

# Herbs Make Scents

THE HERB SOCIETY OF AMERICA  
VOLUME XLI, NUMBER 11



SOUTH TEXAS UNIT  
NOVEMBER 2018

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

## November 2018 Calendar

Nov 2, Fri. at 8am - 5pm

**Set-up** for Herb Fair is at the Judson Robinson Community Center, 2020 Hermann Park Drive

Nov 3, Sat. at 7:30 am  
(member hours)

**Herb Fair is** at the Judson Robinson Community Center, 2020 Hermann Park Drive. Member hours are from 7:30 am – clean up

Nov 13, Tues. at 10 a.m.

**Day meeting** is at the Cherie Flores Garden Pavilion in Hermann Park (1500 Hermann Drive, Houston, TX 77004). The **host** is **Beth Murphy**. The program, “*Sage-Beyond Turkey and Dressing*”, is presented by **Pam Harris**. Members should bring **a dish to share**. This is an open meeting and everyone is welcome to attend.

Nov 14, Wed. at 6:30 p.m.  
Note: Change of meeting date

**Evening Meeting** is at the Cherie Flores Garden Pavilion in Hermann Park (1500 Hermann Drive, Houston, TX 77004). **Hosts** are **Martha Burg** and **Janice Stuff**. The program, “*Enjoying Labrynth Gardens*,” is presented by **Sarah Gish**, certified Labyrinth Facilitator and owner of Gish Creative. **Bring your plate and napkin and a dish to share.**

## December 2018 Calendar

Holiday Party planning is underway  
No unit meetings are scheduled this month

***Newsletter deadline: the 25<sup>th</sup> of every month***



1- Donna Yanowski

4- Julie Fordes

4- Jacqui Highton

8- Pam Harris

9- Elayne Kouzounis

14- Janis Teas

16- Robert Jucker

17- Chris Ankney

19- Debbie Breaux

19- Lois Sutton

20- Shirley Mills

Members – If you would like to have your birthday remembered, and haven't seen it announced, send an email to Linda Alderman at [ewalderman@comcast.net](mailto:ewalderman@comcast.net)



## Chairman's Corner

### Greetings,

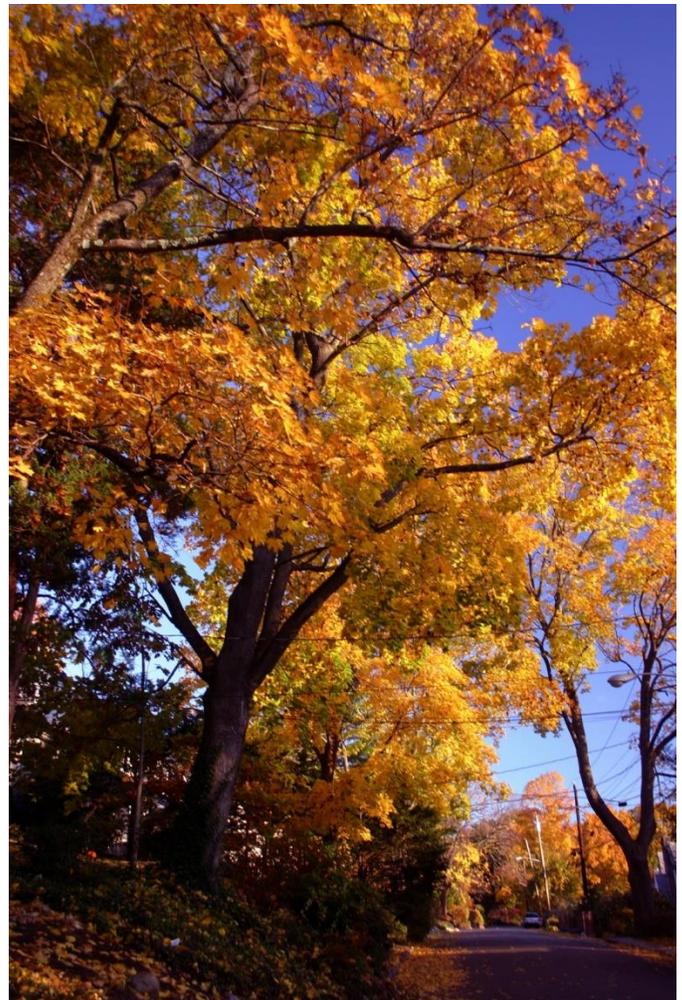
By the time you read this, the 46<sup>th</sup> Annual Herb Fair will be just days away. I am confident it will be very successful, and in more ways than just financial. I embraced the forward-thinking ideas that Julie Fordes shared and hope that HSA-STU members will share their herbal knowledge and learned wisdom with the attendees. Right now, Julie and co-chair Janice Freeman (plus many members) are in the home stretch – preparing, advertising, baking, planning and last minute details.

