

Herbs Make Scents

THE HERB SOCIETY OF AMERICA
VOLUME XXXIX, NUMBER 7



SOUTH TEXAS UNIT
JULY 2016

Editor –Linda Alderman ewalderman@comcast.net

July 2016 Calendar

July 12 – Tues. TBD

The Day Section eats out: Restaurant TBD

July 20 – Tues. 6:30 p.m.

Evening Meeting at the Cherie Flores Pavilion in Hermann Park (1500 Hermann Drive, Houston, TX 77004), hosted by **Susan Wood**. Program: “From Plant to Plate: Popular Herbal Food Trends & the Food Industry,” presented by **Janice Stuff**. **Bring your plate, napkin and a dish to share.**

Aug. 2016 Calendar

Aug.

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

Newsletter deadline: 25th of every month

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

Happy Birthday!



7/1 Nita Rowe
7/7 Suzanne Wessels
7/15 Sally Luna
7/28 Jeanie Dunnihoo

Members' Concerns

Elayne Kouzounis - illness

From the Annual Meeting: 6/12/16

- ❖ Minutes from 2015 annual meeting approved
- ❖ Treasurer's Report
 1. Budget approved for 2016-17
 2. Garden Fund Donations to be finalized at a later date
 3. Scholarships to be awarded to three highly qualified students
- ❖ Discussion – to be addressed at future board meeting
 1. Constant Comment
 2. Member appreciation
 3. Chair's travel



Chairman's Corner

Happy Fourth of July to all our Herbies and their families!

Enjoy waving the flag and eating hotdogs and barbecue laced with healthy doses of herbs and fermentation for taste and health. Be certain to wear your favorite patriotic clothes and medals.

We have had a momentous year with eleven new members. These women bring incredibly different talents, skills and professional accomplishments to our group. We welcome their participation, and contributions.

We have had wonderful programs presented by both guest speakers and members. We voted to have the evening meetings in the new Flores Pavilion located in the Centennial Garden of Herman Park. We have increased community awareness about the Herb Society of America and the South Texas Unit with articles in a community newspaper.

As we make plans for an even better new year, What about taking the **Pickle Pledge?**

"I will turn every complaint into either a blessing or a constructive suggestion"

"By taking the Pickle Pledge I am promising myself that I will no longer waste my time and energy on blaming, complaining and gossiping, nor will I commiserate with those who steal my energy with blaming, complaining and gossiping."

To paraphrase the lyrics of Edelweiss:

May we be inspired by the herbs of the earth
May we bloom and grow
Bloom and grow forever
And may the herbs of the earth invigorate our group forever.

Sally Luna
Unit Chair



From the Treasurer's Desk



Dues are still due!

Lois Sutton

Deadline for submission of the 2016 – 2017 membership fees is **July 31, 2016**.

Send in your dues payment **BEFORE** you go on summer vacation, **BEFORE** you go back into the garden to harvest herbs (planning ahead for Herb Fair), **BEFORE** that quick nap (because it's too hot, humid or wet to be in the garden!

Payable by checks to HSA-STU:

Active single \$67.50
Active single, Life \$12.50
Active joint \$98.75
Affiliate single \$12.50
Sustaining single \$80.00

Mail to: South Texas Unit, PO Box 6515,
Houston TX 77265-6515

Note: I will be at the July day group meeting and will accept payment there. I will not be at the July evening meeting.



New Member Moment

DEBRA BROOKS, CITY GIRL GARDENER



Please join us in welcoming our newest gardening member, **Debra Brooks**. While growing up in Georgia, Debra's favorite gathering place was always her family's backyard. With its centerpiece of a well-kept and

prolific vegetable garden tended by her parents and grandparents, you can understand how she grew to love gardening. Debra's own "hands on" gardening had to wait, though, while she navigated childhood, adolescence, marriage, raising her own family, and running her own business. Then, for her 50th birthday, her husband and son gave her the perfect gift - a backyard garden that they planned and built themselves, ready for her to fill with her favorite plants!

