

# Herbs Make Scents



THE HERB SOCIETY OF AMERICA  
VOLUME XLVI, NUMBER 9

SOUTH TEXAS UNIT  
SEPTEMBER 2023

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## September 2023 Calendar

- Sept 7**, Thurs. 6:30 pm **Westbury Garden Workday** at 12581 Dunlap Street, Houston, TX 77035.
- Sept 9**, Sat. 9:00 am - 12 noon **Garden Workday Kolter Elementary** at 9710 Runnymede Dr. Houston, TX 77096.
- Sept 12**, Tue. 10:00 am **Day Meeting** "Review HSA Webinar: "Saving our Seeds and Harvesting Joy", by **Bevin Cohen** at Cherie Flores Pavilion, 1500 Hermann Dr. Houston, TX.
- Sept 20**, Wed. 6:30 pm **Evening Meeting** "Emily Dickinson: The Poet as Gardener and Cook" presented by **Linda Rowlett**, Ph.D., Pioneer Unit, at Cherie Flores Pavilion, 1500 Hermann Dr. Houston, TX 77004. Doors open at 6:30 pm, with potluck meal at 7 pm. Program to follow.
- Sept 21**, Thurs. 6:30 pm **Westbury Garden Workday** at 12581 Dunlap Street, Houston, TX 77035.
- Sept 27**, Wed. 7:00 pm **Full Moon Ramble** (Members Only Zoom meeting)
- Sept 29-30**, Fri-Sat. **South Central District Gathering** at multiple locations

## October 2023 Calendar

- Oct 10**, Tues. 10:00 am **Day Meeting** TBA at Cherie Flores Pavilion, 1500 Hermann Dr. Houston, TX.
- Oct 12**, Thurs. 6:30 pm **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 **Evening Meeting** TBA. 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.  
**Note Change of Location**
- Oct 26**, Thurs. 6:30 pm **Westbury Garden Workday** at 12581 Dunlap Street, Houston, TX 77035.

**Newsletter deadline: the 25<sup>th</sup> of every month is strictly enforced. (October editor is Linda Alderman)**

## Happy Birthday!



September Birth Flower: Marigold

- |                        |                     |
|------------------------|---------------------|
| 2 Steven van Heeckeren | 13 Chloe Rowles     |
| 5 Pam Uschak           | 14 Janice Freeman   |
| 6 P. B. Sales          | 15 Gayle McAdoo     |
| 6 Kali Schiska         | 21 Elizabeth Martin |



## Chairman's Corner

Our August Evening Program held space for an extra special gathering this fall, which was a kickoff event for our 50th annual Herb Fair. The event was spent sharing a wonderful potluck dinner and plans for cooler weather with new and seasoned members sitting side by side. Our "presentation" was led by our returning Herb Fair Chair, **Catherine O'Brien**. She called upon different subcommittee member chairs to speak about their area of focus. Some members were asking for dried herb donations, others would love volunteers for our different scheduled work days, and all of us would like support during Friday's setup and Saturday's event. If you have herbs, time, or talents - the same could be said for jelly jars or interest in writing an article- please reachout. There are members who would love to mentor you through the knowledge that can only be gained by proudly participating in a decade or more of our annual Fall Herb Fairs. I have been chairing the "blends" department for the last few years, and am excited to make a few pivots this year to better highlight many of the herbs members have grown and dried in their gardens including some dried ghost peppers!

Many herbies including myself have also taken advantage of the relationship formed between our group and Aaron Flores of The Blackwood Land Educational Institute's Skyfarm located at The POST, Houston's iconic downtown post office turned entertainment hub. Thanks to our Program Chair, **Karen Cottingham**, we were invited to freely harvest any herbs grown on this rooftop garden up to twice a week this summer. I happily dried over ten cups of lemon grass for tea blends, as well as white sage for bundling and oregano for our Olive Oil dipping blend.

As our Herb Fair celebrates 50 years this fall, it's so exciting to step back and see how far and wide our group has grown to connect our membership with our greater gardening community.

**Dena Gaydos**  
Unit Chair





Announcing our September 20 Evening Meeting  
“Emily Dickinson:  
The Poet as Gardener and Cook”



“I was reared in the garden, you know.”  
– Emily Dickinson to Louise Norcross, late April 1859

Presented by Linda Rowlett, PhD, Pioneer Unit  
Cherie Flores Garden Pavilion  
1500 Hermann Drive Houston, TX 77004  
Doors open at 6:15 pm, with a potluck meal at  
7pm followed by the program.

