

Herbs Make Scents

THE HERB SOCIETY OF AMERICA
VOLUME XLV, NUMBER 7



SOUTH TEXAS UNIT
JULY 2022

Co-Editors Linda Alderman (ewalderman@comcast.net) & Janice Freeman (janicehfreeman@comcast.net)

July 2022 Calendar

- July 7**, Thurs 6:30 pm **Westbury Garden Workday** at 12581 Dunlap Street, Houston, TX 77035
- July 12**, Tues. 10:00 am **Day Meeting** is Lunch out at Hungry's restaurant, 2356 Rice Blvd in the Village. **PLEASE RSVP to Pam Harris**, prharris014@gmail.com/713-398-0104 by July 8 in order to give time to make reservations for the group
- July 13**, Tues. 7:00 pm **Full Moon Ramble** (Zoom Gathering for Members Only)
- July 20**, Wed. 7:00 pm **July Lagniappe - Something Extra Evening Meeting** presented on Zoom. Two of the featured speakers at the HSA Annual Meeting in Charleston - botanist, forager, musician, and filmmaker **Celie Dailey**, and anthropologist **Faith Mitchell, Ph.D** the author of "Hoodoo Medicine", will combine their expertise about the Gullah-Geechee culture of the Low Country and their herbal medicines.
- July 21**, Thurs. 6:30 pm **Westbury Garden Workday** at 12581 Dunlap Street, Houston, TX 77035

August 2022 Calendar

- Aug 4**, Thurs. 6:30 pm **Westbury Garden Workday** at 12581 Dunlap Street, Houston, TX 77035
- Aug 9**, Tues. 10:00 am **Day Meeting** is TBD
- Aug 11**, Thurs. 7:00 pm **Full Moon Ramble** (Zoom Gathering for Members Only)
- Aug 17**, Wed. 7:00 pm **Evening Meeting.** "The Aromatherapy Medicine Chest" will be presented by **Fran Higgins**, licensed massage therapist, licensed aesthetician, and certified aromatherapist. Fran is retired from **Source Vital Apothecary**, and prior to that, she worked with **Lucia Bettler** at Lucia's Garden.
- Aug 18**, Thurs. 6:30 pm **Westbury Garden Workday** at 12581 Dunlap Street, Houston, TX 77035
- Newsletter deadline: the 25th of every month is strictly enforced (August Editor is Janice Freeman)**



Happy Birthday!

- 7/01 -Nita Rowe
7/07 -Suzanne Wessels
7/10 -Gloria Hunter
7/10 -Mary Nurre
7/15 -Sally Luna
- 7/17 -Joyce Taylor
7/24 -Laura Mullen
7/28 -Jeannie Dunnihoo

Herbs for Zodiac Cancer Sign
Sage, Aloe, Lemon Balm,
Bay and Parsley

[Horoscope Signs and Corresponding Herbs \(thespruce.com\)](http://thespruce.com)



Chairman's Corner

Greetings all,

Here are the highlights from our June 15 Annual Meeting:

- We approved our 2022-2023 budget
- We have renewed our Houston Botanic Garden Membership
- **Maria Treviño** will be our Treasurer for another 2-year term



This is all good news!!! Many thanks go to the members who participated in this process.

Our event "Herbs of the Summer Solstice" was a "joyful" occasion to quote one of the participants. There were about 25 people from the Herb Society, Westbury Garden and a few curious newcomers in attendance. First, **Karen Cottingham** led us in a discussion of the scientific and spiritual aspects of the longest day of the year. After that, we made fabric sunflower pins, painted prayer flags, sampled various herbal teas and chatted until the sun went down!

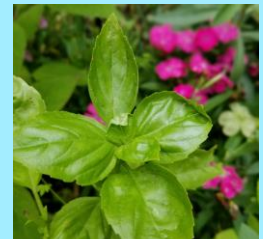
One of the things I have been doing since it's become so hot outside is going on our STU website (herbsociety-stu.org), and reading past issues of the newsletter. There is a treasure trove of information, recipes, and ideas that are timeless. I have particularly gone back to articles for ideas for cooling beverages. Check it out, and while you are there, PAY YOUR DUES!

