



PIONEER PATHS

Newsletter of the Herb Society of America
Pioneer Unit

July 2

9:00 a.m.

Pioneer Unit
Board Meeting

Home of
Linda Rowlett

July 4

Independence Day



July

Thunder Full Moon

July 2012

Volume 19, Number 11

MONTHLY UNIT MEETING

Date: July 12, 2012

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

Location: St. John's United Church of Christ
516 West Colorado Street, Burton, Texas

Directions: Take Highway 290 west from Brenham to Texas 125 Loop. Take 125 north, and take the next right onto Colorado Street. The road winds up a hill, and the church will be on the right.

Coming from west of Burton, take Highway 290 east and turn north onto Texas 390. Proceed through the Stop sign at Main Street and up the hill about two blocks to Colorado Street. The church will be on the right.

Program: Sorbets and Ice Creams

Speaker: Westside Culinary Group

Hosts: Norman and Wanda Hubbard, Euphanel Goad, Melanie Short, and Mary Ann and Oscar Hillegeist

Lunch: Keep it Cool

Book Club: Plant Dreams Deep and The Orchid Thief



MESSAGE FROM THE CHAIR

Hello, Herbies!

Yikes! I am not sure what to say from this position. I feel honored to be elected to serve as your Unit Chair, and with the help of the wonderful Board members and standing committee chairs, I hope we can have a great two years. I have enjoyed my time in the Pioneer Unit so much thus far, under several different Boards, all of whom have left a legacy that I will attempt to be worthy of.

I hope you are looking forward to the next year's programs as much as I am — starting with the July program about ice creams and sorbets. [I hope we have samples!] Diana Reed has been busy organizing a great year of programs for your enjoyment and edification.

We have a Board of relatively new members, and we are all going to be learning together. I know we can count on the help and support of all members of our outstanding Unit.

As I write this, some of the committee positions remain open. I am sure many of you have strengths that I am unaware of and that I would love to know more about. If you are interested in working on Ways and Means or Publicity or Communications or any other area, please give me a call at 281-757-1988 or email me at lrowlett@coatsrose.com. I look forward to talking to all of you.

Linda L. Rowlett
Chair HSA Pioneer Unit



FROM THE PROGRAMS CHAIR

Thanks to all of you who submitted an idea for programs for the upcoming year. The Program Committee has an exciting year set for us!

At the July 12, 2012, meeting our own Westside Culinary Group will present "Sorbets and Ice Creams." The lunch menu states "Keep it Cool." Please join us at St. John's UCC in Burton for this wonderful presentation. This will be a welcome subject at this time of year!

Then join us in September for Bird Mangels from Beaumont. Her program "Wake Up and Smell the Herbs — Herbs and Flowers for Breakfast" should be quite interesting. The lunch menu for September 13, 2012, is your favorite herbal or floral dish. Join us at the Brenham Presbyterian Church.

Dianna Reed
Programs Chair



From the Horticulturist at The Hill

At present it looks as if we are in for another dry spell. The rains in the spring and early summer have kept us green, and we've had to water a lot less than last year, but the current heat and dry spell are really starting to get to the plants and us gardeners as well. Try to work in your garden early in the mornings if possible and stay hydrated. Don't overdo it!

Last year, in the middle of the extreme drought, I wrote about how to best utilize your time and water in the garden under the circumstances. In looking back I've thought a lot about the plants that survived well and even seemed to thrive last year. Most of these plants are ones that thrive in our hot summers and keep on smiling as long as they are given a minimum of attention.

Herbs: Rosemary, lavender, and thyme. These all love sun, good drainage, and don't need a lot of moisture. We did lose a few rosemary plants to lack of watering last year, but most seemed to thrive. At one of our dormitory buildings I planted quite a few young rosemary plants in the gravel under the drip edge of the roof about 5 years ago. I have never watered them, even last year, and they have thrived. If there is ever any condensation on the roof, then they get watered. If there is a deluge, then they are in a well-drained, gravelly soil on a slope and won't rot. It seems to be an ideal situation. The lavender plants also thrived last year with a minimum of watering, which can be their bane in the summer. Herbs like basil and pineapple sage did well with the heat, but did not like getting dry at all, so keep an eye of them.

Perennials: Some perennials came through last summer with flying colors. Esperanza/yellow bells and pride of Barbados are two that come to mind at present. Esperanza just seemed not to care much about the heat and lack of water. It just kept trucking right along and bloomed up a storm – which it seems to do every summer. Pride of Barbados is a close cousin in that regard. It thrives on the heat and is ever so eye-catching. It would be nice to plant the two of them together for a brilliant pairing. Esperanza now comes in a few other colors besides the common yellow – a soft orange and a dusky red. Both of these plants are also attractive to any hummingbirds that may be around.

