

Herbs Make Scents

THE HERB SOCIETY OF AMERICA
VOLUME XL, NUMBER 3



SOUTH TEXAS UNIT
MARCH 2017

Editor –Linda Alderman ewalderman@comcast.net

March 2017 Calendar

- Mar 8** – Wed. - 6 to 8 p.m. **Craft Workshop** at the Judson Robinson Center (2020 Hermann Drive, Houston, TX 77004)
- Mar 14** - Tues. - **9:00 a.m.**
Note Change of TIME! **Day Meeting** at the Cherie Flores Garden Pavilion in Hermann Park (1500 Hermann Drive, Houston, TX 77004), **Hosted by: Beth Murphy.** Program: “*Silky Milkweed*”, **presented by Pam Harris.** **Bring your plate and napkin and a dish to share.**
- Mar 15** - Wed. - 7 p.m. **Board Meeting** – at the home of Pam Harris
- Mar 16-17** **Herbal Forum at Round Top** – See details on the last page
- Mar 22** - Wed. – 6:30 p.m.
Note Change of DATE! **Evening Meeting** at the Cherie Flores Garden Pavilion in Hermann Park (1500 Hermann Drive, Houston, TX 77004), Hosted by **Andi Leger, Mary Sacilowski and Pam Harris.** Program: “*Herbal Micro-Greens for Macro-Taste and Macro-Nutrition*”, **presented by Jacob Martin.** **Bring your plate and napkin and a dish to share.**

April 2017 Calendar

- April 11** - Tues. - 10:00 a.m. **Day Meeting** at the Cherie Flores Garden Pavilion in Hermann Park (1500 Hermann Drive, Houston, TX 77004), **Hosted by: Lois Jean Howard.** Program: “*Sumac – Good and Bad*”, **presented by Janice Stuff.** **Bring your plate and napkin and a dish to share.**
- April 19** - Wed. – 6:30 p.m. **Evening Meeting** at the Cherie Flores Garden Pavilion in Hermann Park (1500 Hermann Drive, Houston, TX 77004), Hosted by **Beth Murphy and Nita Rowe.** Program: “*An Outlander Herbal Evening with the Scottish Highland Herbalist*”, **presented by Kerry Madole.** **Bring your plate and napkin and a dish to share.**
- April 21** – Fri. **Set-up for Herb Day Symposium**
- April 22** – Sat. **Herb Day Symposium** at St. Paul’s United Methodist Church (5501 Main St, Houston, TX 77004)

Newsletter deadline: 25th of each month
Submissions should be at most 1 page in Times New Roman 12



Happy
Birthday!



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- 1- Susan Wood
- 10- Vivian Scallan
- 11- Joan Jordan
- 16- Beth Murphy
- 21- Dena Yanowski
- 28- Linda Alderman

Chairman's Corner

The days are getting longer! Alleluia!! Do you feel joy and excitement? Sing and rejoice - the long days of darkness are diminishing! We can work in our gardens longer. HAPPY SPRING! HAPPY LENT!

Did you know that the word "Lent" is a shortened form of the Old English word *lenchten* meaning "Spring season"? It may also derive from the Old German word *langito* for "long", and seems to reference the longer days which characterize the Spring season. For most Christians, Lent is a blissful time of special liturgies, extra prayers, and fasting in preparation for commemorating the greatest Christian Holy Day, Easter Sunday.

For plant and garden lovers, Spring affords more time for planting and experiencing the coming-to-life of old perennial plant friends. For the South Texas Unit of The Herb Society of America, Spring is an especially exuberant time as we all get busy with preparations for our annual educational event, Herb Day! This year, Herb Day appropriately falls on Earth Day, Saturday April 22. We will once again be able to hold this event in the beautiful educational building at **St. Paul's United Methodist Church** near the Museum of Fine Arts - Houston.

This year's Herb Day theme is "**Celebrating the Beauty of Earth Day with Herbs**", and the event promises to be phenomenal! There will be fascinating speakers, imaginative earth-friendly decorations designed by **Shirley Mills** and **Julie Fordes**, and a scrumptious lunch featuring the Herb of the Year, cilantro. The lunch will be prepared by **FrenchFig Catering**, owned by HSA-STU member **Andi Leger**.

