

Herbs Make Scents

THE HERB SOCIETY OF AMERICA
VOLUME XLVI, NUMBER 11



SOUTH TEXAS UNIT
NOVEMBER 2023

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

November 2023 Calendar

- Nov 3, Fri. 9:00 am** Setup for Herb Fair (Members Only) Southside Place Clubhouse 3743 Garnet Street, Houston TX 77005
- Nov 4, Sat. 9:00 am – 2 pm** **50th Annual Herb Fair** Southside Place Clubhouse 3743 Garnet Street, Houston TX 77005
Pre-Order Customers may enter at 8:30 am
- Nov 11, Sat. 9:00 am – 12 noon** **Garden Workday Kolter Elementary** at 9710 Runnymede Dr. Houston, TX 77096
- Nov 14, Tues. 10:00 am** **Day Meeting** TBA at Cherie Flores Pavilion, 1500 Hermann Dr. Houston, TX.
- Nov 15, Wed. 6:15 pm** **Evening Meeting** The program is *“The Culinary and Medicinal Benefits of Mushrooms”* presented by **Brandi McRill**, herbalist and owner of Flourishing Fern Apothecary. Join us at the Cherie Flores Garden Pavilion, 1500 Hermann Dr, Houston, TX 77004. Doors open at 6:15 pm with potluck meal at 7pm. Program to follow.
- Nov 18, Sat. 10:00 am** **Westbury Garden Workday** at 12581 Dunlap Street, Houston, TX 77035.

December 2023 Calendar

- Dec 09, Sat. 9:00 am – 12 noon** **Garden Workday Kolter Elementary** at 9710 Runnymede Dr., Houston, TX 77096.
Day Meeting TBA and location TBD.
- Dec 12, Tues. 10:00 am** **Evening Meeting** **No meeting in December.**
- Dec. 16, Sat. 10:00 am** **Westbury Garden Workday** at 12581 Dunlap Street, Houston, TX 77035.

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



01-Donna Yanowski
03-Dianne Duperier
04-Julie Fordes
04-Lindsey Pollock
07-Nicole Buergers
08-Pam Harris

09-Elayne Kouzounis
14-Janis Teas
16-Robert Jucker
17-Christine Ankey
19-Lois Sutton
20-Shirley Mills



Chairman's Corner

Preparations for our 50th Annual Herb Fair fall planting and a tease of cooler weather has kept this past month as busy as ever for our South Texas Unit.

Now that some figures have come in from our District Gathering, hosted by our South Texas Unit at the end of September, I wanted to share them with all of our members and supporters and once again say thank you to all who volunteered and participated.

We had more than 50 HSA members in attendance, guests from all over Texas and surrounding state's units. **Karen Cottingham** gave a wonderful tour of our Centennial Gardens on Friday night, followed by a reception, thank you again **Elizabeth Grandich** and family for providing a space to use. At the party we enjoyed food and desserts supplied by members and a wonderful herbal shrub bar created and tended by **Debbie Gordon**. Saturday we spent the morning at The Houston Botanic Gardens, where speakers included: **Bill Varney** our District Delegate, **Lauren Simpson** of St. Julian's Crossing and our President **Lin Lange**, in from Colorado. I'm proud to report that fundraising from the day raised over \$1,000! We met back up that evening with dinner, a sunset view and garden tour of Sky Farm at the downtown POST HTX building followed by an afterparty in **Laura Mullen's** backyard.

Thank you to **Karen Cottingham, Virginia Camerlo, Maria Treviño, Mary Starr, Angela Roth, Susan Wood, Julie Fordes** and all other behind the scenes volunteers from our unit and the district that made the weekend a success. Our next South Central District gathering will take place in 2025 and the position of District Delegate will be up for new leadership this next summer; it's an exciting time to be an HSA member!

We as the STU are members of Houston Botanic Garden, Cultivator Giving Circle with free admission (for up to 10 members per day) plus discounts for special events or classes. All Herb Society of America members can use the Reciprocal Admissions Program (RAP) for free admission to HBG any day by showing HSA membership card at entrance. This means you would only need to contact our treasurer, Maria Trevino, if wanting to get a discount to register for events requiring additional payment.

I hope to see everyone at our 50th Annual Herb Fair in just a few days. You can expect to find seasonal plants, handmade crafts, plant related books and herbal products made from locally grown herbs. Enjoy snacks while browsing for holiday gifts for everyone on your list. Be sure to stop by our Herbal Experience tables for an educational craft for the young and young at heart, and then stop by to browse our culinary blends and sample our 50th Anniversary Gold Milk Latte!