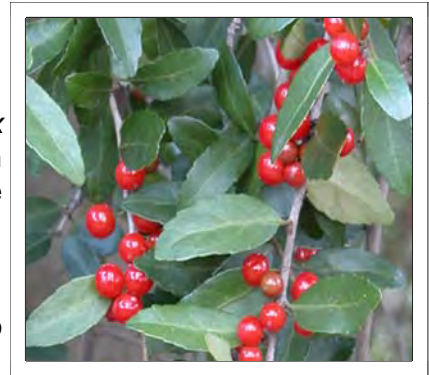
Shrubs: Two shrubs that did very well last summer are kidneywood and cenizo/TX sage. Kidneywood is a native shrub/small tree with fine foliage. The foliage stinks, but the small racemes of white flowers are very fragrant. At home we had to purchase a new refrigerator last year and it was delivered in August. Before he left, the delivery man said he had to ask me a question – “What is that plant by the gate that smells so good and looks so happy when everything else is wilted?” It was the kidneywood of course, which had gotten some water and was blooming and covered with bees and other insects. The cenizo also did very well, even though it didn't flower much due to the lack of rain. It did not get stressed and when the rains did arrive, it put on a grand show by cloaking itself in a robe of purple.

Trees: Not very many trees thrived last year – in fact we lost quite a few and are still losing some. But I would say that the live oaks really came through well and so did the Vitex. For a small tree/large shrub one plant that really stood out was the MX buckeye. We have some young ones that were never watered and they just keep on being green when all around them was going to _____. Beautiful flowers in the spring and green leaves in the summer with little to no care – what more could you want?

Have a fun and safe summer!

Henry Flowers
Garden Director at Festival Hill

The Herb Society of America, Pioneer Unit Botany Study Group Data Sheet



Botanical Name/Etymology: *Ilex vomitoria* — The genus name *Ilex* is that given to all hollies. The specific epithet *vomitoria* is used in reference to the use of this plant by native peoples as a purgative (more about this below).

Common Name(s): yaupon, cassina, wild/native holly

Origin: North American native from Virginia and Florida in the east to central and south Texas in the west.

Growth Habit: 10' X 6' average, but can reach up to 25' X 15'.

Evergreen leaves that are alternate, simple, oval, or oblong and ½ to 1 ½ inches long. Crenate-serrate scalloped margins. Leaves are glabrous, dark, glossy gray-green and are often copper colored when new. The females will produce red berries and the males will not (it is dioecious -the same case with all hollies), so a male in the vicinity is needed in order to fertilize the females to produce fruit.

Propagation: Seed (you may get male or female plants) or cuttings (which will give you a clone of the original).

Growth (Cultural) Requirements: Tolerant of a wide range of conditions – from sun to shade and from moist and heavy to sandy and well-drained soil. It is noted to be more tolerant of alkalinity than other hollies.

Plant Parts Used: Leaves contain a high level of caffeine, much like its distant cousin the yerba mate (*Ilex paraguariensis*) of South America. It is the only native to this region with that quality. The berries are toxic and should not be consumed!

Harvest: A mixture of younger and older leaves can be gathered in any season.

Uses: The leaves of this holly contain a high level of caffeine and were traditionally made into a beverage by the native peoples of the American South. To do this the leaves are roasted in an oven set to 200° until they are brown and dry. They can then be used to brew a tisane (herbal tea) or stored for later use.

Culinary Uses: The only culinary use is as a tea as mentioned.

Craft Uses: The berries of the female plant are beautiful and red and especially useful at the time of the holidays for decorating the home. Care should be taken with the berries as they can fall off and may be ingested by pets or young children and can have toxic effects. This is true of other hollies as well, including the possumhaw/deciduous holly which is also a beautifully decorative plant. As birds eat the berries, I assume that they are not toxic to our avian friends.

Other Uses: As mentioned above, native people previously used this plant to brew a drink which was used as a purgative in ceremonial rituals. It is believed that they would fast for days and then drink copious amounts of a tea brewed from the roasted yaupon leaves. The effect of large quantities of this tea on a virtually empty stomach caused a purging reaction. It is believed that other, more potent, plant materials may also have been utilized, but the yaupon is the plant that got stuck with the name “vomitoria,” and to this day many think that plant itself is toxic and would not venture to make a drink out of it. Its South American cousin, yerba mate, has become a very popular alternative drink to coffee. It will grow here as well, and we have some specimens in the Festival Hill gardens.