## Kolter Elementary Garden



Come out **Sept 9** 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

**Workdays Thurs. Sept 7 & Sept. 21**

**6:30 pm**

The garden is hanging in there through this dry, hot summer: thanks to all the willing waterers.... I have added dates through the end of October to our Watering Schedule on Signup Genius. Please look at your own schedule and sign up for a week of watering and harvesting at the garden.

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

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



Registration is now LIVE on [The HSA website](#)

Step up and represent the STU at the Fall District Gathering!

All HSA Members welcome with pre-paid registration

\$95 per person

Registration closes Wednesday, September 20<sup>th</sup>



### Items Needed for the South Central District Fall Gathering

Please consider contributing items to the Ways and Means for the South Central District Gathering at Houston Botanic Garden on Saturday, September 30<sup>th</sup>. All donations are appreciated – holiday rentals, special services, memberships, nursery and restaurant gift certificates, food baskets, crafts, artwork, books, flower vases.... the ideas never stop. Proceeds allow district to support The HSA mission in many ways.

Items can be given to Virginia Camerlo at the September 12<sup>th</sup> day meeting, September 20<sup>th</sup> evening meeting, or dropped off at Virginia's house in the Rice/Medical Center by September 20<sup>th</sup>. Please email Virginia ([camerloclan@gmail.com](mailto:camerloclan@gmail.com)) in advance and include a title, description, estimated value, and donor name to accompany each item. Thank you!



## Registration is Now Open For the South Central District Gathering 2023 “Urban Garden Gems - Near and Far”



**NEAR** - Visit three distinctive urban garden settings in Houston

**AND FAR** - A Summer Visit to the Oxford Botanic Garden, England

**FRIDAY EVENING** - enjoy a full moon ramble through the [McGovern Centennial Gardens](#) in Hermann Park followed by light bites and herbal beverages provided by the South Texas Unit.

**SATURDAY ALL DAY** - we'll start out at [Houston Botanic Garden](#), 132 acres of vibrant horticultural displays, natural ecosystems, and walking trails. After a tour of the garden, we'll head inside to an air-conditioned tent for our business meeting, Ways and Means fundraising, inspiring programs, and a catered lunch.

**Bill Varney**, our HSA South Central Delegate, will share photos and impressions from his recent trip to the [Oxford Botanical Garden & Arboretum](#). Then **Lauren Simpson** will describe how she transformed her Houston home garden into a wildlife-friendly habitat. [St Julian's Crossing](#) is a Certified Wildlife Habitat, Monarch Waystation, Certified Monarch Garden, and Certified Butterfly Garden.

The day will end with a guided tour of the [Skyfarm](#), POST Houston's one-acre urban food farm operated by the Blackwood Educational Land Institute. The Skyfarm is the largest rooftop garden in the state of Texas and offers a spectacular view of downtown Houston. Purchase your own dinner at the [POST International Market](#) and join other Herbies in our reserved area.

Questions? Contact a Fall Gathering Committee Member - Julie Fordes, Virginia Camerlo, Dianne Duperier or Angela Roth.



## SOMETHING NEW!

VISIT THE "STU TRUCK GARDEN"  
BEFORE THE SEPTEMBER 20 MEETING



JANIS TEAS WILL PARK HER TRUCK NEAR  
THE ENTRANCE TO THE CHERIE FLORES  
LOOK FOR A TRUCK GARDEN  
NEXT TO THE FOOD TRUCKS!  
TAKE HOME WHAT YOU NEED TO GROW  
A FEW HERBS FOR HERB FAIR



HELP! OUR CUPBOARD IS  
COMPLETELY BARE.  
WE ARE OUT OF PAPER  
GOODS - CUPS, NAPKINS,  
PLATES, AND CUTLERY.  
IF YOU HAVE ANY ODDS  
AND ENDS LEFT OVER  
FROM SUMMER PARTIES,  
PLEASE BRING THEM TO  
THE SEPTEMBER MEETING.



## Fermented Foods

Anyone with books on fermented foods willing to  
loan them to an HSA member?

