

# Herbs Make Scents



THE HERB SOCIETY OF AMERICA  
VOLUME XLII, NUMBER 11

SOUTH TEXAS UNIT  
NOVEMBER 2019

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## November 2019 Calendar

- Nov 1, Fri. 8:30 a.m.**      **Herb Fair Set-up**
- Nov 2, Sat.** (see notes at right)      **Herb Fair:** 7:30 am (member volunteers), 8:00 am pre-sale order pick-up, 9:00 am – 2:00 pm Open to General Public
- Nov 12, Tues. at 10 a.m.**      **Day Meeting** is at the Cherie Flores Garden Pavilion in Hermann Park (1500 Hermann Drive, Houston, TX 77004). The **host** is **Cathy Livingston**. The program, "*The Allure of Black Flowers*" is presented by **Elayne Kouzounis**. Members should **bring a dish to share**. Meeting is open to the public.
- Nov 12, Tues. at 6:30 p.m.**      **Board Meeting** is at the home of **Donna Wheeler**.
- Nov 16, Sat. at 11:00 a.m.**      **Garden Tour** for Herb Society Members, Friends, and Guests at **The Betty and Jacob Friedman Holistic Garden**, Rice University
- Nov 20, Wed. at 6:30 p.m.**      **Evening Meeting** is at the Cherie Flores Garden Pavilion in Hermann Park (1500 Hermann Drive, Houston, TX 77004). **Hosts** are **Lois Jean Howard** and **Nita Rowe**. The program, "*Holistic Gardening for Health and Happiness*" is presented by **Joseph Novak, PhD**, Director of **The Betty and Jacob Friedman Holistic Garden**, Rice University. **Bring your plate, cutlery, napkin and a dish to share.**

## December 2019 Calendar

- Dec 10, Tues. at 10 a.m.**      **Day Meeting** will be a Holiday Party and Gift Exchange at the home of **Jane Littell**. RSVP to Jane (281-702-3751). If you wish to participate in the gift exchange, bring a wrapped gift. **Please bring a dish to share**. Any questions call **Cathy Livingston** (713-252-5038).
- Dec 18, Wed.**      **Evening Meeting** - There will not be a meeting in December.

**Newsletter deadline: the 25<sup>th</sup> of every month**  
(December co-editor Linda Alderman)



4 Julie Fordes	9 Elayne Kouzounis	19 Fatma Ozel
4 Jacqui Highton	14 Janis Teas	19 Lois Sutton
7 Nicole Buergers	15 Mary Wood	20 Shirley Mills
8 Pam Harris	17 Christine Ankney	



## Chairman's Corner

The depth and breadth of outreach to the community of Houston herb lovers at the Herb Fair was the most incredible that I have ever seen! I felt the energy and excitement throughout Judson Robinson Community Center.

From the early sell-out of plants, to the conversations at the Café, to the enthusiasm at the Education tables, each of us gave the people who attended our event a piece of ourselves. Through growing and harvesting, blending and packaging, baking and sewing, we have more than fulfilled our mission statement. By sharing our love of all things herbal, in such a loving, and professional manner, we have shown we are a first-class organization with a heart. I am overwhelmed with gratitude for all the contributions, large and small, that made our event a huge success!

We all know that Fall is one of the most favorable times for herb planting. Many local nurseries have had great programs and lectures on herbs this Fall. I was lucky enough to make it to Arbor Gate in Tomball to hear Texas herbalist **Ann Wheeler** ring in what she called "Herbal New Year", and The Herb Society member **Henry Flowers** discuss pruning. I learned so much from both of these experts. I encourage everyone to check out Ann Wheeler's many talks on YouTube. <https://youtu.be/U6SJv3-49nw> Thanks, **Beth Murphy**, for this little gem of information!