Lastly, Member's Holiday Party December date TBD.

Dena Gaydos
Chairperson





2023 South Central District Gathering



What a Welcome Party it was! Row 1: HSA President Lin Lange, Butterfly Pea Flower Bartenders Paul Backe and Laura Mullen, and Catherine O'Brien; Row 2: Maria Treviño, Lorena Jaramillo, Dena Gaydos, and Virginia Camerlo; and Row 3: Dianne Duprier, and Herbal Shrubmasters, Cora Lindsay and Debbie Gordon.



Herbs Make Scents

November 2023



Our first group photo is on the Garden Mount in Centennial Garden in Hermann Park. The second is at the Skyfarm, the largest rooftop garden in the state of Texas. Pictured in the middle row are our speakers, Aaron Flores, COO & Lead Skyfarmer of Blackwood Educational Land Institute; William Varney, HSA South Central District Delegate; and Lauren Simpson, founder of St. Julien's Crossing Wildlife Habitat.



Announcing Our November Evening Program "The Culinary & Medicinal Benefits Of Mushrooms"



**Presented by Brandi McRill, Herbalist
Owner of Flourishing Fern Apothecary
Wednesday, November 15, 2023**

Kolter Elementary Garden



November 11th is our Veteran's Day and Volunteer in the Classroom!

Come garden with a Navy Veteran of 15 years, Angela!!

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

Questions? Contact Angela at chrisangelaroth@sbcglobal.net

Membership Tips: Earning Your Hours for Major Events and Recording Your Hours Carolyn Kosclskey, Membership Chair

The 50th Annual Herb Fair on Saturday, November 4 will provide **active** members the first opportunity of the year to meet membership requirements of participating in the preparation and being on-site the day of the event (2022 – 2023 Directory (gold), p. 22, Membership categories and requirements, nos. 3 and 4). In the same Directory the last page (28) may be used to record your time.

Please record your hours in whole and half hour increments (1½ hour = 1.5 hour). Total volunteer hours for the period July 1, 2023 – June 30, 2024 will be collected from each member in July.



Are you on social media?

If so, we have created events on Facebook, Instagram, Nextdoor and Eventbrite. Please show your interest in attending and **share the links!**

Please contact **Virginia Camerlo** at camerlocan@gmail.com if you are in need of paper flyers.

Spread the word!



HERB FAIR PRE-ORDERS

**Jellies, Royal Salt and Rosemary
Cookie Blend and Vouchers**

**Last Day to Purchase is Thursday
Nov.2**

Remember

Pre-order Customers may enter
Nov. 4 at 8:30 am
and
Pickup Orders on Herb Fair Day

**ORDER Pre-Orders TODAY
VISIT**

<https://hsa-south-texas-unit.square.site/>



Herb Fair 50th Anniversary Catherine O'Brien, Event Chair

Herb Fair is creeping up on us. We will set up the **Southside Place Clubhouse, 3743 Garnet St, Houston, TX 77005** on **Friday November 3, 9 am** **Saturday November 4, 9 am-2 pm** is the 50th Annual Herb Fair. Early birds—that is, Pre-Order customers—get in at **8:30 am** and regular customers enter promptly at **9 am**.

Bakery Shoppe – **Donna Yanowski** (donnayanowski@gmail.com) has the aluminum pans for baked goods, and **Deborah Lancaster** (Lancaster.deborah@gmail.com) is coordinating the recipes. The folks are making cakes, cookies, scones, shortbread and other breads.

Bookstore – **Laura Boston** (lboston@hotmail.com) has been collecting herb, landscaping, gardening, craft books, and children books, as well as garage sale items.

Cashier Table – **Maria Treviño** (maria@burger.com) has sent out the Sales Slip for review. They will need bags for items.

Crafts – **Janice Dana** (danas4086@sbcglobal.net), **Janice Stuff** and **Lois Jean Howard** have been organizing workshops. They have made catnip bags, lavender sachet bags and will have bay balls for sale. There will be other crafts available. **Donna Wheeler** has been making bean soup mixes, fairy gardens, and will have yard signs for sale.

Herbal Experience - **Karen Cottingham** (karen.redbrick@gmail.com) is still collecting corn husks, dried herbs, flowers, seed pods, and grasses for making Herbal Harvest Corn Dollies at the Fair.

Culinary Blends – **Dena Gaydos** (denagaydos@gmail.com) held a workday last week.

Door/Membership Table – **Carolyn Kosclskey** (gridglitter1@gmail.com) is organized & ready to go.

