

Herbs Make Scents

THE HERB SOCIETY OF AMERICA
VOLUME XLVIII NUMBER 7



SOUTH TEXAS UNIT
JULY 2025

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July 2025 Calendar

July 1	Membership Renewals Past Due – see page 3
July 8	No Day Meeting in July
July 12, Sat. 9:00 am – Noon	Kolter Elementary Garden Workday 9710 Runnymede Dr., Houston, TX 77096. Grassroom will be open.
July 15	Membership Volunteer Hours are Due – see page 3
July 18	No Evening Meeting in July
July 19, at. 9:00 am	Westbury Garden Workday 12581 Dunlap Street, Houston, TX 77035
July 20, Sun. 1:00 pm STU Members and Guests	Lagniappe: “Street Food From Around the World,” A Sunday Summer Brunch at the Traveler’s Cart, 1401 Montrose Blvd. More information at https://travelerscart.com/ This self-pay event is for STU Members and their guests only. Please RSVP here: karen.herb society@gmail.com See page 10

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.

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

PARSLEY



July: Parsley

Much more than a garnish: parsley symbolize freshness, vitality, and purification—perfect for those born in July (Cancer-Leo).

- Ancient Greeks and Romans crowned their heroes and loved ones with parsley garlands. They also made funerary wreaths with this special herb.
- In some cultures today, sprigs of parsley are placed on wedding tables to symbolize fertility and fortune for the newlyweds.

Happy Birthday!

- 10 Gloria Hunter
- 10 Mary Nurre
- 13 Dalisa Garrett-Gailliard
- 15 Sally Luna
- 17 Joyce Taylor
- 24 Laura Mullen
- 28 Jeanie Dunnihoo



CHAIRMAN'S CORNER

It's officially summer, and feels every bit of it here in Houston!

Thank you to everyone who attended and participated in our Annual Meeting last month. We had a good turn out of members and were able to pass multiple garden donations. For anyone not in attendance, or who would like a recap, here are a few of the donations we approved:

- The Herb Society of America, South Texas Unit will continue to support Houston Botanic Garden with a \$1,500 donation for Cultivator Giving Circle membership for 2025-26.
- We will also continue to support the gardens created by our founder, Madalene Hill, in Round Top, TX at Festival Institute with a donation of \$1,000. The donation should be earmarked for Madalene's gardens in honor of Madalene Hill.
- In addition, we approved a donation of \$1000 to the Nature Discovery Center in Russ Pitman Park to support their ongoing native plant and herb projects.

We approved a new slate of officers who will introduce themselves in a future newsletter, but I would like to take a moment to thank our past board members. Thank you to our outgoing Secretary Tricia B. for her two years of service. Thank you to Maria T. and Karen C. for their extended terms and continued dedication to our South Texas Unit.

Hope everyone stays cool this July! We'll see our STU members at the members only Herb Fair kick off meeting in August and the rest of our herbie community in September.

Thank you to each member who has volunteered this past year and those who have already submitted his/her volunteer hours for the period of July 1, 2024 through June 30, 2025.

Our collective sum to date is 450. If each volunteer submits a minimum of 20 hours annually, our sum would be approximately 1200 hours. It is recognized that some years individual members volunteer more and less other years. Also some volunteer commitments require more hours and some less.

It's also worth mentioning that some volunteer hours are easy to calculate and others are difficult, such as with time spent starting and monitoring new seedlings, or drying and stripping leaves just to name a few because STU members contribute so much more! So in some situations an estimate may be necessary and is acceptable. If you have questions regarding volunteer hours, please contact Janice Freeman. Remember:

"The volunteer information is important to The Herb Society of America. HSA is a 501(c)3 nonprofit and recording the volunteer time that HSA members contribute to the organization and their communities is critical to show member-in-kind contributions. Volunteering builds member relationships with each other and the community and helps with donor and grant development". HSA Membership Moments 4/24/25

Members have until July 15 to be included in the total sum of STU volunteer hours. If you have not submitted your volunteer hours as of today, please do so. Send to Membership Chair, Janice Freeman at janicehfreeman@comcast.net

Best,
Dena Gaydos



MEMBER REMINDERS & Due Dates

☐ Membership Renewal – July 1

Maria Treviño, Treasurer

The South Texas Unit membership renewals were **due July 1**.