Reading through the national website I noticed the Herb of the Month is Sumac. In spite of the name in common, it is not related to poison sumac. *Rhus coriaria* is a deciduous shrub or small tree, native to southern Europe and is hardy in USDA zones 8-11. The Middle Eastern spice blend Za'atar uses the crushed and dried fruit as one of the main ingredients. I have noticed that particular blend in spice shops and magazines more often lately. The immature fruits can also be a substitute for capers. In traditional medicine the plant's leaves and seeds have been used to treat dysentery and conjunctivitis.

I hope you have been able to get your fall herbal (and otherwise) garden started between bouts of rain and mud. I am glad that I harvested my abundant cilantro plants that bolted and flowered last April/ May – after the pollinators did their work. I whacked the tops of the cilantro off and put them into large paper sacks, which I hung in the garage for months, to dry. The many seeds (coriander) that I planted several weeks ago are really taking off during this wet end to October.

One final thought, a quote from Emily Dickinson:  
“November always seemed to me the Norway of the year”.

**Donna Yanowski**  
Unit Chair





## What's Coming Up...

### WALKING THE CONTEMPLATIVE PATH

Karen Cottingham

Leave the world behind as you step through the jasmine-covered arch and enter the sacred space of the Prayer Labyrinth at *Villa de Matel*. Pause a moment and prepare yourself for the calming, contemplative experience that follows. The soft, verdant Bermuda grass path is meant to be walked upon barefoot; the spiraling, circling path is surrounded by trees and birdsong. To reach the center, one must simply walk - there are no blind alleys, dead-ends, or decisions to be made. There is one way in, and one way out.

The only instructions offered are to "Walk mindfully and allow yourself to unwind, notice your surroundings and be aware of your thoughts."

Visitors are reminded that "The circle of the labyrinth is a symbol of wholeness, and the path of the labyrinth can be a metaphor for our journey in life."

The labyrinth at *Villa de Matel*, pictured here, is carved into the ground in the peaceful, park-like setting of the Sisters of Charity of the Incarnate Word. Despite being located on the east side of Houston, it seems like it's in another world. And as the image suggests, it is a sacred space where illumination can sometimes occur.



For those curious about walking a labyrinth, this is how it is explained on the website of The Sisters of Charity of the Incarnate Word:

A labyrinth is an ancient symbol that relates to wholeness. It combines the imagery of the circle and the spiral into a meandering but purposeful path. Labyrinths have long been used as meditation and prayer tools, and are a part of the pilgrimage path to wholeness and holiness. At its most basic level the labyrinth is a metaphor for the journey to the center of your deepest self and back out into the world with a broadened understanding of who you are.

And for those curious about the recent proliferation of labyrinths in the Houston area - now almost thirty - you are invited to join the HSA-STU on November 14, 2018 to learn how labyrinths have been incorporated into garden settings. Houston certified labyrinth facilitator Sarah Gish has visited labyrinths all over the world, and her program "Enjoying Garden Labyrinths" may well inspire you to install a labyrinth in your own herb garden.

