

Herbs Make Scents

THE HERB SOCIETY OF AMERICA
VOLUME XLVII, NUMBER 9



SOUTH TEXAS UNIT
SEPTEMBER 2024

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

September 2024 Calendar

- Sept 10, Tues. 10:00 am** **Day Meeting:** “Green Cleaning” presented by **STU member Janice Dana**, at Cherie Flores Pavilion, 1500 Hermann Dr. Houston, TX 77004. Bring a sack lunch. **Open to the public.**
- Sept 14, Sat. 9:00 am – 12 noon** **Garden Workday Kolter Elementary** at 9710 Runnymede Dr., Houston, TX 77096
- Sept 15, Sun. 1:00 – 4:00 pm** **Workshop: Vinegars.** Contact **Catherine O’Brien** for details.
- Sept 18, Wed. 6:30 pm** **Evening Meeting:** “Preparing for the Fall Garden - Biocharged Biochar for the Best Garden Ever” presented by **Danny Wilson, CEO of Farm Dirt**, at Lott Hall, 6201 Hermann Park Dr, Houston, TX 77030. Doors open at 6:30 pm, with potluck meal and program to follow. **Open to the public.**
Note: Change of time and location
- Sept 28, Sat. 8 – 10 am** **Westbury Garden Workday** at 12581 Dunlap Street, Houston, TX 77035.

October 2024 Calendar

- Oct 8, Tues. 10:00 am** **Day Meeting:** Tentative plan is for a *field trip to Mercer Arboretum* to tour and view the Vines Herbarium. Details to follow in next month’s newsletter.
- Oct 12, Sat. 9:00 am – 12 noon** **Garden Workday Kolter Elementary** at 9710 Runnymede Dr., Houston, TX 77096
- Oct 12, Sat. 8:00 am and at 9:00 am** **Westbury Garden Workday** at 12581 Dunlap Street, Houston, TX 77035, followed by the class “Fall Herbs and How to Use Them” taught by the South Texas Unit at the Westbury Garden.
- Oct. 16, Wed. 6:15 pm** **Evening Meeting:** “Tagetes - Stinky Weed or Sacred Flower...or Both?” presented by **STU Member Karen Cottingham**, Cherie Flores Pavilion, 1500 Hermann Dr. Houston, TX 77004. Doors open at 6:15 pm, with potluck meal and program to follow. **Open to the public.**
- Oct. 19, Sat. 9:00 am** **Workshop: Teas and Culinary Blends.** Contact **Julie Fordes** for details.
- Oct 26, Sat. 9:00 am** **Workshop: Fragrance-focus on cleaning products.** Contact **Julie Fordes** or **Faith Strunk** for details
- Oct 27, Sun. 1:00 – 4:00 pm** **Workshop: Vinegars.** Contact **Catherine O’Brien** for details.

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



Happy Birthday!

02 – Steven van Heeckeren
06 – P. B. Sales
06 – Kali Schiska

14 – Janice Freeman
15 – Gayle McAdoo
21 – Elizabeth Martin



Chairman's Corner

Welcome September and eventual cooler temperatures, which I know will be welcomed by all, even if they are still more than a few weeks away. It has now been a little more than a year since I took on the role of HSA-STU Chairperson and I'm hoping to spend a few moments here reflecting on some of the highlights during my first year.

I loved being part of last year's Herb Fair success and can't wait to hear how the tradition lives on this year under our newest chairperson, **Stephanie Calloway**. Be sure the date, Saturday November 2, is on your calendar and have your holiday gift list ready!

We at the South Texas Unit are proud of the interesting and informative programs organized each month by our Vice Chair **Karen Cottingham**. Some of my favorites from this year included: Herbs Behind Bars, Emily Dickenson: The Poet as Gardener and Cook, and Go Texan - Help Restore Our Native Ecosystem with a Pocket Prairie. It's always a joy to attend and share in fellowship and education.

Lastly, it was an honor to help represent our South Texas Unit at our Herb Society of America EdCon "Once Upon a Thyme ... Stories from the Garden" this past summer in Malvern, PA. I enjoyed meeting so many members from across the country that up until that point, I only knew through brief email correspondence. Another date to pin on your calendar is our next National EdCon, which will be hosted in San Antonio, TX in late Spring 2026! As a Texas unit, we're excited to have an event in our own backyard and will most definitely be helping to give a warm Texas welcome to any visitors in attendance!