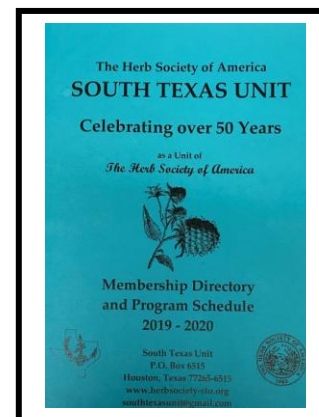
Learning never stops, and on November 9, The Herb Society member, **Diane Duperier**, will give a workshop at Wabash Feed and Garden on Crafting with Herbs. Many of you know Diane and I hope some of us can attend and pick up a few new ideas for crafts.

I have received all of our membership cards from National and plan to pass them out at the next round of meetings. You will all want to take advantage of all the perks of The Herb Society membership. Please check out all your benefits on the National website.

We are in the process of planning Holiday gatherings and will let you all know when plans are finalized.

**Julie Fordes, Chair of South Texas Unit**

### Membership Directories Distributed



The Membership Directories for 2019-2020 are currently being distributed at the November meetings. If you have not received your "teal-colored" membership directory by Dec.1, it will be mailed or delivered to you.

If for some reason, you received two directories (one labeled with your name and one unlabeled) please return one of them to **Dena Yanowski** or **Janice Freeman**.



**NOTE:** There may be a high attendance at both the Day and Evening meetings this month. In anticipation please plan accordingly to bring enough food for our guests



## 47<sup>th</sup> Annual South Texas Herb Fair – A great success!



**Herb Fair Café**



**Herb Dry Racks**

Our special thanks to each of you for helping make the 47th Annual South Texas Unit Herb Fair a great success!

We are especially grateful to all those who chaired and/or served on committees as we prepared for the event. We appreciate your time and talents! So many hours were spent organizing, emailing, making phone calls, shopping, updating forms, ordering herbs, and scheduling and hosting workdays. There was a workday for everything - from baking and crafting to creating our many herbal products and packaging them so beautifully. Thanks to all who participated. We also want to acknowledge members who shared their expertise in herb knowledge, publicity, and financial management.

Thanks also to those who shared gifts from their gardens and to every member who helped with set-up the day before Herb Fair and who volunteered during the event.

Your hard work and creative ideas transformed the Judson Robinson Jr. Community Center into a festive autumn marketplace - a perfect setting to showcase our lovely herbal products.

With your support, the herb enthusiasts of Houston and surrounding communities enjoyed shopping, sampling, and learning about the importance of herbs and our wonderful South Texas Unit.

Thanks for volunteering and giving the South Texas Unit your time, energy, and commitment.

**Donna Wheeler** and **Donna Yanowski**  
Herb Fair Co-Chairs





**Herb Crafts**



**Herbal Jellies**



**Herbal Activities**



**Of course the herbs!**



## **HERB FAIR EXPENSES**

Members and committee chairs - remember to submit the documentation (STU Reimbursement Form) with attached sales receipts to **Janice Stuff**, Treasurer, for your reimbursement.

***DUE DATE Dec. 1, 2019***



## **HERB FAIR VOLUNTEER HOURS**

Members - remember to record your Herb Fair volunteer hours in the Membership Log Book at our next meeting on **Nov. 20<sup>th</sup>**



## Back to Our Roots!



Thanks to everyone who grew, harvested and dried herbs for our tea. After encouraging members to grow red stem apple mint, I am happy to say we had all the mint that we needed! This coming year we need to focus on adding more lemon verbena and lemongrass to our gardens, something we could have used more of.

Our butterfly pea tea was well received and we sold all we made. I saved seeds and plan to pass them to interested growers at the evening November Meeting.

Our push to grow holy basil was also a success. The holy basil tea blend also sold out. I hope more of us can grow and harvest these two useful heat-loving herbs in the coming season.

We used our homegrown calendula petals in some of the fragrance products at the fair and I am sure we can find even more uses for this awesome plant next time around. Calendula seeds can be sown

directly in the ground, planted in pots, or it may grown as a set plant purchased from a nursery. Sunny well-drained soil of course... For more information, hop on to the website [The Herb Society of America](http://www.theherbsocietyofamerica.com).

