

Herbs Make Scents

THE HERB SOCIETY OF AMERICA
VOLUME XLVIII NUMBER 8



SOUTH TEXAS UNIT
AUGUST 2025

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

August 2025 Calendar

Aug 9, Sat. 9:00 am - Noon

Kolter Elementary Garden Workday at 9710 Runnymede Dr., Houston, TX 77096

Aug 12, Tues. 10:00 am
STU Members Only

Day Meeting Planning Meeting at Benée's home. RSVP to Benée by phone or bccurtis5@comcast.net by Aug. 5. Bring a lunch. Beverage and dessert provided.

Aug 16, Sat. 9:00 am

Westbury Garden Workday 12581 Dunlap Street, Houston, TX 77035

Aug 20, Wed. 6:15 pm
STU Members Only

Evening Meeting "Herb Fair 2025 Kickoff Night" presented by **Stephanie Calloway**, Herb Fair 2025 Chair. Location: Cherie Flores Garden Pavilion, 1500 Hermann Dr. Houston, TX 77004. Doors open at 6:15 pm, with potluck meal and program at 7:00 pm.

Aug 30, Sat. 9:00 am

Westbury Garden Workday 12581 Dunlap Street, Houston, TX 77035

September 2025 Calendar

Sept 6, Sat. 9:00 am

Westbury Garden Workday 12581 Dunlap Street, Houston, TX 77035

Sept 7, Sun. 1:00 pm
STU Members Only

Infusions Class at Julie Fordes' home, be among the first to RSVP, limited space available. See details on page 7.

Sept 9, Tues. 10:00 am

Day Meeting - TBA

Sept 13, Sat. 9:00 am - noon

Kolter Elementary Garden Workday at 9710 Runnymede Dr., Houston, TX 77096

Sept 17, Wed. 6:15 pm
Free and Public Invited

Evening Meeting "Tisane, Anyone? Or What Did the Colonists Drink After the Tea Party?" presented by **Catherine O'Brien**, STU member and South Central District Delegate. Location: Cherie Flores Garden Pavilion, 1500 Hermann Dr. Houston, TX 77004. Doors open at 6:15 pm, with potluck meal and program at 7:00 pm.

Sept 27, Sat. 9:00 am

Westbury Garden Workday 12581 Dunlap Street, Houston, TX 77035

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



August

- Used for centuries in herbal remedies, chamomile may relieve anxiety, reduce stress, aid digestion, soothe stomachs, and promote better sleep.
- Chamomile tea can be made from fresh or dried flowers and is a popular beverage that has been cherished for centuries.

Happy Birthday!

8/3 Shelia Pruitt-Orr

8/5 Rose Wherry

8/19 Lucinda Kontos

8/24 Enrique Guerrero

8/26 Jimmie Keddie



CHAIRMAN'S CORNER



Hello fellow Herbies!

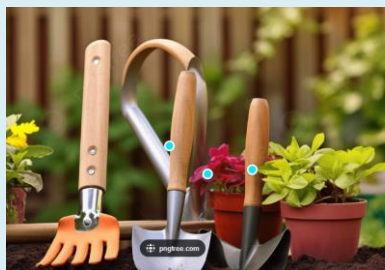
I am honored to be your new chair. Dena did a great job with the transition to me, and I will give you my best effort to stay on top of things. If there is ever an issue when you need a quick response, please text me and mention HSA first. I get inundated with emails quite often and may be slower to answer an email.

I hope everyone will think to invite a friend or two to all of our programs. We have such interesting programs and it would be wonderful to expand our membership. Houston is one of the most diverse cities in the world and we benefit from learning about everyone's delicious foods and helpful medicinal use of herbs. Any ideas on how to involve new communities is welcome.

I am involved in a few more organizations, Gulf Coast Master Naturalists, Native Plant Society, Native Prairie Association and Houston Culinary Guild. I am also volunteering at Kolter Elementary School's Grassroom and in the transition of my church's landscape to more native plants.

I will rely on all of our members to get more engaged and add their talents to our fabulous events. Let's have fun learning from one another and sharing our bounty.

All the very best to you and yours!
Angela



□ SAVE THE DATES

November 1, 2025

STU 52nd Annual Herb Fair from 9:00 am – 2:00 pm

Look for more information in each newsletter.

April 15-17, 2026 for *It's Spicier in Texas*, The Herb Society of America's 2026 Educational Conference in San Antonio, TX



Member Alert: HSA Evening Meeting Attendees!!!

Ro Jones, co-Vice Chair



We're looking for a few warm and welcoming folks to help support hospitality at our upcoming evening meetings. Your energy and presence would be deeply appreciated!

We need volunteers for the the following:
(roles can be split)

Tablecloths
Beverages
Table decorations- Enrique
Tableware

If you're interested in helping out or want to learn more, email Ro Jones (roroagogo3@gmail.com).

A heartfelt thank you to **Catherine O'Brien, Steven and Linda van Heeckeren, Rose Wheery, Jimmie Keddie** who helped with hospitality last year — your warmth, time, and effort made every meeting feel extra special!

Lavender Love!