Yes, it's time to pay dues. If you plan to join again, head to the website with your credit card. If your situation has changed, please contact our Membership Chair **Carolyn Kosclskey** and let her know if you are not joining again this year. Knowing your membership status is important for us to be able to complete the unit renewal process in a timely fashion.

That's all for now,
Stay Frosty,
Julie



Here's How to Pay Your Dues Online! Deadline July 31, 2022

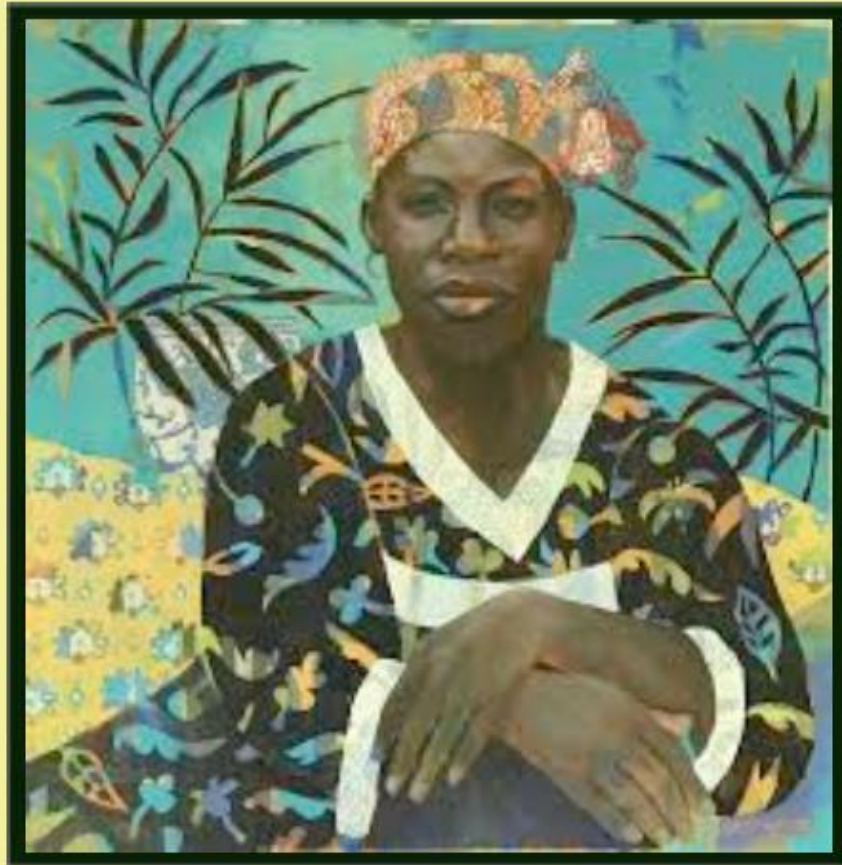


1. Click on this link (herbsociety-stu.org)
2. See the lime green box "What's New"
3. Click on the last bullet "Pay Annual Dues or..."
4. Click on the photo that looks like the one to the right

Or Mail to (HSA-STU P.O. Box 6515 Houston, TX 77265-6515)



**ANNOUNCING OUR JULY 2022
HSA-STU EVENING PROGRAM**



**“Plant Medicines of the Gullah-Geechee
People of South Carolina”**

Presented via Zoom by two of the featured speakers at the HSA Annual Meeting in Charleston - botanist, forager, musician, and filmmaker Celie Dailey, and anthropologist Faith Mitchell, Ph.D., the author of “Hoodoo Medicine”. Richard Porcher, Ph.D., well-known scholar, educator, conservationist, and Professor Emeritus at The Citadel - The Military College of South Carolina, will also be participating.

Art is “Seated Woman with Black Ferns” by Kevin Chadwick

Watch your email for further information



**WESTBURY COMMUNITY GARDEN
Herb Society Summer Schedule**



We are meeting on Thursday evenings @ 6:30 for the next couple of months. This is in addition to regular watering and harvesting.

JULY 7

JULY 21

AUGUST 4

AUGUST 18

ARE THE DATES FOR THE NEXT TWO MONTHS

In addition to your tools etc. bring a mug for tea. I'll bring hot water. Snacks will not be turned away.

