

Herbs Make Scents

THE HERB SOCIETY OF AMERICA
VOLUME XLV, NUMBER 10



SOUTH TEXAS UNIT
OCTOBER 2022

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

October 2022 Calendar

Oct 2, Sun. 3 pm – 5:00 pm

October Lagniappe "*The Magical World of Milk and Honey*," a cheese and honey tasting hosted by cheesemonger/beekeeper **Nicole Buegers**. Additional information, on page 3. Questions? Contact **Karen Cottingham** at karen.redbrick@gmail.com.
RSVP to <https://bee2beehoney.com/products/honey-and-cheese-pairing>

Oct 10, Mon. 7:00 pm

Full Moon Ramble (Zoom Gathering for Members Only)

Oct 11, Tues. 10:00 am

Day Meeting "*Discussion of HSA Webinar: Breeding Better Herbs*" will be presented by **Janice Stuff**; and followed by a **Craft Workshop** at her home. **RSVP** to jestuff@pdq.net. and bring your lunch, scissors, needle, and thread.

Oct 13, Thurs. 6:00 pm

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

Oct 15, Sat. 10 am – 12 noon

Another October Lagniappe "*A Trip to Danny Wilson's Farm Dirt Compost*." Additional information on page 3. Questions? Contact **Karen Cottingham** at karen.redbrick@gmail.com

Oct 19, Wed. 6:30 pm

Evening Meeting "*Day of the Dead*" will be presented by **Liliana Cracraft, MPH, and DrPh**. Join us at **Lott Hall**, formerly known as the Hermann Park Historic Club House, 6201 Hermann Park Dr., Houston, TX 77030. Doors open at 6:30 pm with potluck meal, and program at 7:00 pm. **Note Change of Location.**

Oct 27, Thurs. 6:00 pm

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

November 2022 Calendar

Nov 4, Fri. 8:30 am – 12 noon

Herb Fair Set-up Southside Place Clubhouse 3743 Garnet St., Houston, TX 77005

Nov 5, Sat. 9:00 am – 2:00 pm

49th Annual Herb Fair Southside Place Clubhouse 3743 Garnet St., Houston, TX 77005

Nov 8, Tues. 10:00 am

Day Meeting "*Bouquet Garni*" will be presented by **Janice Dana**; at the Cherie Flores Garden Pavilion, 1500 Hermann Dr, Houston TX. Bring your own lunch. Following the program, materials will be provided to make your own bouquet garni. **Free and Open to the Public.**

Nov 9, Wed. 7:00 pm

Full Moon Ramble (Zoom Gathering for Members Only)

Nov 11, Fri. 10:00 am

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

Note Change of date and time.

Nov 16, Wed. 6:30 pm

Evening Meeting "*The Art and Practice of Making Mandalas*" will be presented by Houston mandala artist **Sarah Deuster**. Join us at at the Cherie Flores Garden Pavilion, 1500 Hermann Dr, Houston TX. Doors open at 6:30 pm, with potluck meal and program at 7:00 pm. Materials will be provided to create nature mandalas after the program.
Free and Open to the Public.

Nov. 11, Fri. 10:00 am

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

Note Change of date and time.

Newsletter deadline: the 25th of every month is strictly enforced (November Editor is Janice Freeman)



Bergamot (Bee Balm)

Happy Birthday!

- 02 Faith Strunk
- 13 Bence Curtis
- 13 Catherine O'Brien
- 21 Janice Stuff
- 22 Yvette Darnell
- 30 Corlas Pearsall

Herbs of the Zodiac
Libra Sign

Catnip
 Elderberry
 Thyme
 St. John's Wort
 Bergamot (Bee Balm)

[Horoscope Signs and Corresponding Herbs](#)

Chairman's Corner

As **Catherine O'Brien**, our Herb Fair Chair, and I were trying to plan another fair workday, she exclaimed, "There are only so many Saturdays between now and the fair!" That is so true, we felt like we had run out of time with a month left! This made me realize that while there is a lot to do, we have an "army of herbies" with us. Even though the task may feel daunting, it will get done and done well. It always has. Everyone does their part, whether it is a large or small one.

Since I've been around, we have had nearly 90% member participation in Herb Fair every year. I expect this year to be no different. Many of us already signed up at the August meeting to participate in work groups. There are still areas that need a bit of attention, but by and large, the people are in place; it's time to get started with the preparations. Sign up for making something, help with publicity, and come help at the fair.

Just a year ago we were very worried about Covid and not sure we would be even able to have the fair. Now that we don't have to worry about Covid so much, we can turn our attention to working together to make a wonderful selection of herbal products and gifts for the Fair. What a joy it is for me to learn from more experienced herbies and pass on that joy of herbs, that 'green spirit' to others.

