

Herbs Make Scents

THE HERB SOCIETY OF AMERICA
VOLUME XLVI, NUMBER 12



SOUTH TEXAS UNIT
DECEMBER 2023

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December 2023 Calendar

- Dec 03**, Sun. 1:00 pm – 3 pm **Christmas Party** (Members Only)
- Dec 09**, Sat. 9:00 am – 12 pm **Garden Workday Kolter Elementary** at 9710 Runnymede Dr. Houston, TX 77096
- Dec 12** Tue. **Day Meeting** **No Meeting in December**
- Dec 16**, Sat. 10:00 am **Westbury Garden Workday** at 12581 Dunlap, Houston, TX 77035
- Dec 20**, Wed. **Evening Meeting** **No Meeting in December**

January 2024 Calendar

- Jan 09**, Tue. 10:00 am – 12 noon **Day Meeting** The program is “*Back To Our Roots, Our Founding Mothers*”, presented by **Beth Murphy**, Rosemary Circle Honoree and Certificate of Achievement 2012. Based on her research and review of early Herbalist Journals, from 1935, Beth Murphy will present some early herb research on the production of ‘economic’ herbs during our country’s war times. Join us at the Lott Hall, 6201 Hermann Park Dr, Houston, TX 77030. Bring your own lunch.
Note: Location Change
- Jan 13**, Sat. 9:00 am – 2 pm **Garden Workday Kolter Elementary** at 9710 Runnymede Dr., Houston, TX 77096.
- Jan 17**, Wed. **Evening Meeting** **To Be Determined**
- Jan 20**, Sat. 10:00 am **Westbury Garden Workday** at 12581 Dunlap Street, Houston, TX 77035.

Newsletter deadline: the 25th of every month is strictly enforced. (January editor is Linda Alderman)



Happy Birthday

15-Lorena Jamarillo
21-Debbie Gordon
31-Laura Boston



Chairman's Corner



What a success our 50th annual Herb Fair was this past month. I don't think we could have asked for a better day to gather with old and new friends as we welcomed the fall weather. I had the best time stationed at the Culinary Blends table where I gave out samples of our new crowd pleaser Golden Milk and timeless classic Rosemary's Cookies. Many attendees thanked us for allowing them to start their holiday gift shopping early. Who wouldn't want to be surprised with a one of a kind Fairy Garden, homemade jar of jelly or locally grown tea blend or foot scrub?

If you'd like to give even more herbal cheer this month, I'd like to remind you that our national organization The Herb Society of America is now selling branded products on their Etsy page! If you think anyone on your list would appreciate a cap or sweatshirt, knowing the purchase will benefit The Herb Society of America's mission to promote the knowledge, use and delight of herbs, check out this link:

<https://www.etsy.com/shop/HSAShop>

Speaking of the holiday season, I'm looking forward to seeing all of our members at our Annual South Texas Unit Holiday Party this month. As a reminder to all newsletter readers, we skip our evening public program for the month of December. In place of the program we traditionally enjoy an afternoon members-only potluck full of fellowship and good cheer, a perk of membership.

From all of us at the HSA-STU I hope you and your loved ones have a great holiday season, and I hope you find a little way to add the use and delight of herbs into your treats, drinks and holiday traditions.

Dena Gaydos
Chairperson
South Texas Unit



Hi, I am **Susan Steinhardt**, member 2023.
Please join **Carolyn Kosclskey**, STU
Membership Chair and I in welcoming
our two new STU Members

Cecilie O'Gara
Mary Shapiro





HERB FAIR 2023



Photos provided by Karen Cottingham



HERBAL EXPERIENCE 2023 FUN FOR ALL AGES



Photos provided by Karen Cottingham



Photos provided by Karen Cottingham

Herb Fair Wrap Up

Catherine O'Brien, Event Chair

Herb Fair on Saturday, November 4 at Southside Place Clubhouse was a financial success.

Treasurer **Maria Treviño** will provide a breakdown of income and expenses. A big THANK YOU goes out to the chairs of the different committees (**Laura Boston, Virginia Camerlo, Karen Cottingham, Benée Curtis, Janice Dana, Lois Jean Howard, Dena Gaydos, Carolyn Kosclskey, Deborah Lancaster, Beth Murphy, Mary Nurre, Angela Roth, Mary Sacilowski, Mary Starr, Faith Strunk, Janice Stuff, Janis Teas, Maria Treviño, Donna Wheeler, Rose Wherry, Donna Yanowski**) and all of the folks who worked behind the scenes to pull this off.

Another big THANK YOU goes out to the husbands, friends, and relatives who are not members of HSA-STU, but pitch in to help us work the tables and move tables, plants, boxes, and clean up afterwards.

And a final thank you goes to the City of Southside Place for providing their lovely facility and security.

