



# PIONEER PATHS

Newsletter of the Herb Society of America  
Pioneer Unit

April 2013

Volume 20, Number 8

April 1

April Fool's Day

—

April 2

Board Meeting

9:00 a.m.

Home of

Diana Reed

—

April 25

Sprouting Grass

Full Moon

—

April 26

Arbor Day



## MONTHLY UNIT MEETING

Date: April 11, 2013

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

Location: Bethlehem Lutheran Church  
412 South White Road, Round Top

Directions: Exit Highway 290 at Texas 237 (Round Top exit).  
Travel south on 237. Turn right on Bauer Rummel Road  
and then take your first left on South White Road. The  
Church is on your right.

Program: The Language of Flowers

Speaker: Susan Wittig Albert

Angel: Henry Flowers

Hosts: Betty Powell, Ginger Heath, Ann Allen, Linda Hartson,  
and Sandy Plasek

Lunch: Recipes from the China Bayles Mystery Series

Book Club: Spanish Dagger by Susan Wittig Albert



## MESSAGE FROM THE CHAIR

Hello, Everyone!

Once again you were all amazing in March. First we had our workshop meeting that was very well organized. All of the projects seemed to come together flawlessly. Thank you, Carla and Kay!

Then we had the Forum itself. If I start naming names, I will be sure to leave someone out. All I know is that all stations were covered — and covered effectively so that the participants in the Forum were cared for. Thank you to all of you! The only request for next year: more volunteers for the Plant Sale set-up on Thursday. (We can do that — right?!)

The Thyme Well Spent Shop was again full of impressive food items and craft items created by our members. The Gazebo had a lovely variety of goods for sale. The Plant Sale was well organized, as always, with an array of plants to choose from. The Forum participants were treated to informative programs and a unique shopping experience.

To repeat what I wrote last year: The hospitality, the tea, the food, the recipes — once again, the Pioneer Unit did ourselves proud! Thank you to everyone for all of your efforts and your hard work.

Have you planted all of the plants you purchased at the Plant Sale? If we have a show of hands next week, I will not be able to raise mine unless I have a productive day on Sunday. Time in the garden remains difficult to find, but I did get all (or most) of those dead basil removed before the new seedlings sprout. I hope you can make it to our picnic this Saturday (April 6th) to see how my garden is growing.

Linda L. Rowlett  
Pioneer Unit Chair



Plant Sale Photo from Ginger Heath

## FROM THE PROGRAM CHAIRMAN

Thanks to all members for helping out at our "Finishing Touches" workshop on March 14 at Festival Hill. We had a good busy crowd, a lot of fun fellowship, AND got a lot of work done!

On April 11, 2013, at Bethlehem Lutheran Church, 412 South White Road in Round Top, we will welcome the fabulous author Susan Wittig Albert. Susan is the author of 21 books in the China Bayles Herbal Mystery series, including the latest Widow's Tears. She has a second current series, The Darling Dahlias (most recent: The Darling Dahlias and the Confederate Rose), and two completed series: the Cottage Tales of Beatrix Potter and the Robin Paige Victorian Mysteries, co-authored with her husband, Bill Albert, writing as Robin Paige. Bill Albert is a wood turner who uses native woods of the Texas Hill Country to produce bowls and vases. Susan will speak to us about the language of flowers, the 'signature' plants of her latest novel Widow's Tears.

Our lunch will be from recipes in the China Bayles mystery series. All of her books contain recipes. You can also check out her website ([www.abouthyme.com](http://www.abouthyme.com)) or blog ([www.susanalbert.typepad.com/lifescapes](http://www.susanalbert.typepad.com/lifescapes)) for more recipe ideas.

I'm sure you won't want to miss this fun, informative morning!

See you there!

Diana Reed  
Program Chairman

**SPECIAL MEETING EVENT:** We will have a silent auction for a "sink set" of a rose-decorated soap dish, cup, and toothbrush holder once owned by Madalene Hill. This set was generously donated by Mary Reeves. The Board agreed that proceeds should be applied to the Scholarship Fund.

MINUTES OF UNIT MEETING  
HERB SOCIETY OF AMERICA  
PIONEER UNIT  
MARCH 14, 2013

This meeting focused on preparations for the 18th Annual Herbal Forum at Round Top. Following work group activities, Linda Rowlett, Chair, opened the business meeting and called for updates.

Georgia Sowers, Membership, noted that the Pioneer Unit has new business cards, which will be available to plant sale customers. Cards will be used for badge upgrades, available to membership for a nominal fee.

