

Herbs Make Scents

THE HERB SOCIETY OF AMERICA
VOLUME XLVI, NUMBER 3



SOUTH TEXAS UNIT
MARCH 2024

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March 2024 Calendar

Mar 2, Sat. 9:00 am – 12 noon	Garden Workday Kolter Elementary at 9710 Runnymede Dr., Houston, TX 77096
Mar 8, Fri. 10:00 am	Westbury Garden Workday at 12581 Dunlap Street, Houston, TX 77035
Mar 12, Tues. 10:00 am	Day Meeting: No meeting. Craft Workshop at Janice Dana's home for Members only
Mar 15-16	Pioneer Unit: Plant sale Friday and Saturday; Herbal Forum Saturday. Details: https://www.herbsocietypioneer.org/
Mar 16, Sat. 8:00 am – 11:00 am OR 1:00 pm – 4:00 pm	Special Event: “Jorge & Destin’s Excellent Spring Garden Meet-Up!” at Jorge’s Hidden Gardens 17721 Elizabeth Rd Alvin, TX 77511. Walk through the nursery with Destin and Jorge and select fig trees propagated by Destin, fruit trees, and plants for your spring garden. Raffle, prizes, food and fun! See https://www.facebook.com/texasgardenguy/
Mar 20, Wed. 6:15 pm	Evening Meeting: “Herbs Behind Bars” will be presented by James T. “Scooter” Langley, Jr. , Lee College Horticulture Instructor and Technical Faculty Chair. Join us at the Cherie Flores Garden Pavilion , 1500 Hermann Dr., Houston TX. Doors open at 6:15 pm, with potluck meal and program at 7pm. Free and open to the public.
Mar 23, Sat. 10:00 am	Westbury Garden Workday at 12581 Dunlap Street, Houston, TX 77035
Mar 27, Sun. 7 pm	Herb Day Planning Committee Meeting, Zoom (link will be emailed the week before)
Mar 30, Sat. 10:00 am	Craft Workshop at Julie Fordes . Members only

April 2024 Calendar

Apr 2, Sat. 9:00 am – 12 noon	Garden Workday Kolter Elementary at 9710 Runnymede Dr., Houston, TX 77096
Apr 6, Sat. 9:00 am	Free Lagniappe “An Insect Appreciation Walk at the Houston Botanical Garden” with Lauren Jansen Simpson , creator of St. Julian’s Crossing Wildlife Habitat and advocate/educator for home wildscaping. Members enter HBG free with their HSA Membership Card; non-members welcome!
Apr 9, Tue. 10:00 am	Day Meeting: TBA. Join us at the Cherie Flores Garden Pavilion , 1500 Hermann Dr., Houston TX
Apr 13, Sat. 10:00 am	Westbury Garden Workday at 12581 Dunlap Street, Houston, TX 77035
Apr 17, Wed. 6:15 pm	Evening Meeting: TBA
Apr 27, Sat. 8:00 – 2 pm	38th Annual Herb Day “The Bold and Beautiful” See pg. 2

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

01 – Debbie Lancaster
01 – Susan Wood
11 – Joan Jordan
16 – Beth Murphy

Happy Birthday

21 – Stephanie Calloway

21 – Dena Gaydos
23 – Lois Jean Howard
28 – Linda Alderman
30 – Ro Jones



Chairman's Corner



Growing up, I always considered March twenty-first to be the first day of Spring and disagreed with any person or calendar that said otherwise. That day is my birthday, and it always felt special to share it with this fresh passage into a new season. As an adult, I now know that the first day, and hour, of Spring isn't the same every year. I've consulted the Farmers Almanac and can now share that the Spring equinox, also known as the vernal equinox, occurs when the sun directly crosses over the "celestial" equator. Equinox comes from the Latin word for "equal night" and relates to the equal length of day and night in this twenty-four hour period. Daylight following this event will continue to increase until the Summer solstice in June.

This year, the first day of Spring will take place on March nineteenth and will be the only day, until the Fall equinox, that the sun will rise and set at exactly East and West.

This Spring we're extra busy in the HSA-STU group as we plan, prepare and share the word about our upcoming Herb Day Event. By now all of your calendars should be marked for April twenty-seventh and hopefully you're already joined a committee with your fellow members. Read on in the newsletter for more ways to get involved and help us advertise.

