

# Herbs Make Scents

THE HERB SOCIETY OF AMERICA  
VOLUME XLVI, NUMBER 10



SOUTH TEXAS UNIT  
OCTOBER 2023

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

## October 2023 Calendar

**Oct 10**, Tues. 10:00 am  
**Note: Change of Location**

**Day Meeting** is an Herb Study Program on **Lemongrass** (*Cymbopogon citratus*). Comprehensive research study presented by members at Lott Hall, 6201 Hermann Park Dr. Houston, TX 77030. Bring your own lunch. Contact [jestuff@pdq.net](mailto:jestuff@pdq.net) for more info.

**Oct 12**, Thurs. 10:00 am  
**Note: Change of time**

**Westbury Garden Workday** at 12581 Dunlap Street, Houston, TX 77035.

**Oct 14**, Sat. 9:00 am – 12 noon

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

**Oct 18**, Wed. 6:30 pm  
**Note: Change of Location**

**Evening Meeting** the program is “An evening with Garden Marcus: Nurture Your Garden, Nurture Yourself” presented by **Marcus Bridgewater**, CEO and founder of Choice Forward. Join us at Lott Hall, formerly known as the Hermann Park Historic Club House 6201 Hermann Park Dr., Houston, TX 77030. Doors open at 6:30 pm, with potluck meal and program at 7 pm.

## November 2023 Calendar

**Date & time to be determined**

**Westbury Garden Workday** at 12581 Dunlap Street, Houston, TX 77035.

**Nov 11**, Sat. 9:00 am – 12 noon

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

**Nov 14**, Tues. 10:00 am

**Day Meeting** TBA at Cherie Flores Pavilion, 1500 Hermann Dr. Houston, TX.

**Nov 15**, Wed. 6:30 pm

**Evening Meeting** TBA. We will return to the Cherie Flores Pavilion, 1500 Hermann Park Dr., Houston, TX 77030. Doors open at 6:15 pm, with potluck meal and program at 7 pm.

**Newsletter deadline: the 25<sup>th</sup> of every month is strictly enforced. (November editor is Janice Freeman)**



02 – Faith Strunk

21 – Janice Stuff

04 – Noreen Hoard

22 – Yvette Darnell

13 – Benée Curtis

24 – Virginia Camerlo

13 – Catherine O'Brien

30 – Corlas Pearsall



## Chairman's Corner

The end of last month marked the beginning of Fall on our calendars, not that we're feeling it down here in Texas yet, but at least we have eventual cooler weather to look forward to.

The end of September also marked The Herb Society of America's South Central District Gathering, hosted by our STU chapter here in Houston. Our national organization has over 2100 members, and those individuals make up units such as our South Texas Unit. Zooming back further, groups of units are organized into districts around the country. We here in Houston are part of the South Central District, along with units from the rest of Texas, Arkansas, Kansas, Missouri, Nebraska and Oklahoma. The weekend event we hosted was an opportunity to meet other herbies from the region and showcase the local gardens and spaces we're proud to call our own. Some highlights included a walking tour of Centennial Gardens followed by an afterparty showcasing member made herbal shrubs that we enjoyed as mocktails and cocktails. A wonderful private tent was set up at Houston Botanic Gardens where we enjoyed lunch, speakers, and the grounds. Lastly, we ended the weekend's festivities at The POST HTX where we were able to enjoy the sunset views from their rooftop garden. Thank you to all who attended and an even bigger thank you to all who volunteered to organize this spectacular showcase of our local green scene.

In other big news, the countdown to this year's STU 50th anniversary Herb Fair has begun, with the event scheduled for Saturday November 4, 2023. October will be a busy month with all hands on deck preparing for this annual fundraiser. Be sure to check the calendar for Saturday work parties, including culinary blends, teas and fragrances. There are also opportunities for baking, donating garden books, set up/clean up and everything in between to make this momentous event a success.

**Dena Gaydos**  
Unit Chair



**Scenes from  
the  
Gathering!**





Announcing Our October 18 Evening Meeting  
"An Evening with *Garden Marcus*:  
Nurture Your Garden, Nurture Yourself"



Presented by Marcus Bridgewater, CEO  
& Founder of Choice Forward, TikTok  
star, author, and wellness educator

## Kolter Elementary Garden



Come out **Oct 14** from 9 am to noon, and join Angela Roth and the Kolter Garden volunteers.

Enjoy the garden, share some herbs, pull weeds, provide advice, and harvest whatever is available.

