

# Herbs Make Scents

THE HERB SOCIETY OF AMERICA  
VOLUME XLII, NUMBER 7



SOUTH TEXAS UNIT  
JULY 2019

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## July 2019 Calendar

July 9, Tues.

No Day Meeting.

July 17, Wed. at 6:30 pm

**Evening Meeting** is at the Cherie Flores Garden Pavilion in Hermann Park (1500 Hermann Drive, Houston, TX 77004). The program, "*Herbal Chocolates & Chocolate as an Herb*" will be presented by **Annie Rupani**, chocolatier and owner of *Cacao & Cardamom*. Hosts: **Linda and Steven van Heeckeren**. **Bring your plate, cutlery, napkin and a dish to share.**

## August 2019 Calendar

August 1, Thurs.

**Deadline** to submit 2018-2019 Member Volunteer Hours to **Dena Yanowski**, Membership Chairperson.

**Deadline** to submit updates (address, e-mail, phone changes) to Membership Directory to **Dena Yanowski**, Membership Chairperson.

**Deadline** to submit Membership Dues to **Janice Stuff**, Treasurer.

August 7, Wed. at 6:30 pm

**New Member Social & Herb Fair Kickoff** is at the Cherie Flores Garden Pavilion in Hermann Park (1500 Hermann Drive, Houston, TX 77004). For more information refer to Chairman's Corner and the last page of the newsletter.



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

Members – If you would like to have your birthday remembered, and haven't seen it announced, send an email to Linda Alderman at [ewalderman@comcast.net](mailto:ewalderman@comcast.net)



## Chairman's Corner

Which of these is true about Julie Fordes?

- She's kissed the Blarney Stone.
- She's ridden an elephant.
- She's flown a plane (just for a minute).
- All of the above.

If you picked (d) you are correct!

I am also thrilled to be the new Chairperson of the South Texas unit! In addition to the above exploits, I have both lived in Houston and been married to **George** for 39 years and have two grown sons, **Nick** and **Mike**. I retired from teaching after 30 years and am becoming a better gardener in retirement.

I am finally tolerating the LOOONG Texas summers after growing up in upstate New York and living in the Northeast. It's only taken 39 years!! (I still miss Fall!)

An avid reader, crafter, maker and blossoming kitchen witch.... I am excited to be part of STU.

Switching to unit news, I am thrilled to announce that **Donna Wheeler** has agreed to chair the 2019 Herb Fair and **Donna Yanowski** offered to be co-chair! We seem to be getting a good and early start preparing for one of our big fundraisers.

I know I am always one to try something new... so I am getting together a new event to help publicize Herb Fair among our members.

A **New Member Social & Herb Fair Kickoff** is scheduled for Wednesday, August 7 at 6: 30 pm at the Cherie Flores Pavilion. I would like to make it more like a brainstorming session for ideas, a way of letting new members know what Herb Fair is about and of course having fun and food. The Herb Fair chairs and I will start firming up details in mid-July. Please let me know if you can be part of the planning process. I am open to any and all ideas.

Julie Fordes, Chairperson

Select one of three payment options.



Deadline to pay dues: **August 1<sup>st</sup>**  
For most members the annual fee is \$67.50

1. Pay now: Click [online](#)
2. Go to South Texas Herb Society.  
<http://www.herbsociety-stu.org/> home page.
3. Mail check to: STU/HSA P.O. Box 6515  
Houston, TX. 77265



Greetings,

I'm back home now, with my second HSA Annual Meeting of Members and Educational Conference under my belt (or maybe still in the suitcase). Tarrytown, NY was a beautiful site last year with non-zone 9 herbs, plants and the phenomenal Lyndhurst Mansion and Gardens. I didn't think this year could be better, but it was!

Madison, Wisconsin was the host city for the 3-day symposium. The event included nine interesting and varied programs, a reception at the University of Wisconsin's Allen Centennial Garden (complete with student horticulture guides), Unit Chair and District meetings, the Marketplace, annual reports and various meals with awards and recognitions. Some tidbits:

- Gardening by the Moon, Jane Hawley Stevens: plant during the full or new moon (invisible to the earth, or slender crescent) because just as the moon's gravitation pull causes the tides to rise and fall, it also pulls moisture to the surface of the soil and may cause seeds to swell and germinate more quickly.
- Growing at Risk Medicinal Herbs, Kate McFeeley: Black Cohosh root, dried and powdered for relief of menopausal symptoms, is wild-harvested throughout shady, hardwood forests from Maine to Wisconsin – 3 million pounds in 2019.
- Herbs with Anise, Fennel and Licorice Like Flavors, Susan Belsinger: ...although Anise and fennel seeds have slightly different flavor characteristics, they can often be substituted for one another in most recipes.
- People, Plants and Pollinators: the Herbal Connection, Debbie Boutellier: *from a 4 page, detailed handout*: "...bees prefer yellow, blue or purple flowers; butterflies prefer red, orange, yellow, pink or blue flowers; pollinating beetles prefer wide open flowers (sunflowers or roses)..."

