

# Herbs Make Scents



THE HERB SOCIETY OF AMERICA  
VOLUME XLIII, NUMBER 8

SOUTH TEXAS UNIT  
NOVEMBER 2020

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## Nov. 2020 Calendar

- Nov 7, Sat.** at 9:00 am      Field Trip to Bhakti Urban Farm 9 - 11 am
- Nov 8, Sun.** 10 am-5 pm      Pick Up Your Gift Box of Herbal Breads and Pastries at Three Brothers Bakery
- Nov 18, Wed.** at 7:00 pm      **Pearls for the Pandemic** – *“Makin’ a List, Checkin’ it Twice - Inspired Herbal Gifts for the Holidays (or Anytime!)”*

## Dec. 2020 Calendar

- Dec 16, Wed.** at 7:00 pm      **Pearls for the Pandemic** – *“Herbal Treats With A Sweet or Savory Twist – Zoom-Share Your Favorites in Our Virtual Herbal Cookie Exchange”*  
**Newsletter deadline: the 25<sup>th</sup> of every month**  
*(December editor Linda Alderman)*



- |                         |                         |
|-------------------------|-------------------------|
| 11/1 – Donna Yanowski   | 11/13 – Christine Ankey |
| 11/4 – Julie Fordes     | 11/14 – Janis Teas      |
| 11/4 – Pam Harris       | 11/16 – Robert Jucker   |
| 11/7 – Nicole Buegers   | 11/19 – Fatma Ozel      |
| 11/9 – Elayne Kouzounis | 11/20 – Shirley Mills   |



## PEARLS FOR THE PANDEMIC

~ SHARE YOUR PEARLS OF HERBAL WISDOM ~

October 21 ComfortFood from Your Herb Garden - Herbal Harvest Soups and Breads

November 18 Makin' a List, Checkin' it Twice! - Inspired Herbal Gifts for the Holidays (Or Anytime!)

December 16 Herbal Treats with a Sweet or Savory Twist - Zoom-Share your Favorites in our  
Virtual Herbal Cookie Exchange



## Chairman's Corner

So far, Fall has been a **busy** time for the South Texas Unit (STU). We have consulted with Master Gardeners at the **McGovern Centennial Gardens**, presented **two** programs at the **Houston Botanic Garden**, **Donna Wheeler** gave a great virtual talk on culinary herbs to a local garden club, and we have managed to deliver the rest of the goodie bags to our members! **Thanks to all who helped with these projects!**



**Giselle Grandich** making rosemary shortbread cookies for the gift bags.

**Pearls for the Pandemic** has been wonderful on many levels...we have had upwards of 30 attendees at the last two programs. We have quite a few people who have regularly attended and look forward to what is going on each month. I was delighted to see lots more of our members tune into the last episode. **THANK YOU, KAREN!** We hope you all will join in for the **last two episodes** in November and December.

**What's next, you may ask... well, we don't know yet.** The challenges and risks of Covid make planning anything seem risky and somewhat futile. Will there be more Zoom programming in the new year? Will there **ever** be in-person meetings again? Will there be a Christmas party? Will we be able to have Herb Day? And, my personal favorite...What are we going to do with all these dried herbs? Given where things are now with the virus, the answer to some of these questions is "no", to some of the questions, the answer is "not yet", and to some of the questions, the answer is "I have no idea". But with some determination and persistence, we will figure it out and go forward in the safest manner possible. A member survey (possibly online) is one way to see where everyone is, what they need and what they want in terms of meetings and programming.

This will be a project that will happen soon. Stay tuned...

Regarding the **Madalene Hill Scholarship**: We have been in the process of changing the criteria for this scholarship for a couple of months. (See a detailed explanation in the two previous newsletters). The Board and the Scholarship Committee have prepared updated scholarship criteria for approval of our general membership. I think they have done a marvelous job addressing some of the things the Board thought should be changed. We will put it to a vote at our next Member's Business Meeting.

Believe it or not, there are people who would like to become members of our group even during the pandemic. There are several people who had attended 2 or 3 meetings before Covid and intended to join, and there are also people who have attended at least three Zoom meetings (which count as meetings)! **Thank you, Benée Curtis** for revamping the website a bit to make applying for membership clearer to those who want to join us.

Many thanks to **Maria Treviño**, our Treasurer, for setting us up for Amazon Smile. This program earns our Unit money every time we shop on Amazon Smile. I signed up and bought some gardening books for good measure! I have invited the rest of my family to sign up and designate the South Texas Unit as their charity.

