

Herbs Make Scents

THE HERB SOCIETY OF AMERICA
VOLUME XLVIII NUMBER 5



SOUTH TEXAS UNIT
MAY 2025

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May 2025 Calendar

May 3, Sat.

Proposal Deadline: STU Annual Business Meeting. Refer to pg.2.

May 6, Tues. 6:00 pm CT
Members Only

Herb Society of America Annual Business Meeting

May 9, Fri. 9:00 am

Westbury Garden Workday 12581 Dunlap Street, Houston, TX 77035

May 10, Sat. 9:00 am – 12 noon

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

May 13, Tues. 10:00 am
Open to the public

Day Meeting "Saffron: The Gold of Spices" presented by member **Ro Jones**. Cherie Flores Pavilion, 1500 Hermann Dr. Houston, TX 77004. Bring a sack lunch to enjoy following the meeting. Beverages will be provided. Our book group guided by member **Jimmie Keddie** will meet during lunch to discuss our spring read, Kate Khavari's **A Botanist's Guide to Parties and Poisons.**

May 21, Wed. 6:15 pm
Members Only

Evening Meeting: HSA-STU (Members Only) Annual Business Meeting
Location: Cherie Flores Garden Pavilion, 1500 Hermann Dr. Houston, TX 77004.
Doors open at 6:15 pm, with potluck meal and Annual Business Meeting at 7:00 pm.

May 31, Sat. 10:00 – 12 noon
Open to the public

Lagniappe: "Join **Kimberly Meyer** for a Tour of Shamba Ya Amani (Farm of Peace)", 8401 Dairy View Lane, Houston, TX 77072 <https://www.famhoustontx.org/>. Plan to pick some flowers - a bouquet or a bucket! Proceeds go toward basic farm expenses. RSVP here: karen.herbsociety@gmail.com

June 2025 Calendar

June 6, Fri. 9:00 am

Westbury Garden Workday 12581 Dunlap Street, Houston, TX 77035

June 10, Sat 10:00 – 12 noon
Open to the public

Day Meeting: Field Trip to tour the Chappell Hill Lavender Farm in Brenham. We will carpool from Houston out to Brenham. We have to guarantee the owner that we will have at least 12 people visiting. The farm is not typically open on a weekday. She said that because we are an Herb club she will give us a personal tour talking about lavender and the workings of the farm. Please RSVP to Benée (bccurtis5@comcast.net) by May 9.

June 14, Sat. 9:00 am – 12 noon

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

June 18, Wed 6:15 pm
Open to the public

Evening Meeting "Secrets to Successful Container Gardening" presented by **Stephanie Gray**, County Extension Agent - Horticulture (Commercial/Green Industry), Texas A&M AgriLife Extension Service. 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.

June 28, Sat. 3:30 – 6:30 pm

Lagniappe: "Mocktails and Mysteries - Enjoy an Herbal Cocktail/Mocktail at the LIT BookBar" 611 Jackson St. Suite B, Richmond, TX, 77469. Hosted by STU Member **Stephanie Calloway**; RSVP here: karen.herbsociety@gmail.com

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



Happy Birthday!

01 – Sue Steinhardt
05 – Angela Roth
13 – Jane Littell

18 – Cynthia Card
18 – Deborah Niskin



Chairman's Corner

Happy May,

I hope everyone who was able to attend last month's 39th Annual Herb Day enjoyed a day full of engaging education, delightful refreshments and herbal shopping. A big thank you to our co-chairs **Virginia Camerlo** and **Benée Curtis** for their thoughtful planning, attention to detail and overall success!

This year, the **HSA-STU Annual Business Meeting** will be held in person on **Wednesday May 21, 2025**. We love including the general public at most monthly programs, but our Annual Business Meeting and Holiday Party are reserved as a perk for active STU members only. Thank you for understanding.

For recent members who have yet to attend, the HSA-STU Annual Business Meeting is your opportunity to help us recap the past year and set goals for the next. We will review our finances, approve our budget, and select which programs we will support the next fiscal year with charitable donations. If you are a current, active STU member and would like more information on how to submit a proposal for a donation to be made to a garden, or garden-related program, please reach out to me personally via email.