Julie Fordes



**Time to grow Calendula!**

## Crafting Herbal Gifts for Christmas



**Dianne Duperier**, member of the Southeast Texas Unit of The Herb Society of America will be demonstrating some great ideas on what to do with herbs that include creating herbal mixes, herbal rosemary and garlic oil, herbal vinegar, herbal drawer sachets, decorative note cards, pesto blends, rosemary angels, rosemary nuts, and much more. These will make great herbal holiday gifts. Come join the fun.

Saturday November 9, 2019 11:00 -12:00

[Wabash Feed and Garden Store](http://www.wabashfeedandgardenstore.com)

4537 N Shepherd Dr, Houston, TX 77018





## What's Happening at Our November Day Meeting?

*The color  
BLACK  
has been  
associated most with  
mystery and  
somberness.*



*Come  
hear and see  
why nature in  
BLACK  
is undeniably  
ALLURING!!!*

November Day Meeting Tuesday  
November 12 at 10:00 a.m.

The program "*The Allure of Black Flowers*" will be  
Presented by **Elayne Kouzounis**.  
Cherie Flores Garden Pavilion in Hermann Park.

Bring a pot luck dish to share for lunch.  
The meeting is open to the public.

PLEASE JOIN US SATURDAY, NOVEMBER 16, 2019  
AT THE **BETTY AND JACOB FRIEDMAN HOLISTIC GARDEN**, RICE UNIVERSITY  
For a special Garden tour for Herb Society Members, Friends, and Guests  
11:00 AM - 1:00 PM



AND WEDNESDAY, NOVEMBER 20 AT THE  
**CHERIE FLORES GARDEN PAVILION**, HERMANN PARK  
For a special HSA-STU Evening Meeting  
*Holistic Gardening for Health and Happiness*, presented by **Joseph Novak, PhD**,  
Director of **The Betty and Jacob Friedman Holistic Garden**, Rice University  
6:30 PM - 9:00 PM





## Whats Coming Up?

### HOLISTIC GARDENING FOR HEALTH AND HAPPINESS

Karen Cottingham

*All of us have had the experience of wandering through a lush garden or a timeless desert, walking by a river or an ocean, or climbing a mountain and finding ourselves simultaneously calmed and reinvigorated, engaged in mind, refreshed in body and spirit. The importance of these physiological states on individual and community health is fundamental and wide-ranging. (Oliver Sacks "Why We Need Gardens")*



"Calmed and reinvigorated, engaged in mind, refreshed in body and spirit" (Dr. Oliver Sacks)  
This was one of Dr. Sacks' favorite paths in The New York Botanical Garden.

**Oliver Sacks, M.D.** (1933-2015), is one of the best-known and best-loved of all writer-physicians. As a physician, he is revered for his thoughtful and compassionate care of patients stranded in their sometimes appalling neurological predicaments. And over his forty-five year long writing career, he gently taught us how to respect and accept, rather than avoid, those with neurological differences by sharing their extraordinary case histories.

Dr. Sacks was also a passionate lover of nature who found delight - as well as refuge - in gardens, parks, and wild nature. He was an ardent advocate for urban parks and gardens. "I have lived in New York City for fifty years," he relates, "and living here is sometimes made bearable for me only by its gardens". Whenever he could, the brilliant neurologist rose early to start his day in The New York Botanical Garden.



Debbie Becker, who, while a student, was one of Dr. Sacks' regular walking companions, described sitting with him on a bench "surrounded by red roses...the bees buzzing around us, and he would talk about relationships in nature and how fantastic they are."



"In many cases, gardens and nature are more powerful than any medication" (**Dr. Oliver Sacks**)

She goes on to describe "all the wonder in his eyes", and how "he found a magic tranquility walking the paths of the forest, inhaling the fragrance of the flowers, and finding peace in the blowing of the wind through the trees."

Oliver Sacks also wrote about the tranquility he experienced in nature and gardens. Again, in "Why We Need Gardens", he made the following observations:

*As a writer, I find gardens essential to the creative process; as a physician, I take my patients to gardens whenever possible...I cannot say exactly how nature exerts its calming and organizing effects on our brains, but I have seen in my patients the restorative and healing powers of nature and gardens, even for those who are deeply disabled neurologically. In many cases, gardens and nature are more powerful than any medication.*

"Why We Need Gardens" is an insightful, previously unpublished work found in [Everything in Its Place: First Loves and Last Tales](#) (2019). This posthumous collection of Sacks' essays includes some of his most elegant meditations on humanity and the natural world.





