

Herbs Make Scents

THE HERB SOCIETY OF AMERICA
VOLUME XLVIII NUMBER 3



SOUTH TEXAS UNIT
MARCH 2025

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

March 2025 Calendar

- Mar 2**, Sun. 2:00 -3:00pm **Herb Day Planning Meeting via Zoom** STU Herb Society is inviting you to a scheduled Zoom meeting for STU members. See further details on page 9
- Mar 8**, Sat. 9:00 am – 12 noon **Garden Workday Kolter Elementary** at 9710 Runnymede Dr., Houston, TX 77096
- Mar 12**, Wed. 10:00 am **Herb Day Workshop** making lavender sachets at the home of **Janice Dana**. Please **RSVP** and bring your sandwich.
- Mar 18**, Tues. 10:00 am **Open to the public** **Day Meeting** is a Potluck Picnic and plant swap at Smither Park, 2411 Munger Street, Houston, TX 77023. Bring a potluck dish to share. See further details on page 4.
- Mar 19**, Wed. 3:00 pm **Herb Day Workshop** making pounded flower napkins at the home of **Benée Curtis**. Please **RSVP** to receive further details.
- Mar 19**, Wed. 6:15 pm **Open to the public** **Evening Meeting** "Accidental Sisters: Refugee Women Struggling Together for a New American Dream" presented by **Kimberly Meyer**, Farm Manager, Shamba Ya Amani (Farm of Peace), Cherie Flores Pavilion, 1500 Hermann Dr. Houston, TX 77004. Doors open at 6:15 pm, with potluck meal and program to follow.
- Mar 22**, Sat. 9:00 am **Westbury Garden Workday** and **Special Event** "Westbury Community Garden 15th Anniversary Festival," 12581 Dunlap Street, Houston, TX 77035
Sat, 12 noon – 3:00 pm

April 2025 Calendar

- April 5**, Sat. 9:00 am **Westbury Garden Workday** 12581 Dunlap Street, Houston, TX 77035
- April 5**, 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
- April 9**, Tues, 10:00 am **Day Meeting** TBD
- April 12**, Sat. 9:00 am – 12 noon **Garden Workday Kolter Elementary** at 9710 Runnymede Dr., Houston, TX 77096
- April 16**, Wed 6:15 pm **Open to the public** **Evening Meeting** "The Art of Pysanky - Traditional Ukrainian Easter Egg Writing" presented by **Iryna Petrovska Marchiano**, PhD, co-founder of <http://www.htx4ukraine.org/>, Cherie Flores Pavilion, 1500 Hermann Dr. Houston, TX 77004. Doors open at 6:15 pm, with potluck meal and a program to follow.
- April 25**, Fri. 3:30 – 7:30 pm **Herb Day set-up** at St. Paul's United Methodist Church in the Museum District.
- April 26**, Sat. 8:00am – 2:00 pm **Herb Day** at St. Paul's United Methodist Church in the Museum District. See details in this newsletter.

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

Happy Birthday!



01 - Deborah Lancaster
01 - Susan Wood
03 - Stephanie Calloway
16 - Beth Murphy

21 - Dena Gaydos
23 - Lois Jean Howard
28 - Linda Alderman
30 - Ro Jones



Chairman's Corner



With another big Houston freeze behind us, I'm sure most of us would agree that we're in the mood for some mild weather. March marks the first day of spring, a season we deserve in Houston in between that January snow storm and the extreme heat of summer that will be here before we know it.

This March, my husband and I will be celebrating our second wedding anniversary. In keeping with the traditional anniversary gifts, the first year we gave "paper" and this year something "cotton" should be exchanged. In my light research on this topic, I found articles claiming cotton to be appropriate for its comfort and strength, and ability to intertwine the two lives of the still recently married couple. This spring we are now sharing, in love and responsibility, our five month old son. Between burp cloths, bibs and reusable diapers, I can think of more than a few cotton items new to our household this year. I still have a few weeks to think

of a thoughtful and sentimental gift. The worst case would be handing my husband the baby in a clean set of footed *cotton* pajamas after a long day of him missing the baby while at work. That just might be the best present out there! I'm sorry to say "cotton" isn't an herb, but as a new mother you can tell what's on my mind this season.

Another special something this spring is our 39th Annual Herb Day: The Herb Gardener's Gamut, From Plot to Plate to Pantry. Please mark your calendar for April 26th and make plans to attend. If you're non-members reading this article you are invited to attend, while fellow STU members are invited to attend AND volunteer! Thank you to **Benée Curtis** and **Virginia Camerlo**, our two Chairs of the event, who have already put so much into the origination of this year's event. Read on in the newsletter for more ways to get involved and help us advertise.

