

# Herbs Make Scents

THE HERB SOCIETY OF AMERICA  
VOLUME XLVIII, NUMBER 11



SOUTH TEXAS UNIT  
NOVEMBER 2025

Co-Editors Linda Alderman ([ewalderman@comcast.net](mailto:ewalderman@comcast.net)) & Janice Freeman ([jkfreesmanHouStu@outlook.com](mailto:jkfreesmanHouStu@outlook.com))

## November 2025 Calendar

**Nov 1, Sat.** 9:00 am – 2:00 pm  
**Open to the Public**

**Herb Fair: 7:00 am** (member volunteers), **8:30 am** Pre-sale order pick-up,  
**2:00 pm – 3:30 pm** Clean-up

**Nov 8, Sat.** 10:00 am – noon

**Kolter Garden Workday** 9710 Runnymede Dr., Houston, TX 77096

**Nov 8, Sat.** 9:00 am

**Westbury Garden Workday** 12581 Dunlap St., Houston, TX 77035

**Nov 9, Sun.** 1:00 pm – 4:00 pm

**Special Lagniappe** “*Ferment Your Fall Garden with Scotty Sheridan.*” in **Angela Roth’s** Kitchen (space is limited). **Priority given to STU members and their guests.** Questions and RSVP: [Karen.herbsociety@gmail.com](mailto:Karen.herbsociety@gmail.com)

**Nov 11, Tues.** at 10:00 am  
**Open to the public**

**Day Meeting** “*Pumpkins and Spice: Global Cuisine with a Fall Favorite*” presented by member **Benée Curtis**. Location: Cherie Flores Pavilion in Hermann Park (1500 Hermann Drive, Houston, TX 77004).

**Nov 15, Sat.** 12 noon – 4:00 pm

**Special Lagniappe** “*HTX Ukraine 2025 Borscht Cook-Off.*” Location: Northside Columbus Hall (Formerly KC Hall). 607 E Whitney Dr, Houston, TX 77022. This is a self-pay event. **Recent guests at STU events are encouraged to join in.** Questions and RSVP: [Karen.herbsociety@gmail.com](mailto:Karen.herbsociety@gmail.com)

**Nov 19, Wed.** 6:15 pm  
**Free and Open to the Public**

**Evening Meeting** “*Tulsi – The Holy Basil*” presented by **Karuna Diedericks**, Clinical Ayurvedic Specialist and Ayurvedic Chef, and member **Julie Fordes**. Location: Cherie Flores Garden Pavilion, 1500 Hermann Dr. Houston, TX 77004. Doors open at 6:15 pm, with potluck meal and program at 7:00 pm.

**Nov 22, Sat.** 9:00 am

**Westbury Garden Workday** 12581 Dunlap St., Houston, TX 77035

## December 2025 Calendar

**Dec 1, Mon.** **Due Date**

**Herb Fair Expenses** submit requests for reimbursement along with receipts to **Maria Treviño** by Dec. 1<sup>st</sup>.

**Dec 9, Tues.** 10:00 am – 1:00 pm  
**HSA-STU Members only**

**Day Meeting** “*The History of Mulled Spices*” and a Make-and-Take Workshop (Presenter(s) TBD) Program and potluck luncheon at the home of **Cynthia Card**. RSVP by email or text to Cynthia Card.

**Dec 14, Sun.** 1:00 pm - 3:00 pm  
**HSA-STU Members and their Guests**

**Holiday Potluck Gathering** at the home of **Maria Treviño**  
RSVP: [maria@burger.com](mailto:maria@burger.com)

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



### Happy Birthday



Photo b Esperanza Doronila on Unsplash

11/1 Donna Yanowski

11/4 Julie Fordes

11/4 Jacqui Highton

11/4 Lindsey Pollock

11/9 Elayne Kouzounis

11/14 Janis Teas

11/16 Robert Jucker

11/19 Lois Sutton

11/20 Shirley Mills

## Chairman's Corner

Much Gratitude for everyone's efforts!

As you read this Newsletter, I hope you appreciate the efforts of our members and volunteer helpers. I hope your involvements have not only raised your personal level of herbal knowledge, but that you have shared with others.



I can really appreciate being part of our community even more! Not only do we offer fabulous plants and crafts and baked goods, but inspiration as well.