Thank you South Texas Unit, for the gift of attending two outstanding conferences during my tenure. I consider talking with many knowledgeable people, expanding my limited knowledge of herbs and representing our Unit at these national events a blessing and am truly honored to have been a STU representative. I plan to attend next year's event on April 17, 2020 in Charleston, South Carolina and hope to see some of you there as well!

Donna Yanowski  
Retiring Unit Chair



## Welcome to New Member, South Texas Unit

We welcome **Pamela Uschak** who joined our Unit recently at the June Meeting. Pamela learned about our group from Urban Harvest and our website. She has a variety of herbal interests. Welcome Pamela!



## Back to Our Roots

Julie Fordes

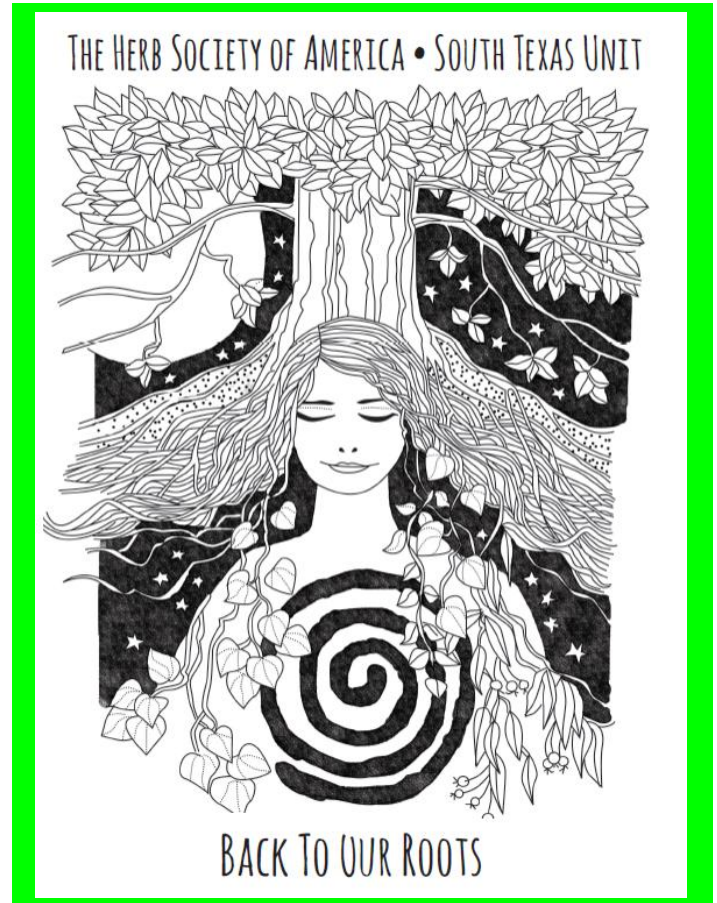
I don't know about you, but I am harvesting and drying herbs like crazy before I leave town again for cooler weather! Holy basil, mint, oregano, sage, lemongrass, sweet basil, lemon balm and thyme are spread out to dry on any available surface (making my minimalist husband crazy)!

I am so grateful to **Dena Yanowski** for creating the Google Document to keep track of what we have growing. Be sure to read her instructions in this issue and go ahead and use the document to let everyone know what we have growing. Knowing what we have will hopefully inform our recipes for the Herbal Marketplace in the fall.

Educating others begins with educating ourselves. If you have not had a chance to view this month's webinar on the National Herb Society of America website, it's not too late. It takes only an hour and really parallels our Back To Our Roots philosophy. Herb Society of America members may log in with their email address and the password HSA1933.

Here is a direct link to the webinar, "A Taste for Herbs" by Sue Goetz, CPH. [A Taste for Herbs Webinar](#).