Fragrance – **Faith Strunk** held a workshop last week and made Calming Bath Soak, Muscle Soreness Soak, Rose Milk Bath, Triple Mint Sea Salt Scrub, Winter Spice Sugar Hand Scrub, and Take a Load Off Salt Foot Scrub.

Herbs and Plants – **Janis Teas** (jteas@sbcglobal.net) has started ordering plants.

Jellies -- **Benée Curtis** (bccurtis5@comcast.net) has been making jellies.

Kitchen and Tea Samples – **Mary Sacilowski** (maryms@sbcglobal.net) will have teapots and tea blend samples in the kitchen.

Popcorn – **Mary Starr** (mjmartinstarr@msn.com) held popcorn seasoning workshops.

Pre-orders – **Janice Stuff** (jestuff@pdq.net) will need volunteers/members to assemble presales items into bags on **Friday, November 3** before the event. Pre-orders close on **November 2**, Go to <https://hsa-south-texas-unit.square.site/> to place your order. You can purchase \$25 vouchers, blends and jellies.

Publicity -- **Virginia Camerlo** (camerlocan@gmail.com) says keep spreading the word. She has posters available if you need them.

Set up/Take down – **Rose Wherry** (roseawherry@gmail.com) will begin setting up at **8 am** on **Friday, November 3**. Her team will have the tables, table cloths and signs set up by 9 am when the committees arrive to set up.

Vinegars – **Linda Alderman** (ewalderman@comcast.net) Vinegars have been made, labeled and are ready to sell.



Speakers Bureau

Catherine O'Brien



Catherine O'Brien at Crosby Library

It comes as no surprise to say that the price of food has gone up. To address this, **Catherine O'Brien** spoke at the Crosby Library on October 6 on "How to Make Vegetable Broth from Kitchen Scraps." She shared do-and-don'ts on which vegetables to use, nutritional information about scraps, and several different recipes.

Angela Roth spoke to Windrose Garden Club in Cypress, TX on September 20 about "How to Make an Herb Garden" and Memorial Drive Garden Club on October 18 about "My Top Ten Herbs" for Houston".

Benée Curtis has recently joined the Speakers Bureau.

If you have a topic that you would like to share as part of our mission to educate others about herbs, please call or email Catherine vibrio13@gmail.com



BACK TO OUR ROOTS

Julie Fordes

Our garden has survived one of the hottest summers on record thanks to the members who stepped up and kept our herbs watered. **Angela Roth, Virginia Camerlo, Donna Yanowski, Debbie Gordon, Debbie Lancaster, Janice Stuff and Janice Freeman** have all stepped up (some of them multiple times) to water and harvest. Since I had my heart problems, so many people have stepped up in so many ways! Thank you so much, ladies.

We still have roselle and blue pea to harvest. We have taken down one of the blue pea trellises and plan to rebuild it even stronger in the coming weeks. We gave the fire ants a massive dose of an organic mix that seems to keep them at bay, at least for a while.

It's time to plant our cool weather herbs. We have our old favorites calendula and chamomile started in flats

and are waiting for them to get a bit bigger before transplanting. This past spring, we added yarrow to the bed. It has been flourishing with medicinal properties in our bed. I have been reading about self-heal and have some to transplant in the garden on our next workday. Also known as heal-all, (*Prunella vulgaris*) is a low-growing perennial that may do well for us. Here is a website that will give you some information about this herb. <https://practicalselfreliance.com/self-heal-prunella-vulgaris/>



We will have a Westbury Garden Workday on Saturday, November 18 @ 10 am. The location is 12581 Dunlap Street, Houston, TX 77035. Let's bring snacks and tea to have a lovely treat after our work.

Also, please take a minute to check our watering schedule and sign up to help maintain the garden.

<https://www.signupgenius.com/go/30E0D49ADAE2DA02-stuwestbury#/>



Prunella vulgaris

WELCOME RECENT NEW MEMBER ROCHELLE "RO" JONES Carolyn Kosciskey



Welcome to our recent new member **Rochelle "Ro" Jones**. If you happened to be at the Westbury Community Garden during the day recently and saw someone with two young children, you probably saw **Ro Jones**. You may have also met her at some of the Evening Meetings this year.

During the day **Ro** stays busy home-schooling/life-schooling her two young children in addition to preparing vegan-pescatarian family meals for the week. In the evenings **Ro** supports people as a holistic therapist. She also facilitates groups, workshops and presentations regarding mental health, parenting and holistic living. **Ro** describes herself as a wellness enthusiast and community herbalist. Growing up in Decatur, Illinois, her first introduction to herbs was gardening with her grandfather where he had peppermint and vegetables growing. Her mother even wrote a short herbal recipe book. At her home now she has a few plants growing in pots and a lot of propagations around the house. She has interest in preparing tinctures, teas and salves and even shampoos from dried herbs. **Ro** found out about the South Texas Unit through Facebook.

