

Herbs Make Scents

THE HERB SOCIETY OF AMERICA
VOLUME XLVI, NUMBER 8



SOUTH TEXAS UNIT
AUGUST 2023

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August 2023 Calendar

Aug 2, 6, 10, 6:30-8:30 pm

Herb Fair Volunteer Activity (Members Only) "Skyfarm Herb Gathering" at the POST Skyfarm, 401 Franklin Street, Houston, TX 77201. Contact **Karen Cottingham** for details at karen.redbrick@gmail.com

Aug 8, Tue.

No Day Meeting

Aug 10, Thurs. 6:30 pm

Westbury Garden Workday at 12581 Dunlap Street, Houston, TX 77035.

Aug 12, Sat. 9:00 am - 12 noon

Garden Workday Kolter Elementary at 9710 Runnymede Dr. Houston, TX 77096.

Aug 16, Wed. 6:30 pm

Evening Meeting (Members Only) "Herb Fair 2023 Kickoff" presented by **Catherine O'Brien, Herb Fair Chair**, at Cherie Flores Pavilion, 1500 Hermann Dr. Houston, TX 77004. Doors open at 6:30 pm, with potluck meal.

September 2023 Calendar

Aug 10, Thurs. 6:30 pm

Westbury Garden Workday at 12581 Dunlap Street, Houston, TX 77035.

Sept 9, Sat. 9:00 am - 12 noon

Garden Workday Kolter Elementary at 9710 Runnymede Dr. Houston, TX 77096.

Sept 12, Tue. 10:00 am

Day Meeting program to be announced, at Cherie Flores Pavilion, 1500 Hermann Dr. Houston, TX

Sept 15, Thurs. 6:30 pm

Westbury Garden Workday at 12581 Dunlap Street, Houston, TX 77035.

Sept 20, Wed. 6:30 pm

Evening Meeting "Emily Dickinson: The Poet as Gardener and Cook" presented by **Linda Rowlett, Ph.D.**, Pioneer Unit, at Cherie Flores Pavilion, 1500 Hermann Dr. Houston, TX 77004. Doors open at 6:30 pm, with potluck meal at 7 pm. Program to follow.

Sept 27, Wed. Time TBA

Full Moon Ramble (Members Only Zoom meeting)

Sept 29-30, Fri-Sat.

South Central District Gathering at the Houston Botanic Garden

Newsletter deadline: the 25th of every month is strictly enforced. (September editor is Linda Alderman)



August Birth Flower: Gladiolus

Happy Birthday!

5	Rose Wherry	19	Lucinda Kontos
10	Terry Stark	23	MR Crocket
12	Carolyn Kosciskey		



Chairman's Corner

As your new Unit Chair, I wanted to spend this month telling you a little bit about myself. I became a HSA-STU member, along with my mom, **Donna Yanowski**, in 2016. I was immediately intrigued by the group's mission and within one year was co-chairing the Spring Herb Day event. I have since volunteered and chaired Herb Day, currently chair the Culinary Blends for Herb Fair, attended 2 national conventions, and have served on the board in both Membership and Secretary positions.

I've lived near the Houston Museum District my entire life, and until recently, I have had little more than a few window sills for my house plants. That said, I work at a nature-based preschool, *Blossom Heights Child Development Center*, where I share a garden with our 3-4 year old classes. We love growing vegetables and herbs, in particular anything that attracts butterflies or insects for the children to investigate. There is so much to learn within the dirt and I enjoy sharing in exploring next to the children in my care.

I'm looking forward to starting off my new term this summer with our Herb Fair kickoff evening in August. Hope to see everyone there, ready to participate and excited to celebrate the momentous 50th year anniversary!

Dena
Unit Chair





JOIN US FOR OUR AUGUST MEETING HERB FAIR 2023 KICKOFF



Photos of Herb Fair 2022 Courtesy of Karen Cottingham

**WE'LL BE CELEBRATING
OUR FIFTIETH!!!
BRING YOUR IDEAS, YOUR
ENERGY, AND YOUR SMILES
TO THE CHERIE FLORES
AUGUST 16 AT 7:00PM**

Kolter Elementary Garden



Come out **Aug 12** from 9 am to noon, and join Angela Roth and the Kolter Garden volunteers.