It has been such a delight to work with all of you on Herb Fair, and I know we are looking forward to helping **Stephanie Calloway** with next year's event. So mark your calendars for **November 2, 2024**.



Herb Fair Success and Looking Ahead

Stephanie Calloway

Thank you to everyone who participated in the success of the 2023 Herb Fair, held last month. As a two-year member of the Herb Society, it was exciting to once again see the variety of crafts, self-care products, culinary delights and gorgeous plant varieties for sale. With nearly 375 sales tickets used, this was the most successful fair post-pandemic!

Inspired by the success of the 2023 event, I am honored to take the role of 2024 Herb Fair Chair, with the support of the Committee Chairs and Herb Society volunteers who make the event possible! Thank you to former chair **Catherine O'Brien** for the invitation and support as I transition into this role.

I am currently in the process of connecting with 2023 Committee Chairs to confirm commitments and begin early planning for 2024. As the event continues to grow, we are continuously learning and adapting, and I welcome your feedback and suggestions as we move into the New Year. We are already considering changes to the event layout, checkout process and additional activities and product offerings.

Please don't hesitate to reach out with your thoughts: stephaniec621@gmail.com. Stay tuned for upcoming announcements and requests for plant materials, jars and other items as we get into the spring. Thank you for your support and trust as I take on this role!

Can You Volunteer at the Women in Agriculture Conference?

Julie Fordes

The South Texas Unit will have a table at this day-long event to provide information about our organization. We will have the opportunity to sell left-over products from Herb Fair. We will also be providing herbal tea for the luncheon. There is still **one free ticket available** for a member who would like to volunteer to represent STU at the table with **Karen Cottingham** that day. Please contact **Julie Fordes** if you would like to volunteer.

We will have a substantial number of members attending the event. Tickets are available for \$25.

WOMEN IN AGRICULTURE 2023
FRIDAY, DEC. 08, 2023 8:00 AM - 3:30 PM
UHD SCIENCE TECHNOLOGY BUILDING
315 NORTH MAIN ST. HOUSTON, TX 77002

From Urban Harvest Website

Join us for our annual "Women In Agriculture Conference". Bring your smiles and learning hats as we celebrate, educate, and acknowledge the hard work of urban growers, entrepreneurs, and plant enthusiasts from all over the great state of Texas.

We'll have lots of prizes, good food, and networking opportunities. Don't hesitate, get your tickets while they last. The conference will be located in the UHD Science & Technology Building. For more information visit <https://give.urbanharvest.org/campaigns/28862-women-in-agriculture-conference-2023>



STU Volunteer Workday Kolter Elementary Garden Angela Roth

Good news, the Junior Koltervator After-school Garden Club has started an herb garden in a raised bed! Isn't this awesome? Also, The Grassroom, an outdoor learning space at Kolter, would be great for members to come see.

Wanted: Homes for Wildflowers! We have wildflowers coming up in the walkways between the gardens. When you come to STU Workday, you will find plants in the walkway-- they are free to a new home, so bring your own pots!

Join us Saturday Dec. 9 at Kolter Elementary 9710 Runnymede Dr. Houston, TX 77096. Enjoy the garden, share some herbs, pull weeds, provide advice, and harvest whatever is available. What a great way to spend Saturday morning!

Questions? Contact Angela Roth at chrisangelaroth@sbcglobal.net

Ps... "Too cute", mushrooms from our last meeting!



The HERB SOCIETY of AMERICA



Herb of the Month *Rosemary*

While *Rosmarinus officinalis* has long been the botanical name for rosemary, DNA research has revealed that the plant characteristics are more closely aligned with plants in the *Salvia* genus. Therefore, the scientists at the Royal Horticultural Society in London have reclassified rosemary as *Salvia rosmarinus*.

- The genus name *Salvia* comes from the Latin word *salveo*, meaning "to save or heal".
- Early Egyptians used rosemary in their embalming practices.
- Rosemary is associated with improved memory and alertness. Greek scholars often wore a rosemary garland on their heads to help their memory during exams.
- It was also the symbol of remembrance. A sprig of rosemary was often placed in the hands of the deceased at funerals.
- As a symbol of happiness, loyalty, and love, rosemary sprigs were used in bridal bouquets, or a simple sprig was worn by the groom symbolizing faithfulness.
- Napoleon Bonaparte's Eau de Cologne was made with rosemary.
- Grow rosemary in well-drained soil with additional sand or gravel added to the mix.
- Water rosemary when the soil is slightly dry to avoid root rot.
- Depending on the cultivar, rosemary can be hardy to zone 6. Winter protection can improve hardiness.
- Indoors, rosemary prefers a sunny, cool room and water when drying but before completely dry.
- In addition to culinary uses, rosemary can be used to create wreaths, garland, bath/beauty and potpourri products. As a dye plant, rosemary produces a yellow-green color.