For those non - or new members who are curious as to what goes on at our Annual Business Meetings, or anything related to the nuts and bolts of our organization, I'll draw your attention to the About Us > Members tab on our website's homepage where we post reports and documents.
<http://www.herbsocietystu.org/member-information.html>

At last year's Annual Business Meeting we were able to pass many proposals for garden donations and budget items. Below is a July 2024 - June 2025 recap:

- We will donate \$1000 to the Nature Discovery Center at Russ Pitman Park in Bellaire, TX to be used to improve their Sensory Garden.
- We will donate \$1000 to be used to support the woman's garden programming at the Lucille Plane State Jail in Dayton by way of the HSA Texas Thyme Unit.
- We will donate \$1000 to Shamba Ya Amani's community farm to be used for their herb and flower programs.
- We will donate \$1000 to the HSA Pioneer Unit to be used for repairs on the greenhouse at Festival Hill.



- We will donate \$488 to the Westbury Community Garden's D2 Medicinal Herb Bed, managed by STU, to purchase 2 convertible bench/ tables.
- We will be donating \$2000 per year to be used for HSA BOD (members volunteering for executive office, district delegate, and national committee chairs) reimbursement for meeting travel and expenses.
- We will renew our Houston Botanic Garden Membership for the upcoming year.

If you are a member who would like to submit a proposal for a budget item or garden donation for the next fiscal year, please email me personally by **Saturday May 3, 2025** so that I can organize and send out the verbal to our members prior to the Annual Meeting vote.

Your STU Chair,
Dena Gaydos



Keep the Momentum Going!!!
Bring Your Ideas to the
STU Annual Business Meeting
May 21, 2025
Doors Open 6:15 pm
Potluck and Meeting Begin 7:00 pm
MEMBERS ONLY THIS MONTH



Around the South Central District



There are *several* **Annual Business Meetings** in the month of May:

South Central District – Friday, May 2

The Herb Society of America – May 6 at 6 pm CT. A **LINK** to the Annual Meeting will be shared later this week.

South Texas Unit – May 21

Welcome New Members

SHEILA PRUITT - ORR

SUZY SHAPIRO

MAHA ALLAHAM

NOREEN HOARD

ELIZABETH ABRAHAM

DALISA GARRETT - GAILLIARD

CWEN FRISK



39th Annual Herb Day Wrap

Virginia Camerlo, Herb Day Co-Chair

The Gardener's Gamut: From Plot to Plate to Pantry welcomed speakers **Susan Belsinger, Tina Marie Wilcox, Jacqui Highton** and **Benée Curtis**, and more than 125 participants. This sold out event was made possible by the generous time and effort of STU volunteers who grew plants, baked treats, made lovely handcrafted items, and herbal teas, blends and fragrances. Additional thanks goes to STU members **Karen Cottingham** for her education table "*Say it with Herbs and Flowers*" and **Jeanie Dunnihoo** for her table "*Selecting the Right Pruning Tool for the Job*."

We'd also like to thank our donors and vendors who helped make Herb Day a fun-filled event. American Botanical Council, Bee2Bee Honey, Central Market, D's Elderbeez, Farm Dirt, Hermann Park Conservancy, Houston Botanic Garden, Kolter Elementary Garden, Massage by Gregory, Nourish Market, Phoenicia Specialty Foods, Pondicheri Café, Quality Feed, South Texas Unit/**Karen Cottingham, Susan Wood**, Texas Lavender Association, Texas Thyme Unit/**Gloria Hunter**, Thompson + Hanson, Three Brothers Bakery, Trader Joe's, Wabash Feed & Garden

Photos next page



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Back to our Roots at Westbury Garden



Garden work days: May 9th 9:00 am
June 6th 9:00 am

The gardens at Westbury are fabulous!! Our donations of two benches are prime places to sit and relax. Going into the summer months, there are a couple of things to make sure we do to keep all those herbs happy. The first is keeping them watered. NO ONE has signed up to water on our Sign up Genius calendar. Please sign up to water the garden.