Enjoy the garden, share some herbs, pull weeds, provide advice, and harvest whatever is available.

Questions? Contact Angela at chrisangelaroth@sbcglobal.net

Members

Remember to grow, harvest, and save herbs. We will use them to make preparations for Herb Fair 2023

- | | | | |
|------------------|-----------------------|------------------------|-----------|
| Basil | Dill Weed | Parsley | Sage |
| Bay Leaf | Lemon Balm | Passionflower | Spearmint |
| Blue Pea | Lemon Verbena | Peppermint | Stevia |
| Calendula flower | Lemongrass | Red-stemmed apple mint | Thyme |
| Chamomile flower | Mexican Mint Marigold | Rose petals | |
| Comfrey | Oregano | Roselle | |

Store dried herbs in plastic freezer bags.
Remember to label the bags!



Westbury Community Garden

Workdays Thurs. Aug. 10 & Sept. 15

6:30 pm

The new watering schedule on SignUp Genius has been a success! More people are volunteering to support the garden during the hot, dry summer. Thank you to **Virginia Camerlo, Angela Roth, Janice Freeman, Donna Yanowski, and Debbie Gordon** for volunteering to water the garden.

There are still a couple of weeks that have not been signed up for yet. The weeks starting on August 7 and August 14 are still available. We are also going to extend the watering schedule to include September, and maybe October.

To volunteer, check into the signup sheet using this link:

<https://www.signupgenius.com/go/30e0d49adae2da02-stuwestbury#/>

Urban Garden Gems- Near and Far

South Central District Gathering

Friday, September 29 and Saturday, September 30

Several members of the South Texas Unit (**Virginia Camerlo, Julie Fordes and Angela Roth**) along with **Dianne Duperier** (affiliate member of STU), committed back in April to help our District Representative, **Bill Varney**, plan our Fall District Gathering. In addition to the awesome program, there will be plenty of time to get to know members from other units in our district and to have a raffle or other type of fundraiser for the South Central District.

Our theme, **Garden Gems - Near and Far**, gives us a chance to showcase our “**Near**” **Urban Garden Gems** right here in Houston, and will include visits to Skyfarm at POST Houston and the Houston Botanic Garden. The “**Far**” **Urban Garden Gem** will be provided by **Bill Varney** – “*The Oxford Botanic Garden - Sharing the Scientific Wonder and Importance of Plants with the World.*” He will share highlights from his trip to this garden in Oxford, England.

Registration will be handled on the National Website. We have many other details planned for this event and can't wait to share them with you. Keep an eye out for future emails...you won't want to miss this happening.

Save the Date

South Central District Gathering
Urban Garden Gems - Near and Far
Sept 29-30, 2023 in Houston, Texas

Meeting, program & tour at Houston Botanic Garden
Field trip to The Skyfarm rooftop garden
at POST in downtown Houston

Hosted by The Herb Society of America, South Texas Unit



There's Still Time to Gather Herbs
Visit the POST Rooftop Skyfarm
in Downtown Houston



Gather Herbs for Herb Fair Products
401 Franklin Street Houston, TX 77201
August 2, 6, and 10 6:30 - 8:30 pm
Questions? Email Karen at
karen.redbrick@gmail.com



The HERB SOCIETY of AMERICA

Citrus hystrix

Makrut Lime



Citrus hystrix has a number of common names around the world, including kaffir lime, makrut lime, or Thai lime. It is a citrus fruit native to tropical Southeast Asia and southern China.

The term kaffir is considered a derogatory term in several parts of the world. Makrut lime or other common names are now preferred.

The makrut lime is a thorny bush or small tree with unusual "double leaf" shaped leaves, which look like two leaves joined together. The second part is botanically the petiole.

It is hardy in USDA zones 9-10 and will thrive in potted environments indoors and out. It prefers full sun with moist, well-drained soil.

The distinctive fruit has a bumpy skin and is around 2 inches in size making it easily distinguishable from a lime. Although, a newer variety developed in Thailand have no wrinkles, making packing and shipping easier.

Its fruit and leaves are used in Southeast Asian cuisine and the essential oil is used in the perfumery industry. The rind and crushed leaves are most commonly used for their intense citrus fragrance.

The fruit is quite bitter and strong and is not used for culinary purposes often, though it is candied in Cambodia.

The rind is used in curry pastes and is infused in rums.