### Labyrinths - From A Beginning Point To A Center

Labyrinths have engaged the human imagination since ancient times. Found on every inhabited continent and in the practice of many diverse religions, labyrinths represent something essential that transcends time and culture.

They appear in prehistoric petroglyphs from Lapland to India, beneath pyramids in Egypt, as spiraling circles of boulders throughout Europe, and in the designs woven into Amerindian baskets. Labyrinth motifs decorate pottery, mosaics, tablets, tiles, manuscripts and even the floors of churches. In Native American culture the labyrinth is called the Medicine Wheel or the Man in the Maze; to the Celts, it was the Never Ending Circle.



The earliest examples of labyrinths are the precise symbols found carved on rocks and painted or scratched on pottery from the Neolithic and Bronze Age periods:



**The Rocky Valley Labryinth Carvings  
Cornwall, England**

Nearly identical patterns appear in contemporaneous rock carvings as far away as India.

### Labyrinths in Folklore and Ritual

In Scandinavia, builders of larger but similarly shaped labyrinths utilized stones to outline the circuitous paths. The oldest date back to the Bronze Age, but additional labyrinths have been steadily constructed through the centuries. They are generally sited on islands or by the sea, and may have been walked by fishermen in a ritual fashion before setting out on perilous seas. According to folklore, any evil spirits would be lured to the center of the labyrinth where they would remain confused and immobilized until the fisherman safely set sail.

Up until the early 20<sup>th</sup> century, stories of the magical and protective properties of the labyrinth persisted in folklore. Perhaps much like the “ritual” of “knock wood” practiced by many, modern Nordic fishermen continued to walk the labyrinths before putting out to sea. Any unfavorable winds or mischievous trolls would be trapped in the coils of the labyrinth.



**Medieval Churchyard Labryinth in Sweden**

This medieval Swedish stone labyrinth, located in the churchyard at Fröjel, is similar in appearance to hundreds of others throughout Scandinavia, but may have had a completely different purpose. Fröjel is an ancient place-name derived from the goddess Freya, and suggests that this labyrinth marks the former centre of a pagan cult. In many cultures, a labyrinth symbolized the womb - entering the labyrinth represented the creation of a new human being, and winding one’s way out symbolized birth or emergence. Labyrinths were frequently used for fertility rites, for celebrating the achievement of adulthood, and for ritual dances which involved the “rescue” of the virgin at the center.

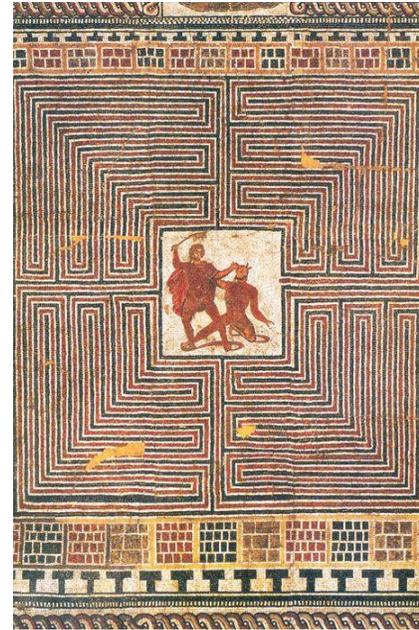
### The Labyrinth of the Minotaur

One of the most famous labyrinths in antiquity was the mythical labyrinth at Knossos in which the half-man, half-bull Minotaur was concealed. Reaching the hidden Minotaur and then returning to safety required the successful negotiation of a complicated, branching structure with multiple misleading paths leading to hopeless confusion.



So technically, while it was definitely labyrinthine, the famous mythological structure of Crete was actually a maze rather than a labyrinth. A true labyrinth has but one path. It may meander and fold back on itself numerous times, but it always eventually leads to the center. A maze on the other hand, is designed with many paths to confuse and frustrate; reaching the goal requires great effort to solve the puzzle, and many get lost along the way.

