

Herbs Make Scents



THE HERB SOCIETY OF AMERICA
VOLUME XLIII, NUMBER 9

SOUTH TEXAS UNIT
SEPTEMBER 2020

Co-Editors Linda Alderman (ewalderman@comcast.net) & Janice Freeman (jkfreemanHouStu@outlook.com)

Sept 2020 Calendar

Day and Evening Meetings are cancelled until further notice.

Sept 16, Wed. at 7:00 pm

Pearls for the Pandemic – “What Could be More Lemon-y than Lemons? Lemon-Scented Herbs!”

Sept 23, Wed. at 6:30 pm

Virtual Board Meeting

Oct 2020 Calendar

Day and Evening Meetings are cancelled until further notice.

Oct 21, Wed. at 7:00 pm

Pearls for the Pandemic – “Comfort Food from Your Herb Garden - Herbal Harvest Soups and Breads”

**Newsletter deadline: the 25th of every month
(October editor Linda Alderman)**



Happy Birthday!

9/05 – Pam Uschak

9/13 – Chloe Rowles

9/11 – Janet Ruffin

9/28 – Jenna Wallis



PEARLS FOR THE PANDEMIC

~ SHARE YOUR PEARLS OF HERBAL WISDOM ~

September 16 What Could be More Lemony than Lemons? Lemon-Scented Herbs!

October 21 Comfort Food from Your Herb Garden - Herbal Harvest Soups and Breads

November 18 Makin' a List, Checkin' it Twice! - Inspired Herbal Gifts for the Holidays
(Or Anytime!)

December 16 Herbal Treats with a Sweet or Savory Twist - Zoom-Share your Favorites
in our Virtual Herbal Cookie Exchange



Chairman's Corner

Lots of good things are happening despite living in the middle of a pandemic and having a couple of hurricanes in the Gulf. This newsletter is chocked full of good news and positivity.

The Scholarship Committee is ready to present its recommendations regarding the updating of the requirements for the Madalene Hill Scholarship to the Board, which will meet to discuss the proposed changes. A finalized proposal will then go to the General Membership for a vote. A more detailed discussion of this was in last month's newsletter.

Episode I of "Pearls for the Pandemic" was a total delight for me. Thirty-two herbal enthusiasts joined "**Herbal Pearl**" aka **Karen Cottingham** on a Zoom call to share what herbal beverages they made or just to keep in touch with each other. There was a nice mix of members and guests, many of whom are anxious to join our group. Lots of wisdom was shared and I know I for one will try a few more of the recipes **Karen** provided.

Many thanks to the Communications Team, **Benée Curtis, Janice Freeman, Linda Alderman** and our newest Communications volunteer, member **Cynthia Card** for going "above and beyond" to get this program started. We will continue this format for the rest of the calendar year. Here is the line-up for "Pearls for the Pandemic" future episodes.

September 16 - What Could be More Lemon-y than Lemons? Lemon-Scented Herbs!

October 21 - Comfort Food from Your Herb Garden - Herbal Harvest Soups and Breads

November 18 - Makin' a List, Checkin' it Twice!
- Inspired Herbal Gifts for the Holidays (Or Anytime!)

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I have been thinking a lot about our members since the pandemic. Virtual meetings are not for everyone. I am in the process of planning several field trips to local gardens for us in anticipation of cooler weather down the road. If you have a suggestion of a garden to visit, please let me know. I know I would love to visit the Houston Botanic Garden.

Speaking of the Houston Botanic Garden, we have been invited to participate in the Grand Opening the weekend of September 18. We have been asked to have a table and talk about Latin American herbs, which just happened to be the theme of Herb Day in 2019, "Herbs from South of the Border." We are working on the details of our presentation with the Botanic Garden Education staff. Let me know if you have ideas.... This event is open to the public and I hope many of you can attend.

The South Texas Unit has just received an assortment of fabulous tablecloths and two photo albums that belonged to our dear friend and member, **Lucia Bettler**. **Mary Sacilowski** and **Janet Ruffin** received them this week from Joel Miles who worked for many years with Lucia in her shop. What a joy it will be to use the tablecloths in our herbal décor!