We have enjoyed a team effort on getting brochures made with which we hope to attract more members.

The workshops have really taught me more than I ever expected and have shown me just how good our products are! I have had a great deal of fun working alongside our members!

As you recall Herb Fair, please think of what we can do better and what you might like to see at the next Herb Fair!

A huge, "Thank You!" to **Stephanie Calloway** for Chairing Herb Fair! I look forward to celebrating all of our members at our November Meeting!

This season of gratitude really starts with our successful Herb Fair, thank you all!

Happy Thanksgiving,  
Angela



## November Meetings

### Announcing Our November 19 Herb Society Evening Meeting



Presented by:  
Karuna Diedericks  
Clinical Ayurvedic Specialist  
& Ayurvedic Chef  
& Julie Fordes, STU Member

#### What Goes Well with Turkey, Salmon, Steak Chicken or Prime Rib?

**Answer:** Herb Butter using fresh rosemary, thyme, and sage or at least a combination of two of these herbs. Vegetables, such as tomatoes, squash or potatoes are also great with herb butter.

Easy and versatile, so whatever protein or vegetable you are eating on Thanksgiving, remember to touch it up with herbs.

## Kolter Elementary Garden

Angela Roth



The 2nd Saturday  
of the month at  
Kolter Community  
Open Days is a  
great place to  
enjoy the outdoors  
and have fun!

9 am - Noon

November 8  
December 13





# Day Meeting

### **Field Trip to Texas Arbor Gate Nursery, Tomball – Janice Stuff**

Six members and one guest visited Arbor Gate Nursery on October 14<sup>th</sup>. The field trip was arranged by Day Group Chair, Benée Curtis. A program was presented by a Arbor Gate staff Horticulturist. She suggested Herb Plant Combinations for Containers in two main categories: Sun and Shade. Within each category she divided combinations into Terra Cotta pots, hanging baskets, and Nursery baskets.

Next, she presented soil science basics for the best soil amendments for all types of plants and plantings. Arbor Gate offers their Organic Food Complete, Organic Compost Complete, and Organic Soil Complete products for lawns, landscape, edibles and containers. The large campus of Arbor Gate was stocked with a plentiful offering of all types of plants, landscaping items, trees, and gifts. The lush shades of green and all colors were prominent across the plant sections.

Following the program, members enjoyed a brown bag lunch in a cool and shaded veranda, and then shopped for plants and herbs. Members enjoyed the visit and felt Arbor Gate is a wonderful destination and nursery.

### ***“Pumpkins and Spice: Global Cuisine with a Fall Favorite” –***

Benée Curtis

While doing research for the Day Meetings November 11 program, **“Pumpkin and Spice: Global Cuisine with a Fall Favorite,”** I came across a pumpkin recipe from our neighbor Mexico. The thing that really caught my eye is that this dish is one of the most common foods placed on family altars for the Day of the Dead.

I'm including a little history about the dish below. If you want to learn more about the preparation of pumpkins and pumpkin spices used (not just as in pumpkin pies and lattes), join us on November 11.

*Calabaza en Tacha*, a braised pumpkin in piloncillo syrup, is enjoyed in Mexico as a dessert, snack, or even breakfast. The dish originated in colonial Mexico in the sugar mills. In the process of boiling aquamiel (sugarcane juice) down, they would cook whole pumpkins in the syrup in a huge cauldron called “Tachos”, so this dessert acquired the name *clabaza en tacha* simply meaning pumpkin cooked in the *tachos*.

In Mexico, this recipe is traditionally made using Calabaza de Castilla, a meaty pumpkin native, that acquired it's current name after being taken to Queen Isabella who liked it so much, she gave it that name. If calabaza de Castilla is not available, Jamician or pie pumpkin is a suitable substitute. The recipe below is very simple, but other variations add a variety of fruits like oranges or guavas, or even pieces of sugarcane. Oranges are delicious as they impart a bit of acidity in the syrup, and guavas add a floral note.

In many parts of Mexico, this pumpkin is served in bowls drizzled with milk or cream, but in other parts, the pumpkin is just served in the syrup.

Feel free to scale the recipe, as 5 lbs. of pumpkin is a lot.