Stay safe...Julie





### Susan Wood Celebrates 50<sup>th</sup> Year as Member

Susan Gail Wood is currently celebrating her 50th year as a member of The Herb Society of America (HSA). To honor her length of membership and service she received the Golden Sage Award at The Herb Society of America Annual Meeting (via Zoom) in June 2020 and will be recognized (pandemic delayed) as a “Golden Sage” at The Herb Society of America Education Conference in Baton Rouge, LA in April 2021.

Susan discovered a passion for gardening as a teenager and began studying herbs before hearing about the newly formed South Texas Unit in 1969. This recently formed herbal interest group had petitioned and was accepted in 1968 to join The Herb Society of America as the South Texas Unit. During this time Susan had the unique opportunity to be mentored by and learn with Madalene Hill, one of the charter members of the South Texas Unit.

From this formative beginning with herbs, Susan hit the ground running and has not stopped since pursuing her passion of herbs and giving outstanding service to the South Texas Unit and The Herb Society of America.

One can summarize Susan's journey with herbs as multidimensional and eclectic including: 1) Growing and gardening 2) Culinary 3) Creating art and crafts 4) Active learning, educating and presenting numerous programs and symposiums 5) Serving the Houston community and fulfilling The Herb Society of America, South Texas Unit's motto, *“For Use and For Delight”*.

**Growing/Gardening** Susan's first garden was a quaint garden in her Heights duplex featuring potted herbs, and a pocket garden. She later moved to a large property in Bellaire, Texas to develop beautiful beds, special garden rooms and pocket gardens. You are always surprised as you round a corner or new vista in her landscape and will see something special like an “Herb Bed” - potted plants resting on the metal bed frame.

Susan's home and garden served as an educational resource for members and guests and many times has been used as a backdrop in featured articles of the Houston Chronicle and other media to publicize the South Texas Unit Herb Fair and Herb Day events.



Susan's favorite herb - Lemon verbena



Team Captain for the Heritage Society Garden



## *Herbs Make Scents*

November 2020

For several years Susan managed the sale of herb plants at Herb Fair during the 1990's which involved setting up a huge outside area of tents, tables, cashiers and displays. She also volunteers to assist with The Herb Society of America, Pioneer Unit's plant sale when possible.

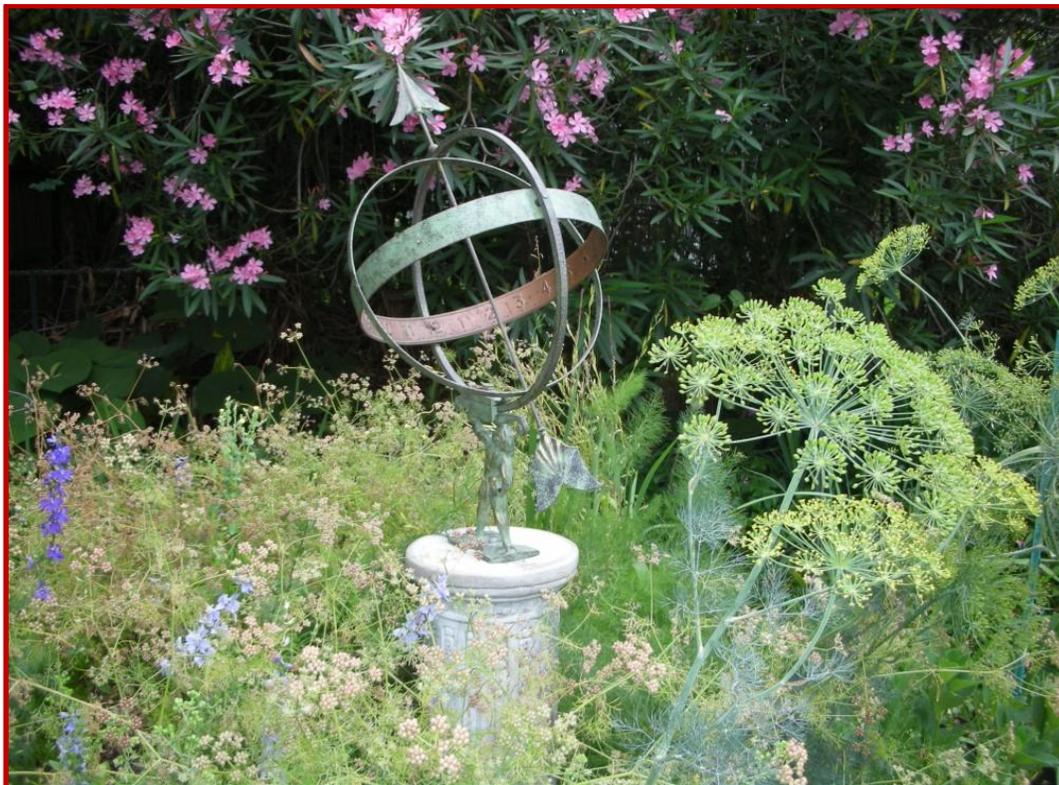
She has worked hundreds of hours in the former and member maintained South Texas Unit "Fragrant Garden" at Hermann Park, The Heritage Society Herb Garden in downtown Houston, TX as well as the South Texas Unit herb garden in the 1970's at Houston Arboretum and Nature Center on Woodway Drive, Houston, TX.