Linda noted that Brenham ISD has scheduled an open house for April 2nd. Reporting for Verena Aeschbacher, she requested assistance in the Sensory Garden during the open house. Volunteers should contact Verena for scheduling and more information.

June Smith, Communications, reported all Forum publicity complete and added that the remaining few brochures were available for distribution. She noted that next month's Book Club discussion will be on Spanish Dagger by Susan Wittig Albert.

Diana Reed, Programs, noted that the April program is "Language of Flowers" and will be presented by Susan Wittig Albert. Susan's husband will have wood turnings for sale should anyone be interested. Diana asked that members contact her directly, in person or via telephone, with program/speaker suggestions for next year. She welcomed any and all suggestions.

Ginger Heath, Special Events, reported that a BBQ and special program will follow Forum on March 23rd. Participants must preregister. Speaker is Chrissy Moore, Curator of HSA Herb Garden.

Henry Flowers, Gardens, noted that members could purchase plants early before Forum (but not before 3 p.m. Thursday). This will allow those setting up the plant sale to concentrate efforts and hopefully we won't have to have any more late nights to get everything done. Henry also asked that members either take plants from flats below benches where feasible and, if not, to take from the back of a flat so that plant sale volunteers won't have to spend extra time restocking the flats before the sale. There will be a holding area available.

Henry also noted that today was the sign-up deadline for Forum lunches. Members (and volunteers) working at least 8 hours can sign up for both lunches, but only one will be at no cost. A second lunch is also available, but the cost will be \$12.

Carla Lessard, Thyme Well Spent, noted that we don't need any more books for the Scholarship table and reminded everyone to wear their name tags to Forum activities.

The meeting was then adjourned and the members participated in Thyme Well Spent and garden work groups and then a casual bring-your-own lunch.

Respectfully submitted,  
Karen Cornwell, Secretary

## NOTES FROM NATIONAL

If you are lucky enough to get to attend EdCon 2013, the time to sign up is now:

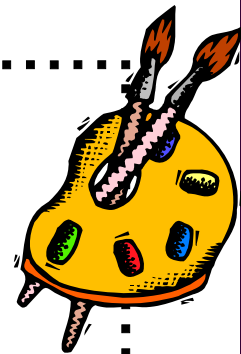
***Meet us in St. Louis-Gateway to the American Prairie  
St. Louis, Missouri  
June 20-22, 2013***

Reserve early — up to and including April 26, 2013 — and receive a substantial discount!  
All registrations must be received by June 3, 2013.

### Seeking Our Artistic Members!

Please send your herb artwork photos to Priscilla Jones. They will be included in a slide program at EdCon 2013.  
cillers@gmail.com

Or you may email your artwork to our own Sue Edmundson (sueedmundson@yahoo.com), and she will get the photos to the proper place.



### 2013 Silent Auction!

Since 2010, one of the many events during the Educational Conference and Annual Meeting of the Members is the Silent Auction. The Silent Auction is held the hour prior to the Awards and Recognition Dinner on Saturday evening. Wonderful items donated from members and friends are available for bid during this time!

If you have an item you would like to donate to the HSA 2013 Silent Auction, please contact Katrinka at headquarters or via email, [director@herbsociety.org](mailto:director@herbsociety.org)

### HSA Members Only Discounts

**Growers Exchange:** Herb Society of America members can receive a 10% discount on orders placed with The Growers Exchange using code: HSA-2013. When calling in your order, let them know that you are a member of The Herb Society of America and provide the HSA member code HSA-2013. When ordering online, members must enter the code in the coupon/key code box. ([thegrowers-exchange.com](http://thegrowers-exchange.com) or 1-888-829-6201)

**Richters:** Herb Society of America members can receive a 10% discount on orders placed with Richters Herbs using code: HSA13. When calling in your order, let them know that you are a member of The Herb Society of America and provide the HSA member code HSA13. When ordering online, members must enter the code in the notes and comments field. ([richters.com](http://richters.com) or 1-905-640-6677)

## Herb of April – Sweet Violet

The sweet violet is one of my favorite edible flowers and one of the first flowers to bloom in our gardens. It is like a herald of spring – announcing the bounty of flowers that is soon to come. In the language of flowers it is associated with both modesty and faithfulness and its rich history is a marked contrast to its small physical stature.

The violet's name most likely comes to us from Greece. In Greek legend the violet was considered the flower of Zeus, king of the gods. Legend says that he was in love with the beautiful maiden nymph Io. In order to protect her from his jealous wife Hera, Zeus turned her into a beautiful calf. In order to feed her with delicacies, he commanded the earth to bring forth a beautiful flower in her honor. Zeus named this flower Ion, the Greek word for Viola.