Questions? Contact Angela at [chrisangelaroth@sbcglobal.net](mailto:chrisangelaroth@sbcglobal.net)

## Members

Remember to grow, harvest, and save herbs. We will use them to make preparations for Herb Fair 2023

- |                  |                       |                        |           |
|------------------|-----------------------|------------------------|-----------|
| Basil            | Dill Weed             | Parsley                | Sage      |
| Bay Leaf         | Lemon Balm            | Passionflower          | Spearmint |
| Blue Pea         | Lemon Verbena         | Peppermint             | Stevia    |
| Calendula flower | Lemongrass            | Red-stemmed apple mint | Thyme     |
| Chamomile flower | Mexican Mint Marigold | Rose petals            |           |
| Comfrey          | Oregano               | Roselle                |           |

Store dried herbs in plastic freezer bags.  
Remember to label the bags!



## Westbury Community Garden

Workday Thurs. Oct. 12

New time – 10:00 am



Would you take a look at our garden! We have blue butterfly pea, holy basil, oregano, and roselle, all just thriving. **Debbie Lancaster** and **Janice Freeman** are watching over the 'herb patch' at Westbury Community Garden. The 'herb patch' needs harvesting just about every other day.

If you can lend a hand by harvesting, drying, or storing these herbs OR volunteering to water at the garden, we'd love to see you there.

To signup use SignUp Genius or contact us. October 12<sup>th</sup> is the date for the STU/Westbury Garden Workday, so mark your calendar and join us. Bring your gloves, garden tools and a mug. Your herbie friends look forward to seeing you at the garden

To volunteer, check into the signup sheet using this link:

<https://www.signupgenius.com/go/30e0d49adae2da02-stuwestbury#/>



*Let's welcome our newest member!*

**Rochelle "Ro" Jones**

Be sure to look for Ro at an upcoming meeting or workshop, We'll have a more formal introduction in an upcoming newsletter.



## Are you on social media?

If so, we have created events on Facebook, Instagram, Nextdoor and Eventbrite. Please show your interest in attending and **share the links!**

Please contact **Virginia Camerlo** at [camerlocan@gmail.com](mailto:camerlocan@gmail.com) if you are in need of paper flyers.

Spread the word!



## The HERB SOCIETY of AMERICA

### Rose Hips

*Rosa spp.*



- Rose hips are the fruit of the rose plant, forming just underneath the flower and containing the rose seeds. They form after the flower is pollinated and ripen in late summer through autumn.
- Depending on the variety of rose, rose hips range in size from very small to berry-sized and can be orange to red when ripe.
- Rose hips are edible and culinary uses include tea, jams, jellies, soups and wine. They also have a long history of medicinal uses and are known to have antiviral, antibacterial and antiinflammatory properties. The use of rose hips in the beauty industry continues today as well.
- Rose hips are eight times higher in vitamin C than oranges and are high in vitamins A, B, E and K as well as lycopene and other nutrients.
- Rose hip oil has astringent qualities and is used in cosmetics and skin care products.
- Harvest rose hips after the first light frost for the sweetest flavor. The hips will have good color (orange to deep red) and be slightly soft. Harvest before they are very soft or wrinkled.
- The fruits can be used fresh and can be dried or frozen, but note that the vitamin C content is highest when the hips are fresh.
- Roses that are prized for their hips include: *Rosa canina* (the dog rose), *R. rugosa* (Japanese or beach rose), *R. chinensis* (Chinese rose), and *R. majalis* (cinnamon rose).



## Herb Fair 50<sup>th</sup> Anniversary Catherine O'Brien, Event Chair

Herb Fair is creeping up on us. It's on **Saturday, November 4** at the **Southside Place Clubhouse, 3743 Garnet St, Houston, TX 77005, 9am-2pm**. We will set up the clubhouse on **Friday, November 3**. Early birds—that is, Pre-Sale customers—get in at 8:30 and regular customers promptly at 9 a.m.

As we all know, Julie is recuperating at home. **Locations of workshops have been rescheduled.** See a revised calendar of dates and locations below.

**Bakery Shoppe** – **Donna Yanowski** ([donnayanowski@gmail.com](mailto:donnayanowski@gmail.com)) has the aluminum pans for baked goods, and **Deborah Lancaster** ([Lancaster.deborah@gmail.com](mailto:Lancaster.deborah@gmail.com)) is coordinating the recipes.  
**Bookstore** – **Laura Boston** ([lboston@hotmail.com](mailto:lboston@hotmail.com)) is collecting herb, landscaping, gardening, and craft books, as well as children books .