Happy spring!
Dena Gaydos, Unit Chair





Garden Workdays at Kolter Elementary

2nd Saturdays are still happening at the garden. Ro Jones and her daughter show us just how much fun it is to dig in the dirt.

The next grassroom days are:

March 8 and April 12, from 9:00 am to noon

9710 Runnymede Dr., Houston, TX 77096



Herb Day Workshops are coming!

Mark your calendars for **March 12 and March 19 10:00 am.**

Lavender sachets and pounded flower napkins are needed to make Herb Day special!

RSVP: Janice Dana, and bring your sandwich

Announcing our March Program

*"Accidental Sisters:
Refugee Women Struggling Together
for a New American Dream"*



Presented March 19 by:

*Kimberly Meyer, Farm Manager,
Shamba Ya Amani (Farm of Peace)*

Help Celebrate the Westbury Community Garden 15th Anniversary Festival!!!!



March 22 from Noon to 3:00 PM
12581 Dunlap St.

Free and Open to the Public

Bring the whole family. There will be arts & crafts projects, games, food trucks, and a raffle tent with lots of exciting prizes. Learn about honeybees, butterflies, native plants, herbs, fruit trees, coastal prairies and wetlands, permaculture, and how to handle the Texas heat.

Members - if you would like to help at the STU Herbal Outreach Table, contact Ro Jones at roroagogo3@gmail.com



Day Meeting

The Day meeting for **March 18** will be a plant swap and potluck picnic at Smither Park (2441 Munger, Houston, TX 77023), a beautiful unique park affiliated with, and adjacent to the Houston Orange Show. Note that the meeting is one week later than usual to avoid Spring Break.

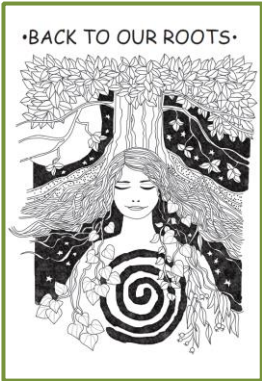
We will meet at 10:00 am under the pavilion. There is plenty of on street parking, and you should be able to easily drop off items before parking.

- (1) There are no restrooms at the park, but there are three convenience store/gas stations on the south side of Hwy 45 at Wayside, a 3 minute drive away.
- (2) We will have handwashing stations at the pavilion.
- (3) There are no tables and chairs under the pavilion, so we need to bring these. I have a table and 8 chairs. Cynthia C. has 2 tables. Joan J. has a card table and 3 chairs. **Let me know if you have a table or chairs** you can bring. Everyone should plan on bringing a folding chair, and these extras will be just in case any of us don't have a folding chair.
- (4) I have a few plastic table cloths, and will bring several other fabric cloths. **Let me know if you have a table cloth you can bring.**
- (5) We need a volunteer for bringing a beverage to share. I will bring our reusable cups and a cooler of ice. **Let me know if you can bring a herbie beverage** – this will be your potluck contribution.
- (6) Bring a picnic dish (serves 8) to share.
- (7) Bring a plate and your utensils. I'll have some extras or disposable ones in case you forget.

We will have our herb plant swap first.

- (1) Each member that brings a plant to swap (up to 4) gets a number for each plant. i.e. If you bring 3, you get 3 random numbers. Bring 1, get 1.
- (2) We will call out numbers and you pick a plant when your number is called.
- (3) You can bring more than 4 plants. Any plants left after all members have chosen will be up for grabs.
- (4) You can bring cuttings, but the plants for the swap should be potted and rooted.
- (5) You can bring non-herb plants, but we'll preferentially swap herbs first.
- (6) Any leftover or extra plants we can sell at the Herbal Marketplace at Herb Day.

Looking forward to this. Hello, SPRING!



Back to our Roots at Westbury Garden

Julie Fordes

Westbury Workdays

9:00 am - Saturday, March 22

Founder's Day at the Westbury Community Garden (Set up booth)

9:00 am - Saturday, April 5

The garden has survived!!! I can't think of the last time that we had to cover/move the plants twice in one season! We are back in the business of growing some incredible herbs to be made into products for sale at Herb Day and Herb Fair. Please start harvesting and drying your herbs as they become ready.

Here are some pictures of the garden after the freezes:



The first sunny bloom of calendula



Beautiful chervil. Doesn't like heat. Come get some.



Our borage made a huge comeback after not showing up at all last year. Bees love it!



