



PIONEER PATHS

Newsletter of the Herb Society of America
Pioneer Unit

April 2012

Volume 19, Number 8

April 1

April Fool's Day

—

April 6

Sprouting Grass

Full Moon

—

April 8

Easter



—

April 24

Board Meeting

9:00 a.m.

Home of

Linda Rowlett

—

April 27

Arbor Day

MONTHLY UNIT MEETING

Date: April 12, 2012

Time: 9:30 a.m. Meet and Greet
10:00 a.m. Presentation and Meeting

Location: Salem Lutheran Church
1500 Salem Road, Brenham

Directions: From Highway 290 near Brenham, take Highway 36 south to Salem Road (about 0.4 miles). Turn right on Salem Road. The Church is about 1.5 miles down Salem Road (near Pleasant Hill Winery).

Program: Pass-Along Plants from My Grandmother's Garden

Speaker: Beth Murphy

Angel: Karen Cornwell

Hosts: Verena Aeschbacher, Sandy Brown, Pat Cox, and Kristie Kemp

Lunch: Grandmother's Favorites

Book Club: The Language of Flowers and The Winter Garden



MESSAGE FROM THE CHAIR

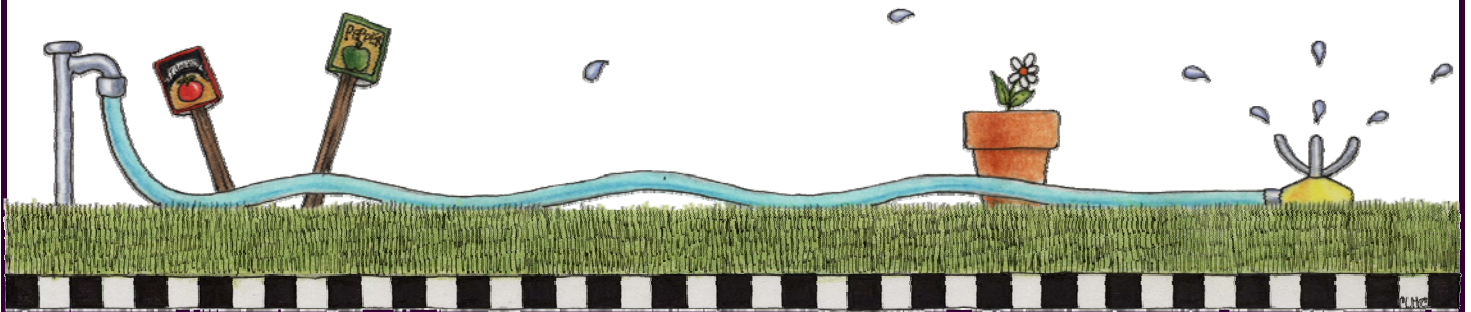
Carolyn Thomas, our Chair, is taking a hiatus from this month's newsletter, spending time in her garden, seeking solace for the loss of her mother. We look forward to having her back in this space next month.

I am afraid my view of the Herbal Forum was much narrower than Carolyn's would have been if she had been able to participate more. But I can tell you that what I saw was impressive, as always. The Thyme Well Spent Shop was brimming with colorful creations — at least at the start of the Forum, before all the buying started. Thyme Well Spent in the Garden, designed with an artist's hand, was impressive in the variety of goods for sale. The Plant Sale, where I spent most of my time, was well organized, as it always is. Everyone who visited the shops was impressed with the displays and the variety.

While I did not get to attend any workshops or presentations, I did hear many favorable comments. Everyone loved the hands-on approach in the chocolate workshop. Henry Flowers provided a wealth of information about roses. All of the presenters were praised!

The hospitality, the tea, the food, the recipes — once again, the Pioneer Unit did ourselves proud! Let us all thank each other for participating and working hard for our only fund raiser. I look forward to the final accounting of the financial earnings. We certainly earned lots of praise and recognition.

Linda L. Rowlett
Secretary



MINUTES OF UNIT MEETING
HERB SOCIETY OF AMERICA
PIONEER UNIT
March 8, 2012

Carolyn Thomas, Chair, opened the meeting and welcomed everyone. She introduced the guests at the meeting.