Stay Cool Fellow Gardeners...



### Herb Society Garden Spreadsheet

As part of the "Back to our Roots" campaign and direction we're headed, I created a Google Docs Garden Spreadsheet with the help of **Julie Fordes**. This is an Excel style online document that can be viewed and edited by anyone it is shared with, in this case all Herb Society STU members.

Along the vertical Y axis we have all the members' names. If you do not see your name, please email me at ([denayanowski@gmail.com](mailto:denayanowski@gmail.com)) and I will add it. Along the horizontal X axis I have listed all the plants we are asking members to grow/dry/donate to the group to use for Herb Fair and Day products. (Please let myself/Julie know if there is another we should add). Please click on the link below to access.

From there you can scroll to your name and add an "X" under the plants you are growing. Know that by growing these plants, you are also responsible for drying them appropriately and storing them until they are needed for making products to sell. This spreadsheet will act as a workable document that can be edited at anytime and will help hold each of us accountable as we work our way "back to our roots".

Here is the link to access the Google Doc:

<https://docs.google.com/spreadsheets/d/15fFenf113vrJ0DIZE5I--jipLwi2rXGMz0vrLthlq0g/edit?usp=sharing>

Please email [Dena Yanowski](mailto:denayanowski@gmail.com) with any questions or issues accessing the document.



## Announcements

### 6 Green Scents for Summer

Submitted by Janice Stuff  
Houston Chronicle, June 22, 2019  
Feature article by **Rachel Syme**,  
New York Times

Leading section honors the 12<sup>th</sup> Century German Benedictine abbess Hildegard von Bingen, as one of the original wellness mavens, pushing herbals as a path to enlightenment.

Hildegard was a proponent of Viriditas, a feeling of lushness, fullness, and overall well-being which could come only from an engagement with the natural world.

The writer depicts the modern hunger of consumers and the marketing by perfume retailers of pungent herbal scents.

To read further about the Six Green Scents for Summer open: [Houston Chronicle eEdition 6/22/2019](http://digital.olivesoftware.com/Olive/ODN/HoustonChronicle/shared/ShowArticle.aspx?doc=HHC%2F2019%2F06%2F22&entity=Ar03901&sk=588179C5&mode=text) or open in your browser.

<http://digital.olivesoftware.com/Olive/ODN/HoustonChronicle/shared/ShowArticle.aspx?doc=HHC%2F2019%2F06%2F22&entity=Ar03901&sk=588179C5&mode=text>

### Westbury Community Gardens

By Julie Fordes

I spoke to about 15 gardeners about herbs at the Westbury Community Garden on Midsummer's Eve! Thanks to **Rose Wherry** and **Janice Stuff** for coming. We started in the herb garden that one of the members tends for the benefit of the rest of the gardeners.

We made fresh herbal tea and discussed many ways to preserve and use herbs. We talked about the many mediums to infuse herbs in.

I was able to relay information to the audience from many of the speakers and programs we have had in the Herb Society over the years. Thanks, **Karen Cottingham** for top-notch speakers and topics.

Gardeners walked away with a lot of information and I hope a sense of 'use and delight' about herbs.



Jeanie Dunninghoo  
Nita Rowe

Sally Luna  
Suzanne Wessels



## News from The Herb Society of America

Dear HSA members,

More and more people are expressing an interest in learning about growing and using herbs. As members of The Herb Society of America, we are not only interested in expanding our own knowledge, but also seek to share that passion with others.

We are asking that you participate in this quick survey regarding topics you would most like to explore and how you like to access educational resources. It will take just a few minutes and will help the Strategic Planning Committee of HSA to plan for the future. Thank you in advance!

Just click on the link below to tell us what you want from HSA.

[\*The Herb Society of America Program Survey\*](#)



*The* HERB SOCIETY of AMERICA

*Ready, Set, Go.....*

### Membership Responsibilities

Now is the time for members to review personal contact information in the current membership directory  
and  
record your Member Volunteer Hours  
for 2018-2019.

During the week of *July 7<sup>th</sup>* you will receive a separate e-mail request with instructions on how to submit updates for the future Membership Directory.