WESTBURY COMMUNITY GARDEN

Founders' Day
15th Anniversary Celebration
MARCH 22, 2025

Breakfast Fundraiser
 June Holly Pavilion 12581 Dunlap St.
 9:30 am-11:30 am

Reservations required for the seated breakfast

\$100 Individual \$750 Table of 8
 Reserve your table before March 9

15th Anniversary Festival
 Noon to 3 pm
 Community Partner Booths
 Bees, Native Plants, Permaculture, Climate, Garden Tips, Herbs, Arts and Crafts, Games

Keynote Speaker
 Jaime Gonzalez
 Houston Conservationist

Click here to register

Herb Day is right around the corner. Anyone who would like a chance to create a new tea blend, or update the existing blends, PLEASE contact me. I would love to share tea making with as many people as possible. Ideas for changing the blends and packaging are most welcome, it's always good to keep it fresh!

See you at the garden,
Julie



HerbTV from American Botanical Council Officially Launches on YouTube

With nearly 1.4 million views already recorded, HerbTV is positioned to become the leading international online portal for videos on botanicals and herbal medicine

AUSTIN, Texas (February 24, 2025) – As part of its ongoing educational mission for consumers, academia, industry, media and government, the nonprofit American Botanical Council (ABC) is pleased to announce the official launch of ABC’s YouTube channel, HerbTV.

[HerbTV from the American Botanical Council](https://www.youtube.com/channel/UC...) on YouTube.com is the home of more than 180 educational videos on medicinal herbs and related health and wellbeing content and includes interviews and in-field tours with renowned herbalists, botanists, and ethnobotanists. The channel already has more than 21,000 subscribers and nearly 1.4 million views.

To provide easy access to the educational content on the channel, HerbTV features playlists organized by category and health conditions, as well as ABC’s new Adopt-an-Herb videos, videos and webinars on herbal sustainability, and sources outside of ABC, including the public television series *Healing Quest*, “The Medicine Hunter”, and others. New content is being added weekly.

“The American Botanical Council has been working to expand its educational mission through videos for a number of years,” said ABC Founder and Executive Director Mark Blumenthal. “We’re highly pleased to finally release HerbTV as an international online portal that we anticipate will greatly expand the interest in and understanding about numerous herbs and botanical medicine for anyone seeking accurate, and entertaining video content.”

According to the Council for Responsible Nutrition’s 2024 Consumer Survey, three-quarters of Americans use dietary supplements, many of them being herbal.¹ The World Health Organization estimates that around 4 billion people, or 80 percent of the people in developing countries, use herbal medicine.²

Submitted by Susan Wood
See details at www.herbalgram.org





Around the South Central District

Catherine O'Brien, Delegate

Mark your calendars for the **Pioneer Unit 31st plant and gift sale, March 14 and 15, 2025**. Bring a wagon or cart and fill it with plants to replace those damaged by winter weather. They will have a great selection of bedding

plants, herbs, shrubs, and grasses. The **Thyme Well Spent Shop** will be stocked with herb-infused foods, linens, books and other gifts. The sale will be from **9 a.m. to 4 p.m.** both days at the **Festival Hill Institute at 248 Jaster Road**, just north of **Round Top**. The Pioneer Unit hopes to see you there!

The Texas Thyme Unit has their **Herb Festival** coming up on **March 22, 2025** at the **Wynne home, 1428 11th Street in Huntsville** from **8 a.m. – 1 p.m.** They have speakers, outside vendors, a children's craft area, plus a large selection of herbs that many of the members grow.

The **South Texas Unit** is planning their **Herb Day** for **Saturday, April 26** at **St. Paul's United Methodist Church, 5501 Main Street in Houston, TX**. More information in this newsletter.

The **South Central District Gathering** has been scheduled for **May 1-3** in conjunction with **Ozark Unit's Herb Spring Extravaganza** at **Ozark Folk Center** in beautiful **Mountain View, Arkansas**. The business meeting will be during lunch on **Friday, May 2**.

<https://www.arkansasstateparks.com/events/heritage-herb-spring-extravaganza/79186923>



Sarah

Karen

Thank you so much to Functional Nutritionist Sarah Gallander for sharing her experience as a chronic Lyme survivor.

