

Herbs Make Scents

THE HERB SOCIETY OF AMERICA
VOLUME XLVIII NUMBER 9



SOUTH TEXAS UNIT
SEPTEMBER 2025

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

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.

Sept 9, Tues. 10:00 am
Public Invited

Day Meeting "Double, Double, Toil and Trouble: What Were the Herbs in Macbeth's Witches' Cauldron?" presented by member **Catherine O'Brien**, Location: Cherie Flores Garden Pavilion, 1500 Hermann Dr. Houston, TX 77004. Bring a sack lunch. Beverages will be provided.

Sept 13, Sat. 9:00 - noon

Kolter Elementary Garden Workday 9710 Runnymede Dr., Houston, TX 77096. Grassroom will be open.

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

Evening Meeting "Tisane, Anyone? What Did the Colonist Drink After the Tea Party?" presented by member **Catherine O'Brien**, 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

October Calendar

Oct. 10, Fri.. 9:00 am

Westbury Garden Workday 12581 Dunlap Street, Houston, TX 77035

Oct. 11, Sat 9:00 am - Noon

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

Oct. 14, Tues. 10:00 am

Day Meeting Field Trip to Arbor Gate Nurseries in Tomball, TX **Details TBD**

Oct. 21, Wed. 6:15 pm

Evening Meeting TBD 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.

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

DILL



September: Dill

Dill is commonly linked to rejuvenation and security, hallmarks of those born in September (Virgo-Libra).

- Throughout ancient times, dill was believed to possess qualities to ward off evil spirits and protect against curses, with its lace-like blooms were thought to repel negative energy.

Happy Birthday!

2 Steven Van Heeckeren
14 Janice Freeman
15 Gayle McAdoo
21 Elizabeth Martin
17 Joyce Taylor
24 Laura Mullen
27 Kay Challa



CHAIRMAN'S CORNER

Hello Fellow Herbies!

I wanted to share a photo from May 2025 of **Lorena Jaramillo**, **Virginia Camerlo** and me volunteering at **PlantCon** (<https://www.plantcon.org/>) at NRG.

I hope next year members of STU will volunteer & represent HSA.

We had the volunteering as Master Naturalists covered by the three of us and many other volunteers. I bet if we had more exposure, we could attract even more members.

People love plants that are not only beautiful but also tasty and beneficial!!



We need speakers to share herbal enthusiasm.

If you would like to be on the Speakers Bureau list, please let Virginia Camerlo know. Try to remember that you know more about herbs than most people and can inspire garden clubs, etc. **Lucinda Kontos** Kontos has agreed to Chair our Education Committee for Scholarships and Internships. We hope to streamline those opportunities.

We are going to ensure that everyone has a backup person who knows what their job is in case of illness or travel. Please look at what you do for the South Texas Unit and write down some pointers to success. I will be working on this over the next few months.

Be on the lookout for changes to emails and website updates. We are investigating using position emails that never change but are forwarded to the incumbents' emails.

Thanks to **Donna Wheeler** for sending cards of support to members. We want to respect privacy, but to "card shower" people who would like that.... especially if they are enduring longer periods for which they'd like support. I know how much I like to send and receive cards and members have really appreciated it when they need uplifting.

Please remember to give some time to the Herb Garden at Westbury Community Gardens and come visit Kolter Elementary Gardens on the Second Saturday of every month within the school year. Come be inspired by what is growing around Houston!!

All the very best to you and yours,

Angela



***Announcing Our September 17
Evening Program***



***“Tisane, Anyone?
Or What Did the Colonists Drink
After the Tea Party?”***

***Presented by Catherine O’Brien,
STU Member & South Central
District Delegate***



Volunteer Opportunity!

We need someone to coordinate beverages for the Evening Meetings

Contact Ro or Karen
roroagogo3@gmail.com
karen.herbsociety@gmail.com

Looking Ahead Together

Ro Jones

As we move into this next month, our South Texas Unit continues to grow in knowledge, connection, and community.

Thank you to all who have been showing up, sharing your time, and lending your passion for herbs—it's inspiring to see how each of us brings something unique to our gatherings. We are still looking for a few members to host this upcoming season, so please remember to contact me if you're interested. We have exciting programs and opportunities ahead, and I encourage you to invite a friend, share your herbal wisdom, and continue making this group a welcoming space for all herb lovers. I'm grateful to serve alongside you and look forward to what we'll cultivate together.



HERB BED HAPPENINGS

The Westbury Community Garden has asked us to help with the herb bed next to ours! That makes two!