## Highlights from The Herb Society of America Educational Conference *“Mad for Herbs in Mad City”*

June 13-15, 2019 in Madison, Wisconsin

By Janice Stuff



- **Olbrich Botanical Gardens** must be one of the world’s premier gardens. Sixteen acres of outdoor display gardens and an indoor tropical conservatory comprise the setting. Some of the specialty gardens include the Perennial Garden, Sunken Garden, Rose Garden and Herb Garden. Within the Herb Garden several separate “rooms” included sunken mint pots (above left), a Thyme Garden, and a Central Garden with a whimsical display of herbs in chairs wagons and pots (above right). Throughout the entire Olbrich Botanical Garden you were always surprised with a new visual “feature” such as woven bentwoods used as plant supports and sculptures (below left and right), high hedges leading to another specialty garden, and a living flower kaleidoscope; these features created an exciting setting that was never repetitive and highly educational. Plants were consistently labeled throughout gardens with common and scientific names.





- **Jeff Eppling**, Director of Horticulture at Olbrich Gardens and a keynote speaker, discussed “**Lower Maintenance Garden Design: Mixed Beds & Borders**”. Jeff is a talented horticulturist and garden designer giving lectures and tours across the U.S., U.K. and Europe. He emphasized that mixed borders (trees, shrubs, vines, perennials, bulbs, and annuals) are better for the environment, less expensive and should have visual impact in all seasons. An excellent handout listed common and scientific names for all plants shown in each slide. Examples of mixed beds and borders (higher maintenance medium and low maintenance) were shown from Olbrich Gardens Chicago Botanical Garden Madison residences and the U.K. Comically he showed a slide of a typical suburban residence with boxed architecture and boxwoods for landscape; this was contrasted with another residence landscaped with mixed borders with trees, shrubs, vines, and perennials, with no lawn grass or mulch between plants. The visual impact of diversity and mixed borders should be carried over into the winter landscape.

- **Unlock the Elusive Pairing of Tea and Cheese. Jeannette Hurt** a Food and Beverage consultant and Food Writer/Author discussed the interesting and fascinating history process and certification of cheese making in Wisconsin. Based on the texture flavor and biochemical constituents of both tea and cheese she presented several concepts of each and their pairing:

- 1) Like goes with like i.e. light teas and light cheese.
- 2) Sweet and fruity teas go with blue cheeses.
- 3) Add a bridge between cheese fruit tea with a drizzle of honey over a blue cheese; apricot tea with a drizzle of apricot jam over the cheese.
- 4) If you like dark tea and light cheese, add black pepper over the cheese.



We had a sampler of 10 cheeses and teas (see picture) which Jeanette explained the basis of each. One of my favorite pairings was Raspberry Green Tea and SarTori Raspberry Ale Washed Belavitano Cheese. I am now a fan of Wisconsin Cheese!

- **Health and Wellness: The Herbal Connection presented by Pat Crocker.** Depression and anxiety are becoming America’s #1 Health Problem and may soon out rank obesity by 2030. An article published in Forbes Magazine, “*Wellness is the New Luxury: Is Health and Happy the Future of Retail?*” discussed how retailers like Neiman-Marcus and Saks are adding a focus of wellness to their retailing. *Biophilia Theory* (Edward Wilson) – the innate tendency to seek connections to nature and *Shinrin Yoku* (Forest Bathing by Dr. Qing Li) are examples of activities to reconnect and de-stress. Excellent Bibliography provided.
- **The Lore of Spices presented by Patty and Tom Erd.** The Spice House was founded in 1957 in Milwaukee by **Ruth and Bill Penzey Sr.** Daughter Patty and son-in-law Tom bought the business from Patty’s parents 26 years ago. Patty and Tom presented history capsule of major spices, entertaining stories from their spice business, and sample tastings of raw and refined spices. In 2013 Food and Wine magazine honored The Spice House by including them in their list of World’s Best Spice Shops.





- **Allen Centennial Garden** is the artful living laboratory and public botanical garden of the Horticulture Department at the University of Wisconsin-Madison. The Garden serves as an outdoor classroom for UW-Madison students and the surrounding communities providing meaningful learning opportunities for visitors of all ages. At the evening HSA reception, HSA members heard from **Ken Futa**, Executive Director of the Garden, and the current horticulture garden interns were on hand to lead tours and answer questions. I particularly enjoyed the rock garden which contained a creative pattern of thymes planted in the rock formations. The link to [Plant Finder](#) identifies common and scientific names of all plants in the Allen Centennial Garden.