Since 1999, Susan has generously shared thousands of seed packets yearly from Botanical Interests, Inc. with Recipe 4 Success, Urban Harvest, Last Organic Outpost, Alabama Gardens near Texas Southern University, various schools and colleges, members of the South Texas Unit, as well as other Units of The Herb Society of America, Master Gardeners & other garden groups and community gardens.



Members Susan and **Corlas Pearsall** at a South Texas Unit Herb Fair

**Culinary** Susan uses fresh or dried herbs grown in her garden to create herbal recipes; these were shared in programs, lectures, and newspaper featured articles. More recently, she has helped The Herb Society of America learn about incorporating herbs with recipe adjustments needed for a gluten-free dish. While she does not consider herself a gourmet cook, and is no longer totally gluten free, having easy access to a bountiful herb garden allows her to add herbs to give a creative boost to meals. Pictured below is Susan's garden featuring culinary herbs of dill and cilantro. This photo was featured in The Herb Society of America 2012 Calendar.





## *Herbs Make Scents*

November 2020

**Herb Educator** Susan presented many programs to South Texas Unit Program Meetings, Herb Day, Herb Fair, Round Top Herbal Forum, Pioneer Unit, Arbor Gate Garden Center and Plant Nursery, Rienzi House Museum, Rice University & various garden clubs. Susan's programs were carefully researched, documented, and sourced for accuracy and detail.



Pioneer Unit Speaker Presentation

She has an excellent command of horticulture, botany, taxonomy, and history. At the same time, she can translate technical herbal knowledge into material that is easily grasped, fun, and appreciated by those just starting to learn about herbs.

Her presentations reached hundreds of persons attending the programs. A partial list of handouts includes: *Ten Biggest Mistakes When Trying to Grow Herbs*; *How to Harvest, Dry & Store Herbs*; *Sassafras*; *Growing and Harvesting Herbs for Tea*; and *Easy, Breezy Composting*.

Some of her presentations include: Poisons as Described in Alan Bradley's Flavia de Luce Mysteries Series; Cool Weather Herbs; Summer Survival Tips for the Herb Garden & Gardener; Fragrant Garden Memories; Potpourri Workshops; Ten Easy to Grow Herbs for Fall; Exterior Decorating and Keynote speaker for 40<sup>th</sup> anniversary Herb Day – "Bee Happy Herbs".



**Service** Susan contributed immensely to the education for the delight and use of herbs through her lengthy service to the local and national organizations. She has held nearly all offices of our Unit: Unit Chair, Vice Chair (Program Chair) and Secretary. She chaired various subcommittees for our annual Herb Fair and founded Herb Day, donated many potted herbs from her garden and gave numerous presentations. Here are a just a few highlights:

**1970:** South Texas Unit Secretary, 1970-72, creating the first newsletter for our members. Began working in our Fragrant Garden at Hermann Park to learn about growing herbs. Mentors: Madalene Hill, Rex Talbert and Mildred Copeland.

**1979-81:** Worked on planning committee for The Herb Society of America Annual Meeting of Members held in Houston in April 1981. About 225 members from around the country attended.

**1981-83:** Unit Chair & Newsletter editor. Madalene Hill suggested she create a new day long educational event for our unit with help from members to be called "Herb Day". Commissioned and co-designed the South Texas Unit logo with a bluebonnet, rosemary, and red stem apple mint.

**1986:** Planned all special events for The Herb Society of America Board Meeting held at Warwick Hotel in museum district of Houston with 75 members attending. Events included field trip to Bayou Bend, Lucia's Garden, Hilltop Restaurant, and an optional day long bus trip to Galveston island for an historic tour and catered dinner with entertainment at Ashton Villa.