Quite a few variants in form are available, making this plant valuable in the landscape trade. There are dwarf forms, weeping forms, forms with yellow, white, or orange berries, and an upright form by the name of ‘Will Fleming’ – named after a local plantsman.

Henry Flowers, HSA Pioneer Unit Botany Study Group.

MINUTES OF UNIT MEETING
HERB SOCIETY OF AMERICA
PIONEER UNIT
June 14, 2012

Carolyn Thomas, Chair, opened the meeting. Betty Gasaway, Programs, introduced Carolyn Matejowsky who entertained us with talk about her garden.

After the program, Betty thanked the angel and hostesses for the luncheon and reviewed the program for the July meeting.

Sandy Brown, Hospitality, asked the Pioneer Unit members to sign up to serve as hostesses for future meetings.

Georgia Sowers, Membership, introduced guests at the meeting. She expressed appreciation to members for turning in information about volunteer hours.

Carla Lessard, Thyme Well Spent Shoppe Co-chair, then listed the following items that were needed for projects: tomatoes, figs, and canning jars.

Mary Reeves informed everyone of the death of Louise Anzalone, a founding member of the Pioneer Unit.

Next, Carolyn convened the Annual Meeting of the Pioneer Unit. She observed that a quorum of Unit members was present.

Johanna Hoiseth, Treasurer, presented the Treasurer's Report. She listed the bank balances and commented that the Pioneer Unit had a healthy reserve account. Johanna thanked the meters for their trust in having her serve as Treasurer for the Unit. She suggested that some of the funds of the Unit should be used to increase the scholarship amounts, provide more funding for the gardens sponsored by the Pioneer Unit, promote the knowledge and delight in herbs to the general public, and provide more benefits to members.

Next, Carolyn called attention to the Annual Reports from committee chairs that were available for inspection. She said that one of her goals for her term as Chair was to increase member participation, which had been realized. She added that with the increased income, the Pioneer Unit had provided more funding to Festival Hill, such as funding for the message board that had been installed. Carolyn also noted that six workshops had been conducted during the past year, providing knowledge to members.

Then Sue Edmundson, Nominations Chair, reviewed the functions of the Board of the Pioneer Unit. She explained that the term of officers was for two years, July 1, 2012, through June 30, 2014. She asked the Unit's consideration of the following slate of officers:

(continued on page 7)

(minutes—continued)

Chair	Linda Rowlett
1st Vice Chair (programs)	Diana Reed
2nd Vice Chair (membership)	Georgia Sowers
Secretary	Karen Cornwell
Treasurer	Janie Plummer

Sue then asked for nominations from the floor. Hearing none, she called for a vote on the proposed slate of officers. After a motion duly made and seconded, the officers were elected as listed.

Then Carolyn thanked Sue for her work on the Nominations Committee, and she expressed appreciation to all of the members for a successful year. She expressed particular thanks to the out-going Board for their assistance.

Finally, Betty presented Carolyn with a gift of appreciation from the Pioneer Unit.

The meeting was then adjourned.

Respectfully submitted,
Linda L. Rowlett
Outgoing Secretary

PICTURES AND MEMORABILIA NEEDED

Do you have photographs of any events of the past year? Would you like to make a scrapbook page for the Pioneer Unit?

Please bring any photos or memorabilia of the past year to the July meeting, or let me know that you will be preparing a scrapbook page for a meeting or event from the past year.

Linda L. Rowlett

In Memoriam: Louise Anzalone



Louise Marie Antoinette Beaudry Anzalone was born on April 28, 1935, in Worcester, MA, to Peggy and Paul Beaudry. The family later relocated to Stamford, CT, where Louise attended Sacred Heart Academy, a women's college preparatory high school. Upon graduation, Louise began her higher education in New York City, attending the Juilliard summer program in voice. In the fall of 1953, she began her studies at Emerson College in Boston, MA, where Louise majored in English while earning leading roles in many of the drama department's theatrical productions.

In 1956, Louise married William Anzalone of Brooklyn, NY, an architecture student at Massachusetts Institute of Technology. The couple had their only child, Toni, in June of 1957. In pursuit of better opportunity, the young family moved to Houston, Texas, in 1959. Louise worked as a bookkeeper for Aylin Advertising until 1964, while Bill began his partnership with the Meredith Long Gallery and later a teaching position in the Art Department at the University of Houston.