One of the photo albums was an archive of the 55th Annual Meeting of The Herb Society of America held in 1986 in Philadelphia. Here is a picture of Lucia on that trip. I wonder how many of our members were there? I will bring the tablecloths and albums to show you all the very first time we can gather in person.

Stay Safe,
Julie Fordes
Unit Chair





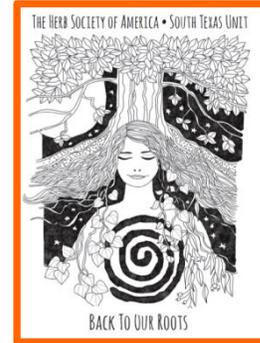
Herb Fair Update From Donna Wheeler

Given the information we currently have about Covid-19 we believe it is in the best interest of members and guests to cancel Herb Fair 2020. J. Robinson Jr. Community Center is currently closed to public events and we don't have the time or organizational structure to develop a successful online Herb Fair. We will miss sharing our love of herbs with the community this fall but will plan to come back stronger in 2021.

Many thanks go out to all the members who participated in this year's planning and craft production!

Stay well,
Donna Wheeler

BACK TO OUR ROOTS



Well, here is a great example of the “domino effect” where one thing always leads to something else. Since we are not having the Herb Fair in November, we will need to put some of our herbal bounty in long-term storage. It is approximately **7-8 months** before we will (hopefully) have our next use for our dried herbs.

In order to preserve as much of the herbal goodness as we can, we will need to **package and freeze** what we have gathered to date, or will be gathering in the next month or so.

Here are just a few guidelines to help ensure maximum taste and nutrition from herbs that have been in the freezer.

- Use freezer bags which are thicker
- Make a super air-tight seal (you can use a straw to suck out as much air as possible)
- Label and date the bag!!! Very important!!!
- Using a FoodSaver or other vacuum sealing device if you have one, will improve the quality.

Herbs can retain their value for **up to** a year in air-tight containers without freezing. Use this as a loose guideline when deciding when to freeze. I did not find any clear advice when it comes to dried flowers. Even **Bee Holleran**, of Flora Cucina hadn't had any experience freezing dried flowers. **Janice Freeman** tested thawing out frozen calendula petals and it was a success! They turned out fine. So, we will be able to freeze our dried flowers just like the other herbs.

Continue to harvest and dry your warm weather herbs like lemon balm, lemongrass, red-stem apple mint, Mexican mint marigold and tulsi.



Pre-Order Bulbs

The 2020 Bulb and Plant Mart is
ONLINE ONLY

<https://www.gchouston.org/bulb-plant-mart/>

Order pick up is at
Silver Street Studios at Sawyer Yards
2000 Edwards Street

Order Pick up Oct. 16: 9 am – 5:00 pm
Order Pick up Oct. 17: 9 am – 2:00 pm



DOES YOUR SOCIALLY DISTANCED LIFE NEED SOME SPICING UP?
TUNE IN, KEEP IN TOUCH, AND SHARE YOUR PEARLS OF HERBALWISDOM

“PEARLS FOR THE PANDEMIC”

September 16 at 7:00 pm

**JOIN YOUR HSA-STU FRIENDS ON ZOOM
For Episode II of “Pearls for the Pandemic”**

*“What could be more Lemon-y than Lemons?
Lemon-Scented Herbs!”*

See the **September Herbs Make Scents Supplement** for "Keeping Calm with Lemon Balm"

Members and guests will receive Zoom access details prior to the meeting



A refreshing watermelon and basil beverage made by **Janice Freeman** for Episode I of "Pearls for the Pandemic"

**Every Garden Needs a Protector
Who’s Keeping Watch in Yours?**



Puffy standing guard in the Catnip patch

(Photo courtesy of Susan Wood)

Slow Down and...

“Smile,
breathe
and go
slowly.”