This time next month I'll hopefully be slowing down and turning more inwards and family oriented as my husband and I joyfully await the birth of our first child sometime in October. I will be stepping down from my role as HSA-STU Chair for a few months as I adjust to this next chapter. Please keep our future little family of 3 in your thoughts!

Happy September,
Dena Yanowski Gaydos





Announcing Our September Evening Program
“Preparing for the Fall Garden”
September 18, 2024

Note: Meeting in Lott Hall in Hermann Park



BIOCHAR

FARM DIRT CEO
DANNY WILSON
will present a program on
Biocharged Biochar -
For the Best Garden Ever
JOIN THE BIOCHAR
REVOLUTION



Day Meeting

“Green Cleaning” will be presented by **Janice Dana** on Tuesday, Sept 10th, at 10:00 am at the Cherie Flores Pavilion.

Come learn about eco-friendly, natural cleaning!



Harvest Herbs for Herb Fair

Bay Leaves	Red stem apple mint
Blue Pea Flowers	Mint
Calendula	Peppermint
Chamomile	Roselle
Comfrey	Rose Petals
Holy Basil	Sage
Lemon Balm	Spearmint
Lemon Verbena	Thyme
Lemongrass	Yarrow
Mexican Mint	
Marigold	

Need more information?

Harvesting, Drying and Storing Herbs

by **Susan Gail Wood**

<http://www.herbsociety-stu.org/harvesting--drying-and-storing-herbs.html>



The HERB SOCIETY of AMERICA



Horseradish

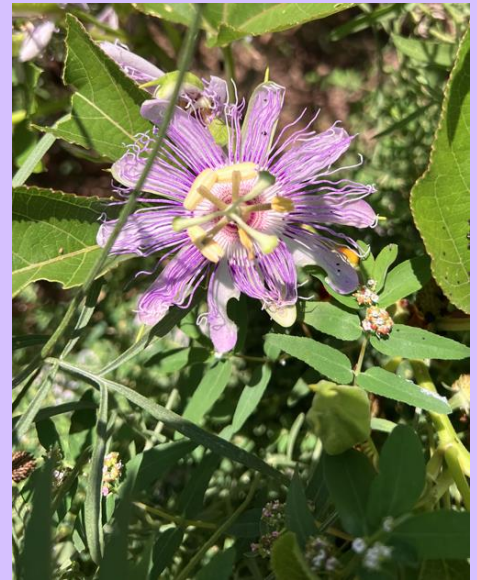
*Armoracia
rusticana*

- Horseradish originated in the southern part of Russia and eastern part of the Ukraine.
- It was cultivated by ancient Greeks and Romans for medicinal uses such as back pain and as an aphrodisiac in 1500 B.C.
- Other medicinal uses have been explored over the centuries, from sore throats and coughs, asthma, toothaches, and arthritis to tuberculosis.
- Raw horseradish is rich in vitamins A and C.
- Collinsville, Illinois considers itself the horseradish capital of the world. Commercial cultivation began there in the mid 1800's.
- John Henry Heinz bottled and sold his mother's horseradish sauce in 1869 and was one of the first condiments sold in the United States.
- The horseradish plant grows 2-3' tall with long strap-like leaves.
- The tap root which reaches a foot or more is the part of the plant that is harvested and consumed.
- This hardy perennial through zone 5 is often grown as an annual. However small bits of the root which remain from harvesting can regrow and establish quite a few more plants.



Information obtained through your association with The South Texas Unit of The Herb Society of America is for educational purposes only. It is not intended to diagnose, treat, cure, or prevent any disease. Everyone, especially women who are pregnant or nursing and persons with known medical conditions, should consult their licensed healthcare provider before taking any herbal product.