Julie



Dry & Save These Herbs



Calendula Flowers	Red-Stemmed Apple Mint
Chamomile Flowers	Rose Petals
Lemongrass	Roselle (Hibiscus)
Lemon Balm	Rosemary
Lemon Verbena	Sage
Mexican Mint Marigold	Spearmint & Peppermint
Oregano	Stevia
Passionflower (New)	Thyme

Comfrey Too!

We will make our special tea blends & sell at our fundraising events.

Visit: [Harvesting, Storing & Drying Herbs](#)

BACK TO OUR ROOTS

Julie Fordes

The humblest tasks get beautified if loving hands do them.”

Louisa May Alcott, Little Women



We have many humble, boring tasks in our lives and drying herbs is sometimes one of them. This picture is from new-ish member, **Debbie Lancaster**, who made the work of drying calendula and butterfly pea into beautiful art. Thanks to **Janice Freeman** for adding a color filter on the mandala.

Working with plants affords us many opportunities to look for the beauty in the world even when it is 100°. Kudos goes to all the members who are braving the heat and taking care of the plants.

Speakers Bureau

Needed: A speaker for Thursday, **October 6 (2022) or February 2 (2023)** to speak to the Southampton Garden Club on growing and using herbs. They meet at 9 a.m. at The Raven Grill on Bissonnet. If you can speak to this group, please contact **Catherine O'Brien** at Vibrio13@gmail.com or call 281-467-1139. We need more participants for the Speaker's Bureau.

Catherine O'Brien spoke to the Grimes County Master Gardeners on Tuesday, June 14. She presented an informative talk on "Mediterranean Herbs," including a recipe for Italian Seasoning and Pesto. Everyone enjoyed the evening!





IT'S THAT TIME OF YEAR AGAIN! FINAL NOTICE TO SUBMIT YOUR VOLUNTEER HOURS

Carolyn Kosclskey, Membership Chair

Final Deadline: July 15, 2022

Final notice to submit your volunteer hours from July 1, 2021 through June 30, 2022. Collecting volunteer hours is an important job for each unit! We are asked by HSA to submit a sum of our member's hours each year.

Volunteer hours can take on many forms. Examples include, but are not limited to the following:

- Attendance at **live and virtual meetings**, including Pearls of the Pandemic meetings;
- Attendance at **Full Moon Ramble** events;
- Participation in **preparing for Unit Events** such as the New Member Orientation/Potluck on May 7, Herb Day and Herb Fair. This also includes time spent preparing and crafting articles sold at Herb Fair;
- Gardening at the **Westbury Community Garden** or a **school garden**;
- Education, such as **preparing and presenting for a group, writing a book review or article for the newsletter, or contributing recipes for the newsletter**
- Administrative work, such as **fulfilling a board position or appointed position**.

No need to itemize your hours, just send your total volunteer hours to stxu.membership@gmail.com.

Remember these hours can be in whole hours or half hours as needed (2 ½ hours = 2.5 hours).

Thanks herbies, you're the best!

Carolyn

Note To the members who have already submitted their hours, if an update to your total is needed, email me at the link above—it's not too late to change them.



Happy
Fourth of July!



HSA-STU MEMBERS AND GUESTS CELEBRATED
"THE HERBS OF THE SUMMER SOLSTICE"
WITH LAUGHTER, JOY, AND FRIENDSHIP



Enjoying the Summer Solstice Lagniappe are, clockwise, Dena Yanowski, Olympia Martinez, Donna Yanowski, Lucinda Kontos, Julie Fordes, modeling a sunflower pin on her hat, Tricia Bradbury, Mary Nurre, and Hazel Potvin.

Photos courtesy of Karen Cottingham,
who also painted the Great Ball of Fire prayer flag.



Looking for a few good gardeners at Pin Oak Middle School

Angela Roth, STU member since 2020, has a fabulous gardening project at **Pin Oak Middle School – 4601 Glenmont** next to HCC. Meet her there on Volunteer Day from **8-11 am on July 12th** for a tour of the student garden including making herbal bouquets. School starts up again August 22nd, so this is a great time to see what's growing and how you could help at the garden under Angela's leadership.