Member Alert: HSA Day Meeting Attendees!!!

Benée Curtis



Tuesday, August 12th

Put on your thinking caps, pull out your wish lists and bring forward suggestions for our programming for this coming year. If you can't make the planning meeting, don't hesitate to forward your ideas to Benée prior to the meeting. We'll probably put together a mix similar to this past year with presented programs, field trips and adventure luncheons. We'll also have at least two book group discussions.

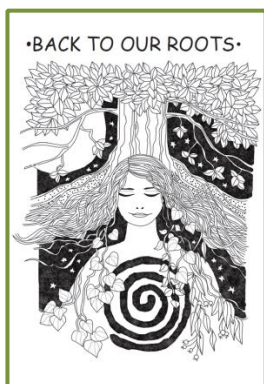


Remember to grow the listed herbs, harvest, dry and store in a labelled bag. Save for Herb Events.



LIST FOR GROWING & HARVESTING HERBS

☐ Bay Leaf	☐ Doublemint Madalene Hill	☐ Rose Petal
☐ Blue Butterfly Pea	☐ Lemon Balm	☐ Roselle
☐ Basil (Holy)	☐ Lemongrass	☐ Sage
☐ Calendula	☐ Lemon Verbena	☐ Spearmint
☐ Chamomile	☐ Mexican Mint Marigold	☐ Thyme
☐ Comfrey	☐ Peppermint	☐ Yarrow



Back to our Roots at Westbury Garden

Julie Fordes

Westbury Workdays: Saturday, Aug. 16th & 30th at 9:00 am
Saturday, Sept. 6th & 27th at 9:00 am

Thank you **Janice Freeman** for volunteering to water!
Thanks to new member **Sharron Sims** for coming to the most recent workday at the garden. She is also growing blue pea, lemongrass and other herbs at home. Way to go!!

We have lost both of our lemon balm plants due to too much heat and sunshine.

If you want to start a new plant, they are readily available in the “box stores” (Lowe's and Home Depot). Plant them in some light shade and they should be pretty happy.

Part of our agreement with the Westbury Community Garden is to provide Herbal Education. We are planning both a fall and spring class at this point. Our first scheduled class is **November 8** at the garden. I am thinking of possibly doing a family cooking class with herbs. Looking down the road, our spring herb class is scheduled for March 21 at the garden. If you would like to help and earn some easy volunteer hours by teaching or co-teaching, please let me know. The Westbury gardeners are a diverse bunch and have loved the variety of topics that we have explored thus far. Let me know if you want to help do one of these workshops.

[I CAN WATER THE HERB BED](#)

Use the link, on the right, to sign up to water the garden and harvest the herbs.

See you at the garden,
Julie

Herbs Make Scents 2025





Preparing for Herb Fair Herbal Marketplace Some ideas for getting Crafty for the Herb Fair

Julie Fordes

Hi all, I am excited to head up crafts this year along with **Dena Yanowski** for Spice Blends, and **Ro Jones** for Fragrance. I will still be doing the teas in addition to crafts. We will still have our October workshops for tea and fragrance, and of course you are already growing and harvesting herbs for tea and other infusions, but here are some ideas for herbal products that can be made outside of a workshop setting, either alone or with a group of friends. Let your creativity come out and play! I hope to have lots of variety to offer our shoppers at the Marketplace. Let me know what you are doing, as I am going to try hard to keep track of our inventory! Bring your dried herbs and anything else you have gathered to the next meeting.



Dehydrating citrus and ginger

We need dried citrus rounds as well as smaller pieces of citrus for tea and spice blends. Does anyone want to try dehydrating ginger?



Herbal Art

Using herbs and other plants to dye, print etc. Either on fabric or on paper.

Green Cleaning Products and other Kitchen items

We made green cleaning products at a workshop, embroidered tea towels, aprons and other kitchen items also sold well.

Herbal infused soaps

Who would like to try soap making? We haven't had soaps at the market in a while.



Cocktail Mocktail Infusion Kits

I have jars and recipes. Catherine is already experimenting and has made infused sugar cubes!

New Product for Herb Fair

Help us with the development of a new product with a working title of

Edible Flower Petal Sprinkles

First, go to the [HSA-STU website](#) to see what flowers to gather. Gather only flowers that you know are organic. Flowers from the florist are probably not grown organically.

EDIBLE PETALS

Separate the petals from the rest of the plant and dry them naturally. Package them individually in an airtight container and label and date them. Give them to Julie Fordes with the rest of your dried herbs.

Sweet tasting flowers

- lavender (culinary)- -blue pea- -honeysuckle- -roses- -begonias- -stock- turk's cap- -violets- -pansies- -violets- -violas- -johnny-jump-ups-

Spicy tasting flowers

- cornflower- -calendula- -red clover- -anise- -bee balm- -chives- -hibiscus- -nasturtium- -dianthus- -penta- -phlox- -pineapple sage- -sunflower-

Avoid bitter tasting flowers like zinnias



All Hands on Deck: Herb Fair Prep begins!