In news related to our National organization, *The Herb Society of America*, registration has just opened for the 2024 EdCon in Malvern, PA. This year's title is, *Once Upon a Thyme... Stories from the Garden*. Along with the presentations and education, there are additional opportunities for tours and workshops, something special for every herbie to enjoy! More information and opportunity to register can be found on the national website:

<https://www.herbsociety.org/news-events/2024-educational-conference/once-upon-a-thymestories-from-the-garden.html>

Dena Gaydos
Chairperson
South Texas Unit

Photo: Larisa Birta on Unsplash



Looking for a Serving Platter

One of our members is searching for a serving dish which once belonged to her mother. The cherished platter is clear glass and was last seen at the STU Christmas Party. If you have this dish or maybe you are looking for the owner, contact **Palma Sales** at burt1@earthlink.net or by phone.



*The Herb Society of America South Texas Unit
Invites You to Tune In
To the Glamorous World of Vibrant Flavors*
Announcing Our 38th Annual Herb Day
THE BOLD AND THE BEAUTIFUL
Saturday April 27 8:00 am - 2:00 pm



*Presenting Bold and Bitter Turmeric,
Hot and Spicy Ginger, & Tart and Tangy Roselle*
**Join fellow herb enthusiasts
for a full day of herbal enjoyment!**

Includes member-prepared herbal refreshments,
lunch, gift bags and door prizes

Shop with selected vendors and at our Herbal Marketplace

Enjoy educational tables and hands-on craft activities

Questions? Email us at southtexasunit@gmail.com

Stay tuned and follow us on Facebook and Instagram

ALL ARE WELCOME PRE-REGISTRATION REQUIRED



2024 HERB DAY SPEAKERS



*Ginger and Turmeric:
Roots of Great Taste and
Health*

A Presentation by **Henry
Flowers**, HSA Member-at-
Large

*Masala: "Masala is . . .
quite simply, a blend of
spices and seasonings"*

A Cooking Demonstration
by **Anita Jaisinghani** of
Pondicheri Café



*Around the World with
Roselle*

A Presentation by **Karen
Cottingham**, HSA-STU
Member





MEET THE SPEAKERS

Henry Flowers is a graduate of Texas A&M University where he received a Bachelor of Science degree in Horticulture and a Master of Agriculture degree in Floriculture. He is currently a horticulturist with Glasco & Co. Landscaping in Brenham, TX, where he specializes in providing seasonal pot change-outs, has a wealth of knowledge about water features, and excels in creating cutting and herb gardens. He previously worked at the **Antique Rose Emporium** where he designed and installed retail nursery display gardens and managed their retail nursery in Independence, TX. Flowers was also **Garden Director at the Round Top Festival Institute** for 16 years, where he oversaw a variety of display gardens with the support of a large number of volunteers and also coordinated a variety of educational garden-related events.

Flowers is an actively contributing lifetime member of The Herb Society of America. He recently spoke on some of the unusual plants in "**The Madalene Hill Pharmacy Garden**" and a series of articles on botanical Latin will appear soon on the HSA blog. In 2009 Flowers received **The HSA's Joanna McQuail Reed Award for the Artistic Use of Herbs**.

Anita Jaisinghani is the Executive Chef and Owner of **Pondicheri Café and Bake Lab + Shop** in Houston, Texas. After growing up in Gujarat, India, Jaisinghani earned a Masters degree in Microbiology in Canada. She eventually moved to Houston, where her love of food blossomed into a career. After operating a small catering business and creating fresh chutneys for local grocers, she went to work in Café Annie's pastry division. While honing her pastry skills, Jaisinghani also developed the skills needed to operate a fine dining restaurant. In 2001, she opened **Indika**, with a menu featuring her deeply personal reinventions of traditional Indian cuisine. **Indika** was named **America's Best New Restaurant 2001** by Bon Appétit and in 2012, Executive Chef Jaisinghani was honored as a **James Beard semifinalist** for Best Chef - Southwest. **Pondicheri Café** soon followed, earning Jaisinghani three additional **James Beard nominations for Best Chef - Southwest**, in 2017, 2018, and 2020.