Currently they are growing rosemary, lemon verbena, lemon balm, lemongrass, mints, basils, sages, oreganos, passion vine, hyssop, echinacea, salad burnet, oreganos, garlic chives, and over 20 different roses! The "Ice Cream Blue Bananas" are fruiting right now. Wow! This sounds like a garden worthy of our support, especially if you have limited garden space in your own home or townhome. Angela has generously offered to donate some of the harvested herbs to our projects. In return she is asking for help with general gardening and weeding along with suggested recipes for the kids to use herbs at home.

Angela was featured as "Volunteer of the Month" for Houston Botanic Garden last fall with an in-depth look at her accomplishments. Among other things, she is originally from Atlanta, GA; served as a Naval Officer and studied at Le Cordon Bleu in London before moving to Houston with her family in 2000. Her enthusiasm for gardening and volunteering to share that knowledge with school children led to her current position with Pin Oak Middle School. I'm guessing we might learn a lot from working with Angela! Please plan to arrive between **8 - 11 am on Tuesday, July 12th**. Give Angela a call, text, or email so she will know you are willing to help now or in the fall. angelarothnews@gmail.com 713-569-2342.

Can you dig it?

Susan Wood



Kids feeding our hens leftover crawfish



One of the Pin Oak Beds



Lemon Balm needs freeing from weeds!



CHAI ANYONE? WHAT A WONDERFUL WAY TO START THE WEEKEND... WITH FRIENDS!



The smiles tell the story - Enjoying their chai experience are **Linda van Heeckeren** with **Elizabeth Grandich**, **Rose Wherry**, **Asal Shokati** with **Giselle Grandich**, **Virginia Camerlo**, **Joyce Wilkenfeld** assisting Asal, and **Palma Sales** giving Asal her full attention. Many thanks to **Asal Shokati** for a delightful presentation and **Elizabeth Grandich** for providing a lovely venue overlooking Hermann Park.

Photos courtesy of Karen Cottingham



A CONVERSATION WITH LAURA MULLEN

Carolyn Kosclskey, Membership Chair

Laura Mullen joined STU in 2020 and on July 1, 2022 will officially be the new HSA Treasurer and Chairperson of the Finance and Operations Committee.

Recently she and I chatted about life before STU.

- Carolyn* Laura, I first met you at Herb Fair 2021 when you were showing me a huge acorn from a Burr Oak tree in your front yard. At that time you told me you live in an older house in the Montrose area with 3 dogs, a cat, and 3 bee hives. What do you remember growing up as your first garden and herb experiences?
- Laura* I grew up in Austin as an only child, and as the oldest grandchild, I was very close to both my maternal and paternal grandparents that lived in the San Antonio area. My dad's mom lived on a 2-acre farm in the middle of San Antonio, and when I went there to visit she taught me not only how to garden and cook, but how to churn butter, can vegetables and fruits, tend chickens, and make ice cream. She also had land near Hondo where I learned to fish and hunt. My maternal grandparents also lived in San Antonio, where I was taught the other side of homemaking skills such as crocheting, throwing pots and sewing. She had a summer house in Bandera where I learned to identify plants and animals along the Medina River.
- Carolyn* I think everyone would agree you had a very enriched childhood with learning skills passed on to you by an earlier generation, now making a recent comeback in our culture.
- Laura* After high school I wanted to go to Texas A&M to be a veterinarian. My dad encouraged me to find another career path saying setting up a vet practice was more expensive than setting up a medical practice! I graduated with two degrees from A&M, accounting and finance. I became a licensed CPA, and eventually took a job with a firm in NYC. I'd been there two years when 9/11 occurred, so decided to return to Texas and eventually start my own practice. For the last 15 years I've had my own CPA firm and continue to practice federal income tax and do Texas property tax consulting.
- Carolyn* Laura, it was really fun getting to know you better! I enjoyed listening to you talk about your okra and tomatillos in your garden, how you eat from your garden "root to stem," and your favorite herb being oregano. For our readers, you said there is one unique thing about yourself you would like to share.
- Laura* I think of myself as a fairly unique and original person that likes to try a lot of new ideas, especially in the garden and kitchen. I'm left-handed, and so I crochet backwards! My maternal grandmother taught me to crochet in front of a mirror, and somehow that's how it stuck in my brain!