I have updated our Signup Genius watering schedule to include the next several months. The schedule starts on a Monday and ends on a Sunday. The slots are for the entire week. In the hottest times, we would need to water deeply every other day or two. It could be more days between watering if the temperature is cooler, or if it actually rains!!!

I would love everyone who is able to water at least once, just so you can see the garden. Watch the weather and pray for rain - you might not even have to go water on your assigned day! But when you do get to the garden, enjoy it.

If you are new, call me and I can answer any questions you may have. The watering system needs a key, which we have hidden. I can gladly meet you there if you need a bit more help, just call me or even bring a friend... Below is a helpful list of herbs that we use in making products for our Herbal Marketplaces in the fall and spring.

Here is the sign-up sheet website.

<https://www.signupgenius.com/index.cfm?go=w.manageSignUp#/43114464/slots/>



| | | |
|---|---|-------------------------------------|
| <input type="checkbox"/> Bay Leaf | <input type="checkbox"/> Doublemint Madalene Hill | <input type="checkbox"/> Rose Petal |
| <input type="checkbox"/> Blue Butterfly Pea | <input type="checkbox"/> Lemon Balm | <input type="checkbox"/> Roselle |
| <input type="checkbox"/> Basil (Holy) | <input type="checkbox"/> Lemongrass | <input type="checkbox"/> Sage |
| <input type="checkbox"/> Calendula | <input type="checkbox"/> Lemon Verbena | <input type="checkbox"/> Spearmint |
| <input type="checkbox"/> Chamomile | <input type="checkbox"/> Mexican Mint Marigold | <input type="checkbox"/> Thyme |
| <input type="checkbox"/> Comfrey | <input type="checkbox"/> Peppermint | <input type="checkbox"/> Yarrow |
| | | |



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May 2025

I hope you are growing many of these in your home gardens and are able to harvest some for STU projects. If not, most of these can also be found in the Westbury Garden. I am always up for a harvesting session call me!!!



Three generations of STU herb gardeners!!!

From left:
Donna Yanowski, Harrison Gaydos-Yanowski and Dena Gaydos-Yanowski

See you at the garden,
Julie

SHAMBA YA AMANI LAGNIAPPE IS SATURDAY, MAY 31 EVERYONE IS WELCOME!!!

GATHER SPRING FLOWERS AT THE "FARM OF PEACE"



JOIN US MAY 31 FOR A FIELD TRIP TO SHAMBA YA AMANI

A promotional graphic for a field trip. It features a central photograph of a woman wearing a white headwrap and a colorful patterned dress, holding a large bouquet of vibrant flowers. The background shows a lush green field. The text is arranged in blue boxes with white text, and the entire graphic is framed by a red border.



The Exquisite Art of Pysanky



Photos Courtesy of Karen Cottingham



Day Meeting Field Trip Review

Benée Curtis

We had a great outing to the Heights on April 8. Our group of 15 to 16 visited the Houston Dairymaids for a tasty five-cheese tasting. Such a neat little shop with really special cheeses.



From there we reassembled at the Houston Farmers Market. Several members had a good understanding of Spanish and were able to translate a lot of the signage and ask questions of the vendors. Special thanks

to **Sara Diaz** for sharing information about names of less commonly seen fruits, vegetables, greens and herbs. She was also able to share how they are commonly used in the region of Mexico where she grew up and has family. We purchased a few interesting fruits (ice cream beans, guavas, dragon fruits, nance) and had the opportunity to taste. I know I tasted some I've never tasted before.



Seeds Roots Leaves



Dragon fruit



Ice cream bean



Nance

We then walked to the back of the market to the Alamo Tamale Company. We had the good fortune to find a large table outside where we all fit and were able to have lunch together.





HAPPY OLD-FASHIONED MAY DAY!!



The first day of May fills me with childhood memories of making clumsy cones from wallpaper samples and ribbon, filling them with flowers, and tying them onto the doorknobs of neighbors. Perhaps a May Day bouquet of herbs would make a nice old-fashioned surprise for someone you know!

This charming illustration is from the May 1932 cover of Woman's World magazine. The artist is Miriam Story Hurford, who also contributed the illustrations for the Dick and Jane series.



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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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.