Not all of Debra's early garden ventures were successful, of course; but she learned from each challenge and soon became the "go-to" problem solver for all her gardening friends. She eventually created her own gardening web site, *CityGirlGardener.com*, which highlights healthy living combined with gardening and relationship tips. Debra's love of sharing plants, seeds, new ideas, advice, and recipes has given rise to an informal garden support group that calls itself "Garden Buddies". Debra also hosts "garden parties" at her home for each of the Spring and Fall planting seasons. Plants and seeds, as well as expertise and encouragement, are freely shared at these gatherings. Debra has conducted a workshop on Backyard Gardening at the new McGovern Family Garden at Hermann Park, and you can find her in her backyard garden on YouTube.

And best of all, Debra is busy sharing her new knowledge of herbs with her "Garden Buddies". We hope to see some of them at future HSA-STU meetings. Welcome, Debra

-Karen Cottingham



PAM HARRIS HONORED WITH CERTIFICATE OF APPRECIATION

Join me in congratulating our own dedicated, creative, and hard-working **Pam Harris** who was recently honored by The Herb Society of America. In recognition of her tireless support of the HSA-STU over the past twenty years, Pam was awarded the coveted Certificate of Appreciation. Pam has served as Unit Chair, but is best known for her many years of outstanding service as our Education Chair. In that position, Pam orchestrated many of our popular Spring Herb Day events. Herb Days under Pam's leadership have always been beautifully coordinated and educationally stimulating. Thank you, Pam, for all your hard work on behalf of our Unit.

Many of you know that Pam worked as a pre-school teacher when her children were young, but did you know that for years she was also a technical librarian at NASA? Pam was responsible for categorizing and storing all of the voice transmissions from the astronauts in space from the first moon landing in 1969 through the Apollo-Soyuz mission in 1975. What an exciting period of our country's history! Pam also organized all the technical transmissions from space for future scientific study. It's the hard-working people like Pam that make these great achievements possible.

Congratulations for your HSA recognition and Certificate of Appreciation, Pam. We appreciate you, too!

-Karen Cottingham



About Our Meetings

YOUR PLATE TRENDING: HOW OTHERS DECIDE WHAT YOU EAT by Karen Cottingham

Have you ever wondered how consumer preferences and popular trends are forecast? Consumer and cultural forecasting is Big Business - REALLY Big Business! Trend analysts have their fingers on the pulse of all imaginable consumer experiences: travel destinations (Cuba is hot now); runway fashion (Victorian romanticism is back - replete with ruffles, frills, and tassels); interior decorating ("Bold blues are the hues to use"); and even your health (personal DNA testing is just the tip of the iceberg). What about the contents of your refrigerator and pantry or the menu at your favorite restaurant? Food and beverage trends are no less aggressively analyzed, tracked, monitored, and - yes - even manipulated.

Janice Stuff has been looking at the fascinating way that the food product development community creates just the right, irresistible food or restaurant menu to seduce you, the consumer. Don't miss her unique presentation at the July 20, 2016 HSA-STU evening meeting, *From Plant to Plate: Popular Herbal Food Trends and the Food Industry*. Janice will discuss how culinary herbal food trends and your palate are shaped by this sophisticated combination of food science, culinary arts, and marketing. Food samples featuring complex, new herbal flavors will be available for you to taste and evaluate.

The July meeting will be held in the beautiful new **Cherie Flores Garden Pavilion** at 1500 Hermann Drive. The entrance to the Pavilion's parking lot is where Crawford Street T-intersects with Hermann Drive. The spacious meeting room is reserved for us from 6:30PM - 9:30PM to allow us plenty of time to socialize before and after the program.



TO THE JULY HUG MEETING!

It may be hot (*and* humid), but the garden must go on! If you need encouragement, come to the July 11, 2016 meeting of Houston Urban Gardeners, affectionally known as HUG. The unstoppable septuagenarian, **Mary Demeny**, will advise us on "*What to Plant and Do Now - Late Summer & Early Fall*". She plans to discuss herbs along with her usual vegetable recommendations. Mary has been gardening for seventy years now - so she knows her stuff! Don't miss this inspiring speaker.

We will also pay tribute to the founder of HUG, **Laurel Smith**, who passed away June 23, 2016. All of us who knew Laurel greatly respected and admired her. We can best honor her spirit by continuing to garden thoughtfully and generously. Memorial donations to HUG would also be gratefully received.

See you at 6:30PM, July 11, 2016 at the Multi-Service Center, 1475 West Gray. Construction is still in progress; so enter on the far right of the building. The program will begin at 7:00PM.

-Karen Cottingham



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

Herbs Make Scents – July 2016