After earning a BA from the University of Houston, Louise left her employment with the Girl Scouts to pursue her interest in organic gardening in the hill country of Texas. In 1983, Louise and Bill purchased property in Round Top, where Louise worked to help restore and modernize their 100-year-old farmhouse, prepare her organic garden, and become involved in the local community. During this time, Louise was hired by the Texas Pioneer Arts Foundation to coordinate the establishment of Henkel Square Museum Village in Round Top, which she did.

In 1990, Louise became the 32nd state certified organic gardener in the State of Texas, marketing her produce to Whole Foods Market in both Austin and Houston. She was a member of the Pioneer Unit of the Herb Society of America, helping to establish and maintain the gardens at Festival Hill and Winedale. Louise also served as a member of the Board of Directors for Shakespeare at Winedale. And she volunteered her time at the Round Top Family Library, where she enjoyed reading stories to local children.

A very active member of Bethlehem Lutheran Church, Louise was one of the first women elected to serve on the Church Council. She preached when the pastor was absent, sang in the choir, taught Sunday School, assisted with Vacation Bible School, visited shut-ins and hospitalized church members, and she coordinated the annual Women's Service at Bethlehem Lutheran Church. In addition, Louise helped to establish and promote the re-cycling program in Fayette County by working through the churches.

Louise Anzalone may be best known and remembered as the Round Top correspondent for both the Fayette County Record and the Brenham Banner-Press newspapers, covering all of the local community news and events, including reviews of concerts, plays and other performances.

(Editor's Note: Louse was a founding member of the Pioneer Unit. I am personally indebted to Louise, because I first learned about the Pioneer Unit from her monthly columns in The New Ulm Enterprise.)

Thyme Well Spent Shoppe Needs

Herbal Blend Needs: The following dried herbs are needed for herbal blends: oregano, basil, thyme, chives, rosemary, parsley, and dill.

Instructions for drying: Collect herbs; take out any bad leaves; bundle together in small bundles; and hang on a clothes hanger to dry. Place in a dry, dark area until the leaves are brittle and fully dried. **Do not** put them in plastic bags. The dried herbs can then be given to Carla Lessard or Kay Von Minden

We NEED:

8-ounce canning jars (thrift stores are great sources, if there is one in your neighborhood)

Tomatoes

Figs

Red Jalapenos

Berries

Red Bell Peppers

Strawberries

Dried flowers of all kinds

Carla Lessard

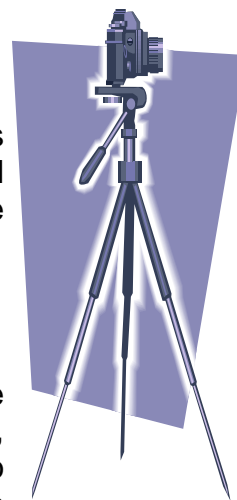
Co-Chair for Thyme Well Spent Shop

HERB SOCIETY OF AMERICA CALENDAR CONTEST

The deadline to post pictures for the 2013 calendar has passed, and it is time now to vote on your favorite pictures. We, the HSA members, will decide which picture will be on the cover and which pictures will be the large photos for each month for the 2013 calendar.

Log on to the HSA website now and go to the "Members Only" Section.

From the "What's New" pull-down menu, select the item for voting in the calendar contest. Some of your fellow members have photographs posted, and I know they would love to have your support. There are 40 photos to rate. There are voting instructions with the photographs. **VOTE NOW. The deadline is July 22, 2012, at midnight, eastern time.**



APPLICATION DEADLINE FOR MEMBER SCHOLARSHIPS SEPTEMBER 13

Do you have an area of interest related to the use and delight of herbs which you would like to study that would require funds for research? If so, you might wish to apply for a Member Scholarship. Scholarships may be provided to any member who wishes to do individual study and research. The only requirement is that the member must agree to present the results of the study in some way to the unit.

To apply, submit your name, phone number or email address, and a brief description of the proposed use of funds to Kay Scanapico, Scholarship Chair. The Pioneer Unit annually awards up to two \$125 scholarships in October. The deadline to submit an application is September 13.

The form below may be used to apply for a scholarship.
Kay Scanapico, Scholarship Chair

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Application for Member Scholarship
Amount: \$125

Name _____

Phone Number _____

Proposed Use of Funds _____

One requirement: You must agree to present the results of your studies or project to the unit.

Deadline for submitting Application: September 13, 2012.
Applications should be submitted to Kay Scanapico, Scholarship Chair.