Bay Ball Workshop October 26th

Beth Murphy reports, the workshop held today, was one of the most productive workshops we have had making bay balls. A total of 15 bay balls were created through members' concerted efforts using an assembly line approach, laughter and good ol' fun. Beth wishes to thank each one of our members who attended and made it into a successful day.



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>



AT-HOME RECIPES

November 2023

By Carolyn Kosclskey

November is Herb Fair season and who doesn't look forward to purchasing 8-oz. jars of jewel-toned jelly for family and friends. This year's flavors include ginger lemonade and rosemary burgundy. For those of you who unfortunately aren't able to attend the **50th Annual Herb Fair on Saturday, November 4**, or simply want to make your own batch, several recipes are below. Heads up to not overlook the two vegan recipes at the end from the kitchen of new member **Ro Jones**, for baked loaded sweet potatoes and green goddess dressing.

JAM VERSUS JELLY—WHAT'S THE DIFFERENCE?

Jam contains pieces of partially broken-down fruit cooked with sugar. Meant to taste very fresh, it should be cooked just long enough for the fruit to begin to break down and release flavor. Overcooked jams will have a stewed flavor.

Jelly is made by extracting fruit juice and cooking it with sugar and an acid, with pectin used to set it. Notably sweeter than jams, jellies get the best flavor when cooked at a low heat for a very long time. Skipping this step will result in a flat-tasting jelly. To add depth, cook the fruit with the skin, seeds and even core. Jellies are always sieved and strained so solids will be removed later in the process.

A few canning tools which will make the process easier and safer

- * A wide-mouth funnel allows the preserve can be poured into jars cleanly ensuring a proper seal.
- * Canning tongs are important to have on hand; they're long, with rubber-coated grips that make grasping jars in hot water slip-free.
- * Canning racks are also a must, allowing you to submerge and remove your jars from a boiling water bath in a safe manner.
- * Jelly bags are a great alternative to making your own with cheesecloth as they are much easier to pour the cooked fruit into and also to hang.
- * Over-sized liquid measuring cups with a pourable spout are handy in every way.

Herbs should be pesticide free and rinsed and dried before using. Citrus should be pesticide free and scrubbed also. Cook fruit in stainless steel or copper pots only as other metals can react with the acid in the fruit and leaving a metallic taste.

LEMON ROSEMARY JELLY

<https://www.imperialsugar.com/recipes/lemon-rosemary-jelly>

Sterilize 12 8-oz. jelly jars with rings and lids. Place jars, lids and rings on tea towel in two pans, 6 jars in each pan to distribute weight.

- 4 large Meyer lemons, rinsed and dried
- 4 cups apple juice
- 12 stems rosemary, 2 inches each, rinsed and dried
- 10 cups white sugar
- 1 box (6-oz.) liquid pectin



Peel all four lemons using a sharp knife or peeler being careful to remove any white pith from peel. Cut peel into fine strips and set aside. Cut lemons in half or quarters and remove seeds. In a pot set on low heat steep apple juice and lemons for 15 minutes. Press lemons several times with a large spoon to get juice and full flavor. Remove lemons taking care to strain all juice into pot. Add lemon peel to apple juice and slowly heat to a low boil. When apple juice starts to boil, add sugar and stir until sugar is dissolved. Slowly bring juice mixture to a rolling boil and watch very closely as it will boil over. Boil 1 minute and reduce heat. Add 6 ounces of liquid pectin, stir and reheat to a boil. Continue to watch closely and boil 1 minute. Put 1 stem of rosemary in each jar.

Fill a large covered pot with 1 1/2 inches of water and heat. Skim any foam off top of jelly. Using a ladle carefully fill each jar stopping 1/2 inch from top using a small funnel if available. Wipe rim and sides of each jar with a clean, damp cloth to remove any dripped jelly. Place a lid and ring on each jar. Put jars into pot of water (depending on size of the pot) and cover. Bring water to a boil and continue to boil five minutes. Remove jars back to pan with tea towel and process remaining jars in same way. Allow jars to cool. You will hear a "pop" from each jar when lid seals. Yields 12 8-oz. jars. Recipe may be divided.

The following recipes are from the *Herbal Harvest Collection* (1995) cookbook compiled by members of The Herb Society of America South Texas Unit.