It's time to **"Suit Up and Show Up"** ladies and gentlemen. And have a wee bit of fun while we are at it!!!

Julie Fordes
 Unit Chair





Last Day to RSVP for OCTOBER LAGNIAPPE

"The Magical World of Milk and Honey"

Sunday, October 2, 3:00 - 5:00pm

Learn how to savor your honey and to select the perfect cheese to complement its unique flavor and complexity. Cheesemonger/beekeeper (and STU member!) Nicole Buegers is busy putting together a curated assortment of herbal cheeses and special honeys for your tasting delight.



HURRY, HURRY, HURRY
RSVP today to <https://bee2beehoney.com/products/honey-and-cheese-pairing> to reserve your place. The cost for the tasting is \$30.

You do not have to be a member of STU to attend this special event. Bring your favorite beverage and enjoy!

OCTOBER LAGNIAPPE

A Field Trip to Danny Wilson's Farm Dirt Compost
6231 Carson Rd., Houston, TX 77048

Saturday, October 15, 10 am - 12 noon

Designed to complement his September HSA-STU Program *"Don't Treat Your Soil Like Dirt"*, Danny Wilson will take us on a tour of his 4-acre compost and compost tea production site near Hobby Airport.

Danny's vision combines his expertise in soil dynamics and engineering with his commitment to environmental stewardship and his love of gardening. Learn how Danny converts food and plant waste into rich, fertile soil and a compost tea full of beneficial microbes.



RSVP with Karen Cottingham at karen.redbrick@gmail.com and she'll tell you how to get a free bag of Farm Dirt compost when you come! There is no charge for this event.

Everyone is welcome - you do not have to be a member of STU to join in.



THANK YOU

WE APPRECIATE ALL OF OUR MEMBERS

In appreciation for all of our new and renewing members, Bobby Jucker is offering a "Gratitude Gift" of baked goods from Three Brothers Bakery.

If you haven't yet renewed or joined, do so by November 15. Let Karen Cottingham know at karen.redbrick@gmail.com and she will tell you how to get your Gratitude Gift.

Gustave Baumann (American, b. Germany, 1881-1971) Zinnias, c. 1915



Announcing our October Evening Meeting
Día de los Muertos
Traditions and Altar Building



Presented by Chrissie Dickerson Ramirez,
Casa Ramirez Folkart Gallery
October 19, 2022

Join us at Lott Hall, 6201 Hermann Park Dr., Houston, TX 77030
Doors open at 6:30 pm, followed by potluck meal and program at 7:00 pm
Free and open to the public.



New member *Stephanie Calloway* brewing vinegar for Herb Fair 2022

Photo courtesy of Catherine O'Brien

HERB FAIR

Catherine O'Brien, Herb Fair 2022 Chair
Vibrio13@gmail.com or 281-467-1139

Dried Herbs needed for Teas and Blends

- | | |
|-------------------|-------------------|
| Basil | Oregano |
| Bay leaves | Passionflower |
| Blue Pea | Peppermint |
| Calendula flowers | Red-stemmed apple |
| Chamomile flowers | mint |
| Comfrey | Rose petals |
| Lemon balm | Roselle |
| Lemon verbena | Sage |
| Lemongrass | Spearmint |
| Mexican mint | Stevia |
| marigold | Thyme |

Despite the temperatures outside, it really is fall, and within a month we will be holding our 49th Annual Herb Fair!

Hot pepper, Italian Red Wine, and Four Thieves vinegars have been made and are happily brewing away. **Linda Alderman**, thank you for hosting the workshop for **Stephanie Calloway**, **Elizabeth Sapp**, and **Catherine O'Brien**.

WORKSHOPS scheduled at Julie Fordes' home:

1. Tea blends on Saturday, October 22
2. Fragrances on Saturday, October 22
3. Culinary blends on Saturday, October 29

Still NEEDED:

In addition to lots of dried herbs,

4. For culinary recipes, we need jars (16 oz wide mouth Mason);
5. Also, fall and Christmas fabric remnants, and narrow/medium-width ribbon in fall/Christmas colors
6. **Donna Wheeler** needs old-fashioned-looking Christmas cards (a great chance to recycle) and send Donna any nature pictures from your garden in jpeg format for the cards. ddwheeler16@hotmail.com

We **need people to make baked goods** for the Bakery and Tea Shoppe. This year, we are trying to have uniform containers. Thank you, **Donna Yanowski**, for rounding up pans for us.

We also **need a volunteer to chair and work the Bakery and Tea Shoppe** on the day of the event.