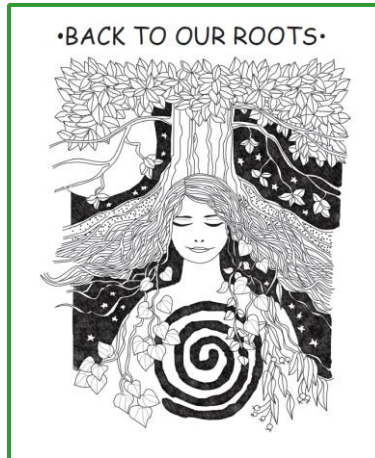
Kolter Elementary Garden



**Second Saturdays are still
happening at Kolter!**

**Next Open Grassroom days are
September 14 and October 17
from 9 am – 12 noon**





Back to our Roots at Westbury Garden

Julie Fordes

8 – 10 am

**Westbury Workdays: Saturday, September 28
Saturday, October 12**

Many thanks go to **Janice Freeman, Janice Stuff, Donna Yanowski and Rose Wherry** for coming out to the garden the past couple of weeks. We could not do it without you!!! They have harvested, weeded, watered and hauled mulch in some of the hottest days this summer! We are in pretty good shape due to their hard work. Holy basil and blue pea continue to thrive.



Our roselle is **finally** blooming and making those lovely, tasty calyxes ... take a look!!

Providing Herbal Education for the Westbury Community Garden October 12 @ 9 am Fall Herbs and How to Use Them

Part of our agreement with WCG included providing herbal education for the Westbury Community. Right after a little work session (8-9 am) in the garden, we will teach a class on fall herbs. I would love as many members as possible to stick around to meet the gardeners who are interested in herbs and help with the instruction. Let me know if you can help.

Preparing for Herb Fair

Re-using glass mason jars for packaging Herbal Marketplace items.

We are always looking for environmentally friendly packaging for our herbal products. It's the right thing to do!! If you are making an item for the fair that might be able to be presented in a glass jar, let me know, I have the following jars available:

- Half pint – 11 small mouth
- Quart - 5 wide mouth, 11 small mouth
- 86 Oui yogurt jars (6 oz.) (lids can be ordered on Amazon)
- 100 4 oz jars with white screw top lids

Reach out to me if you can use any of these...**Julie**



Herb Fair Countdown is ON!

Stephanie Calloway

Thank you to all the members who came out to last month's Herb Fair kickoff – it's exciting to see the team coming together to support each other and work toward another successful event! There is still time to sign up and help. Remember that as an Herb Society member it is a requirement to support these annual events.

Highest Priority Volunteer needs:

- Cashiers** (11/2) contact Maria Treviño
- Herbal Experience table** (11/2) contact Karen Cottingham
- Green Kitchen makers day** (10/26) contact Faith Strunk or Julie Fordes
- Twice Found bookstore** contact Donna Wheeler
- Jelly workshops** contact Benée Curtis

Here are a few other invitations to HELP:

- Plant Foster Parents** care for plants between the September 18th meeting and November 1st (the day before the Herb Fair), please come early next month to meet **Janis Teas** and collect your seedlings. Remember that they need regular watering, sunlight and a little fertilizer during the time you'll have them.
- Collect Mason-style jars** (8oz or 4oz). Please bring them to Day or Evening meetings or reach out to **Benée Curtis** to let her know how many you have.
- Hospitality** provides donations of snack/teas for volunteers or help in the kitchen (11/2)
- Setup/Cleanup** (11/1) starting at 9 am/(11/2) starting at 2 pm
- Plant Sale** (11/2) help set up at 7 am, help customers during sale, donate plants from your garden
- Tea and Culinary Blends** attend workshop, help staff tables on (11/2)
- Crafts** including Green Kitchen items (email ideas to Ro Jones, attend workshop (10/26)
- Herbal Experience** donate materials for broom making, contact Karen Cottingham
- Pre-Orders** set up on (11/1) or staff the table on (11/2)
- Twice Found** bookstore and resale shop needs donated item, setup (11/1), help shoppers (11/2)
- Publicity** writes article, distributes flyers, creates social media posts
- Membership/Welcome Table** needs staff on (11/2)

Use the link to sign up to help or contact the chairperson.

https://docs.google.com/spreadsheets/d/1WU9ZOBByn1I0fNixRRM3DmBpwG_RoOE25/edit?usp=drivesdk&oid=115935611356249640359&rtpof=true&sd=true

Calendar items:

- **Attend workshops** (see calendar)
- **Benée** will organize jelly workshops and **Karen** will organize herbal broom workshops for those who signed up with them
- **Julie** may schedule additional 'ad hoc' prep gatherings ahead of the 10/19 workshop to organize and prepare the tea
- **Ro Jones** and **Donna Yanowski** are organizing another maker day so stay tuned to your emails for those details
- Bring baked goods on Friday (11/1)

Vinegar Committee: If you want to help, contact Catherine at Vibrio13@gmail.com.