### Ingredients

- 5 lbs. of calabaza de Castilla, pumpkin, or similar winter squash
  - 1 medium orange
  - 2 lbs. (900 grams) piloncillo, or brown sugar
  - 4 cups (1 liter) of water
  - 4 cinnamon sticks
1. Cut the stem off of the pumpkin. Cut the pumpkin in half, crosswise and scrape out the seeds and stringy parts, saving seeds to make pepitas, if you like.
  2. Leaving the rind on, cut each piece in half lengthwise again and again until you have 8 -10 long strips of pumpkin. Leave pumpkin in strips or cut into smaller pieces.
  3. Zest and juice the orange.
  4. In a large saucepan, bring the orange zest and juice, piloncillo or brown sugar, water and cinnamon sticks to a boil.
  5. Add the pumpkin pieces and reduce to a simmer. Cover and simmer until the pumpkin is fork tender, about 1 hour. Uncover the pan for the last 20 minutes or so of simmering so the liquid reduces to a glaze.
  6. Remove pan from the heat and let cool (the glaze will thicken slightly). Serve at room temperature (one portion is about 1 or 2 long strips or several small pieces), spooning a little of the glaze over the pumpkin pieces. Eat with a spoon, leaving the inedible outer pumpkin rind (and any cinnamon sticks) in the dish.

### Variations

Candied pumpkin is wonderful on its own, but if you would like to vary it a bit, consider one or more of the following.

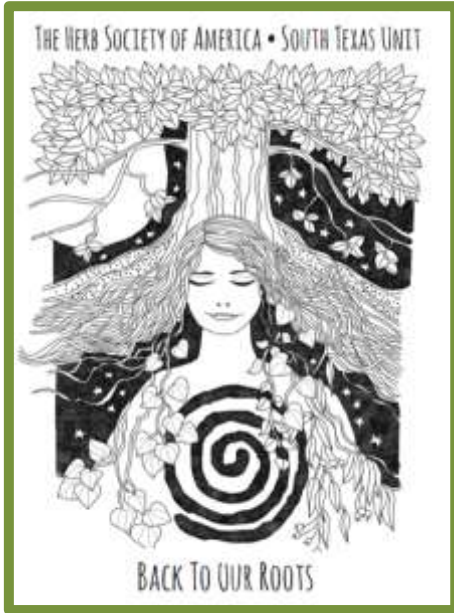
- Increase the spice flavors with 1 whole star of anise, 2 whole cloves, and 2 allspice berries
- Add 1 sliced orange for a more pronounced orange flavor
- Pour a little liquid crema or evaporated milk over each portion. Alternatively, add a dollop of whipped cream
- Sprinkle a few shelled, toasted, salted pepitas over the pumpkin
- Top with a few raisins, dried cranberries, or chopped prunes, pecans, or walnuts
- Serve the candied pumpkin over vanilla ice cream

### How to Store

- Refrigerate leftover calabaza in an airtight container and consume within 5 days
- Leftover candied pumpkin may be mashed and used in any recipe calling for pumpkin puree, but be sure to reduce the sugar accordingly. Add it to pumpkin pancakes, pumpkin spiced lattes, doughnuts, pumpkin crème brûlée.

<https://www.theculturalkitchen.com/blog/2021/10/23/a-must-in-every-day-of-the-dead-altar-calabaza-en-tacha>

<https://www.thespruceeats.com/calabaza-en-tacha-candied-pumpkin-2342923>



## Back to Our Roots at the Westbury Garden

**Garden Workdays:** **Saturday, November 8 at 9 am**  
**Saturday, November 22 at 9 am**

November 8 is now a workday. I have asked a couple of groups who provide volunteers for non-profits to come help us that day. We will be taking out expired plants from the new herb bed and topping it up with soil. There is soil at the garden for our use; we just need some strong backs and willing helpers.

I would like to amend the soil in one section of the garden to be a better environment for our Mediterranean herbs. We could group all of the Mediterranean herbs together in this section. If you have some sand or other things that help with drainage, including pea gravel, let me know.

I would like to make an Herb Spiral in the new garden bed. The spirals are beautiful and would really call attention to the herbs. We should be able to start sometime after Herb Fair, and before the Holidays.



Call me if you:

- Have experience building an Herb Spiral
- Have building materials to donate to the cause
- Want to be a worker bee and show up at the garden for workdays
- Want to be a really cool bee and coordinate the project!