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MEMBERSHIP INFORMATION

At our June meeting, we introduced and welcomed Nancy Haegelin, Louise Rice's mother, who visited us from Houston. We also enjoyed having Ann Schrock and Mary Versfelt, affiliate members from Houston, attend with their husbands Lee and Porter. They are active with the South Texas Unit, and it's always a pleasure to visit with them. We welcomed and introduced Peggy Cook, long-time volunteer and our new affiliate member. Peggy was referred by friends and active members Pat and Mike Cox and Sue Edmundson. She lives between North Carolina and Texas and is with us frequently. Her birthday is July 12 and email address is peggycook@att.net. Peggy's contact information will be in the next printing of our Yearbook and Membership Directory for 2012-2013. Please be sure to get to know her and make her welcome.

Four of our active and greatly contributing active members have become affiliates this past month because of personal, family, and health constraints. They have expressed, however, that they hope to participate in our events as possible. These members are Catherine Hall, Marijane Lipscomb, Pamela Murski, and Nell Richards. Their contact information will also be in the next printing of our 2012-2013 Yearbook and Membership Directory. Please continue to make them feel welcome when they visit with us.

Most all our renewals are in and we're in the process of organizing the draft copy of our new Yearbook. The volunteer hours being reported are phenomenal, and the reporting has been very timely. Thank you. If you have any questions about hours, renewals, changes, corrections, etc., please contact Membership at gzsowers@att.net or 979-836-8228.

Georgia Sowers
Membership Chair

JULY BIRTHDAYS

July 3 — Mary Reeves

July 12 — Peggy Cook

July 26 — Wanda Hubbard



PLANT DREAMING DEEP By May Sarton

Some books have the delicate touch of a poet and the insight of a philosopher. Such a book is this, the personal saga of a writer and first-time home buyer of middle years who yearns to make a permanent nest – and finds it in small-town Nelson, New Hampshire.

The deciding factor in her choice is an oriole singing in an aged maple tree shading the entry of a dilapidated 18th-century house set among wooded hills and meadows, but with good bones for the restoration she will undertake.

Here she will build a life knitting together the skeins of Belgian birth, European and American travels, Ivy League lecture tours, and hours of the quietude necessary for a writer of poems, novels, and journals of the stages of her life.

This is a gentle book that follows the writer through the creation of a home and a life that reflects her taste and her style – immaculate, orderly, graced by flower arrangements from the garden which gives her daily joy.

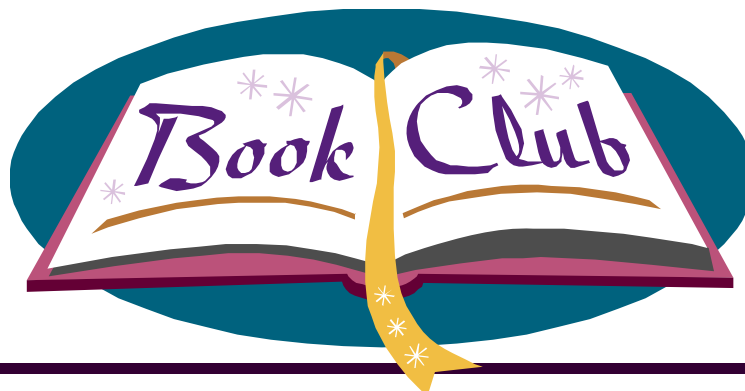
This is a book about a woman living alone, her work as a writer, the music she listens to, the friends who come to see her new home, and the neighbors who become valued friends as she enters into the community life of her New England township.

"Happy the man who can long roaming reap,
Like old Ulysses when he shaped his course
Homeward at last toward the native source,
Seasoned and stretched to plant his dreaming deep."

-- May Sarton, after Du Bellay

May Sarton was the author of 17 poetry collections, 19 novels, 11 journals, and two children's books.

Review by June Smith



July 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Board Meeting	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 BSG FH Workday 8:30 to noon	20	21
22 Deadline for voting on photos for HSA calendar	23	24 FH Workday 8:30 to noon	25	26 FH Workday 8:30 to noon	27	28
29	30	31 FH Workday 8:30 to noon			BSG = Botany Study Group CG = Culinary Group	FH = Festival Hill HD= Herbal Delights SG = Sensory Garden

August 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
BSG = Botany Study Group CG = Culinary Group	FH = Festival Hill HD= Herbal Delights SG = Sensory Garden		1	2 FH Workday 8:30 to noon	3	4
5	6	7 FH Workday 8:30 to noon	8	9 FH Workday 8:30 to noon (No Meeting)	10	11
12	13	14 FH Workday 8:30 to noon	15	16 BSG FH Workday 8:30 to noon	17	18
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 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—Linda L. Rowlett Vice Chair Programs—Dianna Reed Vice Chair Membership—Georgia Sowers
Secretary—Karen Cornwell Treasurer—Janie Plummer