We need FRESH herbs!!! See next page for details



Herbs Make Scents

September 2024

One part wine plus two parts vinegar will be used to make the “vinegar” for the recipes. **Linda Alderman** recommended Chablis for the white wine and Burgundy or Zinfandel for the red wine. As Linda says, “the cheaper, the better because you are going to turn it into vinegar; not drink it.”

Catherine O’Brien, vinegar chair, will supply wine and vinegar and bottles. Here’s what we need:

FRESH sprigs of **Rosemary, Oregano, Bay leaves**, 8-12 sprigs of **Mexican Mint Marigold**, an assortment of **fresh peppers**...not too hot, about 8 sprigs of **sage, garlic and raspberries!**

Let me know if you can supply raspberries.

If you need to wash the herbs, which is not always necessary, **WASH THE HERBS THE DAY BEFORE** (that is, **SEPTEMBER 14**) **SO THEY CAN DRY WELL**. Wet herbs can mold in the vinegar.

Workshop dates are set. (See calendar)

Linda van Heeckeren has already provided blueberries for [Blueberry Port Wine Vinegar](#).



Thursdays
Sept. 19-
Oct. 31

1 – 2:30 PM

“A History of the World Through Coffeehouses and Teahouses”

at the Rice Glasscock School \$250

<https://glasscock.rice.edu/course?id=52424913>



Thurs-Sat.
Oct. 10-12

Garden Club of Houston's Bulb and Plant Mart

[Bulb & Plant Mart Info : The Garden Club of Houston \(gchouston.org\)](#)



Sunday
Dec. 8

3 – 4:30 PM

“Scents and Sensibility in the Ancient World”

at the Women’s Institute of Houston \$40

<https://www.wih.org/?s=scent>



Botanical Beauty Flower Show

Presented by

Bouquettes Garden Club

Thursday

Prefontaine Hall of Corpus Christi Church

April 10
2025

9900 Stella Link Road

Questions? Contact Angela Roth



NEW BOARD MEMBERS

By Sharon Hosch, Membership Chair and Amanda Swope-Joos, Secretary

SOUTH CENTRAL DISTRICT

Dr. Catherine O'Brien was recently appointed membership delegate for the South Central District.



She is a retired college biology professor and community college administrator. Catherine is a strong communicator, a good listener and a lover of plants.

Since joining the HSA South Texas Unit, she has taken an active role serving as chair of the education committee and reactivated the unit's Speakers Bureau. She also expanded the unit's scholarship program. Catherine is a member of the Native Plant Society of Texas. She is currently enrolled in the Family Herbalist Program through the Appalachian Center for Natural Health. This summer marked the debut of her herbal education programs for incarcerated women that will likely reduce recidivism.

When Bill Varney vacated the district delegate post to become development chair, Catherine thought "I could do that!" She is ready to "stretch her wings and increase her knowledge of herbs." She likes to be involved; not just go to meetings and go home. Catherine "loves to learn" and will undoubtedly share her enthusiasm with the South Central District as membership delegate.

Catherine can be reached at southcentraldelegate@herbsociety.org



Laura Boston made and generously donated this Herb Society Attic Window quilt!