Contact Yvette Darnell  
sidneydptx@yahoo.com



## The HERB SOCIETY of AMERICA

### Cichorium intybus

### Chicory



- Common names for chicory include blue sailors, coffeeweed, succory, Italian dandelion, witloof chicory, Belgian endive, French endive
- Chicory is a perennial in the Aster family with a long tap root and a blue flower.
- The tall flowering stems have blue flowers and produce dandelion-like seeds above low growing foliage.
- Ancient Egyptians grew chicory for medicinal use, a coffee substitute and vegetable crop.
  - Traditional medicinal uses varied globally, from malaria treatment in Afghanistan, digestive disorders in Europe, wound healing in Turkey to jaundice in South Africa. The leaves, stem, root and flowers are all used for different preparations.
  - The root has up to 40% inulin, which is a type of soluble fiber found in many plants. Chicory root is the main source of inulin used in dietary supplements. It is also used in high fiber, low fat and reduced calorie foods.
  - Recent research supports the effectiveness of chicory root a prebiotic, and for improved digestive health and regularity, long term weight management, bone health, blood sugar management and improved metabolic status on blood lipids.
  - The dried, roasted, and ground root has long been used as a coffee substitute or coffee extender.
  - While ground chicory adds a robust flavor to coffee, it does not contain caffeine.
  - Ground chicory has been added to stout beers while brewing for additional flavor.



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

And we're off! Mark your calendars for **Saturday, November 4** at the **Southside Place Clubhouse, 3743 Garnet St, Houston, TX 77005, 9am-2pm** for the big event. We will set up the clubhouse on **Friday, November 3**.

At the August monthly meeting, we kicked off the Herb Fair. The chairs of the committees gave presentations and started their signup sheets. If you weren't at the meeting, but are interested in working on a specific committee, you will find the names of the committee chairs and their contact information below. See dates in the insert below.

**Bakery Shoppe** – **Donna Yanowski** ([donnayanowski@gmail.com](mailto:donnayanowski@gmail.com)); has the aluminum pans for baked goods. **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 books.

**Cashier Table** – **Maria Treviño** ([maria@burger.com](mailto:maria@burger.com)); can use a few more helpers on the day of the event.

**Crafts** – **Lois Jean Howard** ([ljhgarden3267@gmail.com](mailto:ljhgarden3267@gmail.com)); is organizing a craft workshop in September and another workshop in October.

**Culinary Blends** – **Dena Gaydos** ([denagaydos@gmail.com](mailto:denagaydos@gmail.com)); is organizing a workday.

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

**Herbal Experience** – **Karen Cottingham** ([karen.redbrick@gmail.com](mailto:karen.redbrick@gmail.com)); needs more dried herbs for the corn dollies and that table always needs extra hands during the event.

**Herbs and Plants** – **Janis Teas** ([jteas@sbcglobal.net](mailto:jteas@sbcglobal.net)); will give a demo to anyone who wants to grow plants for the Fair at 6 p.m. before the September meeting in the parking lot. Instruction and materials will be available to people wanting to grow plants. Look for her red pickup truck.

**Jellies** -- **Benée Curtis** ([bccurtis5@comcast.net](mailto:bccurtis5@comcast.net)); has organized four workshops. Space in her kitchen is limited, so sign up ASAP if you want to help and learn how to make jelly.

**Kitchen and Tea Samples** – **Mary Sacilowski** ([maryms@sbcglobal.net](mailto:maryms@sbcglobal.net)); will need to borrow some electric kettles and teapots to heat water.

**Popcorn** – **Mary Starr** ([mjmartinstarr@msn.com](mailto:mjmartinstarr@msn.com)); needs helpers to make popcorn seasonings to sell.

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

**Publicity** -- **Virginia Camerlo** ([camerloclan@gmail.com](mailto:camerloclan@gmail.com)); needs everyone to spread the word about Herb Fair 50! Virginia is looking for pictures of previous Herb Fairs to use in the publicity.

**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. Follow-up plans to be determined.

Bring us your old canning jars to the September meeting. Used pickle or olive jars won't work because we need to be able to put new Mason lids and rings on them. We need the quarter-pint jars,



half-pint jars, pint jars and quart jars, both small mouth and large mouth varieties. If you have Wek jars, we can replace the gaskets, and we can order wooden lids for the Oui (yogurt) jars. And refer to the list of dried herbs that are needed. See page 3.

