after Herb Day on Saturday afternoon;

Preparing administrative work such as working on flyers, programs, sign-in sheets and signage, name tags, pricing plant and craft items, making the items included in the participant gift bag and putting together the participant gift bag, etc.

In July when it comes time to submit your total hours there will be no need to itemize, just remember hours can be in whole hours or half hours as needed (2 ½ hours = 2.5 hours). *Carolyn*



BACK TO OUR ROOTS

Julie Fordes

It is time to start harvesting herbs with crafting herbal products (tea blends, infused oils to make salves, dried flowers for bath products etc.) in mind. We will publish a list of herbs that you can grow for this purpose in the newsletter each month. You may make use of herbs you have at home or come down the Medicinal Bed at the Westbury Community Garden and harvest some there.

I will begin collecting your dried, bagged and labeled herbs at the monthly meetings. Please note that we don't need you to bring any dried oregano. We grow enough of the Hill Top variety in our Westbury Herb Bed to meet our needs. Please consider volunteering to take care of the garden for a week in spring. You can go with a friend to water,

weed, and harvest some herbs. This garden is the primary source of herbal material for most of the products we sell at Herb Day and Herb Fair, and this is a great way to get some volunteer hours.

Sign up to water at <https://www.signupgenius.com/index.cfm?go=w.manageSignUp#/43114464/slots/>

See you at the garden! Julie



**Work Day at the Herb Garden
April 20, 2024**



Calendula, Chamomile, Self-Heal, and White Yarrow grow in the garden.



Jane Littell, a treasured member of South Texas Unit



Jane Littell (front), Janice Freeman (right)
Julie Fordes (middle left) and that is Jeannie Duniho
(center) and Debbie Gordon (back right)



Self - Heal (purple) flowers in the garden



SAVE HERBS

Herb Fair 2024

- | | |
|---------------|-------------------|
| Bay Leaves | Doublemint |
| Blue Pea | (formerly |
| Calendula | Red-stemmed Apple |
| Chamomile | Mint) |
| Comfrey | Peppermint |
| Holy Basil | Roselle |
| Lemon Balm | Rose Petals |
| Lemon Verbena | Sage |
| Lemongrass | Spearmint |
| Mexican Mint | Thyme |
| Marigold | Yarrow |

Remember to review:

<http://www.herbsociety-stu.org/harvesting-drying-and-storing-herbs.html>



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Upcoming Programs

May 2024



May 14, 2024 10 AM

“Herbal Sorbets”

Demonstration How to Prepare and Flavor with Herbs

Presented by Benée Curtis

Cherie Flores Pavilion 1500 Hermann Park Drive

Coming May 15 ...

“Go Texan - Help Restore Our Native Ecosystem with a Pocket Prairie” will be presented by Della Barbato, Education Director, Native Prairies Association of Texas



Virginia Camerlo and Angela Roth in the Kolter Grassroom



Announcing Our May Program

***“Go Texan - Help Restore
Our Native Ecosystem
with a Pocket Prairie”***



**Presented by Della Barbato,
B.S. and M.S. in Horticulture,
Education Director,
Native Prairies Association of Texas**



Planting Seeds of knowledge, use and delight

WOW!!! LOOK AT THIS!!!



Two-year-old Selah is keeping a close eye on one of the many salt marsh caterpillars we saw on our recent "Insect Appreciation Walk at the Houston Botanic Garden".

Many thanks to our amazing "insect tour guide", Lauren Jansen Simpson, for sharing her knowledge and



Catherine O'Brien

Gayle McAdoo was one of several speakers who spoke at the Blessing of the Garden at Moody Gardens on Wednesday, April 24. Each of the speakers gave encouraging garden stories. Another person played the flute, and another said a prayer while the attendees spread roses. The event was organized by Galveston County Master Gardener and Past President of Friends of Moody Gardens, **Judy Anderson**.

Cynthia Card, "I am a member of the Charter 100 Houston, a group of business women and **Karen Cottingham** spoke to our group for the March meeting. She spoke about the history of figs and the group thoroughly enjoyed her speech, as well as appreciated her knowledge and community service."

On the next page, Karen has provided a few slides from her presentation.



**MULTIPLE CHOICE
QUESTION ABOUT FIGS**

- a. THE REAL FORBIDDEN FRUIT**
- b. THE GREATEST COVER-UP IN HISTORY**
- c. THE KEY TO SAVING DAMAGED ECOSYSTEMS**
- d. ALL OF THE ABOVE**



**Bodhi Tree
(*Ficus religiosa*)**

Could you answer this question correctly? Hints - it wasn't the apple, and it wasn't Watergate. And it is true that planting fig trees is one of the best ways to restore biodiversity to damaged tropical ecosystems.

Karen Cottingham recently entertained the Charter 100 Houston Chapter with some of the remarkable ways that figs and humans have been and will continue to be intertwined.

The Herb Society of America
South Texas Unit
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Find our Unit on the web at:
www.herbsociety-stu.org

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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.



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