Carla Lessard, Thyme Well Spent, thanked everyone for attending to assist with preparation for the Herbal Forum. She outlined some of the tasks to be performed and indicated that she would be available to answer questions.

Henry Flowers, Gardens, reviewed information about the Forum, including the handling of meals for members. He suggested that everyone should be familiar with the locations of the programs and shops at the Forum. He asked for volunteers to assemble the packets for participants in the Forum.

Kay Scanapico, Scholarship, reminded everyone of the need to sign up with committee chairs for work at the Forum. She mentioned that volunteers were needed to bake goodies for the hospitality table and the Saturday afternoon tea.

Next, Carolyn reminded everyone that there would be a table at the Forum with bottled water for sale.

Then Betty Gasaway, Programs, thanked the angels and hostesses for the meeting and reviewed information about the April meeting.

Pioneer Unit members then worked on preparation for items for sale at the Forum or worked preparing the Festival Hill gardens for the event.

Respectfully submitted,
Linda L. Rowlett
Secretary

From the Horticulturist at The Hill

I'd like to begin with a thank you to all who worked at the Herbal Forum and helped to make it a great success. I've received a lot of great comments and reviews. I would also like to thank all of you who came to help with the gardens beforehand. Your assistance is greatly appreciated by both Ira Bell and me. We will be trying to keep the gardens looking great through the spring as one of the pre-conference tours for the HSA EdCon will be a tour of the gardens and lunch at Festival Hill. If you are able to come on a Tuesday or Thursday morning, your help will be greatly appreciated. If you can't come on one of those days, but could come at another time, let me know and I'll do my best to come up with suitable task that you can help with. "Gather ye rosebuds while ye may...."

While working in my own garden for a change, I was struck by the sense that so much is blooming at one time and much of what is blooming is very fragrant. The roses are a treat, of course, but the list is long - sweet peas, pittosporum (small flowers but highly fragrant), lavender, irises, the China berry tree (yes, I know it is an invasive pest - but it smells divine), almond verbena (blooming early!), the bluebonnets (such a sweet fragrance), the blackfoot daisies, the mimosa (the true one, not the Chinese fringe tree to which we commonly give the name), the holly bushes (bee and wasp heaven!), and the wild and often reviled huisache, which I have never seen bloom in such massive profusion. I hope that you have some of these fragrant beauties blooming in your gardens and that your allergies are not acting up. Blessedly mine aren't doing so for a change.

Back in February I promised to continue with more discussion on roses. Since the China roses in my yard are really spectacular at present, I think I'll start there. The China roses, as their common name implies, have their origins in the orient. They were one of the first classes of roses to display remontancy - repeat blooming characteristics. All are believed to be descendents of *Rosa chinensis*, known as the China or Bengal Rose.

Most of the China roses are shrubs in habit, but there are a few climbing forms. One of the oldest and best known varieties is 'Old Blush'- a form of *R. chinensis semperflorens*. It is a shrub of about 3-5 feet in height and was one of the first two "stud Chinas" to have made their way back to Europe at the end of the 18th century which were used to cross with the European varieties to get repeat blooming. The other "stud" was 'Slater's Crimson China', which gave the red coloration seen in many of the China rose cultivars. A few other natural varieties of note are *R. chinensis* 'Minima' - the fairy rose, which gave rise to the miniature roses; *R. chinensis* 'Viridiflora' - the unusual green rose; and *R. chinensis* 'Mutabilis' - the "butterfly rose" with single flowers that emerge apricot and age dark pink.

Other cultivars of note are: 'Archduke Charles', 'Comtesse du Cayla', 'Cramoisi Superieur', 'Ducher' (the only white), 'Hermosa', 'Le Vesuve', 'Louis Philippe', 'Martha Gonzales', 'Napoleon', 'Climbing Old Blush', and 'Rouletii' (an old miniature).

Generally the Chinas are hardy, heat resistant, and great landscape roses.