With time, however, the design of what we now know as the “Cretan” labyrinth evolved to take on the characteristics of a true labyrinth - a unicursal path meandering to a center:



**Ancient Cretan coin depicting the home of the legendary Minotaur**

### Roman Interpretation of Labyrinths

Here is another depiction of the labyrinth enclosing the Minotaur, this time with the classical circle flattened into a square in the Roman style:

This linear design allowed labyrinths to be easily incorporated into Roman mosaics, and decorated the floors of official buildings, bath-houses, and villas.

While Roman labyrinths remained popular for protection against evil influences, they also became useful for other equally imaginative but more practical purposes. Large scale labyrinths were constructed outdoors as playgrounds for children, and the Roman author Pliny writes of labyrinths being used to test of the skill of young horsemen.

### Medieval Labyrinths as Spiritual Journeys

In the ninth century, labyrinths regained their circular form, and were gradually embellished with additional circuits and intricacies to reflect the complexities of the Medieval faith. Several of the great French Gothic Cathedrals were constructed with floor labyrinths designed for penitents and pilgrims; yet, inexplicably, most were deliberately destroyed by Catholic clergy. The most famous surviving labyrinth by far is the one embedded in the floor stones of the magnificent Chartres Cathedral.



Labyrinths such as the one at Chartres were laid out in stone or tiles within the church so the penitent could complete the cleansing journey on his/her knees, saying particular prayers at particular points.

Chartres Cathedral was also an approved destination for the many thousands desiring spiritual pilgrimages but unable to travel to the holy land. Pilgrims arriving at Chartres Cathedral would end their spiritual journey by walking the labyrinth to the center, where the rosette was thought to represent the Virgin Mary. Then slowly retracing their steps, they re-entered the 'outside world' transformed, blessed and ready to return home.

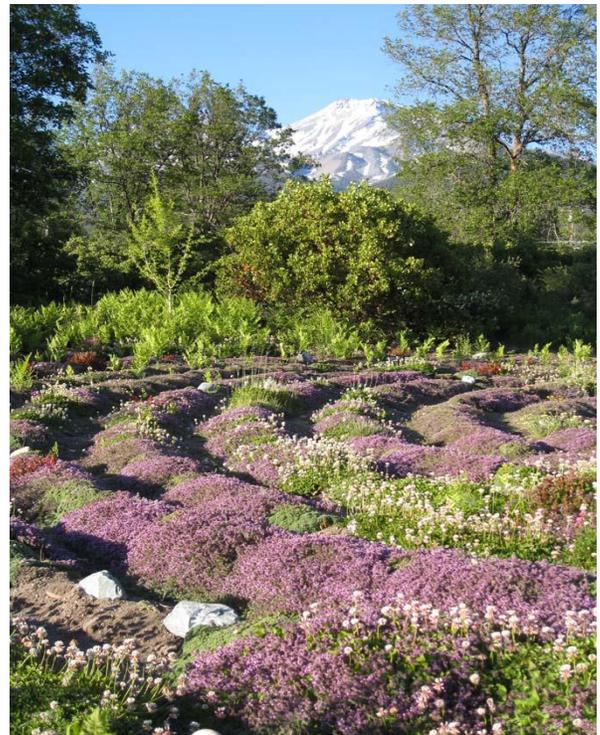
### Final Thoughts – Create a Living Labyrinth

Hopefully, this brief overview of labyrinths will alert you to the many esthetic and symbolic possibilities of labyrinths both in your personal lives and your gardens. You might even be inspired to create an herb garden entirely in the shape of a labyrinth. Illustrated here, for example, is an herbal re-imagination of the famous labyrinth design from Chartres, with pavers and masses of blooming thyme surrounding the central rosette:



**The labryinth at Chartes Cathedral**

Or how about a more relaxed living labyrinth, such as the one at The Peace Garden near Mt. Shasta, California:



For additional inspiration and insight plan now to attend **Sarah Gish's** program, "*Enjoying Garden Labyrinths*" on **November 14**. And to further enhance your educational experience, Sarah will bring a portable labyrinth for individuals wishing to walk, and a "finger labyrinth" for all.