## SPEAKERS BUREAU

(November)

**Catherine O'Brien** presented Treasurer **Maria Treviño** with two checks donated from Enchanted Forest Nursery and HSA Hill Country Unit. The checks were donated as honoraria for talks on herbs that Catherine gave to each of these organizations.





### Herb Fair Prep Paid Off!

Welcome to November and cooler temperatures. This article is coming to you on the heels of the 52nd Annual Herb Fair held last Saturday, November 1st. I hope you joined me in spending some of your October reading about, sharing, or attending a workshop to prepare for this wonderful event. Our HSA-STU members were busy preparing, packaging, designing labels, creating, and crafting to get ready for our largest fundraiser and major event of the year - Herb Fair! As Stephanie and Angela shared in their Houston Life appearance (check out the video and article here: <https://www.click2houston.com/houston-life/2025/10/14/herb-society-south-texas-unit-prepares-for-houstons-longest-running-herb-fair/>), our South Texas Unit of the Herb Society of America is one of the oldest in the U.S. therefore our Herb Fair is also one of the oldest gatherings! We are still tallying our inventory and receipts for a full report next month, but the energy at the event was as electric as ever!

Held on the first Saturday of November, this FREE family-friendly event brings together hundreds of herb lovers - from novice to expert - to share and celebrate the enjoyment of herbs. Many of the products sold at the event last weekend included member-grown herbs and all were made by our team of volunteer members.

A HUGE shout out to Julie and Ro for coordinating and spearheading the work days for fragrance, teas, and other herbal body and cleaning products! And much gratitude to ALL of the Herb Fair Committee chairs who have been coordinating workshops (Catherine and Benée) and working tirelessly to pull together crafts and other items (Dena, Karen, and Laura). We see you, we appreciate you, and we know this wouldn't be possible without you. ♥☐

Please remember to come out to the November Evening Meeting on November 19th to purchase any final items that remain and help us reach our goal of raising more than \$16,000 to support ongoing educational efforts.

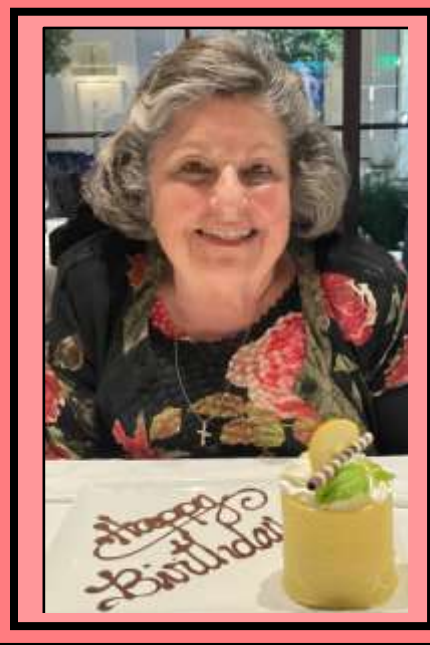
Thank you for your engagement and I look forward to seeing you soon!

~Stephanie

### @ Celebration in Style!

"**Elayne Kouzounis** is a sustaining member and a special treasure to have as a member of STU and the very nicest, most positive thinking person I know!" said **Susan Wood**. Pictured is Elayne at an early celebration of her birthday held last weekend. The celebration began with a fabulous dinner at the Lancaster Hotel and an enjoyable night at the Symphony. Happy Birthday Elayne!

Elayne & Demo (husband) hosted the STU 40th anniversary party at their home, providing filet mignon cooked to order, wines etc., for that party. They hosted many other STU parties too, always with the most gracious hospitality.







## Ferment Your Fall Garden



A Workshop with Scotty Sheridan

Do you like your vegetables tangy, crunchy, and packed with probiotics? Perhaps with a bit of heat or spice?

Then reserve your spot now for a "Chop & Brine Social" November 9 in Angela's kitchen. Scotty Sheridan will guide us through the fermentation process.

For details or to RSVP:

[karen.herbsociety@gmail.com](mailto:karen.herbsociety@gmail.com)

## SPEAKERS BUREAU

(September)

Catherine O'Brien started the year with 3 presentations! STU Day Meeting - "Double, Double, Toil and Trouble: What Were the Herbs in Macbeth's Witches' Cauldron?"