We are very lucky! There will be more WCG gardeners involved with the care of the beds as we go forward, and our relationship with the garden (trading herbal education for growing space) will remain the same.



Kolter Elementary Garden

Angela Roth

Have you noticed? Plants have started the transition from summer to fall. Kolter Elementary Garden is a great place to watch the process, support the ecosystems, breathe in the fresh air, and just have fun. What a great way to spend Saturday morning! See you in the garden.

Workdays
9:00 - Noon
September 13
October 9





Back to our Roots at Westbury Garden

Julie Fordes

Westbury Workdays: Saturday, September 27th 9:00 am
Friday, October. 10th 9:00 am

To me, this saying from Two Paws Farmhouse summarizes what we do when we prepare herbal products for Herb Fair. Whether it is making a unique local organic tea blend, crafting a one-of-a-kind garden apron, or learning and using traditional herbal folkways in the modern world, we are distilling goodness from the garden into jars, boxes and bags for anyone who wants them.



FALL CALL TO WATER

Volunteers Sign Up Below

[I CAN WATER THE HERB BED](#)

Sharing herbal knowledge and the goodness from the garden with like-minded people is one of the most important things our Unit does.

I don't have much else to say except figure out how **you** are going to contribute your time and talents to Herb Fair. This is not our first rodeo... the leadership, organization and structure is set. You just need to plug yourself into it.

IT'S TIME, let's get to it...

Suit Up
and
Show Up
My Fellow
Herbies!!!

Fall Gardening Class

Sponsored by
Westbury
Community Garden

**Saturday September 27
10 a.m.**

**Shannon Walker Library
11630 Chimney Rock**

Open to the public

Herbs Make Scents 2025





2025 - 2026 STU Officers

Chair - Angela Roth
Co - Vice Chair – Karen Cottingham
Co – Vice Chair - Ro Jones
Secretary - Stephanie Calloway
Treasurer - Maria Treviño

Standing Committees

Day Meeting Chair - Benée Curtis
Membership – Janice Freeman
Member Concerns – Donna Wheeler
Publications –
Newsletter: Linda Alderman & Janice Freeman
Website: Benée Curtis
Social Media – Virginia Camerlo
Herb Fair – Stephanie Calloway
Grants & Scholarships - Lucinda Kontos
Speakers Bureau - Virginia Camerlo



Welcome to Our Two Newest
STU Board Members
Lucinda Kontos, Grants &
Scholarships Chair
Virginia Camerlo, Speakers
Bureau Chair

Member Outreach



If you know of a member who is ill, suffered a loss, or could use some words of encouragement, OR has received good news and congratulations are in order, please contact Donna Wheeler @ ddwheeler16@hotmail.com Donna is the STU Member Outreach Chair and she will send a card from STU when requested.



News from Around the South Central District Catherine O'Brien, Delegate



EdCon2026 plans are underway. The theme is "It's Spicier in Texas." The conference will be held in San Antonio. Shout outs go out to **Karen Cottingham** and **Elizabeth Price** who are already working on swag bags, and to the Texas Thyme Unit that has volunteered to handle table arrangements. Karen and I are serving on the speakers committee. If you are interested in working on a national committee for the conference, please let me know.

Hill Country Unit meets on the 3rd Wednesday of the month in the Emily Ann Garden meeting room in Wimberley. On September 17th, **Alicia Dedman** will speak on "Creating a Fall Herb Garden." On October 15th, district delegate **Catherine O'Brien** will speak on "Tisane, anyone?" The Boston Tea Party was just one of many rebellious acts by the colonists. After they quit drinking tea imported from India, the colonists switched to local herbs. An herbal tea party-themed program with refreshments will be included in the presentation.

The North Texas Unit continues its monthly meetings and programs on the fourth Saturday of the month at 10:00a.m. The meetings are being held at the chairman's home in Plano. If you are in the area, feel free to join them. Email gaylesouth2@gmail.com for more information. This year they had programs on herbs as houseplants, growing herbs in containers, and gardens in Great Britain, and have new ones planned for the upcoming year.

The Ozark Unit welcomed new officers to their unit meeting in July. They have incorporated a Zoom option for those who cannot attend the unit meeting in person but still want to stay involved. They have new contact information for the unit, a new mailing address and email for contact:

Herb Society of America Ozark Unit

P.O. Box 234

Mountain View, AR 72560

techdirector.ozkhsa@gmail.com

As they endured the hot summer, they are looking forward to the Medicinal Herb Symposium this fall at the Ozark Folk Center on October 18th and 19th featuring **Jane Hawley Stevens** as keynote speaker and **Bo Brown**, a local naturalist, sharing his native plant knowledge and leading the field trip hike on Sunday. They have extended an invitation to district members to join in exploring more herbal experiences.