Guests are always welcome, and we look forward to seeing everyone at the meeting.



# 46<sup>th</sup> Annual Herb Fair Back to our Roots

Judson Robinson Community Center  
2020 Hermann Park Drive,  
Houston, TX.

**Friday Nov. 2 (Set-up) and Saturday Nov. 3 (Fair Event)**

## Friday

**Members work at least 2 hours**

8-9 am Preliminary Setup  
9-11 am Plants arrive  
11am-5pm Set-up plants, crafts,  
blends, jellies, etc.

**Members who work on Friday** can buy plants only. Other items are available for purchase only on Saturday.

## Bring

1. Bags (plastic or paper)
2. Trays (plastic or paper)
3. Baked Goods
4. Jelly (**by noon for labelling**)

## Saturday

**Members work at least 4 hours**

7:30 am Member volunteers arrive  
8-9 am Pre-sale customers pick-up and shop  
9 am-2pm Public Sales  
2 pm Close sales, dismantle fair, & clean-up

## Bring

1. Bags (plastic or paper)
2. Trays (plastic or paper)
3. Member badges/aprons
4. Fresh Herbs (see note below)

## Saturday

### Something New!

Please visit your gardens Saturday morning and pick whatever you would like to share/sell at Herb Fair. Tie them in small bundles and we will hang them upside down on a drying rack to share/sell!

For Use and For Delight!  
Thanks, Julie and Janice



## The HERB SOCIETY of AMERICA

South Central District  
Donna Yanowski

I attended the South Central District Gathering last September 28 & 29 in Cleburne. My husband traveled with me, as it was a little further than Waco, which was about 45 miles from Bremond, his hometown. It made for a nice 3-day weekend. There was a social Friday evening at the home of Mary Doebbeling. What a lovely, lush and full, end of summer garden party. The butterflies were so abundant and the native plants and trees were outstanding. A tasty shrub, Martha Washington's recipe, was passed before we sat, indoors or out, for a wonderful meal.

Our South Texas Unit was in charge of setting up the Silent Auction (thanks to those of you who donated items) Saturday morning, which was quickly done. Bill Varney, the District delegate delivered the opening remarks, with Rie Sluder, President of the Herb Society of America. Unfortunately, the keynote speaker Randy Johnson was not available due to a family funeral. Rie shared some national news and thanked the South Central District for a donation of \$1,000 to be used at the 2019 Educational Conference in Wisconsin. We had a fun "hands on" shrub and switchel making project, with everyone coming home with a fruit syrup. A presentation on HSA's GreenBridges program was delivered and about half the group already had their gardens certified. A very tasty closing dinner was held at the Purple Turnip as plans were being made among friends to attend the 2019 District Gathering in the Ozarks, Arkansas!

### Herb Fair Expenses

**Please retain all sales slips and packing slips in order to be reimbursed for your expenses.**

**Submit these slips and the STU Reimbursement Form to the treasurer.**

**Mail to: Janice Stuff, Treasurer  
P.O. Box 6515  
Houston, TX 77265-6515**

**If you need a form or have questions, contact Janice Stuff at [jestuff@pdq.net](mailto:jestuff@pdq.net)**





46TH ANNUAL

HERB  
FAIR

Saturday Nov. 3, 2018  
9am - 2pm

*Huge variety of* HERB PLANTS  
*Jellies • Blends • Crafts • Books*

Presented by

**The Herb Society of America, South Texas Unit**

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

(see website for presale details)

**Judson Robinson Community Center**

2020 Hermann Drive, 77004

(Just outside Hermann Park & Golf Course on Hermann Drive near Almeda Rd.)

ENTRANCES AND PARKING:  
from Hermann Drive or from Almeda Drive

***Herbs Make Scents – November 2018***