Laura and member **Nicole Buergers** are the new hosts for the monthly "members only" virtual **Full Moon Ramble**, the next ones scheduled for Tuesday, July 13 at 7, and Thursday, August 11 at 7. Dates will be listed in the monthly newsletters, check your email for a Zoom invitation. Congratulations Laura on your new appointment. You make us proud!



Good News!

STU members voted to continue as a Cultivator Giving Circle donor to Houston Botanic Garden. www.hbg.org Thank you!

As you know by now, up to ten of our members per day can attend with free daily admission or \$10 discount on classes by requesting tickets a couple days in advance from our treasurer, **Maria Treviño**

The educational opportunities and special events are announced frequently during the month, so please take the initiative to *check HBG website often*. Lots of opportunities await you at our world class gardens located near Hobby Airport. Yes, it's very hot now, but you will see all the possibilities of what we can grow in this Zone 9A climate. In the fall you might want to plan a trip with several STU members to enjoy the cooler weather and gardens together. I guarantee you will be impressed.

Another way to stay informed of all things garden related is to subscribe to **Lazy Gardener & Friends** weekly emailed blog. Go to www.natureswayresources.com and click on link located on home page upper left corner. The weekly blog is full of what to do or not do just when we need it. (Last blog featured fireflies and crape myrtle information too.) Then scroll down to see soil information from **John Ferguson** and check out the local events calendar. I've learned and contributed to this blog over the years so I can testify that the information you will glean is very worthwhile. For example: a few weeks ago, **Brenda Buest Smith** included information about how to use your smartphone to identify plants. Just take a photo of a plant, then view it in photos. See the little icon of "i" in a circle? Click on that, then click on "look up plant" and voila! It's a fact that our phones are now much smarter than we know!!

Susan Wood



- The Date is set.
- The place is found.
- The committees are pretty standard.
- The committees are manned by people who have experience.
- Most of the work is done!
- It almost can run itself!

Can you share information and coordinate people and activities? If so, you are the person STU needs to chair Herb Fair 2022!

Contact Julie Fordes at fordes.julie@gmail.com



Rosemary For Remembrance



[Betty Lancaster Obituary \(1929 - 2022\) - Tomball, TX - Houston Chronicle \(legacy.com\)](#)



Kathleen Ballanfant
[Southwest News \(pagesuite.com\)](#)

The South Texas Unit

Proud member of The Herb Society of America since 1968



Herb Fair - first Saturday in November
Herb Day - last Saturday in April

2nd Tuesday day meeting
3rd Wednesday night meeting
Details: www.herbsociety-stu.org

Awarding The HSA-STU
Madalene Hill Scholarship

Sassafras - *Sassafras albidum*
Discover the "Mysteries of Sassafras"

Look for our advertisement in *The Herbarist*, a publication of The Herb Society of America



AT-HOME RECIPES



AT-HOME RECIPES

July 2022

By Carolyn Kosclskey

"You have to love a nation that celebrates its independence every July 4th, not with a parade of guns, tanks, and soldiers who file by the White House in a show of strength and muscle, but with family picnics where kids throw Frisbees, the potato salad gets iffy, and the flies die from happiness. You may think you have overeaten, but it is patriotism."

- Erma Bombeck (1927-1996)

LOOKING BACK

Two years ago this month **Stay-At-Home Recipes** debuted in this newsletter as a special edition recipe collection. At that time we were entering the 4th month of the Covid-19 pandemic quarantine anxiously navigating a new normal trying to figure it all out. Our world as we knew it had abruptly changed overnight. The Houston Livestock Show and Rodeo was cancelled on its ninth day. Schools, businesses, restaurants and fast food places closed overnight along with entertainment venues. Weddings, vacations, family get-togethers and trips were indefinitely postponed and suddenly all family members were at home all day long, alone. Pets were happy! For the home cook preparing meals was elevated to an even more important task. Social isolation, social distancing, hand washing, face masks, fist bumps, online shopping, working from home (WFH), Zoom and herd immunity became important vocabulary. Grocery stores, warehouse and online stores scrambled to meet the demand as panicked shoppers hoarded supplies as if a cat-5 was spinning in the Gulf. Disinfecting sprays and wipes, paper towels, toilet paper and infrared thermometers were added to shopping lists, all in short supply. In the June 2020 newsletter (www.herbsociety-stu.org/newsletters.html) Julie Fordes announced, in red upper-case bold print no less, there would be an "all herbal recipe issue" in the July 2020 newsletter to reach out to the more than 1,000 newsletter subscribers in a fun and educational way. We needed that. Thanks to all of the members and subscribers who stepped up to the plate we ended up with a collection of 22 family worthy herbal recipes. The Stay-At-Home Recipes section debuted with the August newsletter. Beginning with the July 2021 newsletter the section was re-named At-Home Recipes to reflect the evolved world we are now living in. *Bon appétit!*

