

# Herbs Make Scents

THE HERB SOCIETY OF AMERICA  
VOLUME XXXIX, NUMBER 8



SOUTH TEXAS UNIT  
AUGUST 2016

Editor –Linda Alderman ewalderman@comcast.net

## Aug. 2016 Calendar

**No meetings are scheduled.** Harvest your gardens for Herb Fair!  
Keep an eye on your inbox for any workshop notifications.

## Sept. 2016 Calendar

**Day Meeting** is TBD, check your email for information!

**Sept 21** – Wed. 6:30 p.m.

**Evening Meeting** at the Cherie Flores Pavilion in Hermann Park (1500 Hermann Drive, Houston, TX 77004), hosted by Benée Curtis & Jacqui Highton. Program: "Some Like It Hot - *Really* Hot!", presented by Henry Flowers, Director of Gardens & Grounds for the International Festival-Institute in Round Top. **Bring your plate, napkin and a dish to share.**

**Newsletter deadline: 25<sup>th</sup> of every month**

**Submissions should be at most 1 page in Times New Roman 12**



## Members' Concerns

**Beth Murphy** – mother's illness  
**Sally Luna** – husband, Dick's illness  
**Lucia Bettler** – husband, Michael's illness  
**Janis Teas & husband**, John both illness  
**Shirley Mills** – daughter's illness





## Chairman's Corner

The November Herb Fair is an annual tradition of the South Texas Unit of The Herb Society of America. It is a wonderful event for members and the community alike. While the primary purpose of Herb Fair is to raise funds that support the activities of the STU, it is also a great opportunity for members to work together, make new friends, and raise community awareness of the HSA-STU.

Herb Fair is also a terrific venue through which we can attract new members. Dick and I attended our first Herb Fair in the S.P. Martel auditorium located on the campus of the Greek Orthodox Cathedral in Montrose back in the 1970s. We had only a balcony garden back then and purchased our first herbs and some herbal products. After attending a few Herb Fairs, Dick decided that we should join the HSA-STU. Had it not been for that first Herb Fair, I never would have become a member. While Dick dropped out because he did not care for crafts, he has always been a loyal supporter of Herb Fair and looked forward to being a cashier every year until five years ago. But he still makes certain that I purchase enough plants and blends every year!

In earlier decades, STU members created a veritable marketplace of unique, herbal products, including mustards, butters, vinegars, breads, and pestos. But over the years, "foodies" have become fascinated by ethnic flavors, herbs, and spices. Local grocery stores have responded by filling their shelves with the types of herbal products we once exclusively offered.

Our group now concentrates on offering healthy plants and specialty, culinary herbal blends, small seasonal crafts, and high quality herbal soaps, scrubs, and creams - all made by members. We also provide something that our customers cannot get from any stores or other groups in Houston: herbal gardening, cooking, and crafting advice based on our scholarly programs, culinary expertise, and hands-in-the-dirt experience. And we do it with joy and enthusiasm!

I am particularly excited about our new venue at the Judson Robinson Community Center, which is located in the densely populated area north of Hermann Park.

While most people in this area live in small condos with only a balcony for gardening, there are also large properties nearby that have extensive gardens. This mixed market area in close proximity to Herb Fair gives us ample opportunity not only to sell our products, but also to attract new members.

For example, we can easily tailor the presentation of some of our products in a way that attracts "urban balcony gardeners". We plan to provide herbs suitable for container gardens and engage customers in pop-up talks offering gardening and cooking advice for beginners. This practical form of community education is something that all members can offer as they help customers in the plant sales area. Customers appreciate it, and it's great fun for us as well!

*We Are The Herbal Experts in Houston!* Let's determine the best ways to share our herbal expertise so that our customers not only enjoy Herb Fair and the products they purchase, but also decide to become members! This is a challenge that we can meet only with **your** thoughts, creativity and action. And don't be shy about sharing your ideas. **A successful Herb Fair depends on you!**

**Attention New Members!** We are especially interested in **your** fresh ideas. Many of us have done this for 25 years or more. Let's combine our experience with your new ideas and suggestions. Share your creativity with us, and please don't be bashful. I *like* to listen and learn! My philosophy is "*nothing ventured, nothing gained.*"

All the best to each of you as we move forward with plans for Herb Fair.