HANGING JAR HERB GARDEN



Herb Fair Update from Catherine O'Brien

It's August, and that means that it is time to kickoff Herb Fair 2023. This is our 50th anniversary of Herb Fair, so it's a really big "dill" (pun intended). Mark your calendars for **Saturday, November 4** for the event and **Friday, November 3** for set up. Thank you, **Susan Wood**, for once again arranging the site for us: **Southside Place Clubhouse, 3743 Garnet Street, Houston, TX 77005**.

Here are the committees that we have so far and the wonderful folks who have agreed to chair the committees. If you see something of interest, there will be signup sheets at the August meeting.



Bakery Shoppe chaired by **Deborah Lancaster** is looking for bakers to make basic gingerbread cookies, cheddar cheese and chive scones, fresh lemon balm cake, gluten-free chocolate pretzel crinkle cookies, lemon cardamom squares, Mexican mint marigold buttermilk cake, orange spice tea bread and rosemary shortbread. **Donna Yanowski** is helping with organizing and distributing pans and recipes before the event.



Bookstore, chaired by **Laura Boston**, is looking for books. Laura is adding craft books to the gardening, landscaping, children's books, and herb books that we sold last year. Bring your gently used books to the meetings. Check around at resale shops near you. They may have some books that aren't selling well in their inventory that they would donate. Due to a conflicting engagement, Laura may need help on the day of the event.



Cashier Table, chaired by **Maria Treviño**, can always use helpers to keep the lines straight and handle payments.



Crafts – Chair position is available. We need someone to coordinate and help with those tables. **Donna Wheeler** needs wide-mouth pint glass jars for dried bean soup mix, and she will need the following dried herbs: parsley, summer savory, sweet basil, cayenne pepper, chervil, thyme, sage, oregano, rosemary, lavender, & sweet majoram; and cumin, fennel, celery, caraway, and dill seeds and cracked coriander seeds. Donna also wants to make fairy gardens to sell. If anyone has low rounded large pots or "mini" terra cotta pots, and miniatures (e.g. snails or tiny seashells that look like snails, turtles, frogs, birds, petite bird nests, butterflies, table/chairs, benches... You get the idea. She wants to keep the gardens natural looking, so rocks, twigs, wood fence, and small wood cut rounds would be perfect.



Culinary Blends – Dena (Yanowski) Gaydos is chairing the Culinary table. Last year we sold Taco Seasoning, Italian Seasoning, Olive Dipping Mix, Turkey Poultry Brine, Royal Salt, Everything Bagel Seasoning, Golden Milk, and Rosemary Cookies mix. Lots of culinary items sold during the Pre-sales and most of the rest sold during the event. The committee needs dried herbs and spices: oregano, parsley, rosemary, basil, marjoram, thyme, and bay, as well as poppy seeds, sesame seeds, dried onion flakes, red pepper flakes, dried garlic flakes and garlic powder, chili powder, salt, sugar, black pepper, and black peppercorns.



Door/Membership Table – Carolyn Kosclskey will chair this table. Brochures for distribution have been ordered from the HSA. This is a terrific way to recruit new members.



Fragrances – Faith Strunk and the fragrance team need dried rose petals, rose buds, calendula, and other flowers, Tulsi basil, eucalyptus, rosemary, comfrey, and lemon zest. Other ingredients for milk baths and/or soaks include:

- coconut milk powder, baking soda, citric acid, arrowroot powder or cornstarch, non-fat dry milk
- salts – Himalayan salt, sea salt, dead sea salt, Epsom salt
- sugars – granulated sugar, brown sugar
- oils – olive oil, grapeseed oil, sweet almond oil, virgin coconut oil, fractionated coconut oil, avocado oil, jojoba oil, or macadamia nut seed oil.



Herbal Experience – Karen Cottingham is going to teach visitors to make Corn Dollies. Her committee needs dried flowers, herbs, and grasses, interesting seed pods, bits of fabric, thread and ribbons. If you can, please harvest fennel and dill heads for the dolls' headpieces, and save and dry corn husks. See photos next page.



Herbs and Plants – Janis Teas, with help from **Jeanie Dunnihoo**, will be ordering our plants again this year.