**1986-88:** Served as Recording Secretary for The Herb Society of America with South Texas Unit members: Madalene Hill as President, Ellen Reagan as 2<sup>nd</sup> Vice President and Zylla Cundiff as Treasurer. The Board of Directors included 30 Unit Chairs meeting 3 times a year in person for two days at regional locations.

**2007:** Awarded the Certificate of Achievement from The Society for "Distinguished contributions in herbal knowledge and horticulture".

**Herbal Artistry and Craft contributions** Susan was an independent jewelry designer, hand fabricating and selling gold and sterling jewelry for 25 years, creating hundreds of custom and one-of-a-kind pieces. Using direct metalworking techniques, each piece was handmade instead of cast from a mold.

In 1980 she began designing and creating tussie mussie pins for The Herb Society of America members who requested them thereby funding travel expenses to attend Annual Meetings every year. She created 8 designs and copyrighted her "Softly falls the foot of time that only treads on flowers" design. She shipped tussie mussie pins to collectors throughout America and even to Rosemary Verey, noted garden designer and author in England.

Susan oversaw having the South Texas Unit logo design made into lapel pins for members for our 40<sup>th</sup> anniversary and updated the design for the slightly larger lapel pin produced for our 50<sup>th</sup> anniversary to include the date our South Texas Unit was founded -- 1968. Susan designed and hand fabricated The Herb Society of America's Nancy Putnum Howard Award for Horticulture. This was a sterling silver tussie mussie pin for ladies and a sterling silver hand lens for men.



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November 2020

Each piece was engraved with the name of award with year and recipient's monogram. She produced and subsidized this award for 30 years. In 2012 she designed and created a coin for The Herb Society of America development fundraising program called "The Lunaria Society". When asked to create a lapel pin she suggested a coin instead that could be mounted in a bezel for necklace or key chain. This featured her original design of *Lunaria annua*, the money plant, and words "The Gift of Giving" with coin origin date "2012" in high relief on the obverse of the coin. The Herb Society of America logo was featured on the reverse. It was designed so that the coin could be worn on a necklace with either side showing in an upright position.



HSA Annual Conference, Denver, CO.

Outside of gardening, Susan is a life member of Houston Symphony League, a long-time season ticket holder for the Houston Symphony and supporter of many museums in Houston. About ten years ago she began taking her Mom on trips to Las Vegas and has added gambling as a hobby there and in her preferred destination The Bahamas.



Susan swimming with dolphins at Atlantis in The Bahamas

In closing, in her own words, Susan said "I have found gardeners generally to be the kindest, most generous, and interesting people you will ever know. I have made life-long friends through The Herb Society of America - not only in the Houston area but across Texas, America and abroad." Thank you, Susan, for sharing your enjoyment of herbs and giving outstanding service.

*Janice Stuff*



SAVE THE DATE: NOVEMBER 18, 2020

JOIN THE SOUTH TEXAS UNIT  
OF THE HERB SOCIETY OF AMERICA

*For Our Next "Care and Share" Episode*

MAKIN' A LIST AND CHECKIN' IT TWICE -  
INSPIRED HERBAL GIFTS FOR THE HOLIDAYS  
(OR ANYTIME!)



Are you dreaming of a Green Christmas? Here are some suggestions for eco-friendly herbal gift-giving:  
Chocolate superfood truffles (<https://www.greenrx.ca/superfood-truffles/>),  
herbal vinegar (<https://www.vitacost.com/blog/diy-host-gift-ideas-infused-vinegar/s>),  
lavender sachets (<https://www.lapinblu.com/hands-heart-sarah-moore-vintage/>) and herbal salves  
(<https://learningherbs.com/remedies-recipes/herbal-first-aid-ointment/>)



Something Special for HSA-STU Members  
From Three Brothers Bakery  
A Gift Assortment of Herbal Breads and Pastries!



HSA-STU member **Bobby Jucker** is a fifth-generation baker of authentic Eastern European breads and pastries

Inspired by our latest **Pearls for the Pandemic** program, *Comfort Food from Your Herb Garden - Herbal Harvest Soups and Breads*, **Bobby Jucker** decided to put together a gift box of delicious herbal breads and pastries for each “paid-up” HSA-STU member. It’s a big “Thank You” for all those members whose support makes our programs possible.