Henry Flowers, Garden Director at Festival Hill



Just a Tiny Bit of Latin - Part II

As promised, here is the rest of the list of the top ten herbs as voted on by the HSA membership in attendance at the Education Convention in Pittsburgh last year, with descriptions of what their botanical names mean.

Common Thyme - is a common name that is a strict translation of this plant's Latin name - *Thymus vulgaris*. *Thymus* is the name that is applied to all plants in this genus and I can find no translation, so I can only assume that it was a name that was long ago applied to this plant in particular (If I am wrong, please let me know). As mentioned in the previous article under Greek Oregano - *Origanum vulgare*, *vulgare*, or in this case the form *vulgaris*, simply means common. This thyme is commonly found growing from the far western Mediterranean through the Italian peninsula. It is a low, shrubby plant with small and very aromatic leaves and has long been utilized for its culinary and medicinal benefits. It contains a substance known as thymol which has many medicinal uses - especially as a topical antibiotic. As you likely know from perusing the tables at the recent Herbal Forum plant sale, there are many other types and cultivars of thyme that are now available. Some forms of common thyme that you will come across are French (the most common of the common thymes), English (having a broader leaf than the French), silver, golden, and a passel of variegated forms. The citrus flavored thymes belong to *Thymus X citriodorus* and are excellent culinary thymes as well, but the creeping thymes are for the most part best suited for ornamental purposes.

Chives - are the famed herbal cousins of the onion. In particular here we are talking about what are commonly known as onion chives - *Allium schoenoprasum*. The term *Allium* is Latin for garlic, but its roots can be traced back to the Celtic word *all*, which translates as "pungent" or "stinky". The term *schoenoprasum* is derived from the Greek word for leek while the common name of "chives" is a corruption of the Latin *cepa*, which means onion. We can grow onion chives here, but they don't thrive nearly as well as their Chinese cousin the garlic chives - *Allium tuberosum*, with *tuberosum* referring to the tuberous or bulbous bases. These have flat, pungently scented and flavored leaves and white flowers in fall, while the onion chive leaves are milder, quill shaped, and the flowers are lavender and appear in the spring. You should always have one of these on hand to top your baked potatoes.

Dill - is one of the longest cultivated and most beloved of herbs. Its botanical name is *Anethum graveolens*. *Anethum* is a Latin term that was derived from the Greek *ano* (upward) and *theo* (I run) in reference to the plant's quick upward growth while *graveolens* means very aromatic or strong-smelling. The common name of dill is believed to have derived from the Norse verb *dilla*, which means to lull and is a reference to the plant's carminative (look this word up if you don't know it) qualities. Dill was utilized by the ancient Egyptians and seems to have become beloved by all cultures whose path it crossed. How else would a plant whose origins are in the Mediterranean go by a common name from Scandinavia?

Parsley - is another plant native to the eastern Mediterranean. Its generic name *Petroselinum* comes from the Greek words *petros*, meaning rock and which alludes to its native habitat of cliffs, rocks, and old walls, and *selinon*, meaning celery - a close cousin. The specific name *crispum* refers to the "crisped" leaves of many cultivars. The curly leaf variety is variety *crispum*, (*Petroselinum crispum* var. *crispum*) the Italian flat-leaf is variety *neapolitanum*, and the Hamburg or turnip-rooted is variety *tuberosum*. Parsley is very rich in vitamins and is a breath sweetener, so the next time you encounter a bit on your plate, chew on it at the end of your meal.

Lavender - is the final, but definitely not the least, of the ten most popular herbs. Its botanical name *Lavandula* comes from the Latin *lavare*, which means to wash. The Romans and Greeks both used lavender flowers to scent their baths and thus derived both its botanical and common names. We still love to use lavender in this way for its calming, refreshing aroma. There are many types and varieties available, but my two favorites for growing in our area are sweet lavender, *Lavandula x heterophylla* (*hetero* meaning of two or more shapes and *phylla* meaning leaves) and Spanish lavender, *Lavandula stoechas* (*stoechas* from the Stoechades, now the Isles d'Hyeres, off the southern coast of France). Both of these are blooming at present and are such a delight to have in the gardens at Festival Hill and my own gardens at home. I hope that you picked up a few at the plant sale!