You can also go to the STU website and pay as usual.

If you want to mail a check you can. The mailing address is:

South Texas Unit
P.O. Box 6515
Houston, TX 77265-6515

☐ VOLUNTEER HOURS – July 15

Janice Freeman, Membership Chair

It's that time of year to report your volunteer hours (July 1, 2024 through the end of this month, June 30, 2025). Volunteer hours are **due July 15th**. Send to **Janice Freeman** at janicehfreeman@comcast.net

☐ SAVE THE DATES

November 1, 2025

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

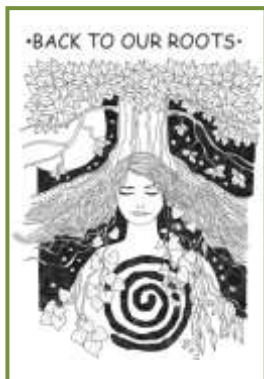
Look for more information in each newsletter.

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

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



<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



Back to our Roots at Westbury Garden

Julie Fordes

Westbury Workdays: Saturday, July 19th 9:00 am
Saturday, Aug. 16th 9:00 am

We had a fabulous workday in June. **Noreen Hoard, Angela Roth, Debbie Lancaster, Donna Yanowski, Janice Stuff and Janice Freeman** all came and helped accomplish everything we intended to do. Noreen even came back the next day and mulched the bed. It looks fabulous, **thank you, Noreen!**



Please continue to harvest and dry the herbs that are on our list. You can start to bring me the herbs that are dried and labeled, either at a meeting or drop it off at my house.

After my rant about lack of volunteers last month, **Donna Yanowski** signed up to water the garden. Well, she got lucky and didn't need to travel to the garden at all, it rained all week! If you are feeling lucky, sign up to water the garden by clicking here:

[I CAN WATER THE HERB BED](#)



Ways to Support Herb Fair 2025

Stephanie Calloway

Planning is well underway for this year's Herb Fair, taking place on Saturday, November 1st at the Southside Place Clubhouse, 9:00am-2:00pm. Creative minds are already putting together crafty bookmarks, cocktail kits, tea blend ideas, and more. Please continue (or start) harvesting and drying herbs to add to our offerings and take a look at your bookshelf for potential donations to our Twice Found Resale and Book Shop.



Herbs Make Scents

July 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

Twice Found Resale and Book Shop – Laura Boston

Crafts – Julie Fordes

Tea Blends – Julie Fordes

Fragrances – Ro Jones

Culinary Blends – Dana Gaydos

Jellies – Benée Curtis

Herbal Vinegars – Catherine O'Brien

Herbal Experience/Education Table – Karen Cottingham

Plant Sale – Janis Teas

Pre-Sale – Janice Stuff

Publicity – Cynthia Card

Cashier – Mary Treviño

Membership Table – Janice Freeman

Kitchen/Hospitality – Mary Sacilowski

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

Kolter Elementary Garden

Angela Roth



Happy Summer!

July 12th and August 9th are the Open Grassroom Days at Kolter.

I apologize if anyone went for June, everyone had a conflict and no one was able to attend to open the gates. On a wonderfully positive note, my father is much healthier and growing Basil and Mint in Atlanta-where I visited him for Fathers' Day!

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



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.

[Cooking Inspiration for Your 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



Day Meeting

Visit to Chappell Hill Lavender Farm, a Scent-sational Day Out

Submitted by Benée Curtis and Jimmie Keddle

Mother Nature was particularly generous to the Day Meeting Group on June 10 when we had our outing to the Chappell Hill Lavender Farm.