Not a member yet? No problem! If you’ve been enjoying our programs and thinking about becoming a member, now’s the time to take the plunge. There’s an application form in the Membership Section of our website <http://www.herbsociety-stu.org/membership.html> If you are interested in applying for membership, let Julie know at [fordes.julie@gmail.com](mailto:fordes.julie@gmail.com) so your application can be expedited.

Act now, so you can enjoy your own assortment of baked goods for the fall season. Each member will receive a gift box containing a loaf of corn-rye bread with fennel and caraway seeds, pumpkin focaccia bread with pumpkin seeds and rosemary, a pumpkin pound cake drizzled with their famous pecan pie filling, and an assortment of herbal shortbread cookies.

Gift boxes will be available for pick-up on Sunday, November 8, 10 am-5 pm at **Three Brothers Bakery** 4036 S Braeswood Blvd in Houston. Watch your email for details on how to reserve your gift.

Thank you, Bobby! We appreciate your generosity and support.

Karen Cottingham



## October “Pearls for the Pandemic” Program full of surprises!

**Bill Varney**, our South Central District Delegate for The Herb Society of America, attended and donated a “ZOOMprize” for our October Pearls for the Pandemic Zoom meeting. You may remember he was featured in our Member Spotlight last month with an article written by **Susan Wood**.



Karma paid off for Susan when she randomly won the product assortment from [URBANherbal](http://URBANherbal) featuring Rose Flower Water, Herbs de Provence and Garden Moonlight fragrance, all organically prepared by Bill! Thanks, Bill. See photo.

## Support The South Texas Unit. Here is how....



You shop. Amazon gives.

An AmazonSmile account has been set up for the South Texas Unit. Be sure to sign up for [www.smile.amazon.com](http://www.smile.amazon.com) and select the South Texas Unit as described below. Each quarter the AmazonSmile Foundation will donate 0.5% of the purchase price of eligible items to our Unit.

The shopping experience is the same as shopping through amazon.com with the added benefit the foundation will donate to our organization.

### Five Easy Steps to Support the South Texas Unit

1. Go to [smile.amazon.com](http://smile.amazon.com)
2. No account? Create one! Have an account? Sign in.
3. Select charitable organization. Found near the top of the [smile.amazon.com](http://smile.amazon.com) home page.
4. Type in Herb Society South Texas Unit and click Search. Once the name comes up hit Select.
5. Enjoy shopping!



### Lois Jean Howard and Yvette Darnell Collect



Lois Jean Howard

### Herb Garden area at McGovern Centennial Gardens

McGovern Centennial Gardens opened to the public October 17, 2014. I was privileged to be at the VIP opening as a member of Hermann Park Conservancy with my guest, **Bart Truxillo**. We toured the impressive new 7 acres of gardens from top to bottom. We enjoyed a lengthy conversation over wine and hors d'oeuvres with **Peter Bohlin**, the world-renowned architect that designed the Cherie Flores Garden Pavilion. But that is another wonderful story.

When the old Hermann Park garden center was being demolished to make way for the new gardens, circa 2012, many of our members were upset to lose our South Texas Unit supported and maintained Fragrant Garden. Change can be upsetting. But now we may have the opportunity to step up to help maintain and revitalize the Herb Garden area within the Family Garden. This area has many large, wooden rectangular or square raised beds of varying heights for vegetables and citrus. The herbs were originally designed to be in the smaller, corrugated metal or metal with wood raised beds.

Member **Jeanie Dunnihoo** was approached by Master Gardener **Becky Larkin** about the possibility of South Texas Unit helping with the Herb Garden area in the Family Garden.



## Herbs Make Scents

November 2020

Our Chair invited members to attend two meetings mid-October to consult with Becky about what can be done to renovate the herb area. There are many areas of herbs needing TLC, replanting and signage to identify what is growing. Soil improvement with organic compost and new mulch is necessary too.

Many of our members who originally tended the Fragrant Garden in Hermann Park have suffered what my Dad used to call "TMB". Too many birthdays. Some members moved on or away. We look forward to the possibility of getting reinvolved in hands on herb gardening through the Master Gardeners. Talk about going back to our roots! Can you dig it?

*Submitted by Susan Wood*



Consulting with Master Gardeners at the McGovern Centennial Gardens

## Back to Our Roots - Garden Your Blues Away!

Keep on truckin' Mama, truck your blues away! This Grateful Dead song has been stuck in my head for a couple of days now. I have changed the lyrics a bit to suit the times...keep on gardenin' Mama, garden your blues away! Just had to share the message I get from this...keep going, keep putting one foot in front of the other.