On the **day of the set-up, November 4**, 9 a.m., bring us your gardening items that you want to recycle into the Garage Sale, and bring your books to **Laura Boston** for the Bookstore.

We will need some **muscle power for the set-up and take down** also.



Back to Our Roots

Julie Fordes



Never have I seen the need for educating the public about nature and our place in it, more sorely needed, than I did this past week. A conflicting set of philosophies on man and nature that could and should have had a better outcome than it did. On one hand, we have to acknowledge that there are as many different opinions and viewpoints about how nature and people should interface and whose needs take priority, as there are people. On the other hand, there is also a great deal of flat out ignorance in the general public about plants, nature and the health of our planet.

Once you find your people (see last month's Chairman's Corner and the President's Message from the current HSA Newsletter) you tend to stay there. I very happily spend a lot of time in my own little bubble of fellow herbies and tree huggers. I was beyond shocked when I heard about people ripping up and throwing away native plants and putting in St. Augustine grass at a local school.

While this is a tragedy on so many levels: after we rant and rave and grieve, we get to work to make things better. I see that happening already by the people most hurt by this ignorant behavior. Education and communication are the keys to so many things, and that is the case here. I hope we each can widen our own thinking as it pertains to herbal education and include knowing more about native plants and anything else that will help save our world. As teachers and educators, we can help.

Here are a couple of fabulous websites that will certainly put to rest any questions you may have about how important plants; particularly native plants are and possibly inspire you to plant some in your very own backyard.

Homegrown National Park: A grassroots call to action to regenerate biodiversity in 20 million acres.
<https://homegrownnationalpark.org>



Native Prairies Association of Texas: Includes information on the Deer Park Prairie, which as a remnant prairie holds unique genetic plant material.
<https://houstonprairie.org>

Continued



Seed Planting Follow-Up

It's been about 4 weeks since we planted herb seeds with the help of Carley Howell from Prairie View A&M. We planted some unique herbs that might be hard to find in nurseries to sell at Herb Fair. We planted chamomile and calendula to grow in the Westbury Garden. The seedlings may be ready to go into a larger pot by now.

I hope that we have lots of different sprouts now. If you have questions about what to do with your seedlings, reach out. Maybe even send a picture to Julie Fordes by text (832-969-8349) or email fordes.julie@gmail.com.



Membership Tips: Getting Involved In Major Events

Carolyn Kosclskey, Membership Chair

What is a South Texas Unit major event? There are two STU major events during the year. In the spring there is **Herb Day**, usually an April luncheon and speaker event. And in the fall, usually November is **Herb Fair**, scheduled for **Saturday, November 7**. **Herb Fair** is organized as a STU fund raiser and features mainly items handmade by the membership. Did you know that all active members are required to participate in preparation of one major event, and participate on-site in one major event? Participating in the preparation and participating on-site are both doable and enjoyable activities. If you are new or just not sure how to get involved, look back at the September *Scents* newsletter under the second pull down tab at [Home \(herbsociety-stu.org\)](http://Home(herbsociety-stu.org)) On page 4 of the *Scents* newsletter you will find a list of all of the chairs and their phone numbers to contact. There are still lots of opportunities awaiting your participation in addition to showing up on Friday and helping set up. And yes, it's okay to bring "helpful" family or a friend or two or three.



*VOLUNTEERS KEEP OUR GARDEN
ALIVE AND WONDERFUL...JOIN THE TEAM!*



*"It was a flower.
It was alive and wonderful. It gave the gardener
hope and it made him work even harder."
— From The Little Gardener*

*Thursday, October 13 and October 27 at 6pm
Westbury Community Garden
12581 Dunlap Street, Houston 77035*

*Bring your tools, your favorite mug,
and snacks to share*



Highlights from “Let’s Get Growing”, the First Annual Sowing of the Seeds

Look for the special
Member-planted Herbs at Herb Fair



A BIG THANK YOU to Carley Howell, from the Prairie View A&M University Cooperative Extension Program, for her educational program and for cheering us on; and to Julie Fordes, for hosting the event. And, of course, to our dedicated volunteers! Pictured above are Carley Howell, Stephanie Calloway, Julie Fordes, Janice Freeman, Dena Yanowski, Donna Yanowski, Jeanie Dunnihoo, Elizabeth Martin, Sarah Diaz, Humberto Figueroa and Jim Murphy in the background, and Steven and Linda van Heeckeren. Photos courtesy of Karen Cottingham



Herbs Make Scents

October 2022



Pictured above are Cynthia Card, Angela Roth, Janice Freeman, Rose Wherry, Joyce Wilkenfeld, Humberto Figueroa, Jim Murphy, Janice Stuff, Donna Wheeler, Dena Yanowski, Donna Yanowaki, and Elizabeth Martin. Photos courtesy of Karen Cottingham.