Her debut cookbook, "*Masala: Recipes from India, the Land of Spices*" was published in 2022 and has been nominated for a **James Beard award in the International Cookbook category**. In this collection of inspired recipes, Jaisinghani skillfully combines the vibrant flavors of Indian street food with local, seasonal produce according to the principles of ancient Ayurvedic wisdom.



Karen Cottingham lives in Houston, Texas, but she grew up in a farming community in rural Washington state. Cottingham received Bachelors degrees in Biology and Comparative Literature from the University of Washington, where she also attended Medical School. After a long career in medicine, Karen now devotes most of her time to sharing her knowledge and enthusiasm for all aspects of herbs. She is currently serving her ninth year as **Program Chair of the South Texas Unit** (without ever repeating a program or running out of ideas!), and is a member of the HSA Education Advisory Committee, EdCon & Annual Meeting Advisory Committee, and Online/Webinar Committee. She also writes articles for various STU and Herb Society of America publications and contributes to the HSA-STU Facebook page. Karen spoke at the 2021 Virtual Educational Conference and Annual Meeting of Members. Her EdCon program, “**Herbs in the Headlines: Notable Women in the Plant Sciences**”, highlighted three female scientists studying traditional herbal practices to find solutions for today’s medical challenges.

Karen particularly enjoys introducing herbs to the public through demonstrations at STU meetings, libraries, museums, elementary schools, and public gardens, and has her own herb garden. She loves to use herbs in cooking, but never writes down the recipes.

Calling all Bakers

If you signed up to bake refreshments for Herb Day OR you want to sign up, please contact either **Palma (P.B.) Sales** or **Ro Jones**





Hooray, Hooray! Herb Day is Just Two Months Away!

By Virginia Camerlo, Herb Day Chair

Get excited for our 38th Annual Herb Day on **Saturday, April 27th** from 8 am to 2 pm in the Houston Museum District. This year's theme, "The Bold and the Beautiful," welcomes you to the world of vibrant flavors - featuring bold and bitter turmeric, hot and spicy ginger, and tart and tangy roselle!

\$65 pre-registration is required and includes speakers, refreshments, lunch, education tables, shopping at the Herbal Marketplace (plants and gift items), vendors, gift bag, and a chance to win a door prize. We regret that walk-ins cannot be accommodated. Please visit www.herbsociety-stu.org/Herb-Day.html to reserve your spot. Space is limited. STU volunteers may register at a special rate of \$30.

Contact Herb Day Chair **Virginia Camerlo** (camerlocan@gmail.com) with questions, or if you are a STU member and interested in volunteering. The next Planning Committee meeting will be held on **Sunday, March 24 at 7 pm via Zoom.**

The Program

8:00 am - 8:50 am	Registration, Refreshments, Shop at the Herbal Marketplace and with Vendors, Visit Education Tables
8:50 am - 9:00 am	Welcome Address and Introductions by Unit Chair and Program Chair
9:00 am - 10:00 am	Ginger & Turmeric: Roots of Good Taste and Health A Presentation by Henry Flowers , HSA Member-at-Large
10:00 am - 10:30 am	Break: Door Prize Drawing, Enjoy Refreshments, Shop & Visit Education Tables
10:30 am - 11:30 am	Masala: "Masala...quite simply, a blend of spices and seasoning" A Presentation and Cooking Demonstration by Anita Jaisinghani of Pondicheri Café
11:30 am - 12:45 noon	Door Prize Drawing, Lunch, Shop and Visit Education Tables, Book Signing by Anita Jaisinghani
12:45 pm - 1:45 pm	Around the World with Roselle A Presentation by Karen Cottingham , HSA-STU Member
1:45 pm - 2:00 pm	Concluding Remarks; Door Prize Drawing, Final Shopping Opportunity

Herb Day Needs – Please contact committee heads if you can help.

Refreshments Committee (Palma Sales & Ro Jones): Bakers wanted to help make herbal refreshments.

Table Top Arrangements and Education Tables (Virginia Camerlo & Karen Cottingham): Do you grow interesting varieties of ginger? Please let us know if you have leaves or divisions that we can use at Herb Day.