Stephanie Calloway

As we enter the “Hells Gate” season here in South Texas, it is a reminder to lean into the energy of the sun as we begin to kick into high gear for preparations and planning for the **52nd Annual Herb Fair, on Saturday, November 1st**. HSA-STU members please remember that this is a major annual event and one that we need your input, ideas, and support to be successful!

If you haven't yet, please take a moment now to mark your calendar for the following date: Wednesday, August 20th, 7pm (doors open at 6:15pm) for the members-only planning meeting where we will share exciting updates from our committees, and sign up to help craft herbal tea blends, prep jellies and crafts, and help with set-up and clean-up for the event. Our marketing team is looking for **volunteers to draft articles for publication and promotion**, our herbal experience team is looking for **support to prep and gather materials**, and our makers will be looking for **volunteers to help make vinegars, baked goods, garden crafts, plant-based bookmarks, culinary treats**, and more!

As we get closer to the main event, please also set aside time on Friday, October 31st, starting at 9am to help with set-up at Southside Place Clubhouse (same venue we have been at the past few years). The day of the event, Saturday, November 1st 9:00-2:00pm we will also need **volunteers to arrive early to finalize set up details before the doors open** for presale at 8:30am and **after they close at 2pm to ensure we leave the space better than we found it**.

I continue to be inspired by the dedication and creativity that emerges from this event and I'm excited to facilitate this awesome team of herbies to make this another successful educational and fundraising event for our community!

In addition to the list of items needed for tea blends and craft projects, we are also seeking donations of *wide mouth quart jars*. If you have clean, label free jars, or can purchase some for the unit, please bring them to the August 20th meeting. Thanks all!



It's That Time Again!
“Herb Fair 2025
Kickoff Night”
is August 20
Bring Your Ideas
& Enthusiasm



FOR
MEMBERS
ONLY

Herbal Infusion Class

Sunday, Sept. 7 1 pm

Home of Julie Fordes

Learn two methods to prepare infusions
using carrier oils and witch hazel.

Limited to 10 people
RSVP to Julie
832-969-8349





Making Connections... at the Traveler's Cart Lagniappe



Cynthia, Debbie, Karen, Giselle, Elizabeth, and Mary

Another pleasant Sunday Lagniappe,
enjoying delicious international cuisine
and excellent company!

Lagniappes are casual weekend gatherings for
members, friends, and spouses, and have included
hands-on art workshops from local artists, field
trips to out-of-the-way destinations, and creative
culinary workshops and outings. Do you have a
suggestion for a weekend activity or a skill to
share? We can probably make it happen!

Send ideas to karen.herbsociety@gmail.com

Shake It Up, Baby! Herbal Beverages by Stephanie for our July Lagniappe



LIT

bookbar



*“Tisane, Anyone?
Or What Did the
Colonists
Drink After the
Tea Party?”
Presented by:
STU Member
Catherine O'Brien
September 17*

*In Honor of the 250th Birthday
of the United States of America*

It's Spicier in Texas!

**The Herb Society of America's
2026 Educational Conference**



**April 15-17, 2026
San Antonio, Texas**

- Celebrate Herbs and our Herbal Community
- Enjoy More than 12 Presentations
- Join Winners at the HSA Awards Luncheon
- Shop The Marketplace
- Meet Your Book Club in Person
- Enjoy San Antonio, Texas and our Conference Hotel on the World-famous Riverwalk



CONTACT US @
MEMBERSHIP@HERBSOCIETY.ORG



Herbs Make Scents

August 2025

The HERB SOCIETY
of AMERICA



Pineapple Sage
Salvia elagans

Tips for Use:

- The young leaves have more flavor than older leaves.
- To infuse in hot liquid, chop leaves and steep in hot liquid for 10-15 minutes. Strain and proceed with recipe to make tea, simple syrup, jelly, ice cream or sorbet base, etc.
- Chop and add approximately 2 tablespoons to your favorite pound cake recipe.
- Chop and add leaves and/or flowers to fruit or chicken salads.
- Make a compound butter by incorporating chopped leaves and flowers into softened butter. Pairs well with lemon herbs such as lemon verbena, lemon thyme and fruit mints.
- Add a chopped tablespoon full to your favorite tropical fruit smoothie.

Banana Pineapple Sage Smoothie

¾ cup fruit flavored or vanilla non-fat yogurt
1 teaspoon honey
1 small banana
1/3 cup skim milk
1 tablespoon chopped pineapple sage
½ teaspoon ground cinnamon

Combine all ingredients in a blender and process until smooth.

Michele Brown and Pat Stewart of Possum Creek Herb Farm
The Essential Herbal Magazine
May/June 2007 issue

Kolter Elementary Garden

Angela Roth



August 9th and September 13 are the Open Grassroom Days at Kolter.

We will have people on the Second Saturdays of the Month at Kolter in August and September! Come on by between 9-12!

Say "Hello" to Your HSA-STU Officers!



Angela Roth, Chair



Karen Cottingham, Co-Vice Chair



Ro Jones, Co-Vice Chair



Stephanie Calloway, Secretary



Maria Treviño, Treasurer



The Herb Society of America
South Texas Unit
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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.