Sally Luna  
Unit Chair





## About Our Meetings

### Day Meeting - July 12<sup>th</sup>

Attending the day meeting were Martha Burg, Janice Dana, Pam Harris, Jacqui Highton, Joan Jordan, Lois Sutton, Janice Stuff, and Donna Yanowski. Donna is one of our newer members and we are so pleased she is becoming an active member. Thank you, Lois, for opening your home to the group!

The group planned a theme for programs for the 2016-2017 year. It will be Native Plants. Our national HSA website has great resources we can use for researching our programs.

-Thelma Rowe



### MEMBERSHIP REPORT by Albert Ramos

It's July, and the heat is on! If you weren't traveling and escaping the heat and humidity, then you'll have wished you were at the July 20, 2016 evening meeting of the HSA-STU. The weather was cool (inside the Cherie Flores Garden Pavilion), and the views were lovely (pergolas, gardens, water feature, and "the goat trail" mountain). Not quite The Hamptons in the summer season, but we had something they didn't: Member **Janice Stuff, RD**. Janice spoke about the fascinating way that the food product development community analyzes and sets food trends in a discussion entitled, *From Plant to Plate: Popular Herbal Food Trends and the Food Industry*.

17 members and 10 guests not only learned about the complex work that goes into developing and making a food trend, but we also gained some insight into why "all those additives" are in something that is supposed to be just like homemade (it has to do with stability and shelf life). Janice enhanced the presentation with samples of traditional foods with new flavor profiles. To top it off, she also brought two door prizes. Members who attended the meeting and who also completed and turned in their annual **Herb Society Questionnaire** were eligible for these "new food trend" prizes. **Joan Jordan** and yours truly were the lucky winners!

Speaking of trends, we should note that our HSA-STU has been enjoying the trend of interesting guests for a solid year now. Tonight was no exception. The guests' talents and interests ranged from engineering to translating operas and plays into English from Italian, Spanish, German, French, and Latin. We also hosted a Master Gardener and a Master Naturalist in attendance.

**Susan Wood** and **Sara Diaz** were tonight's hostesses. We particularly enjoyed the fruit and mint flavored water that Sara brought as well as Susan's lemongrass tea with its surprise ingredient, bay leaf. They also brought lovely flowers and greenery from their gardens to make the drink section look lovely. Thank you, Susan and Sara!

There will be no meeting for August, but we certainly hope to see you at the September evening meeting. **Henry Flowers** will be talking about chili peppers. Should be hot stuff! Spread the heat and bring a guest to the next STU meeting.

# Herb Fair

## South Texas Unit

### Setup Friday Nov. 4 - - Sales Sat. Nov. 5

#### Welcome and Updates

The South Texas Herb Society will host the 44<sup>th</sup> Annual Herb Fair on Nov. 4 and Nov. 5 at the Judson Robinson Center. Address: 2020 Hermann Drive, Houston, TX 77004

#### Herb Fair Co-chairs:

Janice Stuff [jestuff@pdq.net](mailto:jestuff@pdq.net) 713-516-5748  
Donna Yanowski  
[donnayanowski@gmail.com](mailto:donnayanowski@gmail.com) 713-524-3542.  
Janice and Donna will be contacting or calling each of you to seek your help with an activity so you may contribute and support the Herb Fair.

We are looking forward to all members and guests helping in the preparation for our Herb Fair and on the sale days. **Participation in fair preparations is an expected commitment for all members.** It is a great learning and enjoyable experience for everyone!

The **Pre-order form** will be posted and emailed to you by early October. Plan to pre-order your items which bring savings to the Unit.

#### Blends

**Lead contact: Nutti Doodeheefver**  
[baggetx@yahoo.com](mailto:baggetx@yahoo.com); 713-667-7939.

Members can help by attaching the printed labels on herbal packets. Nutti will bring blends to the night craft workshop for assistance.

#### Crafts

**Lead contacts: Pam Harris**  
[prharris014@gmail.com](mailto:prharris014@gmail.com); **Lois Jean Howard**  
713-771-0172. The craft group leaders have planned projects.