We will begin the day with member-made herbal refreshments. Wonderful shopping opportunities include unique herbal handcrafted items, herbal soaps, lotions and creams, and a selection of beautiful plants for our herb gardens. Plan now to share this extraordinary day with your friends. Bring a guest or two. Herb Day is a

lovely way to say "thank you" to someone or to honor a friend's birthday. Why not share the announcement flyer with all your email contacts?

Our programs are shaping up to be exceptional and worthy tributes to Earth Day. **Angela Chandler**, a well-known gardener, teacher, blogger and horticulturist, will speak about earth-friendly landscaping with herbs and pretty edibles. These ideas are captured in a new word she coined, "Ornamedibles". Ms. Chandler and her husband maintain a half acre urban-homestead garden in Highlands, Texas. Check out her blog and website, www.thegardenacademy.com. It is one of the best!

Linda Paisley, educated in biology and architecture, combines these interests as a specialist in the new field of Biomimicry. She is also a Master Gardener and a Master Naturalist and has served on the boards of the Houston Arboretum and the Citizens Environmental Coalition. With her unique professional insights, Linda will show us new ways of "seeing" our own familiar gardens. For example, the graceful curve of the calla lily and the expanding spiral design of the sunflower seed head are not only esthetically beautiful but are mathematical models of optimal efficiency. Nature has perfected its patterns and chemical and engineering strategies over millions of years. Linda will explain how even though plants and herbs were the original chemical factories; they were able to produce energy and healing medicines without leaving a toxic legacy. The secrets of nature, as applied to technological challenges by biomimicry specialists, may hold the solutions for safeguarding the earth as we move through the 21st century.

Another speaker, our own HSA-STU member, **Mary Sacilowski**, is a microbiologist and well-known authority on vermiculture and the earthworm. And what could be a more "earthy" program topic for Earth Day than the earthworm? Worm bins will be available for your inspection, and you can even go home with your own "starter worms".

A fourth speaker, as requested by last year's Herb Day guests, has yet to be selected. The tentative topic will be food-centered and hopefully embrace the local food movement.

Special thanks to Shirley Mills and Martha Burg who have arranged for two of the four speakers. And you, too can get involved with Herb Day. You will enjoy contributing to this wonderful herbal event that educates and has great community outreach!

Sally Luna
Unit Chair





Herb Day Symposium Update

About Our Meetings



From Dena Yanowski
Herb Day Chair

By Albert Ramos

February may be the shortest month of the year, but it was long on member and guest attendance for the February 15, 2017 HSA-STU evening meeting. Our 25 members welcomed 27 guests, and 3 of those guests are now eligible to become members. In fact, one of the guests completed an application on the spot!

Herb Day 2017 will be held April 22 at St. Paul's United Methodist Church, from 9am - 3pm. Since Herb Day coincides with Earth Day, our title/theme is **"Celebrating the Beauty of Earth Day with Herbs."**

The program for this evening was *To Comfort Always... Aromatherapy in Mainstream Medicine* presented by **Annie Wilson, RN** and **Chanelle Clerc, RN**. Annie and Chanelle work in MD Anderson Cancer Center's Palliative Care Unit, where nursing care focuses on the relief of pain and suffering. Some essential oils have strong pharmacologic effects and can reduce symptoms of nausea, pain, and anxiety and also help induce sleep. Our speakers are co-investigators in an ongoing scientific study evaluating the use of aromatherapy for hospitalized, palliative care patients.

Sharing the day with us are two exciting speakers who promise to make the day fun and educational:

Annie and Chanelle explained the difference between *essential* oils and *fragrance* oils. Essential oils are pure, natural oils extracted from plant leaves, flowers, stems, bark, and roots. Sometimes more than a ton of plant material must be processed to extract a small volume of essential oil. For instance, a single ounce of lavender essential oil requires about 60 lbs. of flowers - and those flowers have to be removed from each stalk either by hand or by machine. This helps explain why essential oils are so costly.

