

# Herbs Make Scents

THE HERB SOCIETY OF AMERICA  
VOLUME XXXVIII, NUMBER 6



SOUTH TEXAS UNIT  
JUNE 2015

Editor –Linda Alderman ewalderman@comcast.net

## June 2015 Calendar

**June 7** – Sun. – 1:00 p.m. **Unit Annual Meeting** at *Judson Robinson Center* (2020 Hermann Drive Houston, TX 77004)

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

## July 2015 Calendar

**July 14** - Tues. - 10 a.m. **Day Meeting** at the home of Emily Delaune. Program: "*Herbs that Changed History*", presented by Pam Harris. **Bring a dish to share.**

**July 15** - Wed. - 7 p.m. **Evening Meeting** at *Judson Robinson Center* (2020 Hermann Drive Houston, TX 77004), hosted by Jeanie Dunnihoo and Lois Sutton. Program: "*Foods from the Americas*", presented by Sally Luna. **Bring your plate, napkin and a dish to share.**

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

## *From the Chairman*

I hope everyone is able to get some work done in their gardens in between all of the heavy rain we have had over the past month. Our Herb Day at St. Paul's Methodist Church was a great success and each year the presentations, food and decorations get better and better. Thank you to Thelma Rowe for helping secure the new location. Also, thank you to the Ways and Means committee for supplying all of the items for sale which quickly sold out. Our next project is Herb Fair November 7<sup>th</sup> at the Multi-Service Center assuming all of the repairs are completed in time. We are keeping track of that so stay tuned for the location.

This is my last article as your Chairman. The last two years have been an honor for me to serve you and the Herb Society. I have enjoyed the challenge of keeping up with a busy group and getting to know everyone better. Everyone has been so helpful and it has been great to be a part of making our unit such a success. It has been a pleasure to be part of a group that wants to learn and have fun, to belong to a group of experienced gardeners and to enjoy what each of you bring to the group. It has truly been a pleasure and I thank you for it. I look forward to working with the new chairman and I also look forward to our continued success.

Many thanks again for all of your help and kindness.

Sincerely,

Martha Burg



## Membership Update

### DUES REMINDERS

Remember that the membership year of the South Texas Unit begins on July 1. Dues are payable in **JUNE** (or earlier if you wish) and are considered delinquent after July 1.

Active, single: **\$67.50**

Active, joint: \$98.75

Active, life: \$12.50

Sustaining, single: \$80.00

Sustaining, life: \$25

Affiliate: \$12.50

Remit dues to: South Texas Unit, PO Box 6515, Houston TX 77265-6515. I will accept dues at the June annual meeting.

Lois Sutton - Treasurer

Happy Birthday!



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5 – Emily Delaune

### Requests from Ways and Means Committee

We always need dried herbs for our tea blends for Herb Fair, and now that we have had abundant rains, our herbs are growing well. *We need to begin harvesting red stem applemint, lemon balm, lemon verbena, Mexican mint marigold, and any other herbs that could be used for crafts or cooking.* We also would like for everyone to be looking for new craft ideas that we could begin making for the Herb Fair.



## Thank You...

...to all the program presenters this year, especially Janice Teas who did double duty!

...to all the hostesses who opened their homes and hosted the day meetings!

...to all the co-hostesses for setting up and decorating the centers for the events!

...to the double-duty hostesses Nita Rowe, Beth Murphy, Lois Sutton & Jeanie Dunnahoo!

...to all the members who donated their "stuff" to the Herb Fair garage sale! Just about everything sold.

...to all the members who donated items for the Herb Day Door Prize table! The prizes were well-received.

Hugs to all of you!

Jane Littell and Lois Jean Howard - Programs





## About our Members

Moroccan Discovery (Imperial Cities & the Sahara)  
Lois Sutton

As many of you may know Andy and I just returned from a Moroccan tour. The overall visual impact of the new cities, the old medinas, the incredible tile mosaics and carved / painted ceilings was overwhelming. I'm not sure how we will ever sort through Andy's 4000 photographs! But for a herbie, it was the food that was the most fun.

\*What was surprising – the Moroccans love of bread! From Marakesh to Casablanca the golden ripe wheat fields spread across the entire horizon. Vendors sell the small, flattened round loaves from carts throughout the cities and medinas.



**Buying Bread**

\*The French influence remains in the pastries and cookies we were offered with our mint tea as well as the range of croissants available in the breakfast buffets. (My best breakfast didn't include croissants but instead was a polenta - like pancake, a variety of cheeses, dates and olives!)



**Luscious Dates and Figs**

\*Every meal we had started with salads – the equivalent of vegetable tapas to mix cultures. Diced beets, blanched & slivered fennel, carrots (with harissa, lemon, olive oil and ?????), zucchini, eggplant, potatoes, olives, fava beans, chick peas all might appear, all subtly spiced.



**Private Home – Lunch Starters Uncovered**

\*We had the traditional vegetable couscous to accompany tagines of chicken or lamb or beef.

\*High in the Atlas Mountains we began our meal with a fabulous pumpkin soup (the African, crinkly skinned, green variety, not our smooth orange guys.) We begged for the recipe – "just pumpkin and Moroccan 45 spices."



**Spices**

You are absolutely correct if you guessed that we scoured the souks for that blend, alas, not finding it. Irene Potoczniak gave an intriguing introduction to spice blends at the May night meeting – watch for more information from her in a later newsletter as she made several Moroccan/African blends for us to taste.





While we didn't find the 'Moroccan 45 spice', we did find huge baskets of pink rose petals. Rose water was featured in both desserts and a zucchini salad. People have the option of buying the petals to make their own rosewater or purchasing bottles locally made.



**Rose Petals**



**Wheat Field**

I hope you enjoy these quick glimpses of Morocco and its foods!

In an area called the Valley of the Roses, rose bushes are used as the hedgerows between fields. We also saw large baskets of dried lemon verbena and fresh mint bundles. Dried, ground spices are all packaged – the spice cones you see in postcard pictures are fake (I admit, I was naïve enough to think they would be real & I would see them!).



**Herbs**

The South Texas Unit is a non-profit educational organization incorporated under the State of Texas. The South Texas Unit has no paid employees. Our activities are accomplished through the efforts of our volunteers.

The Herb Society of America  
South Texas Unit  
P.O. Box 6515  
Houston, TX 77265-6515



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.



Find our Unit on the web at:  
[www.herbsociety-stu.org](http://www.herbsociety-stu.org)