Who knows what next month's little bit will bring. If you have a suggestion, let me know.

Henry Flowers, Garden Chair

MEMBERSHIP

At our March Forum Prep meeting Ginger Hoffmaster visited us for her third time and is well on her way to becoming our new member - way to go, Ginger! Our long-time friend Peggy Cook also visited again and helped immensely with prep, as she always has - thank you, Peggy! All members are reminded to record three hours for their attendance at this particular meeting and notify Membership Chair of where they participated, in the gardens or for the Thyme Well Spent Shoppes. Also a reminder for all members to turn in or record their hours for time spent during Forum, be it time to set-up and breakdown pre- and post-Forum, and/or days at Forum in whatever category you participated, plant sales, thyme well spent shoppe and gazebo, workshops, angels, and the list just goes on. So many members volunteered above and beyond in their various activities.

We will plan to have Renewal Applications available at our meeting in April since the dues will be due on May 1. If you have any questions about membership, renewals, volunteer hours, etc, please contact Membership Chair Georgia Sowers at [979-836-8228](tel:979-836-8228), [281-486-6006](tel:281-486-6006), or email to gzsowers@att.net. (Editor's Note: Last year's renewal form is on the next page, but there may be updates.)

Georgia Sowers
Membership Chair

APRIL BIRTHDAYS

April 22 — Ann Allen
April 24 — Catherine Gardiner
April 28 — Joan Kane
April 30 — Pat Schmidt



HSA PIONEER UNIT

MEMBERSHIP RENEWAL APPLICATION

Due May 1

Membership Category

- Active - single \$62/ joint \$93 Life – single \$12/ joint \$18
- Affiliate (Unit or Member-at-Large) - single \$12/ joint \$18
- I will not be renewing, please remove me from membership

(Make check payable to HSA-Pioneer Unit and give to Membership Chair at meeting or Mail to HSA-Pioneer Unit, ATTN: Membership, P O Box 23, Round Top TX 78954)

Please check accordingly: I HAVE or HAVE NOT COMPLETED THE REQUIRED 20 VOLUNTEER HOURS

Preferred Name and Address for mailing: Please check here if changed in past 12 months.

Mr. Miss. Mrs. Ms.: _____ Spouse: _____
Address: _____
City: _____ State: _____ Zip Code: _____
Phone: _____ Cell: _____ E-Mail: _____
Birthday (Month/Day): _____ Today's Date: _____

PLEASE INDICATE YOUR INTEREST IN THE FOLLOWING

(CHECK ALL THAT APPLY)

TOPICS FOR FUTURE PROGRAMS:

- | | |
|--|--|
| <input type="checkbox"/> Propagation | <input type="checkbox"/> Decorative uses and herbal crafting |
| <input type="checkbox"/> Container gardening | <input type="checkbox"/> Culinary |
| <input type="checkbox"/> Organic gardening | <input type="checkbox"/> Aromatherapy |
| <input type="checkbox"/> Specialty gardens (Specify) _____ | <input type="checkbox"/> Language of flowers and herbs |
| <input type="checkbox"/> Native plants and herbs (Specify) _____ | <input type="checkbox"/> Medicinal uses |
| <input type="checkbox"/> Harvesting, drying, storing | <input type="checkbox"/> Historical uses and gardens |
| <input type="checkbox"/> <u>Topic Recommendations:</u> | <input type="checkbox"/> <u>Field Trip Recommendations:</u> |
| _____ | _____ |
| _____ | _____ |

HOW DO YOU PREFER TO FULFILL YOUR REQUIRED 20 VOLUNTEER HOURS?

