

Herbs Make Scents



THE HERB SOCIETY OF AMERICA
VOLUME XLIII, NUMBER 7

SOUTH TEXAS UNIT
PART 1 - OCTOBER 2020

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Oct. 2020 Calendar

Day and Evening Meetings are cancelled until further notice.

Oct 21, Wed. at 7:00 pm

Pearls for the Pandemic – *“Comfort Food from your Herb Garden – Herbal Harvest Soups and Breads”*

Nov. 2020 Calendar

Herb Fair & the Day and Evening Meetings are cancelled.

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!)”*

Newsletter deadline: the 25th of every month
(November editor Janice Freeman)



Happy Birthday!

10/13 – Benée Curtis

10/21 – Janice Stuff

10/13 – Catherine O’Brien

10/22 – Yvette Darnell

10/16 – Merrienne Timko

10/29 – Martha Burg



PEARLS FOR THE PANDEMIC

~ SHARE YOUR PEARLS OF HERBAL WISDOM ~

October 21 Comfort Food 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



I sometimes think I am alone in this crazy pandemic. Kind of like this mushroom. I can't see anyone else. However, if we **dig a little deeper**, literally and figuratively, we can find connections. They are there, right under the ground. This mushroom has

an entire network of mycelium reaching out to other plants all over the place. Our human networks have been disrupted, but I believe the connections are also still there; maybe a bit dormant or disrupted, but waiting to get activated. How you activate your connections is up to you. Enjoy this short video about what really goes on underground.

<https://youtu.be/MIREaT9hFCw>

I want us to be able to connect again, but safely. The Board discussed ways to accomplish this at the last meeting. Now that the weather is cooler, there will be field trips in November. Until then, continue to connect to each other on our Pearls for the Pandemic Zoom meeting. Take advantage of other groups and what they are offering virtually. Call another member or friend. When you are able, take those tentative steps to see each other in an outdoor, socially-distanced way.

Stay Safe,
JulieFordes
Unit Chair



Call for Directory Changes

Instead of printing a new 2020-21 HSA -STU Directory, we will be sending out a page of updates to the current version.

If you have had **any recent changes** to your phone number, address, email address, or membership status please email changes to Dena Yanowski at denayanowski@gmail.com by **October 16**. Changes will be compiled and distributed via email.

HSA Membership Cards ~ Member Discounts

South Texas Unit members who renewed their dues before August 31 should have received their 2020-21 HSA Membership Cards in the mail.

Member-only Discounts and Special Offers

As a member of HSA, take advantage of several exclusive discounts on products, magazines, and online classes.

Membership Discounts offered by the participating Vendors range from 10% to 25%. To view the list of Vendors and their Discount Codes to use at Checkout, Log in to the Member Login page of The Herb Society of America and go to the Welcome Members Page. (If you need help logging in the HSA Member Only website, contact Julie Fordes).

Personally, I have used the member discounts at **The Grower's Exchange** (live potted plants), **Mountain Rose Herbs** (high quality dried herbs, spices, and teas), and **Botanical Interests** (premium herb, vegetable, and flower seeds). -----Janice Stuff



JOIN THE SOUTH TEXAS UNIT OF THE HERB SOCIETY OF AMERICA

FOR OUR NEXT “CARE AND SHARE” EPISODE ON ZOOM

“COMFORT FOOD FROM YOUR HERB GARDEN - HERBAL HARVEST SOUPS AND BREADS”

OCTOBER 21, 2020 ~ 7 PM CDT



Take your inspiration from these stunning works of culinary artistry! Who could resist this blackberry sourdough focaccia with its scattering of fresh oregano leaves and flowers? Or this creamy roasted tomato soup featuring fresh gathered garden herbs and a swirl of sunflower seed cream? The vibrant yarrow and carrot creation is the ultimate example of focaccia garden art.

JOIN US to share your own recipes for herbal breads and soups for the fall season.

Yours don't have to be Instagram-perfect - just have fun and use your imagination. Transform the bounty of your herb garden into your own version of comfort food.

And be sure to check each **CLICK** button on your Mailchimp reminders.
Each one opens the door to another herbal inspiration!

<https://thefeedfeed.com/stuovenden/blackberry-oregano-sourdough-focaccia>

<https://thefeedfeed.com/wholeheartedeats/roasted-tomato-soup-with-herbs-and-sunflower-cream>

<https://www.thewondersmith.com/blog/2020-yarrowbread>



Back to Our Roots- Happy New Year to Our Herbs



Last fall **Beth Murphy** and I got the opportunity to hear noted herb grower, **Ann Wheeler** of Log House Herbs, speak at the Arbor Gate event, “**New Year for Herbs**”. Fall in Houston truly is a “new year” for herbs. Many of our favorites fare well in what we call “winter”. It’s time to take care of what made it through the summer by pruning and harvesting, and time to plant cool weather herbs. And if your garden is anything like mine, there may be an herb that just needs a **new start**, (I’m talking to you, lemon balm!)