If you are already harvesting and drying your herbs, **THANK YOU** and keep on truckin'! A **BIG** shout-out to **Lois Jean Howard** and **Yvette Darnell** for a record harvest of rosemary! These two really do keep on truckin'" and I hear their memories have greatly improved after smelling all that rosemary!

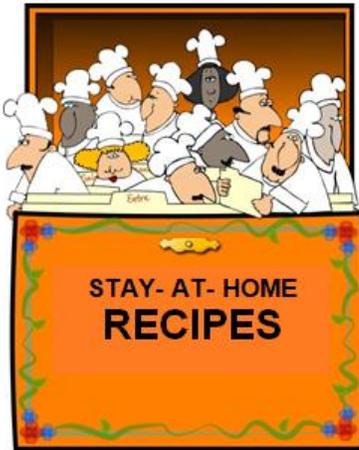
If you are **not** planting, growing and harvesting herbs, today is another opportunity. What other activity that is available to you during Covid could possibly have such great health benefits? Yes, it can feel like a chore at times. Those plants need water, this one is dying, this one need pruning, and so on. There is always something to do in the garden even if you are not in the mood.

For me, getting useful and healthy ingredients from plants to use myself and more importantly to share with others, has become a ritual that I find immensely satisfying. Gardening with this purpose in mind - the thought of being useful, helpful, and of service to others - makes any difficulties I think are going on virtually disappear.

The end result of having herbs to blend into fabulous teas and spice mixes to sell at our next event (whatever form that takes) makes me happy.

Julie Fordes





## STAY-AT-HOME RECIPES

November 2020

It's November, the month Americans celebrate Thanksgiving. But because of the pandemic this year the day will be very different from previous celebrations. More people are choosing to stay home instead of traveling, and are limiting gatherings to household only while at the same time rethinking large traditional menus.

Since last spring the hard-hit turkey industry has been anticipating this year's holiday buying trends by raising more birds that are 16 lbs. or

less, and predicting more buyers will be interested in smaller parts such as breasts, drumsticks or wings, if not opting for a large chicken. (<https://www.nytimes.com/2020/10/08/dining/thanksgiving-turkey-coronavirus.html>). The following dressing recipes will complement whichever poultry you choose to prepare and are especially user-friendly for the novice cook.

**Carolyn Kosclskey**, The Recipe Lady

**ATTENTION HOLIDAY COOKS!** The December Stay- At- Home Recipe section is seeking "gifts from the kitchen" recipes which might include herbed baked goods, vinegars, seasonings and rubs, dried tea mixes and many more. Please submit your recipe in a form convient for you to [therecipeladycollection@gmail.com](mailto:therecipeladycollection@gmail.com). Many thanks.

### CLASSIC CORNBREAD SOUTHERN DRESSING

<https://www.southernliving.com/recipes/classic-cornbread-dressing-recipe?printview>

A great Southern-style dressing starts with cornbread that's baked in a skillet for a crisp, golden crust. This simple recipe can be made up to a month ahead if stored in the freezer. For best results, prepare the cornbread up to two days in advance so it can dry out completely. 15 half cup servings.

#### INGREDIENTS

##### Cornbread

- 2 cups self-rising white cornmeal mix
- 1 teaspoon granulated sugar (optional)
- 2 large eggs
- 2 cups whole buttermilk
- 3 tablespoons salted butter

##### Dressing

- ½ cup salted butter
- 3 cups/15 oz. diced sweet onion (from 2 large onions)
- 2 cups/10 oz. diced celery (from 6 stalks)
- 2 tablespoons finely chopped fresh sage
- 1 teaspoon finely chopped fresh thyme

##### Dressing

- ½ cup salted butter
- 3 cups/15 oz. diced sweet onion (from 2 large onions)
- 2 cups/10 oz. diced celery (from 6 stalks)
- 2 tablespoons finely chopped fresh sage
- 1 teaspoon finely chopped fresh thyme
- 6 large eggs
- 1 (14-oz.) pkg. herb-seasoned stuffing mix (such as Pepperidge Farm)
- 10 cups chicken broth



## DIRECTIONS

Prepare the Cornbread: Preheat oven to 425°F. Combine self-rising cornmeal mix and sugar (if desired) in a large bowl. Stir together eggs and buttermilk in a medium bowl; add to cornmeal mixture, stirring just until moistened. Heat salted butter in a 10-inch cast-iron skillet in preheated oven 5 minutes. Stir melted butter into batter. Pour batter into hot skillet. Bake in preheated oven until cornbread is golden, about 25 minutes; cool in skillet 20 minutes. Remove from skillet to a wire rack, and cool completely, 20 to 30 more minutes. Crumble cornbread. Freeze in a large heavy-duty zip plastic bag up to 1 month, if desired, then thaw in refrigerator.