Jellies - Benée Curtis will provide jellies. Over 200 jars were sold last year. Benée also said that she has 60 lbs. of free & clean unscented non-clumping kitty litter that could be used as stuffing inside crafts.



Kitchen and Tea Samples – Mary Sacilowski wants to serve samples of our herbal teas from the kitchen to entice shoppers to buy the herbal tea blends that we will be selling. If you come across any teapots we can use to serve the teas, grab them!



Popcorn – Mary Starr proposed a new idea. She is going to round up a popcorn machine for Herb Fair. We'll make and sell an assortment of herbal, spice, cinnamon sugar, and gingerbread spice popcorn seasoning. Her committee will need the same dried herbs the culinary committee needs plus: chili powder, cinnamon, nutmeg, paprika and ground allspice.



Presales – Janice Stuff will oversee this effort and needs volunteers to help. She is considering offering a "bonus herbal gift" to each person who submits a pre-order to encourage sales. She is open to member ideas and input for the added gift(s).



Publicity – Virginia Camerlo is already working on publicity. She could use volunteers willing to pitch articles to the *Houston Chronicle*, *Lazy Gardener*, and other local publications in late August/early September. Please contact Virginia if you'd like to share publicity ideas or work on the publicity team! **Karen Cottingham** will also help with social media (Facebook and Instagram) publicity - please send photos of your gorgeous herbs and crafts (work in progress or completed) to camerlocan@gmail.com. We will happily credit the photographer. Our herbal crafts and edibles really set us apart from other fall plant sales! Let's get everyone excited!



Set up/Take Down – Rose Wherry can always use muscle getting the tables set up and broken down. We must clean up the kitchen and sweep the floors.



Tea Blends – Julie Fordes is once again chairing this committee, but she could use help. We'll have workdays to blend teas and culinary salts. The Texas Herb Tea needs red-stemmed applemint, peppermint, lemon balm, lemon verbena, lemongrass, Mexican mint marigold, roselle, rosemary, and orange zest. Another good seller, Christmas Herb Tea, needs cinnamon, cloves, and nutmeg in addition to the herbs in the Texas Herb Tea. Pink and Lemony requires lemongrass and roselle. Holy Basil and Rose Herb needs just what the name says, holy basil (Tulsi) and rose petals. Balanced Blend Tea needs chamomile, mint, calendula and dried lemon peel. I bet you'll never guess what goes into Butterfly Pea Tea? Julie is looking to design a special 50th anniversary tea for this year's Herb Fair. A tea blending workday has been set for **October 28** at Julie's house.



Vinegars – Linda Alderman can teach all of us a thing or two about making vinegars. Last year, we sold 21 of 22 bottles of vinegar! Italian Red Wine Vinegar, Four Thieves Vinegar, and Pepper Vinegar were a hit! This committee needs **fresh** ingredients: garlic, oregano, basil, bay leaves, and rosemary for Italian vinegar; lavender, rosemary, mint, sage, marjoram, anise hyssop, and garlic for Four Thieves Vinegar; and spicy peppers for Pepper Vinegar. A vinegar workshop has been set for **August 27** at 11:00 am. Please **RSVP** ewalderman@comcast.net and be prepared to **bring fresh herbs!**

CREATIVE VOLUNTEERS NEEDED!!! HERB FAIR 2023 HERBAL EXPERIENCE



That means **EVERYONE!** We all have a creative spark, so let it shine by collecting embellishments for this year's Herbal Experience offering - Herbal Corn Dollies. We need dried flowers, herbs, and grasses; seed pods, bits of fabric, thread and ribbons - you get the idea. Hmm...I wonder if I can figure out how to make a fennel seedhead tutu for my corn dolly...



VOLUNTEER HOURS 2022-23

The following 66% of
our "active" membership contributed
8605.5 hours!!!