Linda Paisley – Biomimicry, a new approach to solving complex human problems by closely observing and imitating natural models, systems and processes.

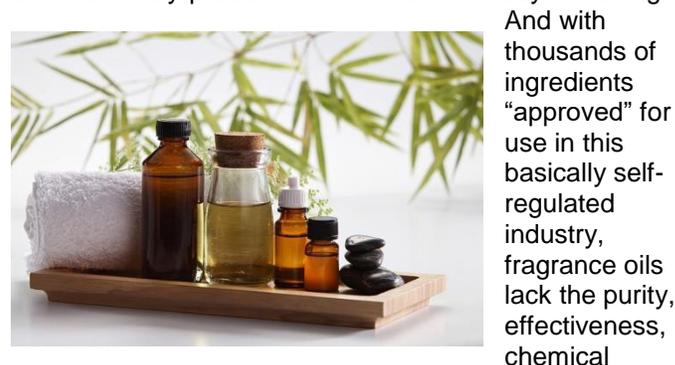
Angela Chandler – Ornameidibles, the overlap of beauty and edibles in our gardens.

Lunch will be catered by **The FrenchFig Catering**

Fragrance oils, on the other hand, may resemble the scent of their essential oil counterparts; but their scents are chemically-produced rather than naturally-occurring.

Members need to:

Begin propagating scented geraniums, lemon verbena, and a variety of different basil to sell.



And with thousands of ingredients "approved" for use in this basically self-regulated industry, fragrance oils lack the purity, effectiveness, chemical

Continue saving your empty decorative glass bottles (not jars - more like liquor and oil bottles) and bring them cleaned and label-less to the next evening meeting, or drop them by Shirley Mills' house.

Watch for emails/phone calls in the coming month asking members to begin baking snacks for the refreshment table.

specificity, and clinical purpose of *essential* oils. Clearly, fragrance oils are not an acceptable substitute for essential oils.

Watch for more information, including a flyer, that we encourage you to forward, print, and post to friends and the community.

Attend the craft workshop on March 8, 6-9pm!

Annie and Chanelle then shared their patient-outcome data regarding the effect of essential oil inhalation on patients' physical and emotional comfort. So far, lavender has been the most beneficial essential oil they



studied. It has been very effective in alleviating anxiety and insomnia. Just one or two drops on a heated aromatherapy stone is all that is required. Family members present during aromatherapy treatment also benefitted. They frequently reported less anxiety and stress themselves, even while caring for a loved one with cancer.

Thank you, ladies, for your dedication and compassion. The interest of our members and guests was evident in their numerous questions following this fascinating and inspiring presentation.

Hostesses **Martha Burg** and **Donna Fay Hilliard** did a great job of setting up the Valentine's Day themed venue and making our guests feel welcome. Chocolate candies, paper hearts, and Valentine's Day cards decorated the tables and lent an air of festivity to the evening. In addition, the Garden Pavilion itself was even more lovely than usual because of decorations in place for a wedding later in the week. Although we were not allowed to "touch" the wedding *decor*, we benefitted from its elegance!

Even finer than the wedding decorations, **Mary Sacilowski** and **Lucia Bettler** contributed to the *ambiance* with lots of wonderful Valentine's Day accessories and decorations. And Lucia, who is herself a certified aromatherapist, set up a table displaying aromatherapy books, oils, and dispensing devices. It was a nice complement to the presentation of Annie and Chanelle. Appreciative members and guests crowded around the table for more information following the presentation. Thank you for being so thoughtful, Lucia!