If anyone would like to have copies of Sarah's program "Journey to Wellness: Embracing Herbs and Spices for Health", let me know.

karen.herbsociety@gmail.com



STU 39th Annual Herb Day



8:00 am - 8:50 am	Registration, Refreshments, Shopping at the Herbal Marketplace and with Vendors.
8:50 am - 9:00 am	Welcome Address and Introductions by Unit Chair and Program Chair
9:00 am - 9:45 am	The Gardener and the Cook: From Pruning to Preserving presented by Susan Belsinger and Tina Marie Wilcox
9:45 am - 10:05 am	Refreshment Break, Door Prize Drawing
10:05 am - 10:50 am	(Cont.) The Gardener and the Cook
10:50 am - 11:15 am	Refreshment Break, Door Prize Drawing
11:15 am - 11:45 am	Bunches, Bouquets and Kitchen Wreaths Jacqui Highton and Benée Curtis demonstrate bringing your fresh herbs into the kitchen and artfully preparing them until they're used.
11:45 am - 12:45 pm	Door Prize Drawings, Lunch, Herbal Marketplace, Visit Education Tables, Book Signing by Susan and Tina Marie
12:45 pm - 1:45 pm	Alliums: Chives, Garlic, Onions, Leeks, & Shallots Susan Belsinger and Tina Marie Wilcox delve into growing, harvesting and cooking these mild and wild edibles.
1:45 pm - 2:00 pm	Concluding Remarks; Door Prize Drawing, Final Herbal Marketplace Shopping Opportunity

Saturday, April 26th, 2025
 8am to 2pm
 St. Paul's United Methodist Church in the
 Museum District

Virginia Camerlo & Benée Curtis
 Herb Day Co-Chairs

We are thrilled to announce our 39th Annual Herb Day on Saturday, April 26th, 2025 from 8:00am to 2:00pm at Fondren Hall, St. Paul's United Methodist Church! Spring into a day filled with speakers, educational and cooking demonstrations, vendors, the Herbal Marketplace featuring member made handicrafts, limited seasonal herb & ornamental plants, and a chance to win door prizes.

This year's symposium, "**The Herb Gardener's Gamut: From Plot to Plate to Pantry,**" welcomes powerhouse HSA speakers **Susan Belsinger** and **Tina Marie Wilcox**. These long time friends and collaborators will jointly present two programs, *The Gardener and the Cook: from Pruning to Preserving* in the morning and *The Alliums: Chives, Garlic, Onions, Leeks and Shallots* in the afternoon.

In between, STU Members **Jacqui Highton** and **Benée Curtis** will showcase *Bunches, Bouquets and Kitchen Wreaths*, a demonstration illustrating how to bring your fresh herbs into the kitchen and artfully prepare them until they're used.

Pre-registration is required by April 21st and includes delectable, herb inspired refreshments and lunch. We regret that walk-ins cannot be accommodated. Please visit <http://www.herbsociety-stu.org/herb-day.html> to reserve your spot. Space is limited. STU volunteers may register at a special rate.

Registration is open now through April 21st
<http://www.herbsociety-stu.org/herb-day.html>

General Public: \$67 early bird registration; \$75 beginning April 1st
 STU Member Volunteer: \$32

Herbs Make Scents 2025



Herb Day Speakers



Left to right: Susan Belsinger and Tina Marie Wilcox

Susan Belsinger is an herbalist, specializing in culinary herbs. She teaches, lectures, and writes about gardening and cooking, and is a food writer, editor and photographer who has authored and edited over 25 books and hundreds of articles. She is also an HSA member of the Potomac Unit and a recipient of the HSA's prestigious Joanna McQuail Reed Award for the Artistic Use of Herbs. Growing vegetables, herbs, and flowers organically, harvesting them at their peak, and bringing them into the kitchen to create healthy recipes is a way of life for Susan. She is passionate about herbs & her work - sharing the joy of gardening & cooking through teaching & writing - & inspiring others to get in touch with their senses of smell & taste. Susan's new book *The Perfect Bite* will be available for purchase and book signing.

Tina Marie Wilcox has been the head gardener and herbalist at the Ozark Folk Center's Heritage Herb Garden in Mountain View, Arkansas since 1984. She tends the extensive gardens, plans and coordinates annual herbal events and workshops, and facilitates the production and sale of plants, seeds, and herbal products for the park. She also gives lectures and workshops throughout the United States in herb growing, living history, and herb use. Tina Marie is an HSA member of the Ozark Unit and a recipient of the HSA prized Nancy Putnam Howard Award for Excellence in Horticulture.



Jacqui Highton is originally from the UK but has made her home in the States for over 30 years, first in Houston and now Asheville, NC. She's been a member of the HSA for most of those 30 years, and held the posts of Secretary, Day Group Program Chair, Education Chair and Chair of the South Texas Unit. She was recognized with the HSA's Certificate of Appreciation. She has a Masters in Micropaleontology.