#### Workshop is planned for:

**Thursday, September 22, 7 PM** at the Judson Robinson Community Center, 2020 Hermann Dr. If possible bring with you basic craft supplies, scissors, needles/pins, etc. **RSVP Pam Harris at 713-661-1109** or email at [prharris014@gmail.com](mailto:prharris014@gmail.com)

#### Pickup /Set-up /Clean Up /Take Back

**Lead contact: Janice Stuff**  
[jestuff@pdq.net](mailto:jestuff@pdq.net) 713-516-5748

**Pickup:** We still need at least 3 persons on Friday morning to meet at our storage Unit, and help load materials and display equipment used to cover tables, and display products.

**Set-up:** On Friday afternoon volunteers are needed during the first hour will be devoted to unloading and setting up the plants. The remaining hours volunteers needed to set up remaining product areas, checkout areas, break room, etc.

**Clean-up:** On Saturday, after closing, members need to help cleanup, pack any remaining products, and supplies.

**Take Back:** We still need at least 3 persons to take back supplies and equipment back to our storage Unit.

#### Fragrance /Soap

**Lead contact: Karen Cottingham; 713-524-0414.** Karen may need help wrapping or labeling products (setup day) or on other projects (Aug-Nov.)

#### Jelly

**Lead contact: Lois Sutton**  
[doctorlo@comcast.net](mailto:doctorlo@comcast.net) 713-862-8857.

Always a sell-out, jellies are very popular and an interesting product to learn how to prepare. Tasks include making jelly, labeling & putting on decorative caps. Teams of not more than 3 people so if you're interested, please call Lois to sign up for a shift!

#### Workshops are planned for:

**Thursday, Sep 22, 9 am – 1 pm.**  
**Saturday, Sep 24, 9 am – 1 pm.**  
**Thursday, Oct 6, 8:30 am – 1:30 pm.**  
**Friday, Oct 7, 9 am – 1 pm.**



# Herb Fair

## South Texas Unit

### Setup Friday Nov. 4 - - Sales Sat. Nov. 5

#### Kitchen/Break Room

**Lead contact:** TBA--Any Volunteers? ?

Member needed to shop for food and beverage to sustain working members during Herb Fair sale day (Paid by unit, amount budgeted). Members are needed to work in the break room area during Herb Fair.

#### Publicity

**Lead contact:** TBA --Hopefully, Susan Wood will agree to coordinate publicity. She does a masterful job and has obtained extraordinary placements in newspapers and media. Lois Sutton manages the frequent email blasts that publicize the Herb Fair to guests.

**All members are needed to help with publicity.** Tell your family, friends, and share the Herb Fair flyer (electronic file will be sent to members).

We want to contact all the major Apartment projects, Townhomes, and Lofts that are in the immediate area of Judson Robinson and the Hermann Park Area.

#### Website and Flyer

**Lead contact:** Benée Curtis

[bccurtis5@comcast.net](mailto:bccurtis5@comcast.net) Benee skillfully manages the unit's website, keeping up to date announcements related to the fair; and creates the promotional flyer for Herb Fair.

#### Plants

**Lead contact:** Janis Teas

[jteas@sbcglobal.net](mailto:jteas@sbcglobal.net)

Janis Teas will order plants from vendors. Members needed on set-up day to help unload plants and place on tables according to Janis's arrangement plan. Members needed to work in the plant area on sale day. In the event we have any leftover plants and you know a volunteer group or garden to arrange for a donation pickup, please give this information to **Janis Teas, or Sally Luna** [sallyl@heritagetexas.com](mailto:sallyl@heritagetexas.com)

#### Preorder Form

**Lead contact:** Lois Sutton

[doctorlo@comcast.net](mailto:doctorlo@comcast.net) 713-862-8857.

Lois will finalize the **Preorder Form** that is available as a download from our website for guests and distributed to members. Members are encouraged to pre-order. Not only does it help production teams estimate the amount of products needed, presales are not calculated into the City of Houston sales/use percentage fee. Lois also coordinates the cashiers, oversees income and expense reimbursements.

#### Saturday, Nov. 5 Working Posts – to Cover

- Greeters/Door Monitors
- Parking outside Coordinator
- Membership signup table
- Sales and herbal informational personnel at Plants, Crafts, Jellies, Blends sections
- Cashiers
- Breakroom monitors



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



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](http://www.herbsociety-stu.org)

***Herbs Make Scents – July 2016***