A peaceful view from the road

Of course we wanted to schedule our trip when the lavender was in bloom. That meant sometime between June and August. Ooof! June in Texas! What we'd anticipated to surely be a stiflingly hot late spring day turned out to be an unseasonably cool and overcast day. There were predictions for thunderstorms and the radar looked menacing, but other than a few sprinkles, our timing was brilliant.



Debbie demonstrates cutting the Sweet Lavender stalks

Eighteen of us gathered at 10 a.m., warmly welcomed by farm owner Debbie McDowell. We settled onto the shady deck beside the gift shop for an engaging presentation, where Debbie shared her knowledge of lavender cultivation and the journey she and her husband have taken since moving to the property in 2001.

Afterward, we headed out to the fields to cut small bundles of fresh lavender. Since the flowers were really just starting to bloom, we only cut about 10 stems apiece. We then browsed the charming lavender-themed gift shop,

filled with products made both on-site and by local artisans. As the skies continued to threaten rain, we moved chairs onto the gift shop porch and enjoyed our picnic lunch in the shade, cooled by a pleasant breeze. It was hard to believe it was June in Texas.

A Glimpse Behind the Lavender

Debbie shared the story of the farm's evolution. For years, she and her husband juggled full-time jobs - his involving a daily commute to Houston! - while learning to grow lavender in Brenham's climate. Over time, with help from Texas A&M horticulture experts, they honed their techniques.



A close-up view of the Sweet Lavender stalks



Debbie joked that the folks at the university were usually excited to assist with their lavender issues because, "It's not corn, cattle, pigs, or any other routine Texas farm stuff."

They've settled on growing three varieties: **Sweet** and **Provence**, which they keep in the fields for cutting, and **Phenomenal** which doesn't yield many flowers, but is mostly grown for its fragrant and attractive foliage. A fourth variety, **Goodwin's Creek**, is sold at the shop for home gardeners. They often test new varieties for regional viability, but have not found varieties as reliable as the three they're growing commercially.

Lavender Growing Tips

- Ideal rainfall is 15" per year. This area gets significantly more, so good drainage and very good air circulation are critical. Their plants are spaced 6 feet apart from each other.
- We can grow in pots (clay recommended) or in the ground, but be sure to consider water requirements of nearby plants because lavender really wants to be dry.
- Less organic soil – definitely not a soil mix like Miracle Grow – ideally a 1:1 mix of garden soil and sand. Neutral pH of 6 to 7 is best.
- No fertilizer is needed unless the soil is depleted. In that case, add organic food like Microlife or Azomite when planting.
- Avoid mulch around the plants. Pea gravel can be used instead since it reflects heat and light and reduces fungus from soil splashing onto the lower parts of the plant. Two years ago, they started using weed barrier fabric under their plants and have been really pleased with the results.
- Prune the plants in November when there is no more blooming. Cut back ¼ or more. Pruning promotes root growth and fuller blooms the following season.
- Even in the best conditions, the average life expectancy of a plant in this area is 3 to 5 years. The recent freezes we've experienced have reduced that life span.

Since the lavender only produces flowers for three to four months, the McDowells have planted various fruits and berries that mature at different times so that they have several seasons of crops. They also added several family-friendly farm animals. An overly-friendly goat named Oreo steals the show and commands the bulk of visitor attention. He also looks great on the T-shirt dedicated to him.



The Day Meeting folks who enjoyed the day of learning and fun!



Supporting Local

Their farm does not produce enough lavender for cutting and for producing oils and flowers for the products in the shop. Debbie sources a culinary variety called Royal Velvet from Sequim, Washington (the lavender capital of the U.S.) which does not thrive here. Most of the shop's goods were produced locally by producers in the Brenham area – a bonus for visitors who like supporting local small businesses.

A Worthwhile Adventure

The trip from central Houston was easy and scenic, and as one member serendipitously discovered, the Antique Rose Emporium is just 17 minutes away. Pairing the two garden-themed destinations would really make for a delightful full-day excursion.