Benée Curtis has been a member of the South Texas Unit since 1990 and has worn many hats within the organization including Unit Chair, Treasurer, Herb Fair and Herb Day Chair. She was also recognized with the HSA's Certificate of Appreciation. Her small urban garden is almost exclusively edible herbs and vegetables with a few treats added for the bees, butterflies and hummingbirds. Her main herbal interest is growing and cooking with herbs. She's trained as an engineer, but living her best life as a fairly recent retiree.

We will have our first general **Herb Day Planning Meeting** on Sunday, March 2 via Zoom from 2-3 pm. <https://zoom.us/j/97696521537?pwd=3yPJvA2eWgsmrJQg3csYVZ7cSX2L7B.1> If you are unable to join and have not yet volunteered to help with Herb Day, please email Virginia Camerlo (camerlocan@gmail.com) or Benée Curtis (bccurtis5@comcast.net). **We can align your interests with our needs. No prior experience necessary. The more the merrier!**



STU Volunteers Needed!

Photographers (2 more needed): *Jane L., Janice F.*

Photograph the speakers, the refreshments, the members at work, the products in the Herbal Marketplace, etc. Phone cameras are 100% acceptable.

Publicity: *Virginia C., Benée C., Stephanie C., Cynthia C.*

Mailchimp, Facebook/Instagram, website, newspaper and magazine articles

Facility and A/V Coordinator: *Donna A., Virginia C.*

Caterer: *Virginia C.*

Catered lunch servers (3 more needed): *Joan J., Donna W.*

Refreshment servers (6 more needed)

Prepare beverages and baked goods during registration and speaker breaks

Refreshment bakers (6 more needed): *Catherine O., Palma S., Sally L.*

Recipes will be provided for bakers

Herbal Marketplace Attendants (4 more needed)

Assist shoppers in the Marketplace

Member grown plants (2-3 more needed): *Virginia C., Debbie G., Susan W., Donna Y., Julie F.*

Grow plants from divisions, cuttings, seeds

Vendor grown plants: *Jeanie D., Virginia C., Janis T.*

Culinary Blends: *Dena G., Donna Y.*

Small scale production of blends for Marketplace

Herbal Teas (2-4 more needed): *Julie F.* - Julie is looking for a co-leader/understudy

Small scale production of teas for Marketplace. In-home workshops will be scheduled.

Fragrances (4 more needed): *Virginia C., Julie F.*

Production of personal care, green cleaners, etc., In-home workshops will be scheduled.

Herbal Crafts (6 more needed): *Janice D., Benée C.*

Production of sachets for gift bags, craft items for Marketplace

Cashier (1 more needed): *Stephanie C.*

Collect Marketplace purchases

Door Prizes: *Lucinda K.*

Solicit businesses for gifts, gift cards

Name tags: *Maria T.*

Registration (2 more needed): *Joan J.*

Hand out name tags; verify registration at check-in

Gift bags: *Angela R., Palma S., Cynthia C.*

Brainstorm and procure items for gift bags, select bags, assemble



Herbs Make Scents

February 2025

Decorations and table decor (1 more needed): Shirley M., Rose W., Virginia C., Karen C.
Assemble at Shirley's on set-up day, may have workshop to assemble decor

Membership: Susan W., Janice F.
Provide membership information about HSA and the Unit

Demonstration Tables (1 more needed) Karen C. (*tussie mussie*)
We will have 2 to 3 tables with demonstrations/displays. Need members to man the tables to answer questions. Table to "show and tell" pruning tools. Table to show "planting a tussie mussie pot."

Suggestions/Items Needed Now:

- (1) **Recommendations for Caterers** that can make special sandwiches
- (2) **Recommendations for recipes for favorite beverages** (teas, waters, punches, coffees, etc.)
- (3) **Recommendations for recipes for savory baked goods** - lunch sides, early morning
- (4) **Recommendations for recipes for sweet baked goods featuring herbs** - lunch dessert, refreshment breaks
- (5) **Suggestions for herbal craft ideas**, especially like ideas that can be made in group workshops

February Fun!

ECOPRINTING WITH MOLLY KOEHN

A natural process using the pigments already present in leaves and flowers to create intricate botanical prints on fabric or paper



Virginia



Molly



Gayle Cynthia Janice



Jane



Lorena



Molly



Catherine

Photos: Karen Cottingham



**The Herb Gardener's Gamut
From Plot to Plate to Pantry**

Featuring Susan Belsinger & Tina Marie Wilcox

*Speakers, Demonstrations, Plant Sales,
Herbal Marketplace, Vendors & Door Prizes*

Pre-Registration Required

Houston Museum District

The Herb Society of America, South Texas Unit



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

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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.