Pioneer Unit is planning to study lavender this year. Every month they will discuss how the plants are growing, and members will give a presentation on some aspect of the plant (e.g., crafting, lore, history, medicinal uses).

The Southeast Texas Unit (SETX) hosted author and herbalist **Bevin Cohen** at their August meeting. Bevin spoke on "Enjoying the Bounty of our Herbal Harvest." In their August newsletter, SETX covered the Herb of the Month, Nasturtium (*Tropaeolum majus*), including tips for using nasturtiums and a recipe for Nasturtium-Chive Vinegar.

Speaking of recipes, the Texas Thyme Unit included a recipe for Rhonda's Spicy Orange Oregano Cookies in their Summer newsletter. It sounds delicious. The members of TTU are really keeping busy maintaining the gardens at the Wynne Home despite the hot weather. Their upcoming meetings will focus on Elderberry & Sumac (Aug), Butterfly Pea Vine (Sept), and Horseradish (Oct). ■



What Can I Do to Help?

Herb Fair 2025

Help Wanted! Materials Needed for 2025 Herbal Experience



Herbal Experience is a free family-oriented hands-on art experience for STU Members and our Herb Fair guests. Dried or pressed flowers, grasses, seed pods, pressed leaves, twine, ribbons, lace, and fabric scraps will be used to create artwork to hang or lean on the mantle or a bookshelf. Vintage or vintage-look papers would also be appreciated. Please start collecting now. Questions? karen.herbsociety@gmail.com



Exciting Plans Are Coming Together for 52nd Herb Fair

Stephanie Calloway, Herb Fair Chair

Thanks to all who came out on August 20th for an energetic planning meeting. If you missed it and are looking for a way to help out, please add your name to this

https://docs.google.com/spreadsheets/d/1y2PYEs_y6E5_rlmXAse6eWkUt6P3nRQM/edit?usp=sharing&ouid=115935611356249640359&rtpof=true&sd=true (note there is a different tab at the bottom for the different groups) or reach out directly to the committee chair listed on the spreadsheet. If you're not sure what to sign up for, check with Herb Fair Chair Stephanie: stephaniec621@gmail.com.

This year's Herb Fair is already off to a smooth start with plans coming together for baked goods, herbal "kits" for cocktails and elderberry syrup, gorgeous craft ideas, and creative culinary blends. See the calendar at the beginning of the newsletter for upcoming workshop/workdays to prepare items for the event. Remember that you are welcome to create products on your own – we just request that you reach out to a committee chair, or Stephanie, so we make sure not to duplicate efforts.

As a reminder – we are collecting the following items at the September evening meeting:

- 8oz clean jelly jars
- Dried herbs for culinary blends and teas
- **Fresh** herbs for vinegars: rosemary, Mexican mint marigold, sage, oregano, and basil.
- Books: Children's books, gardening and landscape books, cookbooks, craft books, herb books
- Twice Found resale items: things related to gardening, outdoor work, or items used to cook and prepare food, display items like beautiful bowls for potpourri
- Dried flowers and leaves/stems for Herbal Experience décor items

If you would like to make other arrangements to deliver books or resale items to **Laura Boston** (Committee Chair), you are welcome to bring them to her house in Bellaire and leave under the large overhang of the porch. Please text her if you are planning to drop off a donation: 832-423-7183. She is also in need of a few extra Banker Boxes with lids.

As our new STU Chair, **Angela Roth**, shared last week – we can all help grow the South Texas Unit by inviting friends, co-workers, and neighbors to attend our meetings and events. The same goes for Herb Fair! We have two months until November 1st – a great time to invite your network to set aside time that Saturday to come by and connect. Thank you all for your collective efforts to make this event a success!

Link to download flyer in png (image) format

<https://drive.google.com/file/d/1gfZm5JdVcj6eBn6gOYRqKZRexumZTq4w/view?usp=sharing>

Link to download flyer in PDF (printable) format

<https://drive.google.com/file/d/1QGjVtzbEhjaEKGGSpqah9H4R-PjLWn/view?usp=sharing>



Happy Herbal Harvest at the POST Houston Skyfarm!