Prepare the Dressing: Preheat oven to 350°F. Melt butter in a large skillet over medium-high; add onion and celery, and cook, stirring often, 10 to 12 minutes until tender. Add sage and thyme, and cook 1 minute stirring often. Stir together eggs in a very large bowl; stir in crumbled cornbread, onion mixture, stuffing mix, chicken broth, black pepper, and kosher salt until blended. Spoon mixture into 2 lightly greased 13- x 9-inch (3-quart) baking dishes. Bake, uncovered, in preheated oven until lightly browned and cooked through, 1 hour to 1 hour and 15 minutes. If making ahead and freezing

**If making ahead** this recipe may be made a day in advance. Let the cooked dressing cool to room temperature, cover and store in the refrigerator. Remove from refrigerator 30 minutes before reheating. If desired, this recipe can be made in advance and frozen for up to 3 months. To complete the preparation, thaw in refrigerator for 24 hours, uncover and let stand at room temperature for 30 minutes, and then bake as directed.

## TWO SISTERS TURKEY DRESSING

A favorite family recipe first served Christmas 1981, debated origin

Prepare beforehand cornbread to make 3 cups and dried seasoned herbed bread crumbs to make 4 cups, totaling 7 cups. Processor may be used to “crumble” bread crumbs--all diced/chopped ingredients should be approximately the same size. Salted butter is used throughout.

Sauté in butter until tender...

- 1 ½ cup/7 ½ oz. celery, diced, including tops and leaves
- 1/3 cup/1 ½+ oz. white onion, diced
- 2 tablespoons butter or olive oil

Prepare...

- 1 cup parsley tops, coarsely chopped
- Fresh sage and thyme to taste, finely chopped
- 1 cup/2 ¾ oz. fresh mushrooms, chopped (optional)
- 1 cup/3 ½ oz. fresh cranberries, chopped (not puréed) in processor (optional)
- ½ cup/2 oz. chopped pecans (optional)
- 4 cups seasoned herbed bread crumbs, dry
- 3 cups crumbled cornbread, dry
- 2 hard-boiled eggs, chopped
- ¼ teaspoon black pepper
- 1 ½ teaspoon salt
- 3 cups broth (poultry, vegetable or even apple juice)
- 1 can cream of mushroom soup



## *Herbs Make Scents*

November 2020

4 eggs, raw  
½ cup melted butter or margarine

Mix the total of 7 cups crumbled cornbread and bread crumbs in large bowl. Add chopped parsley, sautéed celery and onions, chopped eggs and seasoning. Mix well and add broth, soup, raw eggs and melted butter. More liquid may be added if too dry.

Pour into a 4-quart Pyrex dish and bake at 350°F for 35 to 40 minutes. Serves 12 to 14.

### Related websites of interest

<https://herbsocietyblog.wordpress.com/2019/11/25/the-herbs-and-spices-of-thanksgiving/>

<https://www.foodandwine.com/cooking-techniques/how-to-dry-brine-turkey>

<https://theherbalacademy.com/12-herbal-thanksgiving-dinner-recipes/>

<https://www.rd.com/article/is-canned-pumpkin-really-squash/>

*Happy Thanksgiving!*





### Sign Up for the HSA-STU Field Trip to **BHAKTI URBAN FARM** A Sustainable, Serene, and Sacred Spot Right Here in Houston!

**Bhakti Urban Farm** is a peaceful eight-acre wooded farm that is built upon the rich spiritual heritage of India - and it's just ten miles from downtown Houston in the Garden Oaks neighborhood. It's only minutes away, but it feels like entering another world. This serene refuge features magnificent trees, a large organic garden with seasonal vegetables and herbs, fruit trees, beehives, birdsong, and three gentle and well-loved cows.

This is a very special place. *Bhakti* is a Sanskrit word meaning 'devotional service', and the Bhakti Urban Farm is a volunteer-run project of the International Society for Krishna Consciousness (ISKCON) of Houston. ISKCON is a monotheistic tradition within the broader Vedic, or Hindu, family of faiths. By integrating the agricultural practices of ancient pastoral societies with performing arts and music, meditation, yoga, and a healthy vegetarian diet, the activities at the Bhakti Urban Farm are meant to inspire people toward a balanced, honest, and simple life.