“Why We Need Gardens” is also a superb introduction to the November 20 Herb Society Program ***Holistic Gardening for Health and Happiness***. Our speaker, **Joseph Novak, PhD**, serves as the Director of **The Betty and Jacob Friedman Holistic Garden** at Rice University and has spent most of his professional life developing the academic field of “**sociohorticulture**”. Scientists engaged in sociohorticultural studies examine the many ways that gardening and contact with nature can enhance our physical wellness, our emotional well-being, the vitality and quality of life in our communities, and even our personal creativity. In other words, sociohorticulture is the formal study of “Why We Need Gardens”.



**Dr. Joseph Novak** and Environmental Sustainability student **Mark Flanagan** examining okra for beneficial insects in **The Betty and Jacob Friedman Holistic Garden**.

Dr. Novak received his Ph.D. in vegetable crops from Cornell University and enjoyed a 32 year-long career in Horticultural Sciences at Texas A&M University. He is now affiliated with Rice University, where he teaches Environmental Sustainability: The Design and Practice of Community Agriculture.

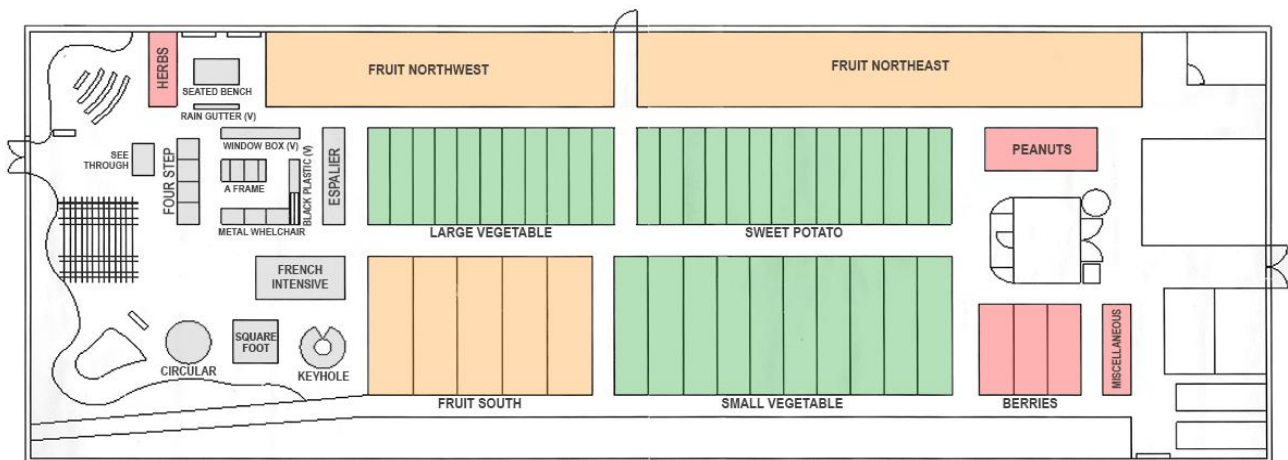


And as Director of **The Betty and Jacob Friedman Holistic Garden**, he has created a peaceful, productive garden-classroom where plants, along with the people who tend them, are flourishing. It's a demonstration garden with something for everyone - from the beginner eager to get started to the seasoned gardener interested in adopting new methods. People of all ages and physical abilities are encouraged to come and discover for themselves the benefits of planting, nurturing, harvesting, and consuming their own produce. The Holistic Garden is applied sociohorticulture at its finest.