Since Valentine's Day was the day before our evening meeting, the theme for the potluck dinner was food with the color "red" in it. As you can imagine, desserts ruled the evening: miniature red bundt cakes filled with cream cheese icing (thank you, **Debbie Breaux**); fresh strawberries with a deliciously-sweet kefir-based dip (thank you, **Jenna Wallis** and **Mike Jensvold**); a red jello dessert beautifully layered with sweet goodness (thank you, **Sally Luna**); and finally, Valentine-decorated and raspberry-filled King Cakes from **Three Brothers Bakery** gave us a jump-start on Mardi Gras (thank you, **Bobby Jucker**)! And while desserts were definitely the highlight of the evening, there were plenty of tasty main and side dishes as well. Thank you, **Karen Cottingham**, for the delicious pasta dish with rich sun-dried tomatoes, artichoke hearts, goat cheese, and walnuts. And I wish I knew whom to thank for that delightful beet salad. But you get the idea: our members and guests know how to cook!

We closed the evening with gifts for the speakers and door prizes for the attendees. **Karen Cottingham** gave both nurses her handcrafted comfrey-calendula-chamomile salve. The beeswax for the salve came from

the backyard beehives of guest **Maria Trevino**, who, with her husband, is a hobbyist beekeeper. To award the door prizes, I had previously associated a number with each guest and member on my list. **Elizabeth Grandich** then selected random numbers from 1 through 51 to select the winners. Amazingly, all the numbers Elizabeth selected were for guests!

The door prizes were donated by **Lois Sutton** (a book of collected STU recipes), **Pam Harris** (simmering spices), **Donna Fay Hilliard** (elderberry jelly), and **Karen Cottingham** (herbal salve). **Janice Teas** brought a case of kumquat marmalade for lucky recipients; and in the Valentine's Day spirit, **Susan Wood** brought several plants that are unique for their heart-shaped leaves, *Piper auritum*, also known as "root beer plant" and *Hoja Santa*. The leaf has a strong anise and cilantro flavor and is used in some upscale Mexican restaurants to enhance salsas and to wrap tamales, chicken, and seafood. Thank you, Susan, for your thoughtful sharing of these Valentine-themed culinary plants.

Our evening meetings are fun and engaging and provide an excellent opportunity to visit with your fellow herbal enthusiasts and experts while sharing and enjoying excellent food; so I hope you'll join us for next month's meeting on March 22, 2017. **Jacob Martin** of **Old School Produce** will present *Herbal Micro-Greens for Macro-Taste and Macro-Nutrition*. See **Karen Cottingham's** article, *When Micro is Macro*, elsewhere in this newsletter for further information. Make plans now to attend!



Due to inclement weather, the day meeting on Feb.14 was cancelled.



What's Coming Up Next?

WHEN MICRO IS MACRO
by Karen Cottingham

Here's what comes to mind when I think of *good things that come in small packages*:

A certain adorable short person;

A surprise in a small, light blue box;

A book that takes me to another time and place;

The spiritual symbolism of a mustard seed; and

Fresh herbs picked at the first true-leaf stage.

If you're wondering how that last item, tiny herbs, could possibly have made my list of superlative diminutives, plan now to attend our March 22, 2017 HSA-STU evening program, *Herbal Micro-Greens for Macro-Taste and Macro-Nutrition*, presented by **Jacob Martin**.

Jacob is the owner of **Old School Produce** in Houston (oldschoolproduce.com) and has been growing micro-greens, baby vegetables, and edible flowers for the Houston food scene since 2014. He is also Greenhouse Manager at *Mercer Botanic Garden* in Humble, Texas where he cultivates rare and endangered plants for the Mercer garden.

Herbal micro-greens are an *absolute must* for those who appreciate fresh herbs. They are easy to cultivate, quick to mature, and a visual delight packed with flavor and nutrition. Don't miss Jacob's demonstration of the art and science of growing micro-herbs and the chance to taste these small-scale botanical wonders.

Herbal micro-greens have something for everyone. For example: are you impatient, or do you have children you would like to introduce to gardening? Micro-greens have a seed-to-harvest time of days to weeks and are perfect for those who *just can't wait!*

Do you have limited gardening space? All you need is a spot by the kitchen window.

Love to experiment with intense and complex flavors? Miniature herbal seedlings concentrate the essence of their more mature counterparts into their tiny leaves. A little goes a long way, and you can choose from spicy, tangy, grassy, sharp, pungent, mellow, earthy, nutty, peppery, citrus, and anise-like flavors - to name just a few!