--Thich
Nhat Hanh



(Photo courtesy of Catherine O’Brien)

...Savor the Day



**BOOK
C
O
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N
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R**

If you have suggestions for books or other media members might like, submit your suggestions to Julie Fordes at fordes.julie@gmail.com

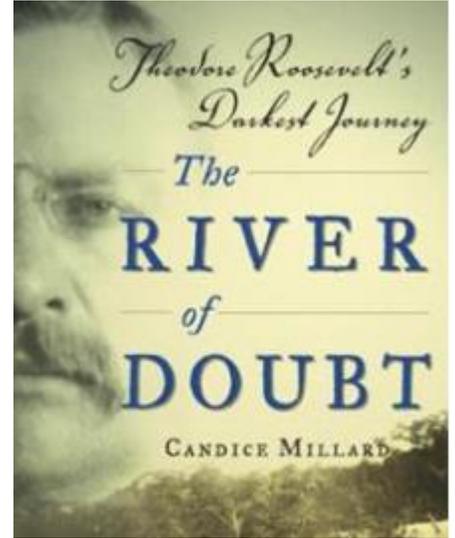


Susan Wood recommends

The River of Doubt

By

Candice Millard



I recommend *The River of Doubt*, published in 2005, as not just a portrait of Teddy Roosevelt's "Darkest Journey" but for the amazing facts about flora and fauna of the Amazon included throughout. Travel with the men in 1914 on a scientific expedition to explore and document a previously uncharted river in the heart of Brazil's least known territory. The mysteries of the rain forest (including unusual herbs), hostile native Indians (spoiler alert: some are cannibals), unnavigable river rapids, malaria, injuries, insects, and near starvation all add up to almost unsurmountable obstacles.

Most of you probably have not ventured up or down the Amazon River as I did in 1991. It is my only travel destination to date from which I was not sure I would survive to tell the tales. Our party boarded the Delfin in Iquitos, Peru to travel to the headwaters of the Amazon River by

way of the Marañon and Ucayali Rivers. Trekking through the rain forest and seeing pink dolphins while exploring the Rio Tigre and Rio Chambira was a trip of a lifetime. *The River of Doubt* might be a safer way for you to explore some of the exciting history of the Amazon.



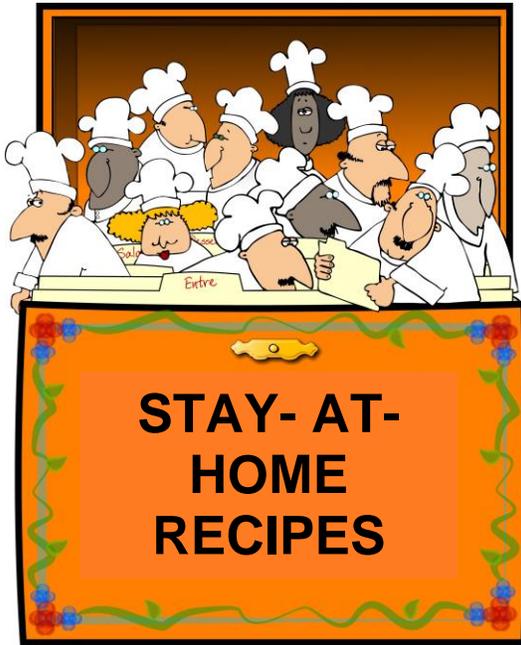
Boarding the Delfin in Iquitos, Peru



Susan deep in the Amazon Rainforest



Susan bartering for a paddle along the Amazon River



Welcome again to the “Stay-At-Home Recipe” section. All of you who are still soldiering in the kitchen are encouraged to send me your favorite October pumpkin ingredient recipe(s) to TheRecipeLadyCollection@gmail.com for the rest of us to enjoy. Here we are again, one month later, still mostly staying at home and eagerly looking forward to fall when the edge comes off the summer heat. Our Gulf Coast members and friends are very grateful we missed the wrath of not one but two hurricanes as memories of Harvey, Ike, Rita and Imelda along with their heat, humidity and power failures are still vivid. The recipe for this month requires no cooking, could be prepared by hand, and may be prepared either as a dip, a sauce or a salad dressing and enjoyed with ingredients easily adjusted to make it your own.