Herb Society of America website
Herb of the Month, November 2023



Herbs Make Scents

December 2023



BACK TO OUR ROOTS

Julie Fordes

We will have a Westbury Garden Workday on Saturday, December 16 @ 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.

Among the many herbies that showed up at the November workday are: (L to R) **Angela Roth, Janice Freeman, Ro & Anthony Jones, children Ayra & Santiago Jones, Mary Nurre, and Lorena Jaramillo.** Not pictured is **Julie Fordes, Janice Stuff, and Anthony Jones**

Photos by Debbie Lancaster

We had wonderful weather and plenty of willing workers at the November workday. We fixed our trellis, picked the last of the roselle, and planted several transplants. We now have calendula, chamomile, lavender, dill, fennel, self heal growing.



(L to R): Ro Jones, Janice Freeman, Donna Yanowski and Debbie Lancaster.



Ayra



Santiago



THE HERB SOCIETY OF AMERICA, INC. HISTORY OF ROSEMARY CIRCLE

“When our small committee discussed how we could honor our long-tenured members, the operative word was “remember”. What better way than rosemary. The circle? In all cultures the circle has been the symbol of long life, never ending or a continuation. Our answer was clear. **Rosemary Circle!**” -**Madalene Hill** The Herb Society of America Newsletter Summer, 1996

And so began The Rosemary Circle. This program for individuals with 25 years or more of membership in The Society had its beginnings when members recognized the need to acknowledge the time and service given to The Society by its long-term members. Thanks to the hard work of a committee chaired by Jamie Barrow the first inductees were honored at a luncheon at the 1996 Annual Meeting of Members in Williamsburg, Virginia. The first class consisted of two hundred eleven individuals. Rosemary Circle members are given a lovely pin depicting a delicate wreath of rosemary. Traditionally, all Society members attending the induction ceremony are given a sprig of fresh rosemary to commemorate the occasion. Many of these sprigs have been rooted and serve as living reminders of friendships and pleasant times. Rosemary Circle members represent the history, spirit of sharing and educational inquisitiveness that make The Herb Society of America a unique organization. STU Members who are Rosemary Circle Honorees are: **Linda Alderman, Chris Ankney, Janice Dana, Pam Harris, Jacqui Highton, Lois Jean Howard, Joan Jordan, Jane Littell, Sally Luna, Kathy McDaniel, Shirley Mills, Corlas Pearsal, Beth Murphy, Janice Stuff, Lois Sutton, Janis Teas, Suzanne Wessels and Susan Wood.**

Time to Give Thought to Local Gardens

Each year the HSA-STU allocates funds to support herbal education in local gardens. The decision about which gardens to fund is driven by the membership. Proposed gardens will be discussed at the Annual Meeting in June. More information to come.

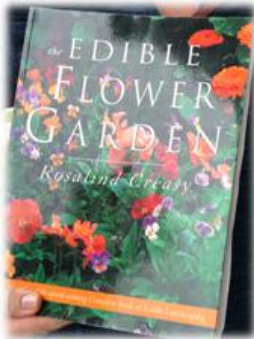
As a Unit, we are blessed with both healthy membership numbers and healthy finances. Over the past several years, roughly \$2,000/year has been budgeted for donations to local gardens. We have spent \$1,500 for the past two years from our Garden Donation funds to buy our membership in the Houston Botanic Garden.

Past recipients of our charitable donations include: Nature Discovery Center in Bellaire, TX; Herb Gardens at Festival Institute in Round Top, TX; the following herb gardens in Houston: Urban Harvest, Urban Harvest Garden Education for Children Program, Center for Contemporary Craft, Mercer Aboretum, Houston Botanic Garden, and Sight into Sound (non-profit for visually impaired). Big, small, famous, or tucked away in a corner - we are calling on members to propose a garden for funding that is dedicated to herbal education in some way. Please provide a description of how the garden is involved in promoting herbal understanding and how much money is needed.

Garden/gardens to receive funding will be determined by member vote at the June Annual Meeting.

Cool Season Edible Flowers Workshop and Flower Sale

November 11, 2023 **Debbie Gordon** (pictured on the right) provided an informal presentation at Westbury Community Garden. She featured edible flowers that can be added to foods, drinks, and used as cake decorations. Many members of the STU attended the presentation and visited our Herb Garden as well as other gardens. Debbie's favorite "go to" reference is *Edible Flower Garden by Rosalind Creasy*.



*Wishing you a peaceful, happy
and joyous Holiday*

*May your New Year 2024, be a
world full of goodness and health*

*May your garden grow herbs
and friendships*

*South Texas Unit,
Herb Society of America*



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

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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.



DONATE