**Cashier Table** – **Maria Treviño** ([maria@burger.com](mailto:maria@burger.com)) and her team are handling check out. They need bags for items.

**Crafts** – **Janice Dana** ([danas4086@sbcglobal.net](mailto:danas4086@sbcglobal.net)) is organizing a craft workshop.

**Culinary Blends** – **Dena Gaydos** ([denagaydos@gmail.com](mailto:denagaydos@gmail.com)) is organizing a workday at Donna Yanowski's home.

**Door/Membership Table** – **Carolyn Kosclskey** ([gridglitter1@gmail.com](mailto:gridglitter1@gmail.com)) is organized and ready to go.

**Fragrance** – **Faith Strunk** has a workshop scheduled. See calendar below.

**Herbal Experience** – See **Karen Cottingham's** message in this newsletter.

**Herbs and Plants** – **Janis Teas** ([jteas@sbcglobal.net](mailto:jteas@sbcglobal.net)) will order what is available. Thank you, Janis and Jeanie, for the seed sowing and transplanting lesson.

**Jellies** -- **Benée Curtis** ([bccurtis5@comcast.net](mailto:bccurtis5@comcast.net)) has three more workshops scheduled for October. See the schedule below.

**Kitchen and Tea Samples** – **Mary Sacilowski** ([maryms@sbcglobal.net](mailto:maryms@sbcglobal.net)) needs pretty teapots.

**Popcorn** – **Mary Starr** ([mjmartinstarr@msn.com](mailto:mjmartinstarr@msn.com)) has everything organized.

**Presales** – **Janice Stuff** ([jestuff@pdq.net](mailto:jestuff@pdq.net)) will need volunteers/members to assemble presales items into bags on Friday, November 3 before the event.

**Publicity** -- **Virginia Camerlo** ([camerloclan@gmail.com](mailto:camerloclan@gmail.com)) says "Spread the word! Are you on social media? If so, we have created events on Facebook, Nextdoor and Eventbrite. Please show your interest in attending and share the links! Please contact Virginia if you need paper flyers to post."

**Set up/Take down** – **Rose Wherry** ([roseawherry@gmail.com](mailto:roseawherry@gmail.com)) can always use more muscle.

**Vinegars** – **Linda Alderman** ([ewalderman@comcast.net](mailto:ewalderman@comcast.net)) has completed a vinegar workshop. Next up is making labels.

### Workshop Calendar

- **Jelly making workshops at Benée Curtis' home:** October 3, 1-4 p.m.; October 7, 6-9 p.m.; or October 11, 11 a.m.-2 p.m.
- **Crafts** at Janice Dana's home on Thursday, October 5, 10 a.m. Bring scissors and your lunch. ([danas4086@sbcglobal.net](mailto:danas4086@sbcglobal.net))

continued next page



## Workshops (continued)

- **Fragrance and tea blending** workshop on October 14, at 1 - 4 p.m. at Angela Roth's home. Contact Angela at [angelarothnews@gmail.com](mailto:angelarothnews@gmail.com)
- **Culinary blend** workshop on October 21 at 10 a.m. at Donna Yanowski's home. Contact Dena Gaydos at [denagaydos@gmail.com](mailto:denagaydos@gmail.com)

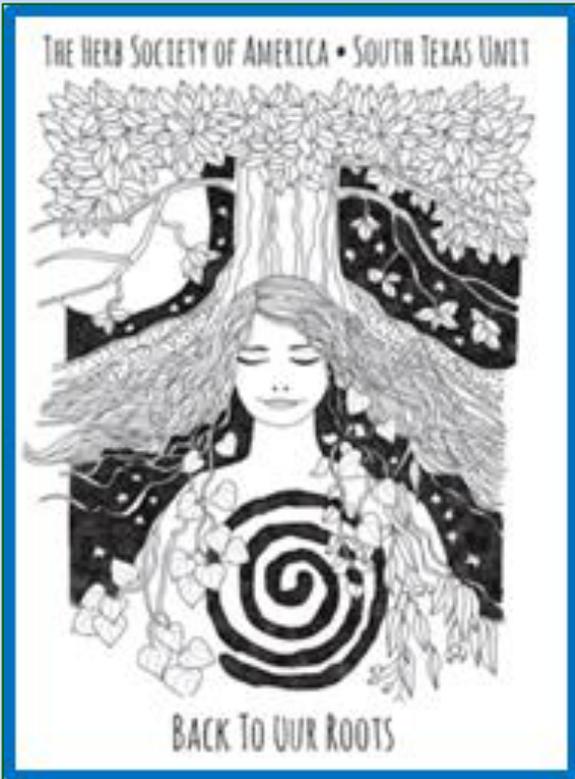
## Embellishments Needed for Our Herb Fair Herbal Harvest Corn Dollies