Fragrances, Teas & Blends Committee (Faith Strunk & Julie Fordes): Wanted: dried rose petals only

Mark your calendar for the Fragrance, Teas & Blends Workshop!
Saturday, March 30th at 10 am at **Julie Fordes' Home**



BACK TO OUR ROOTS

Julie Fordes

What a glorious day we had in the garden yesterday. We had lots of willing workers! A special thanks goes to **Bill Dana** for all the shovel work! We cleared out some of the extra blue pea vine and found a lovely bed of turmeric and ornamental ginger under the leaves! We planted some nasturtium, borage, lemon balm, and four new lavenders. Our calendula is blooming nicely, and our chamomile is looking great too. It is a wonderful time to be in the garden.

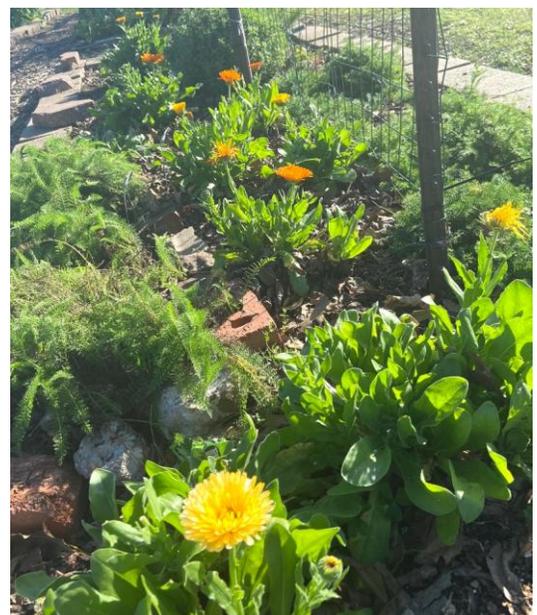
Part of our agreement with the Westbury Community Garden is to provide herbal education for the gardeners. On Saturday, March 23 Westbury Community Gardeners are invited to join us at the herb bed. We will talk about what we are growing and how our fellow gardeners can use the herbs available to them. Everyone in STU is invited to attend and help; I hope that many of you will join me in doing this. The more people involved the better!! Ideas gratefully accepted!!

It is a great way to get to know our fellow gardeners. I am currently planning a couple more activities for that session. Please consider volunteering to water the garden. For those who haven't done it yet, we take a week at a time. Many members do it with a partner.

Here is the link to the Signup Genius watering schedule:

<https://www.signupgenius.com/go/30E0D49ADA-E2DA02-stuwestbury#/>

STU is Growing Great Things!





If you enjoyed Destin's program on figs, don't miss out on Jorge & Destin's Excellent Spring Garden Meet-Up! March 16th at @jorgeshiddengardens 17721 Elizabeth Rd Alvin, TX 77511. There will be figs galore for your selection, including limited quantities from Destin's own favorites. The nursery will be fully stocked for your spring gardening needs. Shop while you enjoy raffles, giveaways and much more! RSVP to reserve a spot for either morning or afternoon sessions.

<https://www.facebook.com/share/My8NQNRcNBk2TMWr/?mibextid=9l3rBW>

Felder Rushing

April 6, 2024
Texas Master Gardeners Event
Featuring **Felder Rushing**
Nationally Known Horticulturist and author, and NPR radio host

For more information & to register visit:

<https://txmg.org/wallermg/felder-rushing-presentation/>

Am I a Good Guy...



Or a Bad Guy?



I'm sure you recognized the wonderfully beneficial lacewing adult and eggs, but what about all the other insects in your garden?

Lauren Jansen Simpson, founder of **St. Julian's Crossing Wildlife Habitat**, will take us on an insect hunt and identification on April 6, 2024 at the Houston Botanic Garden. Meet at 9:00 am at the entrance. HSA members have free entrance with their membership cards.

Everyone is welcome. You don't have to register or be an Herb Society member to participate.



Catherine O'Brien

February, **Susan Wood** presented "*Jatropha gossypifolia*" to a private group of award-winning horticulturists, past presidents and long-term members of The Herb Society of America via Zoom. This group meets each month to discuss interesting herbs and reminisce about our friendships over the years.



WELCOME TO OUR LATEST NEW MEMBERS

Carolyn Kosclskey

South Texas Unit has welcomed three new and one returning member recently.