Other presentations:

- Growing at Risk Medicinal Herbs
- Make Mine Mediterranean – an Herbal Cruise
- Moon Gardening (planting by the Almanac)
- People Plants and Pollinators: The Herbal Connection
- Herbs with Anise Fennel and Licorice-Like Flavors

We received a filled packet of speaker handouts, product samples, and herbal gifts from speakers as well as various catalogues. *The 2019 Herb and Vegetable Catalogue* from Richters Herbs, Canada is an education summary booklet I am going to keep tucked in my purse. The exhaustive and educational list of herbs always provides a good reading while waiting in a doctor's and dentist's office, an opportunity to learn about one more herb.■





## Let's Celebrate Chocolate!

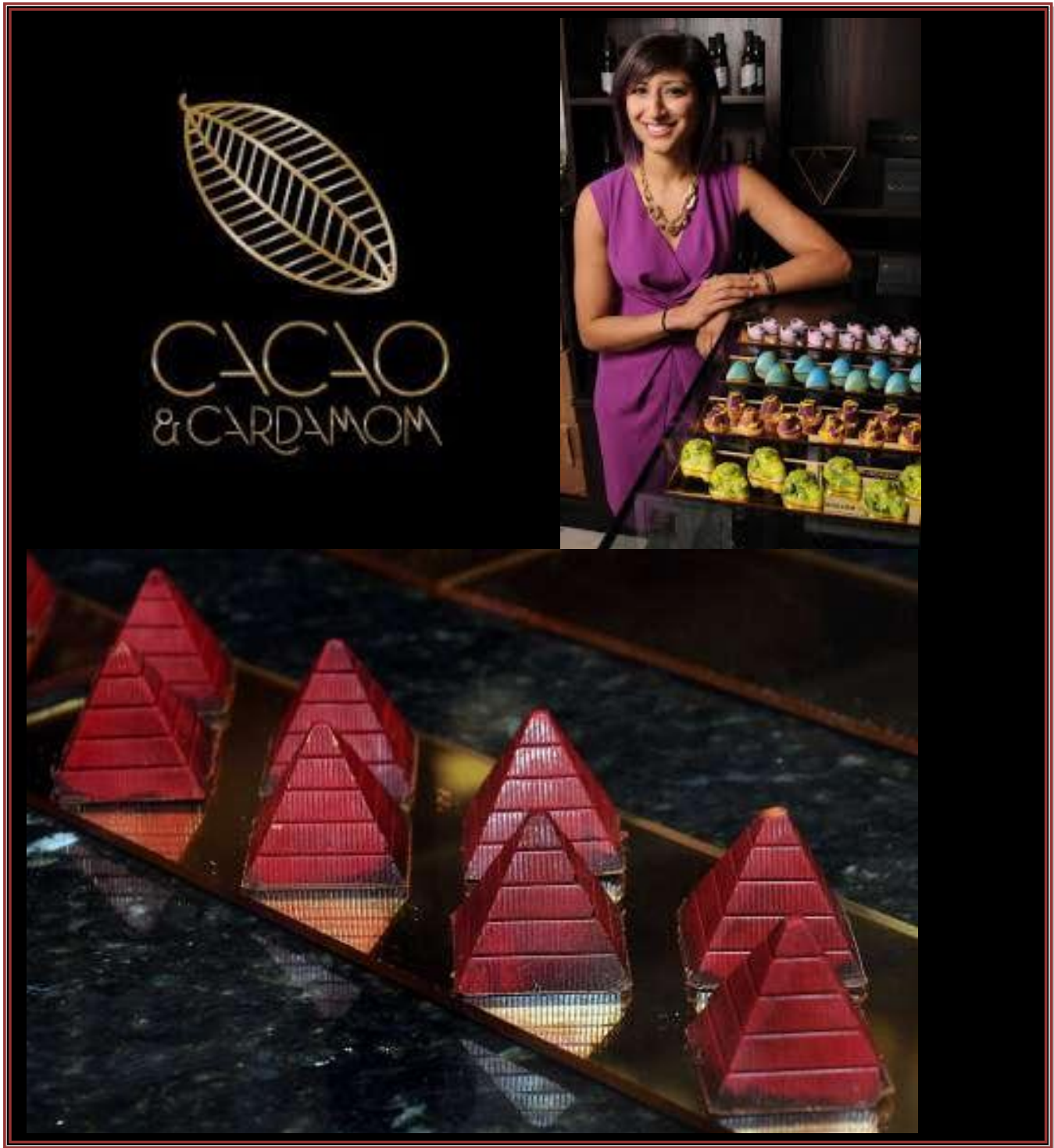
By: Karen Cottingham



If you need an excuse to indulge in “The Food of the Gods”, I have great news for you: July 7, just a few short days away, is recognized around the globe as **World Chocolate Day**. You can join this worldwide celebration of chocolate wherever you may be! And if you somehow miss this special day, don't worry - **International Chocolate Day** is not far off in mid-September and **National Chocolate Day** is observed in the United States in late October. For those who like to be precise about their celebrations (or just like to celebrate frequently), there are over thirty “National Chocolate Days” honoring specific chocolate creations - from **Chocolate Chip Cookie Day** to **Nutty Fudge Day** and even **Milk Chocolate with Almonds Day**. And the free-for-all **National Chocolate-Covered Anything Day** rolls around every December 16. That last one might be one to skip - someone might try to sneak in some chocolate-covered grasshoppers, and I'm not *quite* ready for that!



Let me indulge instead in these beautiful chocolate confections (pictured above, with pastel-colored cacao pods, and below) prepared by Annie Rupani, the talented chocolatier and creator of the *Cacao & Cardamom* chocolate shops in the Galleria and River Oaks areas.





Annie has graciously agreed to be our speaker for the July 17, 2019 Evening Program of the South Texas Unit of The Herb Society of America. She will discuss the unique combinations of herbs, spices, and chocolate that have earned her business glowing reviews. Mark your calendars now - her program *Herbal Chocolates & Chocolate as an Herb* is a special treat not to be missed.

