

# Herbs Make Scents

THE HERB SOCIETY OF AMERICA  
VOLUME XXXVII, NUMBER 6



SOUTH TEXAS UNIT  
JUNE 2014

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## June 2014 Calendar – No open meetings in June

**June 8** - Sun. – 1 p.m.

**Unit Annual Meeting** at the **West Gray Multi-Service Center (1475 West Gray)**.  
Meeting for members only.

**June 19 - 21**

**National Annual Meeting in Concord, CA**

## July 2014 Calendar

**July 8** - Tues. – 10 a.m.

**NEW Venue!!**

**Day Meeting** at To Be Announced. *Picnic in a Garden* by To Be Announced. Bring a dish to share.

**July 16** - Wed. - 7 p.m.

**NEW Venue!!**

**Evening Meeting** at the the **West Gray Multi-Service Center (1475 West Gray)** hosted by Nutti Dodeheefver and Beth Murphy. *Foods from the Americas* by Sally Luna. Bring your plate and napkin and a potluck dish to share. Meeting open to the public.

## Annual Dues Deadline

It is time for your annual membership renewal in The Herb Society of America and the South Texas Unit. Dues are payable from now until mid-June.

Please make your check payable to: HSA, South Texas Unit

You may bring your payment to the June annual meeting  
OR you may mail it to me at:

Lois Sutton  
702 E 8 ½ St  
Houston TX 77007-1716

**If there are any changes in demographic information (name, mailing address, email address, phone number, etc.), please let me know at the time you remit your dues.**

Thank you!  
Lois Sutton, Ph.D.  
Unit Treasurer

## Happy Birthday!

6/1 Henry Flowers  
6/5 Emily Delaune  
6/22 Tamara Gruber

7/1 Nita Rowe  
7/7 Suzanne Wessels  
7/10 Gloria Hunter  
7/15 Sally Luna  
7/17 Joyce P. Taylor  
7/28 Jeanie Dunnihoo

## "LIKE" us on Facebook

The Herb Society of America, South Texas Unit has a Facebook page now. "Like" us if you want to see our updates.





## Evening Meetings now at the West Gray Multi-Service Center

### Save the Dates...

**South Central District  
Gathering**  
Fredricksburg, Texas  
**September 19 – 20th**



### **The Arbor Gate**

15635 FM 2920 Rd, Tomball.  
Free. 281-351-8851, [www.arbortgate.com](http://www.arbortgate.com)

### **Junior Chef/Growing and Cooking with Herbs**

by Stephanie Baker.  
**Thurs., June 12:** 9 a.m.-12:30 p.m.

coordinating and designing the over-all signage and décor for the festival.

Start saving now!! Save flats, flats and more flats. We want to give every patron their own personal flat so that shopping will be easier. Hopefully this practice will encourage the purchase of more plants.

Pam Harris, Lois Jean Howard and Karen Cottingham are planning exciting new crafts and products. Everyone will want to want to participate in their workshops. Bring your calendars to the Annual meeting on June 8.

Look for more information next month about our new Festival Features: Nature's Vitamin Shoppe and One-Minute Makeovers for Everyday Meals!

### Herb Fair Updates

by Sally Luna

We are the Herbal Experts! Join us

Wish everyone had been inclined to join in our planning meetings. Great ideas have surfaced. The Festival will be November 1, 2014, Saturday, one day only, because Halloween is on the Friday before. Hours are 9-3 with the first hour 8-9 for pre-order patrons. We have a perfect new venue for Herb Festival 2014, the gym at the Metropolitan Service Center on West Gray. It is a wonderfully large space which will accommodate our entire production including vendors. This facility has much better parking, a place for a food truck and a class room for lecture/ demonstration. Set up will be on Friday October 31<sup>st</sup> starting at noon.

It looks like we may have space for two more vendors... Do you have any suggestions? We plan to have craft consignors? Do you have any suggestions? Let us know.

We have decided to add a new category, Pass-Along Plants from our members' gardens. These will be different plants that will not compete with the herbs that we sell. The Plant Committee, headed by Janis Teas, will oversee and supervise this new endeavor. Start potting-up your favorites now. This is great way to share our personal gardens with other plant lovers.

Lois Sutton has designed new botanical signs that will help our customers shop more easily. Carol Cobb is





## The Traveller's Friend

by Karen Cottingham

If you had a no-longer-young friend about to make the challenging trip to the Peruvian Andes to experience the mysteries of Machu-Picchu, what herb would you send with her to encourage and energize her on this arduous journey? If you had an adventurous young friend setting out for Spain with his brother to bicycle the centuries-old pilgrimage route, "El Camino", what herb would best express your heartfelt wishes for a safe, exhilarating and not-too-uncomfortable trip?

Reflect for just a moment before reading on. Which herbs come to your mind? Think about those challenges of travel in earlier times which gave rise to the many herbal legends and folklore cures and preventatives. Travel then was associated with grave dangers indeed: marauding bandits, wild animals, snakes, sudden changes in weather, losing one's way, illness, injury, exhaustion and starvation. There was also the constant fear of evil spirits, witches and demons. No wonder protective and strengthening rituals, charms and talismans developed! Only a fool would embark on a dangerous or rigorous journey without first obtaining or at least appealing to plants or other materials with known safeguarding powers.