- Working in any Unit-sponsored garden, such as Festival Hill or Brenham ISD, and any other Unit-approved garden, including seed cleaning
- Herbal Forum at Round Top and Forum preparation throughout year supporting efforts pertaining to preparation of items, such as Thyme Well Spent Shoppe, as well as mail outs, packets and plant sale preps
- Hosting at a meeting, including a.m. refreshments, setup/cleanup, decorating, serving lunch, including Angel duties
- Educational activities, promoting knowledge, use, and delight of herbs, presentations (including a/v), research articles for newsletter (up to 4 hours prep), participation in education events
- Unit administration, hours spent performing duties as Officer or Unit Board of Directors member, maintain-update Unit scrapbook, sending greeting cards to Unit members
- Other approved activities as the Board of Directors may approve after review

WE WELCOME YOUR COMMENTS, RECOMMENDATIONS, AND SUGGESTIONS:

(Please utilize another sheet if necessary)

MIMI'S MAGIC MINT COOKIES
First place: Decadent

¾ cup (1 ½ sticks) unsalted butter
1 ½ cup firmly packed dark brown sugar
2 tablespoons water
12 ounces semisweet chocolate chips (2 cups)
2 large eggs
2 ½ cups flour
1 ¼ teaspoons baking soda
½ teaspoon salt
72 chocolate mint wafer candies, such as Andes (see note)

Heat butter, sugar and water in a large, heavy saucepan over low heat until butter is melted. Remove from heat, add the chocolate chips, and stir until the chips are melted.

Pour the chocolate mixture into a large mixing bowl and let stand for 10 minutes to cool.

With an electric mixer at medium speed, beat in the eggs, one at a time. Reduce the speed to low and add the flour, baking soda, and salt. Cover and refrigerate the dough for at least 1 hour.

Preheat the oven to 350 degrees. Line the cookie sheets with aluminum foil.

Roll teaspoonfuls of the dough into balls and place 2 inches apart on prepared cookie sheets.

Bake for 10 to 12 minutes. When cookies come out of the oven, press one mint wafer into the top of each cookie and let sit for 1 minute. When the mint is softened, swirl with the back of a spoon to cover the cookie with the melted chocolate mint. Makes 6 dozen cookies.


Note: Andes mints have 28 mints in a 6-ounce package.

Per cookie: Calories 101 (35 from fat); fat 4 grams; 3 grams salt; cholesterol 13 milligrams; sodium 54 milligrams. No fiber; carbohydrates 16 grams; protein 1 gram.


Source: Janet Sheppard, Plano

June Smith

April 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 FH Workday 8:30 to noon	4	5 FH Workday 8:30 to noon	6	7
8 	9	10 FH Workday 8:30 to noon	11	12 Pioneer Unit Meeting	13	14
15	16	17 FH Workday 8:30 to noon	18	19 Botany Study Group	20	21
22	23	24 FH Workday 8:30 to noon PU Board Meeting	25	26 FH Workday 8:30 to noon	27 	28
29	30		BSG = Botany Study Group CG = Culinary Group	FH = Festival Hill HD= Herbal Delights PU = Pioneer Unit	SG = Sensory Garden	

May 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 FH Workday 8:30 to noon	2	3 EdCon Field Trip to FH and Antique Rose Emporium	4 EdCon in Austin	5 EdCon in Austin
6 	7	8 FH Workday 8:30 to noon	9	10 Pioneer Unit Meeting	11	12
13	14	15 FH Workday 8:30 to noon	16	17 Botany Study Group	18	19
20	21	22 FH Workday 8:30 to noon	23	24 FH Workday 8:30 to noon	25	26
27	28	29 FH Workday 8:30 to noon	30	31 FH Workday 8:30 to noon	BSG = Botany Study Group CG = Culinary Group	FH = Festival Hill HD= Herbal Delights SG = Sensory Garden



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Volume 19

Editor: Linda L. Rowlett, Ph.D.

Pioneer Paths is a publication of The Herb Society of America, Pioneer Unit. Nonmember subscriptions are available for \$10.00 per year.

The Mission Statement of The Herb Society of America: "To promote the knowledge, use, and delight of herbs through educational programs, research, and sharing the experience of its members with the community."

Chair—Carolyn Thomas Vice Chair Programs—Betty Gasaway Vice Chair Membership—Georgia Sowers
Secretary—Linda L. Rowlett Treasurer—Johanna Hoiseth

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Post Office Box 23
Round Top, Texas 78954