Catherine and Benée

STU Evening Meeting - "Tisane, Anyone? What Did the Colonists Drink After the Tea Party?"



Enchanted Forest Nursery (Richmond, TX) "Mediterranean Herbs"



Janice Freeman, Membership Chair

★ Remember to mark down your STU volunteer hours!

Do you have a friend or relative who may be interested in herbs or joining the STU? This would be a great time to invite them to our programs.

A STU brochure was recently designed by a team of STU members.

The 2025-2026 Directory draft is currently being reviewed and updated.

A-tisket a-tasket  
We learned to make a basket!



This is how it's done



Angela



Ayra and Ro



Molly

October Lagniappe at the HCCC Craft Garden





## Also in November

*Special Lagniappe November 15  
2025 Borscht Cook-Off  
Benefits HTX4Ukraine*



*Enjoy delicious Ukrainian borscht,  
traditional side dishes, and a variety of desserts  
Northside Columbus Hall (formerly KC Hall)  
607 E. Whitney Drive Houston, TX 77022*

*Join other HSA-STU Members*

*RSVP: [karen.herbsociety@gmail.com](mailto:karen.herbsociety@gmail.com)*

*We'll gather at 1:00 pm, but come whenever you can*



Nature Discovery Center  
Fall Festival  
Pumpkin Patch



[imgbin.com](http://imgbin.com)

## Program Evaluation Survey

Hey y'all! Our unit is growing and evolving—and we want your voice to guide the way! As we reflect on our programs, events, and community presence, your feedback will help us understand what's working well, what could be improved, and what you'd love to see more of in the future. I will bring print-out copies of the survey to both day and evening meetings and email the survey.

Thank you for being an essential part of our herbal community!

**STU Co-Vice Chairs, Programs**



## Coming in December

*Please join your South Texas Unit friends  
for a Holiday Potluck Gathering  
at the home of Maria Treviño  
702 Mosby Circle*

*Houston, TX 77379-7616*

*Sunday, December 14 1:00pm - 3:00pm*

*RSVP: [maria@burger.com](mailto:maria@burger.com)*

*For STU Members and their Guests*





## Priority Registration for Members

**IT'S SPICIER IN TEXAS!**  
April 15-17, San Antonio, Texas



Immerse yourself in three full days of herbal presentations, workshops, book signings, roundtables and socializing. The Herb Society of America is gathering more than 20 herbal experts – chefs and recipe developers; botanists and herbalists; commercial herb growers and foragers – to present live at the 2026 HSA Educational Conference. This is the first full three-day conference in over six years and the conference planners are working diligently to curate a wonderful, educational experience for all!

**PRIORITY REGISTRATION FOR MEMBERS  
OPENS IN LATE NOVEMBER**

**LOOKING AHEAD TO  
A FANTASTIC EDCON 2026**



**Keynote Speaker  
Chef Sergio  
Remolina**  
**Nature's Heat:  
Exploring Spicy  
Edible Herbs in the  
Culinary World**

Chef Remolina celebrates the complexity and sizzle of the bold, peppery side of the herb garden.

Conference attendees are invited to discover Nature's Heat, a flavorful exploration of edible herbs that bring natural spice to the table. From the zesty bite of arugula to the wasabi-like sting of mustard greens, this presentation dives into the world of pungent leaves, blossoms, and shoots that awaken the palate. Get ready to rethink how you spice things up – straight from the garden.

*Happy Thanksgiving*







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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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.

## **Who Do I Contact?**

### **2025-26 STU Officers**

**Chair - Angela Roth**

**Co - Chairs - *Karen Cottingham*  
*Ro Jones***

**Secretary - *Stephanie Calloway***

**Treasurer - *Maria Treviño***

### **Standing Committees**

**Day Meeting Chair - *Benée Curtis***

**Membership - *Janice Freeman***

- **Member Concerns -  
*Donna Wheeler***

### **Publications**

- **Newsletter - *Linda Alderman*  
*Janice Freeman***
- **Website - *Benée Curtis***
- **Social Media - *Virginia Camerlo***

**Herb Fair - *Stephanie Calloway***

**Grants & Scholarships - *Lucinda Kontos***

**Speakers Bureau - *Virginia Camerlo***