Due to the violet's long association with love, the flower has also been closely allied with Aphrodite, the goddess of love.

The violet has long been celebrated in poetry and romance, most likely due to its alluring fragrance. Shakespeare referred to it as "forward" due to its propensity to bloom very early and herald the arrival of spring. It is most likely associated with modesty or "shyness" due its low stature, often being hidden away among taller plants and grasses, and also for its fleeting floral display. Timorous or retiring girls have been frequently referred to as "shrinking violets."



For Hamlet, and the trifling of his favour  
Hold it a fashion and a toy in blood;  
A violet in the youth of primary nature  
Forward, not permanent, sweet, not lasting,  
The perfume and suppliance of a minute;  
No more.

Hamlet, William Shakespeare

Historically the violet was used as a cure for headaches, melancholia, and insomnia. If you have smelled the rich aroma of its delicate blossoms you will surely know how pleasing and uplifting its scent can be.

The violet was the favorite flower of Napoleon Bonaparte. Violets grow on his native island of Corsica and, along with the bee, became one of his favorite emblems. While in exile on Elba, his followers would identify themselves to one another by the violets they would wear as badges. It is said that Napoleon picked violet flowers from the grave of his beloved first wife Josephine (whom we know for her association with roses) and these flowers were later found in a locket on his death bed.

The violet was also the favorite flower of Queen Victoria and thus it is not surprising that during her reign the commercial production of violet flowers and the subsequent increase in the number of new cultivars occurred. In "violet season" it was common for young women to sell small, fragrant bouquets of the flowers on street corners and in florist shops.

Violet is for faithfulness,  
Which in me shall abide:  
Hoping likewise that from your heart  
You will not let it slide.

For culinary purposes the flowers can be added to salads and desserts, especially as a garnish. Candied flowers are especially beautiful and if properly made and stored will last a long time. In France the flavor of violets is often added to candies. I have tried them and find them a bit strong for my taste, even though I love the flavor of rose and lavender, but you may want to try them for yourselves. There is also a liqueur flavored with violets – Crème de Violette. I've never seen nor tried it. If you have, let me know what you think about it.

Botanically speaking the sweet violet is *Viola odorata* and is a member of the violet family, the Violaceae, and counts the pansy as a close cousin. There are about 400-500 species, mostly found in northern temperate regions. Most of these species are herbaceous perennials, but a few are annuals and even fewer are woody. The flowers of some contain a chemical known as ionine, which can temporarily overwhelm the scent receptors in the nose and cause your ability to smell the flowers to come and go. In the world of perfumery, its scent is highly prized and is often considered to be "flirty."

The flowers of most violets are chasmogamous, meaning that they open at maturity with the purpose of cross pollination between separate flowers. Some violets also exhibit cleistogamous flowers – flowers which do not open to the environment and thus can only pollinate themselves. These flowers are often odd in formation and may not even have petals. The seed capsule of the violet has three valves and when it is mature and opens it may fling seeds up to several feet away from the mother plant.

The flower's color is most often in shades of purple (thus the association of the flower with the color violet), blue, and white, but it also may come in yellows and creams.

Violets naturally grow in semi-shaded areas of woodlands, and thus do best if planted in such conditions. They can tolerate full sun if given enough moisture, but will do best if given some shade. For us they normally start to flower sometime in February and are still blooming as I write this article on Easter Sunday. I always keep some tiny vases around just to hold a small bouquet of their flowers. If happy, the plant will slowly spread to form a colony and small plantlets can be separated off for producing more plants. Not all violets will thrive in our hot climate, but I have found that one in particular, I believe it is 'Royal Robe', thrives and blooms reliably every year. We had some for sale at the Herbal Forum, but if you didn't get one and would like to try growing it, just let me know as we have more in the gardens that we can share.

Henry Flowers, Pioneer Unit Garden Chairman

☆☆☆  
 ☆ **Herbal Forum 2013** ☆  
 ☆ Many thanks to all of you who helped with the Herbal Forum this year. It was another ☆  
 ☆ successful event, and we are already beginning to make plans for next year. ☆  
 ☆  
 ☆ Kudos to you all! ☆  
 ☆  
 ☆ Henry Flowers, Herbal Forum Director ☆  
 ☆  
 ☆

☆☆

## MEMBERSHIP

We had one visitor at our March Forum prep meeting, former active member Kathy LeBlanc, referred by Carla Lessard, who became approved to renew her membership with the Unit before the end of the meeting. She was a great help at this meeting and at Forum this year. Kathy was briefly introduced via the listserv, and we will formally welcome her at our next Unit meeting. For any who missed the post, her home and cell numbers are [979-830-5567](tel:979-830-5567) and [979-530-8613](tel:979-530-8613), respectively. Her email is [the4ifarm@gmail.com](mailto:the4ifarm@gmail.com), which contact information will be in 2013-2014 Yearbook printing.