Like our “regular” New Year in the winter season, (January is named for the god Janus who is the Roman God of beginnings, endings, and transitions) October is a time to look both forward and back. We are harvesting while we are planting, reaping while we are sowing. With that in mind, here is an excerpt from **Beth Murphy’s Monthly To-Do List** posted on our website.

Herbs that may be started from seeds are: arugula, borage, cilantro, dill, fennel, and garlic chives. This month you can plant perennial herbs as well as cool weather annual herbs. Perennial herbs such as bay, bee balm, lavender, mint, oregano, rosemary, sage, salad burnet, sorrel, thyme, and winter savory will have enough time to establish roots with cooler temperatures and rains before freezing temperatures arrive.

I recommend you harvest and dry any of your “hot” weather herbs, particularly basil and **tulsi**, those that don’t like colder temperatures. I bet your **lemongrass** really could use a trim by now. Harvest the remaining flowers on your **butterfly pea** plant. Save the dried seed pods. Seeds can be planted next spring. It’s not too soon to start thinking about sowing **calendula** seeds, one of our new favorites for skin care products. Happy New Year and Happy Gardening! ----**Julie Fordes**

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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 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
2. No account? Create one! Have an account? Sign in.
3. Select charitable organization. Found near the top of the 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!

Questions? Problems? Contact Maria Treviño at maria@burger.com



HSA at the Grand Opening of the Houston Botanic Garden



Walking Bridge in Southeast Section



Annatto, coriander and dried peppers ready for grinding in a molcajete

It was a wonderful weekend at the grand opening of the Houston Botanic Garden. Attending the event representing the STU were **Julie Fordes, Cynthia Card, Jeanie Dunnihoo, and Karen Cottingham**. Karen shared her wealth of knowledge of common and not so common Latin herbs.

(Photos courtesy of Cynthia Card)



View of the entrance to the Desert Plant section



Karen Cottingham discusses use and history of Latin Herbs at the STU demonstration table



**BOOK
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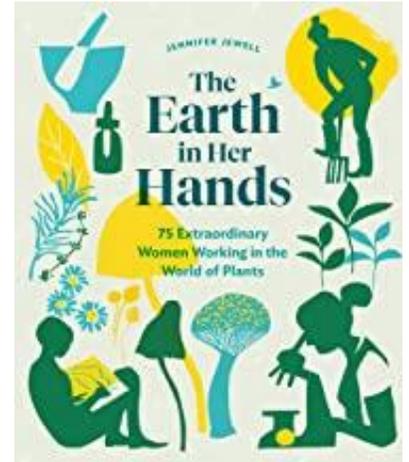
If you have suggestions for books or other media members might like, submit your suggestions to Julie Fordes at fordes.julie@gmail.com



**Julie Fordes
Recommends**

**The Earth in Her Hands
75 Extraordinary Women
Working in the World of
Plants**

By Jennifer Jewell



The Cultivating Place website says “In this beautiful and empowering book, Jennifer Jewell—host of public radio’s award-winning program and podcast Cultivating Place—introduces 75 inspiring women. Working in wide-reaching fields that include botany, floral design, landscape architecture, farming, herbalism, and food justice, these influencers are creating change from the ground up.”

I am delighted each time I open this treasure of a book. I can turn to absolutely any page and when I finally look up; I realize that half an hour, and most likely more, has passed. Between the gorgeous photographs, the wonderful plantswomen, and list of additional women in the same field I get totally wrapped up in this book every time.

This would make a great holiday gift for any gardener!

***Congratulations to
Karen Cottingham!!!***

She has two articles published in the
HSA 2020 Fall Newsletter!

Check them out here

[Fall 2020 Newsletter](#)





The HERB SOCIETY *of* AMERICA

Susan Wood

Did you know this about The Herb Society of America and your Dues?

Our national organization sends quarterly newsletters listing all six District's Zoom meetings and Webinars available to members. Sign up for blogs on the website. Chrissy Moore, our Honorary President and Curator of The Society's National Herb Garden, is one of the interesting bloggers giving "herb nerds" unusual information on a regular basis. You also can access the fabulous collection of 55 webinars currently available for us at: www.herbsociety.org Surely, one will appeal to your interests or stimulate a new interest with the extensive research provided. Not a member? Join now instead of paying \$5 per webinar and reap all the rewards of membership.

When you pay dues to belong to STU, \$12.50 of that fee goes to our Unit. The rest supports our national Society with incredible member benefits. Spread your wings. Meet and become friends with herb enthusiasts from coast to coast. Meet in person when our Educational Conferences, Annual Meetings and District Gatherings resume for 2021. Another huge benefit is our fantastic National Herb Garden in Washington, D.C. which opened in May 1980. It could not have been created and developed for the public without the support and donations from members like us.



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.

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



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.