Dr. Novak explains how his interest in sociohorticulture began:

*Sociohorticulture has been my area of interest for many years. Growing up on a family farm in Ohio, I didn't fully appreciate how fortunate I was to live fully engaged with nature. At first I steered my education to learn how to improve the quality of the crops we grew. My view changed while I was in a special two-year program helping farmers in the Philippines, however. The farmers were poor, but they strongly felt the connection between their work, their community, and the natural beauty around them. It seemed as though they were in touch with something the US was losing with the advent of corporate agriculture. That journey inspired me to study how contact with gardens and nature can create social benefits at every level, from individuals to special populations to entire communities.*

And now his journey has led him to **The Betty and Jacob Friedman Holistic Garden**.





A central principle of sociohorticultural practice is to encourage and facilitate gardening activities for all individuals and all communities. The dedicated teacher and mentor emphasizes, as well as exemplifies, this commitment to service:

*Community service, the willingness to help others by sharing the knowledge that we have learned, is vital to the success of our public and private institutions. Education is not complete unless that education is shared with those less fortunate to help improve their lives.*

The Holistic Garden is a great source of ideas for those who have health challenges but still want to garden. There are planters with built-in seating for those with back pain or limited endurance and beds of various heights and designs for people in wheelchairs. An ingenious planter box design features a toe recess at ground level to prevent gardeners with balance problems from falling. Dr. Novak and his students and volunteers are currently working on a display of ergonomic and adaptive gardening tools for gardeners with disabilities or physical limitations.

And to inspire those with limited space, Dr. Novak has created vertical wall plantings, displays of vegetables grown in hanging rain gutters, a French intensive gardening area, and an African-style keyhole garden.



Rows of fall lettuce and collards ready to harvest.  
The splashes of crimson in the back of the garden on the right are roselle.





The half-acre site is packed with vegetation - tidy rows of leafy vegetables next to towering okra, espaliered figs framing an expansive patch of sweet potatoes, and citrus trees loaded with fruit. Crimson seed pods flash like semaphores from the sprawling roselle in the back and fiery plumes of celosia spill over onto the pathways.

The garden-classroom also includes a medicinal herb garden, a butterfly garden, and shrubs and trees specifically planted to attract and protect songbirds. A composting area has just been installed and soon there will be an apiary that will house Rice's own colony of honeybees.

In addition to these educational features, The Holistic Garden offers a peaceful space, so essential in an urban setting, to simply slow down and connect with nature. It's a place where one can listen to birdsong, watch a dragonfly dart about, and take in the timeless fragrance of the earth and its vegetation. It's a sanctuary where one can find peace, clarity, and direction - where tangled thoughts slowly become coherent and tightly-coiled emotions can unwind and come into balance.

Oliver Sacks experienced similar feelings while exploring Rota, a remote island in the Northern Marianas. Finding himself synchronized with the "deep time" of the jungle, he marvels at how an alignment with nature "brings a deep peace with it, a detachment from the timescale, the urgencies, of daily life... Standing here in the jungle, I feel part of a larger, calmer identity; I feel a profound sense of being at home, a sort of companionship with the earth." ([The Island of the Colorblind](#) (1997))

Especially in our highly "unnatural" environments - urban, fast-paced, noisy, and chaotic - we need these quiet places where we, too, can feel the deep peace of "a larger, calmer identity".



The view of the Texas Medical Center through the Holistic Garden's espaliered figs.



Without a regular communion with nature, a “sort of companionship with the earth”, as Dr. Sacks puts it, we become vulnerable to the destabilizing effects of urban life. We need a counterbalance to offset the concrete buildings and roadways choked with traffic at rush-hour; we need a respite from aggression, competitiveness, and mental and emotional overload. Now, more than ever, Dr. Sacks cautions, we need the restorative and healing powers of gardens.

*The role that nature plays in health and healing becomes even more critical for people working long days in windowless offices, for those living in city neighborhoods without access to green spaces, for children in city schools, or for those in institutional settings such as nursing homes. The effects of nature’s qualities on health are not only spiritual and emotional but physical and neurological. I have no doubt that they reflect deep changes in the brain’s physiology, and perhaps even its structure. (Oliver Sacks “Why We Need Gardens”)*



“Finding ourselves simultaneously calmed and reinvigorated” (Dr. Oliver Sacks)

A spectacularly unconventional combination of exuberant celosia and restrained zinnias in **The Betty and Jacob Friedman Holistic Garden**.