**Jelly making dates at Benée Curtis' house:**

September 28: 1 - 4 p.m.

October 3: 1 - 4 p.m.

October 7: 6 - 9 p.m.

October 11: 11 a.m. - 2 p.m.

**Corn doll** workshop: **Karen** has contacted those who signed up at the meeting

September 16: 1 p.m. If you are interested, contact her.

**Workshops at Julie Fordes' house:**

**Fragrance** workshop on October 14: at 10 a.m.

**Culinary blend** workshop on October 21: at 10 a.m.

**Tea blending** on October 28: at 10 a.m.

## **South Texas Unit Herb Society of America**

# **VOLUNTEER HOURS**

## **Membership Year 2022–2023**

# **8,731**

**Looking good! Volunteer hours submitted for membership year 2021–2022 was 6603.5. Reminder to record your hours starting July1, 2023—every hour counts.**



Julie Fordes

Thanks to all the members who have contributed dry herbs for Herb Fair products. I have over 5 pounds.

I am looking for someone to start some chamomile seeds (both varieties, Roman and German) inside under lights in the next couple of weeks...or maybe even outside if it ever cools off. Let me know if you can help with that in any way. I would like to get some plants in the ground by October to see if we can get some flowers between the summer heat and the first freeze.

Westbury Garden workdsays were kept on Thursday evenings, through the fall, to be able to provide some Saturday Herbal Education for the Westbury Gardeners at some point. I am hoping to have a salve making class at the garden this fall with the intention of showing new people how to make salve and get a few products made for Herb Fair. I will let you know when it will be.





## WELCOME RECENT NEW MEMBERS DEBORAH NISKIN AND LORENA JARAMILLO

Carolyn Kosclsky – Membership chair

Welcome to our two recent new members **Deborah Niskin** and **Lorena Jaramillo**. If you attended the evening meeting August 16th **Deborah Niskin** was introduced. If you attended the evening meeting in June you probably remember **Lorena Jaramillo** being introduced.

**Deborah Niskin** is a newer resident of Houston moving from the Miami area to the far west Houston area in the last few years to be closer her children and grandchildren. While a resident of Miami Deborah was a founder of the Miami Beach Herb Society and a member of the Broward Herb Society and the Homestead Herb Society. Other memberships included the Tropical Fruit and Vegetable Society of the Redland, Fairchild Tropical Garden volunteer, North American Butterfly Association and Native Plant Association. After moving to Texas Deborah volunteered at Blackwood Educational Land Institute in Hempstead and was a member of the Texas Fruiting Plant Growers (Texas Rare Fruit Growers). Special interests she has include Herb gardening and gardening design, the culinary and nutritional aspects of herbs, herbal projects for children and finding historic herbs and natives including herbs that have changed history. Deborah found the South Texas Unit through Google and joined last December.

After attending several meetings **Lorena Jaramillo** joined STU in June, attending **Karen Cottingham's** making of the midsummer crowns as her first meeting as an official member [see photo in July *Herbs Make Sense*, p. 18]. Lorena brings many talents to our group with a degree from the University of Houston Hotel and Restaurant Management, a member of the Houston Orchid Society, Houston Rose Society, Rose Rustlers, and Federation of Garden Clubs with certification as a Master Gardener and Native Plant Society member later this year. Her professional background was working in the Texas Medical Center welcoming and assisting patients and their families and friends from other parts of the world assimilate into temporary living in our city along with scheduling appointments. Now retired Lorena enjoys working in her garden at home along with her granddaughter, and in her home kitchen. Special interests include all things herbs from culinary use to crafting including projects with children. Being bilingual in Spanish one of her goals is to work with the Spanish-speaking community in the Houston metro area educating them in home gardening, herb growing and nutrition. I asked Lorena how she heard about the South Texas Unit and she responded it was through her friendship with **Angela Roth** in the Federation of Garden Clubs.





## All's Fair with Herb Fairs

South Texas Unit 50<sup>th</sup> annual Herb Fair on November 4, 2023

Congratulations to our South Texas Unit for the upcoming 50th anniversary Herb Fair! A fantastic milestone to share with our loyal followers and newcomers. Have you ever wondered what we did to raise funds before that first officially recognized Herb Fair? Our unit was founded in May of 1968 . . . well over 50 years ago.