HERBAL ICED TEA

Adapted from <https://www.lilvienna.com/healthy-iced-tea/> and <https://www.lilvienna.com/summer-iced-tea-from-fresh-herbs/>



With summer's hot and humid weather herbal iced tea with or without sweetener is very refreshing. Be sure to use fresh organic herbs from your garden that have not been treated with pesticides. Harvest herbs early in the day before it's hot, thoroughly rinse and pat dry. To preserve until later, place stems in juice glass or jar with small amount of water, cover with a clear produce bag and place in refrigerator. Makes 1 liter/4 cups.

Ingredients

4 cups (1 liter) water
10 lemon balm leaves
8 sage leaves
8 mint leaves
8 chamomile flowers (fresh or dry, omit if not available)
Honey or light brown sugar for sweetening, optional
Serve over ice cubes with organic lemon slices and additional herbs (mint)

Instructions

Bring 4 cups of water to a boil on the stove or in an electric kettle. Pour the boiling water over the fresh herbs, and cover the pot/teapot and set aside with a lid. Let it steep for 10-15 minutes until the tea is golden in color. Strain the tea into a pitcher. Add honey or sugar, if desired, and stir until dissolved. Serve over ice adding additional herbs and a slice of lemon. The tea will darken over time and a few hours later will have an amber color. Store in the refrigerator. Enjoy!

PICKLED DILL CARROTS

From the family files of Laura Mullen

This recipe yields four quart size jars of carrots, although various other sizes may also be used. At the end of the second recipe is a link to Ball Home Canning 101 for additional information.

Ingredients

3 large bunches carrots, * peeled
4 fresh hot green peppers, halved
4 cloves fresh garlic, halved
Alum
Whole dill seeds
Salt
White vinegar
*if carrots have tops, rinse, place in jar of cool water to hydrate, then save in plastic baggy in produce drawer for later chopping and adding to salads, soups and other dishes.

Thoroughly wash canning jars with lids in dishwasher through dry cycle.
Slice peeled carrots into sticks about 1/4-inch wide and cut into sections to fit jars. Rinse and drain thoroughly. Place 1 halved pepper and halved clove garlic in each jar, or to taste. Add about 1/8 teaspoon alum. Tightly pack carrot sticks vertically into jars. Add ½ teaspoon whole dill seeds to top of each jar.



In a large pan add 12 cups water, stir in until dissolved $\frac{3}{4}$ cup salt and bring to boil. Add 1 $\frac{1}{2}$ cups vinegar and bring to boil again. Pour hot liquid over carrots leaving $\frac{1}{4}$ to $\frac{1}{2}$ inch top space. Clean rim with damp paper towel and seal with lid and ring. Discard leftover liquid.

Nutritional Information Per Serving (excluding unknown items): 93 Calories; trace Fat (4.5% calories from fat); 2g Protein; 21g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 128mg Sodium; 9g Total Sugars; 0mcg Vitamin D; 82mg Calcium; 1mg Iron; 634mg Potassium; 82mg Phosphorus.
Exchanges: 2 $\frac{1}{2}$ Grain(Starch).

NOTE: Sealed jars do not need to be refrigerated until opened. Best aged at least 2 weeks.

PICKLED PEACHES

From the family files of Laura Mullen

This recipe is for making two quart size jars of peaches, although various other sizes may also be used. At the end is a link to Ball Home Canning 101 for additional information.