As you can see, Annie's chocolates are individual works of art, each created with an artist's attention to shape, color, texture, flavor, and highest quality ingredients from all over the world. The red-hot chipotle-flavored pyramids seen above, for example, evoke the Mesoamerican origin of chocolate as well as the Aztec ritual of spicing chocolate with peppers. The rich bold colors and intricate detailing of the pyramids are typical of the level of craftsmanship at *Cacao & Cardamom*.

I must confess that I did not schedule Annie's presentation to coincide with World Chocolate Day, but it couldn't have been more appropriate. While visiting her family in Pakistan, she made the life-changing decision to abandon her plans to become a lawyer and pursue her true passion - creating and crafting the best quality chocolates possible. After learning the basic techniques of working with chocolate in a school for chocolatiers in Kuala Lumpur, she taught herself how to flavor her chocolate with the herbs and spices of world cuisines.



Annie's vibrantly-colored chocolate confections are best-known for their incorporation of the flavors of her South Asian heritage. Signature flavors include guava tamarind, cardamom rose, Szechuan peppercorn, cocoa curry, lychee basil, mango caramel, black sesame ginger, and garam masala pistachio. She has also created oregano-flavored and honey-thyme truffles, pineapple-fennel-caramel chocolates, and chamomile-white chocolate with vanilla.



Annie Rupani is pictured above alongside her lavender-infused truffles and a delectable assortment of chocolates awaiting you at *Cacao & Cardamom*. Plan now to attend her July 17, 2019 program *Herbal Chocolates & Chocolate as an Herb*, and be inspired to celebrate chocolate every day of the year.



## *Herbs Make Scents*

July 2019

The South Texas Unit of The Herb Society of America is dedicated to sharing “The Use and Delight of Herbs” and welcomes all interested guests to our meetings. There is no charge to attend.

We meet in the **Cherie Flores Garden Pavilion in Hermann Park, 1500 Hermann Drive**. You may enter the Pavilion’s free parking lot where Crawford Street T-intersects with Hermann Drive.

Hostesses and others interested in setting up the tables and displays can start arriving at 6:00 pm. Other members and guests will gather at 6:30 pm; the potluck dinner will start around 7:00 pm, and the program will begin a half-hour later.

You can learn more about Annie Rupani and *Cacao & Cardamom* at [cacaoandcardamom.com](http://cacaoandcardamom.com)

All of the images are from *Cacao & Cardamom* ■





*Save the Date*  
**AUGUST 7, 2019**

CHERIE FLORES PAVILION

6:30 PM

FOR SOMETHING NEW AND DIFFERENT  
NOT A MEETING, BUT A CELEBRATION  
HOPE YOU ARE ALL BACK FROM VACATION

**HERB FAIR KICK OFF**

OPPORTUNITY FOR NEW MEMBERS TO GET  
BACK TO THEIR ROOTS  
DETAILS TO FOLLOW