Concerned about good nutrition for your family? Micros are super-concentrated nutritional powerhouses. With vitamin and phytonutrient levels from four to forty times those in mature plants, delicious micro-greens may be an acceptable nutrient-dense option for "picky-eaters".

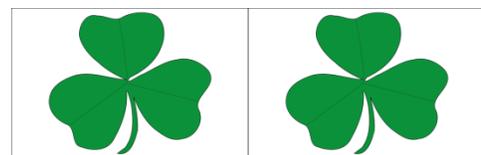
If you're still not convinced, micro-greens are incredibly beautiful in shape, texture, and color. Just a few tiny leaves and stems transform an ordinary dish into a visual masterpiece.



So start thinking about which herbal micro-green would be the *pièce de résistance* for your next gourmet dinner. What would you pair with seared scallops? Lovage, perhaps? Or maybe fennel or cress? Which micro-herb would best enhance a butternut squash soup or roasted root vegetables? Dark opal basil? Arugula? Or both? Ask Jacob. He regularly dispenses expert culinary advice along with the super-fresh sprouts, shoots and micro-greens he delivers to local restaurants.

And if you attend this HSA-STU program, you'll get to taste the delicious micro-greens that Jacob grows at **Old School Produce**. Come and learn how great flavor and nutrition can be found in one small but beautiful package!

The meeting will be held in the beautiful **CHERIE FLORES GARDEN PAVILION** at 1500 Hermann Dr. The entrance to the Pavilion's parking lot is where Crawford T-intersects with Hermann Drive. The spacious meeting room is reserved for us from 6:00 pm - 9:30 pm to allow us plenty of time to set up, socialize, eat, meet, and clean up. Come to the park on March 22! **And note that the meeting date has been changed.**





Other Interesting News



The HERB SOCIETY of AMERICA

<https://herbsocietyorg.presencehost.net/grow/hsa-conference-information/2017-registration-form.html>

The Herb Society of America 2017 Annual Meeting of Members and Educational Conference

May 4 – 7, 2017 in Little Rock, Arkansas

- Pre-conference Tours Thurs., May 4
- Pre-conference Dinner Thurs., May 4
- Educational Conference Fri., May 5
- Educational Conference Sat., May 6
- Post-Conference Tour Sun., May 7

All Educational Conference events will be held at the Little Rock Marriott

Little Rock Marriott • 3 Statehouse Plaza • Little Rock, AR 72201

To find out what awaits in Little Rock, take a look at:

Touring Little Rock by Arkansas Unit Member, Arlene Sevilla-White. Arlene shares top places to visit in the state for HSA members and friends.

THE 22ND ANNUAL
HERBAL FORUM
 AT ROUND TOP
“LOVE IT OR LEAVE IT”
 Coriander / Cilantro - Herb of the Year 2017

The 22nd Annual
 Herb Society of America, Pioneer Unit
“Thyme Well Spent” Gift Shop
 and
Plant Sale
 -Accepting Credit Cards, Cash & Checks-
 Friday, March 17, 2017
 9am to 5pm
 and
 Saturday, March 18, 2017
 8am to 5pm
 Located on the grounds of The Round Top Festival Institute at
 248 Jaster Road, just north of Round Top off Hwy. 237
 For further information on these events go to www.herbsocietypioneer.org
 or look us up on Facebook at Pioneer Unit Herb Society of America

Growers Exchange Catalogue

Our South Texas Unit has been sent copies of the colorful 47 page catalogue from The Growers Exchange (thegrowers-exchange.com).

This company ships fresh herbal plants according to your growing zone. Members of The Herb Society of America receive a member discount from this and other companies; (the checkout code for discounts may be obtained from the member section of HSA Website).

If you would like a copy of this catalogue, contact Janice Stuff jestuff@pdq.net or pick up a copy at one of our meetings.



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 solely through the efforts of our volunteers.

The Herb Society of America
South Texas Unit
P.O. Box 6515
Houston, TX 77265-6515



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

Herbs Make Scents – March 2017