What herb would you send? Have you thought of the "Traveler's Friend"? This herb, according to many traditions, has special and specific powers to protect road-weary travelers from misfortune and to ensure safe journeys.

Amulets of this herb were believed to protect the traveler from fatigue, sunstroke, wild animals and evil spirits. Legend has it that St. John the Baptist wore a cingulum, or belt, of this herb in the wilderness, giving rise to one of its names, St. John's Plant. Roman soldiers planted this herb by the roadsides throughout the Empire so that passing soldiers might always be able to put a few leaves in their sandals to relieve aching feet.

Many of you already recognize the "Traveler's Friend" as Mugwort (*Artemisia vulgaris*), currently honored along with the other artemesias as the 2014 Herb Of The Year. For those who are not familiar with "The Mother of Herbs", this is an herb you will enjoy getting to know.



Mugwort's rich history and folklore conveyed perfectly the sense of the "blessing" that I wanted my friends to experience on their special journeys. But for the "magic" and "benediction" to fully develop, I needed more than just the words and the legends. I needed to find actual Mugwort leaves quickly; and that, as you might imagine, was a bit of an unusual challenge. Unusual but

not impossible, since our dear friend Lucia can always be counted upon to rise to the occasion. Amazingly, Mugwort was just barely pushing up its tender springtime leaves in her front garden, just in time to travel to Peru and Spain to bless two pilgrimages. All part of the "magic" of friendship.

This is the message I sent my friends along with the Mugwort leaves:

May your trip be everything you hoped for.

To help you along the way, I am enclosing a few leaves of Mugwort, the herb known as the Traveler's Friend. Put them in your shoes and they will protect and invigorate you. According to German folklore, "you may go 40 miles before noon and not be weary."

Pliny the Elder also held Mugwort in high esteem. He said of it, "The wayfaring man that hath the herb tied about him feeleth no weariness at all, and he can never be hurt by any poisonous medicine, by any wild beast, neither yet by the sun itself."

Have a blessed journey.

My friend April has not yet returned from Machu-Picchu, but I have just spoken to Jon. He and his brother, Adam, read their letter aloud as they solemnly placed the Mugwort in their shoes and began their pilgrimage.



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Unfortunately, the brothers otherwise failed to equip themselves with the full protective regalia of the traditional pilgrim. They foolishly omitted the familiar pilgrim's staff, indispensable for centuries for fending off ferocious wolves along the way. This was a bad mistake. Having "slightly lost their way" in the deep of the night, they came upon a snarling pit bull that put the jaws of hell on full display.

Their young lives flashed before their eyes. All they could do was to put their bicycles between themselves and the demon pit bull. But at that instant, the most unlikely guardian angel imaginable came to their rescue. Roused by the ruckus, the murderous dog's inebriated owner came roaring out of the darkness, screaming to the dog that injuring pilgrims would bring a curse upon the entire household!

Miraculously, the young men were protected from calamity. Eventually, they returned home invigorated, healthy and energized. Was it the luck of the innocent? Or was it the intervention of the legendary Traveler's Friend?

## June To-Do List

From Buchanan's Native Plants  
11 E 11<sup>th</sup> Street Houston, TX 77008

<http://buchanansplants.com/>

**Planting** – Use larger containers to avoid frequent watering. Plant summer blooming perennials and annuals. Keep hanging baskets out of hot afternoon sun.

**Vegetable Gardens** – Enjoy your harvest of tomatoes, peppers, cucumbers, etc. You can still plant eggplants, squash, and pumpkins from seed. Keep an eye out for pests. Especially leaf-footed bugs on tomatoes. Provide water for birds nearby, as they sometime peck your fruit and vegetables seeking out moisture.

**Mowing** – Raise lawn mower blades to cut 3 inches high to retain moisture and prevent diseases and pests.

**Weeding** – Keep up with weeding in early morning hours. Make sure areas are mulched properly to reduce amount of sprouting weeds

**Pruning** – Pinch tips of coleus to avoid flowering and encourage bushier and compact growth. Remove spent blooms on spring and summer annuals to promote new blooms. Dead head young vitex trees to encourage

repeat blooms. Remove any diseased or insect damaged foliage on plants.

**Fertilizing** – Fertilize containers and vegetable beds with slow release organic fertilizers such as microlife or with a liquid fertilizer such as John's Recipe

**Water** – Deep root watering on trees, lawns and shrubs is best. It encourages roots to move down into the soil where they will be less susceptible to moisture changes. Avoid frequent short periods of watering. Keep your azaleas well watered as this is the time of year they are setting next years blooms. We have a variety of soaker hoses, sprinklers and gatorbags to help out with watering

**Pests** – Keep an eye out for pests as well as beneficial insects in your vegetable garden. Pick off pests by hand. Check for snails and slugs early in the morning, when they are active. Pests are very active this time of year, so check your garden daily!

**Birds** – Change water regularly in bird baths and keep them full.

**Humans**- Stay hydrated by drinking plenty of fluids, wear protective sun gear, use mosquito repellents and granules for protection from bites.

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 – June 2014***