We had very few expenses at first. A typed postcard was sent to announce the night meetings held each month in our homes. Once I joined in 1970 and the group learned I worked in the printing industry while attending University of Houston, I was quickly elected Secretary and allowed to create our new unnamed monthly newsletter. (Years later named "Herbs Make Scents".) Our only project was taking care of the Hermann Park Fragrant Garden in Houston. Madalene Hill, our founder, worked with Houston Federation of Garden Clubs to design and install that garden before we were accepted as a new unit with The Herb Society of America. Her business, Hilltop Herb Farm, provided the plants and our membership the labor of planting, weeding, watering, and giving informal tours to visitors. STU assumed all financial responsibilities after we started making money with events.

For the first two years Madalene donated a percentage of profits from sales at Hilltop Herb Farm on a specific weekend each year. Then founding member Harold Peterson, PhD. hosted a very early "Herb Fair" at his shop near the Galleria. Harold was a professor of chemistry at Texas Southern University with a passion for fragrances. He opened a "side hustle" named "The Olfactory" with essential oils and a variety of fragrant herbs. Most importantly was the opportunity to chat with Harold about all things herbal. We worked at that event to sell a few flats of herbs donated by Hilltop. A small profit was made, and some interest drummed up in our new non-profit organization.

Things heated up the following year as member Camille Waters secured a trendy Montrose location for our fall "Herb Fair". We had more herbal plants, some herbal products and most of all a glorious outdoor location at La Bodega, a wine bar with a beautifully landscaped patio. Yes, you could imbibe while shopping which never hurts sales! I believe a few of our workers became a bit tipsy too with the free sangria. Cleanup duties were never that much fun again!

The next year was the coldest Herb Fair I ever worked. I dashed home after an hour to add long johns and grab a heavier coat, hat, gloves, and scarf. The setting was in luxurious River Oaks at the home of our philanthropic members Susan and Maurice McAshan. Yes, THE McAshans that donated the Arboretum and Nature Center in Memorial Park as well as later underwriting the McAshan Gardens at Festival Hill in Round Top, Texas. Among their many other charitable donations was the



Knot Garden in honor of Jim and Madalene Hill at our National Herb Garden which opened in 1980. Their home on Inwood Drive still stands as a replica of George Washington's Mount Vernon. Well, except for the tennis courts. The tennis court was the location of the very popular fried wonton booth. Our member Lotus Wing Martin had woks full of delicious stuffed wontons that were sold as soon as ready to keep visitors and members warm. We took turns huddled around the fire like hobos trying to keep warm. Not a profitable Fair, but memorable!

Shortly thereafter, we became better organized and proclaimed the "First Annual Herb Fair" with a date fluctuating for the early years. The first Saturday in November was my suggestion as unit chair in 1983 and that date has served us well ever since. Now a well-oiled machine with lots of member volunteers, we are ready to celebrate our fall and holiday season with herbs once again. Kudos to all our members and friends that help make this yearly event spectacular.

*Susan Gail Wood*

## Making Mediterranean Red Wine Vinegar



**Dena Gaydos** uses a vegetable peeler to peel lemon in one long strip, and spirals it in the jar.

**P. Sales** peels garlic cloves. They can be left whole, but often need to be cut in half to fit through the neck of the jar.

**Sue Steinhardt** stuffs sprigs of fresh rosemary, oregano and bay leaves in the jars.

**Mary Starr** adds a mixture of 2 parts white vinegar cut with one part red wine to the jars.

**Linda Alderman** serves the team lunch after all their hard work! 😊

### Ways to use Mediterranean Red Wine Vinegar

Substitute Mediterranean Red Wine Vinegar in any recipe calling for plain, wine, or herb vinegar to enhance flavors of foods.

To enhance flavor and tenderness use Mediterranean Red Wine Vinegar while marinating or basting meat as it grills or roasts.

A splash over cooked fresh, canned, or frozen vegetables renews their just-picked flavor.

Toss pasta with Mediterranean Red Wine Vinegar, fresh ground black pepper and parmesan cheese.

A splash of Mediterranean Red Wine vinegar boosts the flavor of canned tomato soup!

Add a splash of Mediterranean Red Wine vinegar while your pasta sauce simmers.

Of course, it makes a wonderful salad dressing!



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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