Carolyn Kosclskey
The Recipe Lady

GREEN GODDESS DIP

Melissa Clark, NYTimes

According to food historians, chef Philip Roemer of the Palace Hotel in San Francisco invented the salad dressing in 1923 to honor actor George Arliss, who was staying in the hotel while he starred in a play called “The Green Goddess.” Prepared as a sauce this works well on grilled fish and chicken, or spread on sandwiches instead of mayonnaise. Many variations of this recipe may be found on the internet and ingredients are easily adjusted. If you’d prefer a shortcut that doesn’t have all the preservatives in a bottled blend, you can make your own from Penzey’s Green Goddess Dressing Base, a salt-free blend of green onion, sugar, basil, celery flakes, minced garlic and dill weed.

- ½ cup packed fresh dill
- ½ cup packed fresh mint
- ½ cup packed fresh parsley
- ½ cup packed fresh basil
- 2 garlic cloves, chopped
- 2 scallions, white and green parts, sliced
- 1 ¼ tablespoons freshly squeezed lemon juice
- Pinch kosher salt, more to taste
- ½ cup extra virgin olive oil
- ½ cup crumbled feta cheese
- ½ cup Greek yogurt
- ¼ cup mayonnaise, optional

Place dill, mint, parsley, basil, garlic, scallions, lemon juice and salt in a food processor and process until finely chopped. With motor running, drizzle in the olive oil until incorporated. Add feta and process until smooth; pulse in yogurt. Taste dip and add more salt, if desired. If you like a creamier, richer dip, add mayonnaise and pulse to combine. Serve dip immediately with vegetables or pita chips or cover and store in refrigerator for up to 3 days.

See also: <https://museumca.org/story/green-goddess-palace-hotel>



Members Spotlight

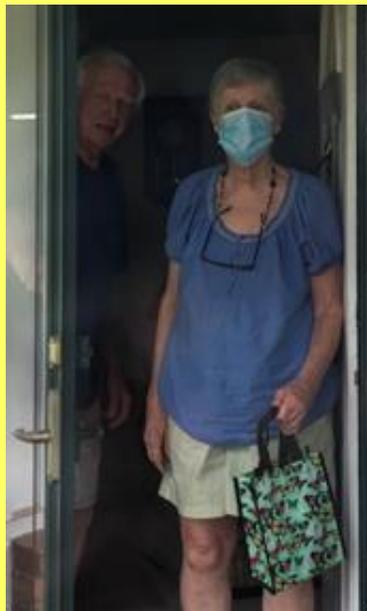
Julie Fordes

Reaching out to members and staying connected!

Staying connected is a challenge now. It takes much more effort to keep the channels open when we can't gather in person. To date a diligent team of members have made and delivered 29 gift bags to other Herb Society members as a token of affection and to say, "We are thinking of you." Most of our "older" and "younger" members have gotten these goodies. If you haven't gotten one yet, you are somewhere in the "middle"!

There was an overwhelming outpouring of thanks from the recipients: texts, emails, phone calls and even some real (snail mail) thank-you cards! It really meant a lot to those who got these tokens as well as those who made and delivered the bags.

Included in the gift bags was a "Lemony Love" tea blend containing blackberry leaf, our herb of the year, and some delicious home-made cookies among other goodies. Thank you to the angels, who baked, drove and otherwise supported the outreach effort. Muchas gracias **Donna Yanowski, Mary Sacilowski, Yvette Darnell, Palma Sales, and Janice Freeman!**



Receiving their bags!

Far left: Donna Fay
Hilliard

Near left: Nita
Rowe with her
husband Ken

At right: Janice
Stuff



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
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Find our Unit on the web at:
www.herbsociety-stu.org



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.