Photos provided by Karen Cottingham, Herbal Harvest Corn Dollies by STU Members

You can still support the 2023 Herbal Experience!!! At our recent workshop, we realized we need more dried grasses, leaves, seedpods, and flowers for properly decked out corn dollies. We are especially looking for colorful items such as dried strawflowers, marigolds, zinnias, gomphrena, daisy-shaped flowers in general, and bougainvillea bracts (the colored part). Many of the flowers from florist's arrangements can also be salvaged and dried. Small leaves like ornamental maple or some of the smaller leaved oaks make excellent skirt decorations, especially if they are dried flat in a heavy book. Leaving the stems attached provides an easy way to attach the embellishments, but we will also have glue guns. Use your imagination!

Questions? Contact Karen Cottingham at [karen.redbrick@gmail.com](mailto:karen.redbrick@gmail.com)



Janice Freeman

As we strive to move “fall” forward, dried herbs which you may be harvesting at home for Herb Fair, can be brought to the October 18<sup>th</sup> evening meeting. If you are unable to attend, contact **Catherine O’Brien** or **Janice Freeman**, arrangements can be made for drop off. It is important we collect the “herbs we grow,” so our tea and culinary teams are able to figure out how much of each ingredient they have available to prepare the Herb Fair products.

Fall is here, perhaps, according to the calendar. It’s time to prepare seedlings of calendula and chamomile. If you can start some of these seedlings for the STU/Westbury Garden it would give us a “head start” toward planting them for when the temperatures begin to cool. You can contact **Debbie Lancaster** or **Janice Freeman** if you are able to volunteer in this way.

## Membership Tips: Getting Involved In Major Events

Carolyn Kosclskey, Membership Chair

What is a South Texas Unit major event? There are two STU major events during the year. In the spring there is **Herb Day**, usually an April luncheon and speaker event. And in the fall, usually an early November Saturday, is **Herb Fair**, this year scheduled for **Saturday, November 4**. **Herb Fair** is organized as a STU fund raiser and features mainly items handmade by the membership. Did you know that all active members are required to participate in preparation of one major event, and participate on-site in one major event? Participating in the preparation and participating on-site are both doable and enjoyable activities. If you are new or just not sure how to get involved, beginning on page 6 of this newsletter you will find a list of all of the chairs and their contact information. There are still lots of opportunities awaiting your participation in addition to showing up on Friday and helping set up. And yes, it’s okay to bring “helpful” family members or a friend or two or three.





## Tips for using Rosehips

- Use fresh, dried or frozen.
- Be sure to remove the irritating seeds before use. This can be done by cutting the hips in half and scraping out the seeds with the tip of a paring knife.
- Spread hips out on a screen or tray to dry for storage or freeze.
- Dried whole and powdered rose hips can be found online and at local herb and health food stores

## Rose Hip Herbal Tea

- 1 tablespoon dried rose hips
- 1 teaspoon fennel seeds
- 1 teaspoon freshly ground grated ginger root
- 2 teaspoons fresh lemon verbena
- 3 cups boiling water
- 3 thin slices lime 3 tablespoons rose hip liqueur, optional
- honey

Warm a teapot by rinsing with hot water. Add all herbs to the pot, and then fill the pot with freshly boiled bottled or filtered water. Cover the pot and allow the herbs to steep for 5 minutes. Strain out the herbs. Serve with a little honey and a slice of lime, or if desired, a spoonful of rose hip liqueur. Yields 3 cups.

Kathy Schlosser, HSA North Carolina Unit  
Editor The Herb Society of America's Essential Guide to Growing and Cooking with Herbs





50th ANNUAL  
HERB  
FAIR

Saturday Nov. 4, 2023  
9am - 2pm

THE SOUTH TEXAS UNIT  
Proud member of  
The Herb Society of America since 1968

Southside Place Clubhouse 3743 Garnet St., Houston, TX 77005

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](http://www.herbsociety-stu.org)

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