**Have you turned in your hours yet?
Every hour counts!**

Donna Adair	Angela Roth ★
Linda Alderman ★	Mary Sacilowski
Christine Ankney	Mary Starr
Laura Boston	Susan Steinhardt
Tricia Bradbury	Faith Strunk
Nicole Buergers	Janice Stuff ★
Stephanie Calloway	Janis Teas
Virginia Camerlo ★	Maria Treviño ★
Karen Cottingham ★	Linda van Heeckeren ★
Benée Curtis	Steven van Heeckeren ★
Janice Dana	Catherine Wampler
Yvette Darnell ★	Donna Wheeler ★
Jeanie Dunnihoo	Rose Wherry
Humberto Figueroa	Joyce Wilkenfeld
Julie Fordes ★	Susan Wood ★
Janice Freeman ★	Donna Yanowski ★
Eric Frisk	
Dena Gaydos ★	
Elizabeth Grandich ★	
Pam Harris	
Lois Jean Howard	
Joan Jordan	
Bobby Jucker	
Lucinda Kontos	
Carolyn Kosclskey ★	
Deborah Lancaster	
Jane Littell	
Gayle McAdoo	
Kathleen McDaniel	
Shirley Mills	
Laura Mullen ★	
Mary Nurre ★	
Catherine O'Brien ★	



Went the extra South Texas mile / 100+ hours



**SPEAKERS
BUREAU**



From Catherine O'Brien

Word about our Speakers Bureau is getting around. We are receiving lots of requests. **Karen Cottingham** recently spoke to the West University Garden Club about the stories and scents of herbs.



Photo Courtesy of Giselle Grandich

HSA-STU SPEAKER BUREAU NEWS

The West University Garden Club members enjoyed the stories and scents of herbs - both familiar and unusual - from HSA-STU Member Karen Cottingham's herb garden. Karen is pictured here at the June Meeting with President Corinne Davis.

Catherine O'Brien is spending six weeks in June and July teaching gardening for preschoolers to 12-year olds at the AhavahKIDS Summer Camp in Stafford. The children are learning the difference between dirt and soil, dissecting seeds, experimenting with sunshine, growing plants, tasting different fruits and vegetables, and having an herbal tea party. Catherine was able to connect director/owner LaToya Goudy with Botanical Interest Seed Company which donated lots of seeds from their 2022 season to the school.

On the first day of camp, Catherine asked the children where French fries came from. Two preschoolers chimed in together, "In my Happy Meal." "See," said Miss LaToya, "That's why we need you here."



AhavahKIDS learn that anything can be a garden



AhavahKIDS learning the difference between fruits and vegetables



AhavahKIDS learning about soil nutrients



AT-HOME RECIPES

August 2023

Carolyn Kosclskey

Trivia: The main flavor in Hungarian cooking, including dishes like Goulash.

This year's **37th Herb Day** on Saturday, April 22 at St. Paul's Methodist Church in the Museum District was a great success thanks to the leadership of former Unit Chair **Julie Fordes**, committee members, craft group members, volunteers and many others who came together to made this event successful supporting the *Madalene Hill Scholarship* program.

If you enjoyed the Herb Day recipes in the June At-Home Recipes section, you will also enjoy this part 2 with more recipes from that event. Remember that past issues of newsletters with recipes are archived at <http://www.herbsociety-stu.org/newsletters.html>.

FIRE CIDER

Served at the Herb Day Education Table

From the kitchen of Catherine O'Brien

Ingredients

1 large yellow onion, chopped
5 cloves garlic, chopped
1-2 fresh jalapeños (with or without seeds, depending on how hot you prefer) or
3-4 cayenne peppers
4 Tablespoons fresh ginger root, peeled and chopped or grated
¼ cup fresh horseradish root, peeled and chopped or grated (You might want to do this outdoors since the odor can be overpowering)
1 teaspoon turmeric root, grated
1/8 teaspoon black pepper
1/8 teaspoon cayenne pepper
Juice of ½ lemon
Apple cider vinegar
Honey

Directions

Place all the botanical ingredients and spices in a canning jar. Cover with apple cider vinegar, leaving very little head room. Put either parchment paper or Saran wrap over the rim of the jar before putting on the lid and screwing the ring down. The vinegar can be corrosive and rust your lid. Steep the mixture at room temperature for up to four (4) weeks. Shake daily. After four weeks, strain the herbs from the apple cider vinegar. Add an equal amount of honey to the vinegar. Use fire cider to cleanse the throat; use daily or after exposure.

Adapted from Rosemary Gladstar's recipe <https://herbalachia.com/fire-cider-recipe/>



FERMENTED OKRA

From the kitchen of Houstonian Scotty Sheridan and
Herb Day presenter “Let’s Go Wild – An Introduction to Fermentation”

Fermented okra is full of natural sugars so it ferments beautifully. Fermented okra is sour but not bitter and has a deep flavor similar to other high sugar ferments like beets and cucumbers. This is a healthy and delicious summertime treat, and a great way to preserve okra for later. Fermented okra will keep in the refrigerator for months. A quick note--if the garlic turns blue, it's okay. This is natural and it is perfectly safe to eat.