## *Herbs Make Scents*

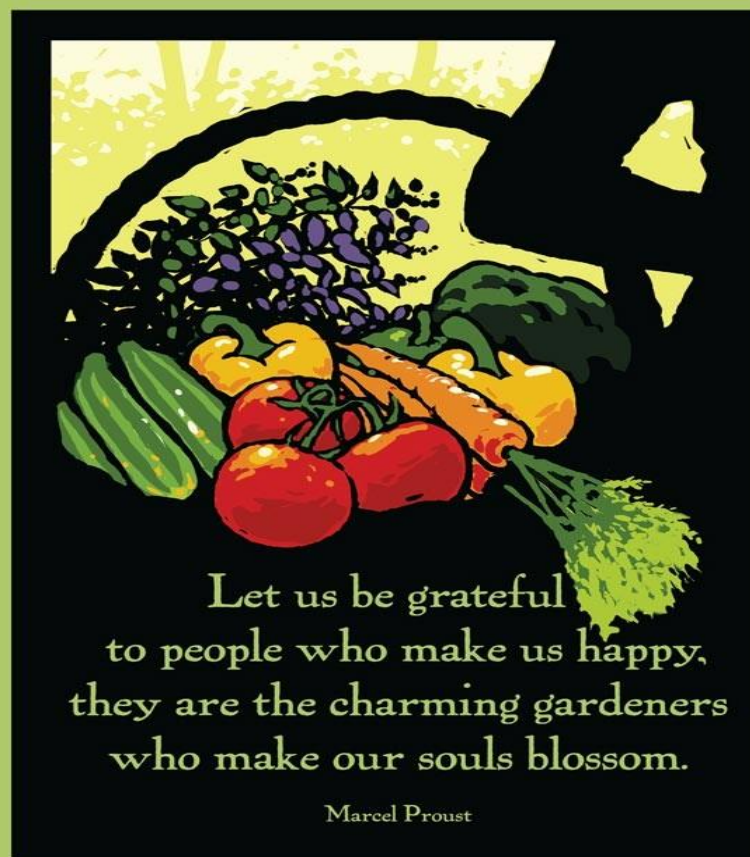
**November 2019**

Please join us for **The Betty and Jacob Friedman Holistic Garden** tour with Dr. Novak on November 16 or visit soon on your own. The garden is located on the Rice University campus, south of the Rice Media Center, at the corner of College Way and University Blvd. We will meet at the garden at 11:00 am and friends and guests are welcome.

And on November 20, 2019 Dr. Novak will share some of the insights he has gained from a career spent studying sociohorticulture. His Herb Society program ***Holistic Gardening for Health and Happiness*** will be of interest to teachers, parents, health professionals, and gardeners - basically, everyone interested in physical, mental, and emotional health.

The South Texas Unit of The Herb Society of America is dedicated to sharing “The Use and Delight of Herbs” and welcomes all interested guests to our meetings. There is no charge to attend. We meet in the **Cherie Flores Garden Pavilion in Hermann Park, 1500 Hermann Drive**. You may enter the Pavilion’s free parking lot where Crawford Street T-intersects with Hermann Drive.

Hostesses and others interested in setting up the tables and displays can start arriving at 6:00 pm. Other members and guests will gather at 6:30 pm; the potluck dinner will start around 7:00 pm, and the program will begin a half-hour later. ■







Home

About Us

Growing Herbs

Using Herbs

Herb Profiles

Contact Us

*The Herb Society  
of America -  
South Texas Unit*



## Monthly To-Do List

On our website ([www.herbsociety-stu.org](http://www.herbsociety-stu.org) [Monthly To-Do List](#)) we feature South Texas member **Beth Murphy's** Monthly To-Do List. This is a great opportunity to start planning for the upcoming cooler temperatures and ready for spring.

*Happy Thanksgiving*

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  
Houston, TX 77265-6515

Find our Unit on the web at:  
[www.herbsociety-stu.org](http://www.herbsociety-stu.org)



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.