If you're planning your own visit, a little preparation goes a long way: bring sunscreen, a hat, an umbrella or parasol, and plenty of cool water. And bring a sense of appreciation for nature's quiet gifts.

***Jeanie's been on
the move!***

***And now she's
living her
dream in
a beautiful
Ozark forest.***

***We'll miss you,
Jeanie, and
wish you the
very best!***



Photo courtesy of Karen Cottingham



A Beautiful Day at Shamba Ya Amani



Photos courtesy of Karen Cottingham

Photos courtesy of Karen Cottingham



Truly, a beautiful "Farm of Peace"

Announcing Our July Lagniappe "Street Food from Around the World" A Sunday Summer Lunch at the Traveler's Cart on Montrose Bouvelard



Enjoy global cuisine in the relaxed atmosphere of the Traveler's Cart. Choose street food favorites from more than 25 countries, from Jamaican jerk pork ribs to Vietnamese cumin lamb dumplings or an Egyptian ancient grain salad in a mint-lemon vinaigrette.

Check out the menu here: <https://www.travelerscart.com/menus/#all-day-menu-copy> Breakfast items also available.

RSVP here: karen.herbssociety@gmail.com
so we can reserve a table

Announcing our August Evening Meeting



Help Us Get Our Ducks in a Row!

"Herb Fair 2025 Kickoff Night"
will be facilitated by Stephanie Calloway,
Herb Fair 2025 Chair
August 20 at the Cherie Flores
Garden Pavilion

Members Only for this
Important planning session

Our public programs
will resume in September



COMING ATTRACTIONS

An International Street Food Lagniappe in Montrose

Are you craving an international food adventure, but don't have time for those long flights and jet lag? Enjoy global cuisine right here in the Montrose District of Houston!

Our July Lagniappe is a casual Sunday "street food" lunch/brunch at Traveler's Cart, where you can experiment with different food traditions and sensations. What are you in the mood for? Choices include spicy, tangy, or crispy; creamy, sticky, or saucy; and, if you're really adventurous, "deliciously funky".

Traveler's Cart is a counter-service restaurant featuring a menu showcasing street food dishes from more than 25 countries, including Thailand, Peru, Puerto Rico, Vietnam, Greece, and Jamaica.

Here are a few menu highlights -

Pandan Soufflé Pancakes consisting of pandan, toasted coconut, brown sugar bursting boba, lemongrass Chantilly cream, and seasonal fruit;

Jamaican Scotch bonnet glazed pork ribs with a side of delightfully sticky, spiced plantains and coconut rice and beans;

Vietnamese betel leaf-wrapped beef, served with Bibb lettuce, pineapple-papaya-carrot slaw, banh hoi noodles, and fish sauce;

Mango with Purple Sticky Rice made with ube, coconut, condensed milk, and crumbled crispy rice.



Many vegan and vegetarian options are available

Traveler's Cart also offers enticing drinks such as Jerk Shack Punch, a spicy take on a rum punch loaded with jerk seasoning, and a Tom Yum Mule made with vodka, lemongrass syrup, ginger beer, lime juice, bird's eye chiles, Thai spice bitters, and mint.

A Mexican prickly pear cocktail is available with or without alcohol.



Order individually at the counter, and your meal will be delivered to your table. The ambiance is casual, meant to capture the experience at international street food markets, and menu items are moderately priced.

Traveler's Cart is located at 1401 Montrose Boulevard. We'll meet on Sunday, July 20, 2025, at 1:00 pm, but feel free to come and go according to your own schedule.

Please RSVP at karen.herbsociety@gmail.com so I can reserve a table.

To view the complete menu, see <https://www.travelerscart.com/>

I hope to see everyone there!

Karen Cottingham, STU Program Co-Chair



*Our deepest gratitude
to our retiring Unit
Chair, Dena Gaydos,
for a wonderful
two years!*

*Thank
You*





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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.