Supplies: 1 quart glass jar with tapered top and 1 plastic lid to fit jar

Ingredients

- 12-15 small to medium size okra
- 1 quart distilled, spring, or well water
- 2 tablespoons coarse Himalayan salt or sea salt (no iodized salt)
- 1 teaspoon mustard seed
- 1 teaspoon whole peppercorn
- 1 teaspoon coarse ground red pepper flakes
- 1 clove whole peeled garlic
- 1 whole fresh chili pepper of your choice (optional)

In your quart jar, add mustard seed, peppercorn, pepper flakes, garlic and coarse chili pepper. Next, carefully add okra into the jar so that the okra does not bruise or fracture. Turning the jar sideways and laying the okra on top of each other is a good way to do this so as to fit as many into the jar as possible. Make sure to leave a one inch gap at the top of the jar.

In a separate container, add the salt to the water and shake until dissolved. Pour salt water over okra, making sure to completely cover all of the okra. Anything that is not fully submerged will not ferment well. Leave as much room from the top of the jar as possible. The water will expand during the first several days and you want to leave room for this. Screw the cap on the jar and place on a plate or in a bowl just in case it overflows. Let ferment at room temperature until okra fully changes color. Open the jar everyday to burp out trapped CO2 that accumulates with a good ferment.

This should take anywhere from a week to ten days but if you prefer a milder ferment you can stop the process after 2-5 days. Just refrigerate to stop the fermentation. Okra absorbs water for the first two weeks so add salt water as needed to keep the okra covered. I like to let my okra cure another week in the refrigerator to develop the deeper flavors. Enjoy!

See also <https://scottysfoods.com/>

IMBOLC HONEY CAKE



From the kitchen of John Forti

The celebration of Imbolc originates from the Celts. *Imbolc is said to lie halfway between the winter solstice (Yule) and vernal equinox (Ostara) measured in days, not in the apparent position of the sun at sunrise on those dates. We can find out how many days lie between winter solstice and spring equinox and divide by two. The Old Irish word means "in the belly of the Mother" because the seeds of spring are beginning to stir in the belly of Mother Earth.*

Ingredients

1 cup black coffee
1 cup brown sugar
1 cup granulated sugar
1 cup honey
4 eggs
½ cup oil
1 lemon, juice and rind
5 cups flour
1 tablespoon baking powder
1 teaspoon soda
½ teaspoon cinnamon
½ teaspoon ginger
½ teaspoon cloves
½ teaspoon nutmeg
[1 orange, juice and rind - listed in ingredients but not in directions]

Boil coffee, honey, brown sugar and granulated sugar and then allow to cool. In a separate bowl combine eggs, oil, lemon juice and rind. In a third container combine dry ingredients. Add coffee mixture to egg mixture first and then dry ingredient mixture until all are well blended. Pour mixture into a greased/floured 9" X 12" pan and bake in an oven preheated to 350 degrees F for about an hour and 10 minutes.

https://www.facebook.com/photo/?fbid=496301395191031&set=pcb.496046448549859&paipv=0&ea_v=AfY8PWgS7O22kNGvCEAFetgCc2Rg_ic3jbMxWaT9Yh4K9NNNo9IHdQ_kkvXIAbEwgjME&_rdr

Answer: Paprika

Labor Day is on Monday, September 4 and is the last of the big 4 summer holidays, the end of summer and the beginning of schools. Six of our members (Steven, Pam, Kali, Chloe, Janice F. and Gayle) have end-of-summer birthdays and are invited to submit a favorite recipe and share with readers how they celebrated this holiday from "back in the day."



50th ANNUAL
HERB
FAIR

Saturday Nov. 4, 2023
9am - 2pm

THE SOUTH TEXAS UNIT
Proud member of
The Herb Society of America since 1968

Southside Place Clubhouse 3743 Garnet St., Houston, TX 77005

<http://www.herbsociety-stu.org/annual-herb-fair.html>

The Herb Society of America
South Texas Unit
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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.



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