I first became aware of Bhakti Urban Farm last winter, when Ayurvedic practitioner **Karuna Diedericks** presented a program on "Ayurvedic Herbs for Vitality and Healthy Brain Function" to our HSA-STU group. Karuna also teaches plant-based cooking classes at Bhakti Urban Farm.

My first visit to the farm occurred this summer, when our youngest herbal enthusiast, **Giselle Grandich**, requested an "interesting adventure". "Interesting" turned out to be a bit of an understatement. I was not expecting that Albert and Giselle would get quite so "up-close and personal" with Vrinda and Shamala:



Vrinda, on the left, seems to be enjoying herself, too!



## *Herbs Make Scents*

November 2020

As **Hari Bas**, manager of Bhakti Farm, explained, cows are venerated in India as symbols of motherhood, kindness and forbearance. Lord Krishna himself is often pictured as a cow-herder; one of his names, Govinda, means the “friend and guardian of cows.” Devotees follow Krishna’s example by caring for cows and respecting animals in general.

In addition to their association with the divine, cows are revered for being essential to agrarian life. The cow provides nourishment through her milk, oxen are used in rural India for farm work and pulling carts, and their dung is used for fertilizer and fuel.

In keeping with this reverence and special affection for cows, Vrinda, Shamala, and Mangara are allowed to roam freely throughout the seven acres. Visitors are encouraged to pet them, groom them, feed them (apples, pumpkin, and butternut squash are their favorite foods), and even to lie down with them.

If you’re wondering what it’s like to snuggle up against a reclining cow, come and see for yourself! We have arranged a special HSA-STU Open House at Bhakti Farm on November 7, 2020. From 9 am - 11 am Saturday morning, Hari will host STU members for a tour of the grounds and garden and an opportunity to interact with the cows.

This invitation is extended to Herb Society members only, but there’s still time to become a member and join us on our “interesting adventure”. Look for the application form in the Membership Section of our website <http://www.herbsociety-stu.org/membership.html> and then let Julie know ([fordes.julie@gmail.com](mailto:fordes.julie@gmail.com)) so your application can be expedited.

And watch your email for an introduction to the therapeutic benefits of “cow cuddling”. Yes, you read that right! Cow cuddling is pretty much what you might imagine - hugging, grooming, resting against, and basically hanging out with this gentle farm animal. It’s a “new” form of animal-assisted therapy (actually practiced in India for thousands of years!) that is said to relieve stress, grief, loneliness, depression, and anxiety.

If you’re not sure about cuddling with a cow, come anyway, and experience the peacefulness and beauty of Bhakti Urban Farm. The garden will be overflowing with its fall bounty, and you can purchase some wildflower honey to take a bit of the beauty home.

Knowing of our interest in herbs, Hari will also explain the significance of the Tulsi, or Holy Basil, that grows in the garden. Tulsi, which means ‘the incomparable one’ in Sanskrit, is a sacred plant used in religious ceremonies at the ISKCON temple nearby. You won’t want to miss the fascinating story of Tulsi, especially if you have this fragrant herb in your own garden.

Further information and directions to the farm will be sent in a few days along with the promised introduction to “Cow-Cuddling”. Please let me know ([karen.redbrick@gmail.com](mailto:karen.redbrick@gmail.com)) if you will be attending this special event.

Karen Cottingham



## THANKSGIVING DAY (1844)

By Lydia Maria Child (1802–1880)

Over the river and through the wood,  
To grandfather's house we'll go;  
The horse knows the way  
To carry the sleigh  
Through the white and drifted snow.

Over the river and through the wood,--  
Oh, how the wind does blow!  
It stings the toes  
And bites the nose  
As over the ground we go.

Over the river and through the wood,  
To have a first-rate play,  
Hear the bells ring  
"Ting-a-ling-ding!"  
Hurrah for Thanksgiving Day!

Over the river and through the wood,  
Trot fast, my dapple gray!  
Spring over the ground  
Like a hunting hound!  
For this is Thanksgiving Day!

Over the river and through the wood,  
And straight through the barnyard gate;  
We seem to go  
Extremely slow;  
It is so hard to wait!

Over the river and through the wood,  
Now grandmother's cap I spy!  
Hurrah for the fun!  
Is the pudding done?  
Hurrah for the Pumpkin Pie!

<https://poets.org/poem/thanksgiving-day>



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.

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Find our Unit on the web at:  
[www.herbsociety-stu.org](http://www.herbsociety-stu.org)



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.