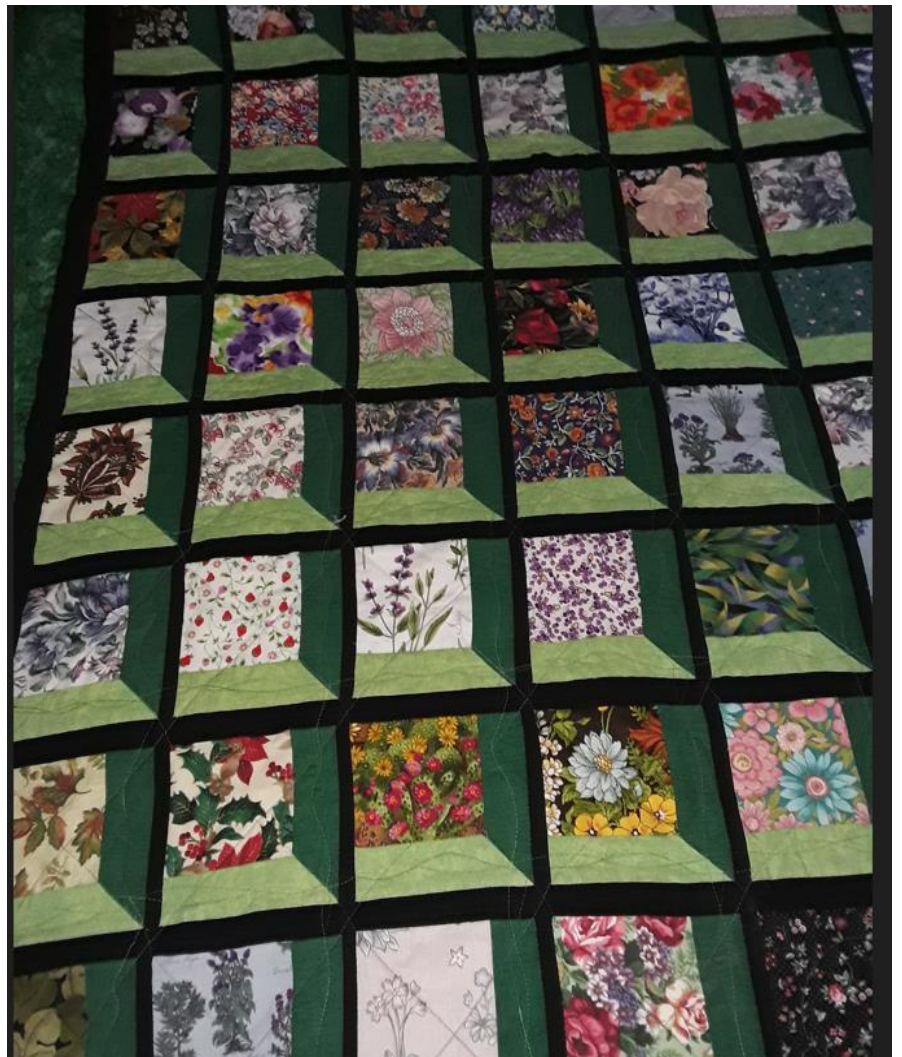
A silent auction will be held to raise funds for Herb Fair!

(55" by 75")

Keep an eye out for further details.



Wow! Amazing!





Recipes

Horseradish

Armoracia rusticana

Juliet's Cheese Log

- 8 oz. cream cheese
- ¼ cup grated Parmesan cheese
- 1 Tablespoon prepared horseradish
- ⅓ cup chopped Spanish olives
- 4-5 dried beef slices

In a medium bowl, thoroughly blend cream cheese, Parmesan cheese and horseradish. Gently stir in the chopped olives. Shape the mixture into a log. Roll the cheese log in the dried beef slices until the outside is covered. Wrap in waxed paper and aluminum foil and chill.

Serve thinly sliced on assorted crackers. Also makes a good filling for cream cheese sandwiches.
Joyce Brobst, HSA Pennsylvania Heartland Unit

Potato Salad with Horseradish

- 5 pounds red potatoes
- 2 cups mayonnaise
- 2 cups sour cream
- ¼ cup wine vinegar
- ¼ cup sugar
- ¼ cup freshly grated horseradish
- 3 Tablespoons chopped fresh parsley
- 2 Tablespoons fresh dill

Scrub potatoes and cut into bite-sized pieces. Boil in salted water until tender. Drain and toss with remaining ingredients while still warm, but not hot.

Lorraine Kiefer, HSA South Jersey Unit





Save the Date

51st ANNUAL
HERB
FAIR

Saturday Nov. 2, 2024
9am - 2pm

Huge variety of HERB PLANTS
*Herbal Gifts, Books, Jellies,
Teas, and Culinary Blends*

Presented by
The Herb Society of America, South Texas Unit
www.herbsociety-stu.org
www.facebook.com/HerbSociety.SouthTexasUnit/

Southside Place Clubhouse
3743 Garnet Street, Houston, TX 77005

Awarding the HSA-STU Madalene Hill Scholarship



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.