GREAT NEWS - STU Members may harvest herbs for our Herb Fair products from the Skyfarm

About this time two years ago, STU Members were given the opportunity to freely harvest herbs for Herb Fair at the POST Houston Skyfarm. The current Skyfarm Manager, August Stubler, has once again given us permission to harvest any herbs we need for our teas, culinary blends, bakery items, jellies, tinctures, and oils. If you need lavender in bloom, this would be a great time to harvest. A few weeks later, the tulsi and lemon balm should be recovered from the summer heat. I won't be able to organize a group outing for a while, but if you can - call a few other members and form a carpool. Just tell August you're with the STU, and leave plenty of each herb plant behind so it can regrow. Stephanie (Herb Fair Chair), Julie and Ro (Teas and Crafts), Benée (jellies), Catherine (vinegars), and Dena (culinary blends) can tell you what they need, and how you should harvest, prepare, and dry the herbs.

Happy Harvesting!

Karen Cottingham Unit Co-Vice Chair



What are additional ways I can help?

Here is a recap



- | | | |
|---|---|--|
| ☐ 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 |
| | | ☐ Passion Flower |

NEW

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



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?



Cocktail Mocktail Infusion Kits

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



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.

Herb Fair is 2 months near



Herbs Make Scents

September 2025

Our dual-chair of the Craft and Tea committees, **Julie Fordes**, is requesting the following:

- Dehydrated orange slices (from about 12 oranges)
- Dehydrated lemon slices (from about 12 lemons)
- Dried orange zest (from about 12 oranges)
- Dried lemon zest (from about 12 lemons)

Please reach out to Julie if you have any questions on these.

Thank you to those who have stepped up to lead a committee! Our member-only meeting in August is your official opportunity to sign up for a committee but if you have ideas now and would like to get a head start, please reach out to the Committee Chairs with your ideas:

Bakery Shoppe – Debbie Lancaster and Donna Yanowski	Herbal Experience/Education Table – Karen Cottingham
Twice Found Resale and Book Shop – Laura Boston	Plant Sale – Janis Teas
Crafts – Julie Fordes	Pre-Sale – Janice Stuff
Tea Blends – Julie Fordes	Publicity – Cynthia Card
Fragrances – Ro Jones	Cashier – Mary Treviño
Culinary Blends – Dana Gaydos	Membership Table – Janice Freeman
Jellies – Benée Curtis	Kitchen/Hospitality – Mary Sacilowski
Herbal Vinegars – Catherine O'Brien	

We are looking for co-leaders to support in the following areas:

- **Set-up/Take-Down** – helping Stephanie manage volunteers for Friday set up and Saturday take down
- **Herbal Experience** – Supporting Karen with the preparation and execution of the hands-on educational component of the event
- **Pre-Sale** – Working alongside Janice to prepare and coordinate the early bird vouchers and pre-sale items with the intention of chairing (or co-chairing) next year



September 2025

With Berries on Our Minds



A few STU “pickers” (some not pictured) and guest, collected elderberries from the loaded bushes hidden strategically from the two - legged and the winged kind of pickers. STU pickers collected not only berries, but also good times and laughter as ripe berries overflowed our sacks and baskets. As we stepped away from the bushes, the blue jays moved in and wasted no time eating the berries we could not reach. With berries “on our mind”, we each slipped away to our kitchens.

At the STU Evening Meeting, the **Van Heeckerens** awed members with American Beautyberry branches full of gorgeous berries. Their grand display was presented in the way only the Van Heeckerens are known to create. They also prepared tips on how to make beautyberry jelly, which Linda stressed using 1c. berries to 1 c. sugar. Linda had made two jars of purple beautyberry jelly and encouraged others to try their hand at making up a jar. Thank you Linda and Steven. The Van Heeckerens had berries on their mind!

I have a chili pequin plant that produces bright red berries and I grow it to attract birds, but to my disappointment over the past 5 years the birds won't eat them. This past weekend things changed. Much to my surprise, blue birds were sighted devouring the berries! I was so excited - it's not everyday there are blue birds in the backyard! Well a little silly I admit, but with berries on the mind, “berry good” times happen. ■



The Herb Society of America
South Texas Unit
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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.



52nd ANNUAL HERB FAIR

Saturday Nov. 1, 2025
9am - 2pm

Huge variety of **HERBS**,
plants, herbal gifts, jellies,
teas, and culinary blends

Presented by

The Herb Society of America, South Texas Unit

Southside Place Clubhouse
3743 Garnet Street, Houston, TX 77005

*We support local, regional & national gardens
and educational activities.*



MORE INFO