Ingredients

4 pounds fresh peaches, peeled, pitted, and sliced [*1 pound sliced peaches = approximately 3 cups*]
4 cups sugar
2 cups white vinegar
4 3-inch cinnamon sticks
15 whole cloves

Wash 2 mason quart jars including rings and lids in dishwasher letting run through drying cycle.

Add vinegar and sugar to a large saucepan, stirring to dissolve sugar. Add spices and bring to a boil, then cover and simmer for 5-10 minutes. Strain out cloves and cinnamon sticks with a slotted spoon, saving for flavoring tea.

Placed washed jars on sheet pan with a tea towel and pack with fresh peach slices. Fill jars with hot syrup leaving $\frac{1}{4}$ to $\frac{1}{2}$ inch headspace. Stir to remove any air bubbles, then wipe rim clean with damp paper towel before sealing. Allow jars to cool and lid to pop, then tighten ring. Let stand for two weeks out of light to allow flavors to blend. Refrigerate after opening.

An alternate way is to dump the fresh peaches into the hot liquid, allow to cool, then ladle into Ziploc brand storage bags. Refrigerate for at least two weeks to let flavors blend. If freezing after aging, squeeze out as much air as possible and lay bags flat to freeze, then store upright.

Nutritional Information Per Serving (excluding unknown items): 400 Calories; 1g Fat (1.9% calories from fat); 2g Protein; 100g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 11mg Sodium; 95g Total Sugars; 0mcg Vitamin D; 45mg Calcium; 1mg Iron; 384mg Potassium; 42mg Phosphorus.

How to peel a peach the Mullen Family way! Boil water in a pot deep enough to cover whole peaches. Blanche a few at a time for about 45 seconds to a minute. Immediately remove with slotted spoon and immerse in a bowl of cold water. The skin will slip off easily.



See also: https://www.ballmasonjars.com/canning-preserving-guides.html?gclid=CjwKCAjwh-CVBhB8EiwAjFEPGU2IA9AFi-gdhnHL-SECNjQBomAAgstCAzGbJdsyfS4Mj_ANp1eX-hoCIZIQAvD_BwE

**July 4, 2022 is the 245th birthday of
The United States of America.
HAPPY BIRTHDAY AMERICA!
Let the celebrations begin . . .**

**RED, WHITE AND BLUE
4TH OF JULY POKE CAKE**
A Fun Dessert from the Seventies!
Makes one 9X13-inch cake

Ingredients

1 [box white cake mix](#)

Water, vegetable oil and whole eggs called for on cake mix box

1 box (3 oz) Jell-O strawberry-flavored gelatin

1 cup boiling water

½ cup cold water

1 box (3.3 oz) Jell-O white chocolate-flavor instant pudding and pie filling mix

½ cup cold milk

1 8-oz. container frozen whipped topping, thawed

1 cup sliced fresh strawberries

½ cup fresh blueberries

Instructions

Cake may be made ahead of time and to avoid heating up kitchen make early in day. Heat oven to 350°F (325°F for dark or nonstick pan). Make and bake cake mix as directed on box for 9x13-inch pan. Cool on rack 20 minutes. With tines of fork, poke holes (50-60) almost to bottom of warm cake about every ½ inch. In medium bowl, stir gelatin and boiling water until dissolved. Stir in cold water. Carefully pour mixture evenly over top of cake. The gelatin mixture needs time to set and cool completely, so for best results refrigerate loosely covered at least 3 hours or overnight before spreading pudding mixture on top. When ready to serve, make pudding mixture and gently stir in whipped topping. Remove cake from refrigerator; uncover, and drop pudding mixture by spoonfuls over top of cake; carefully spread until even. Decorate the top of your 4th of July poke cake with strawberries and blueberries in flag design.

See: <https://www.bettycrocker.com/recipes/red-white-and-blue-fourth-of-july-poke-cake/7af74df2-39af-425c-a93f-6b8efce47b9>

**Labor Day is on Monday, September 5 and is the last of the big 4 summer holidays, the end of summer and the beginning of most schools years.
“Remembered family recipes” for this holiday will be featured with various members invited to tell how they celebrated this fun holiday from**

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

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While authors or speakers may cite how they personally use herbs and may quote scientific, ethnographic, folkloric, or historic literature, the material presented does not represent a recommendation or an endorsement of any particular medical or health treatment.



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.