APPLE LEMON VERBENA JELLY

You will need about 6 8-oz. jelly jars with lids and rings, sterilized. Best if set out on tea towel in pan or on cutting board.

Ingredients

2 cups apple juice

¼ cup lemon verbena leaves, rinsed and dried (lightly packed)

3 tablespoons fresh lemon juice

¼ teaspoon butter

3 ½ cups white sugar

1 3-oz. pouch pectin

In a non-reactive pan bring the apple juice to a boil. Remove from the heat, add the lemon verbena leaves and let steep for 15 to 30 minutes. Strain juice into a bowl, squeezing the leaves to get all the liquid and flavor. Stir in the sugar and stir until dissolved. Return the mixture back to the pan and bring to a full rolling boil. Stir in the liquid pectin and butter. Bring to a rolling boil stirring constantly. Boil 1 minute. Remove from heat and skim off foam. Carefully pour into hot sterilized 8-oz. jars leaving 1/2" headspace. Wipe top of jar with dish towel, cover with lid and tighten ring, allow to cool.



CRANBERRY BASIL JELLY

You will need about 6 8-oz. jelly jars with lids and rings, sterilized. Best if set out on tea towel in pan or on cutting board.

Ingredients

- 2 cups cranberry juice
- 1/2 cup fresh basil leaves, rinsed and dried (fairly tightly packed)
- 3 1/2 cups white sugar
- 1/4 teaspoon butter
- 1 3-oz. pouch pectin

In a non-reactive pan bring the cranberry juice to a boil. Remove from the heat, add the basil leaves and let steep for 15 to 30 minutes. Strain juice into a bowl, squeezing the basil leaves to get all the liquid and flavor. Stir in the sugar and stir until dissolved. Return the mixture back to the pan and bring to a full rolling boil. Stir in the liquid pectin and butter. Bring to a rolling boil stirring constantly. Boil 1 minute. Remove from heat and skim off foam. Carefully pour into hot sterilized 8-oz. jars leaving 1/2" headspace. Wipe top of jar with dish towel, cover with lid and tighten ring, allow to cool.

VEGAN LOADED SWEET POTATOES

From the kitchen of Rochelle "Ro" Jones

- 4 medium sweet potatoes
- 1 tablespoon extra virgin olive oil
- 1 clove garlic, minced
- 1 bunch kale, chopped
- Salt and pepper to taste
- 1 can black beans, drained and rinsed
- Green Goddess Dressing to serve

Preheat oven to 375 degrees. Line baking sheet with parchment paper.

Using a fork, poke multiple holes into sweet potatoes. Place potatoes in oven and bake for about 45-60 minutes, or until tender. In the meantime, heat olive oil over medium-high heat in medium saucepan. Add garlic and cook for 60 seconds, or until fragrant. Add kale and toss to coat.

Add 1/4 cup water and cover for 3-5 minutes. Remove cover, toss kale, reduce heat to low, and cook for another 10-15 minutes, or until kale is desired texture, adding more water as needed. Season with salt and pepper to taste. Cut sweet potatoes in half lengthwise. Top with sautéed kale, beans and Green Goddess Dressing. <https://karalydon.com/recipes/vegan-loaded-sweet-potato/>

VEGAN GREEN GODDESS DRESSING

From the kitchen of Ro Jones

All fresh ingredients used should be pesticide free, rinsed and dried

- 1 garlic clove
- 1 1/2 small to medium avocados
- 1/4 cup extra virgin olive oil
- 1/3 cup water



- 3/4 cup packed basil leaves
- 1/4 cup chopped parsley
- 1/4 cup chopped chives (approx 8 chives roughly chopped)
- 1/2 cup chopped scallions (white parts removed; approx 2–3 scallions)
- Juice of 1 medium lemon
- 2 tablespoons apple cider vinegar
- 1 teaspoon salt

In a food processor or high-speed blender, blend together garlic, avocado, olive oil, water, basil, parsley, chives, scallions, lemon juice, apple cider vinegar, and salt until smooth and creamy. Depending on taste, you may want to add more or less of vinegar, lemon juice, and salt. I'd recommend adding a little at a time to your taste preference. You also may need to add more water to achieve desired consistency. [If this is too tangy for your taste add 1/2 teaspoon honey or agave nectar. Making without scallions also reduces the tanginess.]

<https://karalydon.com/recipes/vegan-green-goddess-dressing/>

On November 1st there are only 3 days until the 50th Herb Fair, 22 days until Thanksgiving, and 54 days until December 25th, with lots of opportunities in-between for making special recipes. The 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.

Happy
Thanksgiving
Day



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Find our Unit on the web at:
www.herbsociety-stu.org

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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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