Every Garden Needs a Protector...



Look closely in both photos and you can still see the shell of the chrysalis.

Janice Freeman planted rue in her garden hoping to encourage butterflies.

Janice caught, on film, this swallowtail emerging from its chrysalis. What a miracle of nature! Awesome photos!



...Who's Keeping Watch in Yours?

(Photos courtesy of Janice Freeman)



Houston Arboretum and Nature Center Fall/Winter Classes

Herb Society members might be interested in some of the upcoming classes. Here are some examples of the classes to be offered: Designing a Rain Garden, Native Plant Propagation, Gardening for Birds, Pumpkin Planters, DIY Candles, Wild Tea and Plantable Paper Making.

For more information, click on the link below:

[Houston Arboretum & Nature Center - Houston Arboretum & Nature Center](#)

October 7- 8 Fall Plant Sale, for information, click on the link below:

[Fall Plant Sale - Houston Arboretum & Nature Center Houston Arboretum & Nature Center](#)



Free PUBLICITY Free

Calling all members! Calling everybody!

The link below will take you to the STU website where you can find a downloadable digital flyer for Herb Fair. Please share it on your personal social media pages!

[Herb Fair \(herbsociety-stu.org\)](http://herbsociety-stu.org)

Here's only a portion of what you will see on the webpage

- **Huge variety of HERB PLANTS**
- Jelly, tea and herb blends
- Handcrafted holiday gifts
- Culinary mixes and edibles
- Herb drying racks
- Homemade candles
- Soap and soap bombs
- Goodies for your pets
- Garden Tag Sale

[Click for Plant Catalog](#)

[Click for Jelly Ideas](#)

[Click to Download Flyer](#)





AT-HOME RECIPES

October 2022



Carolyn Kosclskey

Trivia: This spice comes in pods and is called 'The Queen of spices' in India. [See answer at end]

Welcome all things Fall and welcome October, popularly known as “everything pumpkin” month! Other celebrations which occur during this time of year include National Hispanic Heritage month ending on the 15th. October is also Breast Cancer Awareness Month (think pink), Columbus Day (10/11) and Halloween (10/31).

THE PIONEER WOMAN'S PUMPKIN CHILI

Ingredients

1 tablespoon olive oil
1 lb. ground spicy Italian sausage
1 onion, chopped
1 red bell pepper, chopped
3 garlic cloves, chopped
1 ½ tablespoon chili powder
2 teaspoon ground cumin
1 teaspoon kosher salt, plus more to taste
¾ teaspoon ground black pepper, plus more to taste
½ teaspoon ground cinnamon
2 15-oz. cans fire-roasted tomatoes, not drained
1 15-oz. can kidney beans, drained and rinsed
1 15-oz. can black beans, drained and rinsed
1 15-oz. can pumpkin puree
2 ½ cups chicken broth
Roasted pumpkin seeds, sour cream, shredded sharp cheddar cheese and avocado, for garnish, if desired

Directions

In a large Dutch oven, heat the oil over medium heat. Add the sausage and cook, stirring to break into pieces, until browned and cooked through, 8 to 10 minutes. Using a slotted spoon, transfer the sausage to a paper towel lined plate to drain.

Add the onion and bell pepper to the Dutch oven. Cook over medium, stirring until softened, 10 to 12 minutes. Stir in the garlic, cumin, chili powder, 1 teaspoons salt, ¾ teaspoon pepper and cinnamon. Cook stirring for 30 seconds. Stir in the tomatoes, kidney beans, black beans, pumpkin puree, chicken broth and sausage. Bring to boil over medium-high. Reduce heat to medium-low, cover and cook, stirring occasionally, until the flavors meld, about 20 minutes. Season the chili with salt and pepper. Serve, garnishing with pumpkin seeds, sour cream, cheese and avocado, if desired.

<https://www.thepioneerwoman.com/food-cooking/recipes/a36973563/pumpkin-chili-recipe/>



BLACK BEAN PUMPKIN SOUP

Gourmet, November 1996

Ingredients

3 15-ounce cans black beans (about 4 ½ cups), rinsed and drained
1 cup drained canned tomatoes, chopped
1 ¼ cups chopped onion
½ cup minced shallot
4 garlic cloves minced
1 tablespoon plus 2 teaspoons ground cumin
1 teaspoon salt
½ teaspoon freshly ground black pepper
¼ cup (1/2 stick) unsalted butter
4 cups beef broth
16-ounce can pumpkin puree (about 1 ½ cups)
½ cup dry Sherry
½ pound cooked ham, cut into 1/8-inch dice
3 to 4 tablespoons Sherry vinegar
Garnishes: sour cream, coarsely chopped lightly toasted pumpkin seeds

Directions

In a food processor coarsely puree beans and tomatoes.