Newly designed business cards with images of herbs and the Unit logo were introduced at the March meeting, for availability in varied areas at Forum and Workshops that the attendees-customers availed themselves of. The cards reflect what our organization and the National Herb Society represent. The same design has been incorporated into an upgraded membership badge that members may order if they wish for a nominal cost of \$3.

Most all the members signed up for the varied areas of Forum, Workshops, Plant Sale and Gazebo, contributing to the success of our annual Unit event. Several of our affiliate members, as well as friends and others, showed up at Forum to help also. Everyone's volunteer efforts are truly appreciated.

As always, if any questions about membership or hours recording, please contact Membership Chair Georgia Sowers at [gzsowers@att.net](mailto:gzsowers@att.net) or call [979-836-8228](tel:979-836-8228) or [281-486-6006](tel:281-486-6006). We're here to help you. And please note: it is renewal time. See the form included in the newsletter.

Enjoy a beautiful spring season of herbs,

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 \$67/ joint \$98  Life – single \$12/ joint \$18

Affiliate (Unit or Member-at-Large) - single \$12/ joint \$18 [For Affiliate status, complete questions at the bottom.]

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:**

Propagation

Decorative uses and herbal crafting

Container gardening

Culinary

Organic gardening

Aromatherapy

Specialty gardens (Specify) \_\_\_\_\_

Language of flowers and herbs

Native plants and herbs (Specify) \_\_\_\_\_

Medicinal uses

Harvesting, drying, storing

Historical uses and gardens

Topic Recommendations:

Field Trip Recommendations:

\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

**Active Members: 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

**Affiliate Membership: Explain why you need Affiliate Status and let us know how you will assist the Unit.**

\_\_\_\_\_  
\_\_\_\_\_

**WE WELCOME YOUR COMMENTS, RECOMMENDATIONS, AND SUGGESTIONS:**

\_\_\_\_\_  
\_\_\_\_\_

(Please utilize another sheet if necessary)

### From the Thyme Well Spent Shop:

For all of you who helped in any way with the shop, we would like to thank you for a job well done. We will be selling leftover items from the shop at the April meeting. So bring cash or a check if you wish to buy us out.

Carla Lessard and Kay Von Minden, Co-chairs  
Thyme Well Spent

### From the Treasurer:

First, a reminder to all: if anyone still has any Forum expenses, please give the receipts to me with the Reimbursement Form at the April meeting.

Second is a reminder to all, also, with the April 15th tax deadline approaching. Per the National HSA website, \$42.50 of Individual Membership dues are tax deductible and \$60.00 of the Joint Membership dues are deductible.

Janie Plummer, Treasurer

## IN MEMORIAM

Virginia Wehrung, our Special Rosemary Friend, died March 3, 2013, in Brenham. Although she has not been active in the past few years, Virginia was a devoted member of the Pioneer Unit for many years. Virginia is pictured on the left below on October 3, 2007, with Madalene Hill.



# April 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Board Meeting 9:00	3	4 FH Workday 8:30 to noon	5	6
7	8	9 FH Workday 8:30 to noon	10	11 Pioneer Unit Meeting	12	13
14	15	16 FH Workday 8:30 to noon	17	18 FH Workday 8:30 to noon	19	20 SG Workday 8:00 to 10:00 (tentative)
21	22	23 FH Workday 8:30 to noon	24	25 FH Workday 8:30 to noon	26	27 
28	29	30 FH Workday 8:30 to noon			BSG = Botany Study Group	FH = Festival Hill SG = Sensory Garden

# May 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
BSG = Botany Study Group	FH = Festival Hill SG = Sensory Garden		1	2 FH Workday 8:30 to noon	3	4
5	6	7 FH Workday 8:30 to noon	8	9 Pioneer Unit Meeting	10	11
12	13	14 FH Workday 8:30 to noon	15	16 FH Workday 8:30 to noon	17	18 SG Workday 8:00 to 10:00 (tentative)
19	20	21 FH Workday 8:30 to noon	22	23 FH Workday 8:30 to noon	24	25
26	27	28 FH Workday 8:30 to noon	29	30 FH Workday 8:30 to noon	31	



## PIONEER PATHS

Volume 20

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."

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Chair—Linda L. Rowlett

Vice Chair Programs—Diana Reed

Vice Chair Membership—Georgia Sowers

Secretary—Karen Cornwell

Treasurer—Janie Plummer

Pioneer Unit  
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