Cecilie O’Gara who joined before the holidays shared that she serves as the 1st vice president of the Houston Hemorocallis Society noting her day work schedule has made it difficult to really “dig” into her gardening passion. She has so many varieties of day lilies that she has tried to limit the collection to those with dance names incorporating them into a small garden of dancers, looking forward to the repeat bloomers in all colors. “I am so excited to join your group as I move closer to realizing my garden dream of herbs flourishing in the back yard side by side with the beautiful day lilies!” Cecilie was introduced and encouraged to join our group by several members attending the Herb Society of America’s South Central District Gathering hosted by STU.

Mary Shapiro is another recent member and learned of STU listening to the South Texas Gardening and the Dirt Doctor pod casts and attending Herb Fair. Mary works from home and is a member of the Braeswood Garden Club. On her online application she checked interest in all but one category and brings a wealth of useful skills including public speaking, writing/editing and graphic design to share.

Lena Herce is our most recent member joining last month. Lena grew up in Florida and learned gardening with her parents who raised vegetables and fruit trees. She admits at the time she was more interested in what was produced rather than the actual gardening. After moving to Houston she later became interested in growing herbs motivated by being able to harvest them from her back yard. She enjoys cool weather herbs and is interested in learning more about summer herbs, and looks forward to enjoying the meetings and activities provided by STU. On her application she notes she heard about STU from Julie Fordes.

Welcome back to **Lindsay Pollock** who recently re-joined STU after a brief work break.

Membership Tips:

Earning Your Hours - Major Events

Carolyn Kosclskey, Membership Chair

Membership Guidelines, Rules and Procedures (in the Membership Directory and on the website under Member Information, Unit Operating Manual tab), read an active member will support the organization during the fiscal year by participating in the preparation of one major event (Herb Day in the spring, Herb Fair in the fall) and participate on-site in one major event (Herb Day, Herb Fair). The upcoming 38th Annual Herb Day on Saturday, April 27 provides multiple opportunities to meet these obligations! Contact any of the members below for information on how to become involved in this event. Note: Be sure to record all of your hours related to this event in whole and half hour increments (1½ hour = 1.5 hour).

To become involved with Herb Day contact Herb Fair chairman **Virginia Camerlo, Herb Fair Chairman** (camerlocan@gmail.com). Don’t be shy, assistance can be used in all areas and is especially needed with refreshments, member-grown plants and with vendors.

If you have any questions about volunteer hours please do not hesitate to contact me at stxu.membership@gmail.com.



JOIN US FOR OUR MARCH 20 EVENING MEETING "Herbs Behind Bars"



**TURNING LIVES AROUND
WITH HORTICULTURE**
*A Program of the Texas Department of
Criminal Justice Ellis Unit*

Presented by:

JAMES T. "SCOOTER" LANGLEY, JR.,
Lee College Horticulture Instructor and
Technical Faculty Chair

Kolter Elementary Garden



The weather forecast is looking great for weeding, seeding, planting, smiling, & laughing. What are you waiting for? Kolter Elementary Garden welcomes you to their garden workdays every month.

Photo by Sandie Clarke Unsplash

Mark your Calendars – 51st Herb Fair on November 2nd

Stephanie Calloway

While our members are busy preparing activities, crafts, and seedlings for the upcoming Herb Day on April 27th, plans are beginning to form for our 51st Annual Herb Fair on Saturday, November 2nd.

We are fortunate to host this event at the Southside Place Clubhouse, 3743 Garnet St, Houston 77005 for another year and hope you have already reserved space on your calendar for this event. As temperatures are quickly warming and plants are diving into spring production mode (even though it's technically still winter!), it is important to take advantage of this early season growth spurt and harvest established perennial herbs frequently to ensure continued production throughout the year.

Plants that will be requested for Herb Fair teas and products that can be harvested this month include mints (especially spearmint, chocolate mint, applemint, and doublemint), yarrow, thyme, rosemary, oregano, Mexican mint marigold, lemon balm, and calendula flower. Remember that perennial herbs prefer a short trim – never more than 1/3 of the plant at a time – to encourage growth and production.

Thank you to our members and community volunteers who harvest and dry herbs throughout the season for us to share at our largest fundraiser of the year in November!



At the February Day Meeting learned how to use culinary flowers.



Benée Curtis provided many lovely and tasty sweet and savory dishes that included flowers and herbs.



The Herb Society of America
South Texas Unit
P.O. Box 6515
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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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