In a 6-quart heavy kettle cook onion, shallot, garlic, cumin, salt, and pepper in butter over moderate heat, stirring, until onion is softened and beginning to brown. Stir in bean puree. Stir in broth, pumpkin, and Sherry until combined and simmer, uncovered, stirring occasionally, 25 minutes, or until thick enough to coat the back of a spoon. Just before serving, add ham and vinegar and simmer soup, stirring until heated through. Season to taste with salt and pepper. Serve garnished with sour cream and toasted pumpkin seeds. Makes 9 cups.

<https://smittenkitchen.com/2007/11/black-bean-pumkin-soup/>

APPALACHIAN MOLASSES BREAD

From The Foxfire Book of Appalachian Cookery

This recipe is autumn in a loaf pan. The deep flavor of molasses is the perfect companion to crisp fall mornings, and calls back childhood memories of cooking next to grandma over a wood stove while fog slowly lifts from the mountains. In Southern Appalachia, families relied on locally-harvested sweeteners such as honey or sorghum molasses. Sweet breads like this one were reserved for celebrations and holidays, in contrast to the daily pans of cornbread or biscuits. Each bite of this rich bread tastes like the mountains, like home. The recipe comes together quickly, but be sure to sift the flour to avoid clumping in the loaf. For a more authentic flavor, use sorghum molasses.

Ingredients

2 cups flour
½ teaspoon salt
1 to 2 teaspoons ginger
2 teaspoons baking powder
¼ teaspoon baking soda
1 teaspoon cinnamon



1/3 cup melted butter
1 egg
1 cup molasses (or 2/3 cup molasses and 1/2 cup sugar for sweeter bread)
3/4 cup buttermilk

Directions

Sift together dry ingredients and add melted butter and the molasses. Mix well, adding buttermilk and egg. Pour into a standard loaf pan (such as 9" x 5" loaf pan) and bake in a 350°F oven for 45 to 50 minutes.

<https://www.splendidtable.org/story/2019/10/01/molasses-bread>

GOOD BOY PUMPKIN TREATS

Easy treats to make for your favorite dog(s) that are so much healthier than store bought biscuits!

Ingredients

2 ½ cups whole wheat flour
2 large eggs
½ cup canned pumpkin puree or make your own (NOT PUMPKIN PIE FILLING)
2 tablespoons natural peanut butter **avoid any peanut butter that contains the sweetener Xylitol*
½ teaspoon salt
½ teaspoon ground cinnamon

Directions

Preheat the oven to 350 F. In a large bowl, mix together eggs, cinnamon, pumpkin, flour, salt and peanut butter. This mixture will become stiff, dry and crumbly really quickly when first mixing. Add a little bit of water to help moisten the ingredients until you are able to work and knead the dough. Only add a tablespoon or so as you go. You want the dough to end up being a dry and thick consistency. Flour your countertop and roll the dough out to be about a ½ inch thick. Use your cookie cutters to cut out individual treats and place on a greased baking sheet. You don't need to separate them much as they don't rise much. You will have left over dough after cutting out the first batch of treats. Quickly knead and roll out the left over dough to make even more! Bake for about 35 minutes or until hard. Serve to your fur-baby! They will be living their best doggy life!

<https://www.lovefromtheoven.com/pumpkin-dog-treats/>

On October 1st there are only 34 days until the 49th Herb Fair, 53 days until Thanksgiving, and 84 days until December 25th, with lots of opportunities in-between for making special recipes. The November and December At-Home Recipes sections will be all about the foods we enjoy at no other time of the year than the holidays, especially recipes passed down through family and friends. If you have a holiday recipe you would like to share, please email it to therecipeladycollection@gmail.com. Recipes for our 4-legged friends to enjoy during the holidays are encouraged.

Trivia answer: cardamon



49th ANNUAL
HERB
FAIR

Saturday Nov. 5, 2022
9am - 2pm

Huge variety of HERB PLANTS
*Herbal Gifts, Books, Jellies,
Teas, and Culinary Blends*

Presented by
The Herb Society of America, South Texas Unit
www.herbsociety-stu.org
www.facebook.com/HerbSociety.SouthTexasUnit/

Southside Place Clubhouse
3743 Garnet Street, Houston, TX 77005

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.

