



# PIONEER PATHS

Newsletter of the Herb Society of America  
Pioneer Unit

June 2012

Volume 19, Number 10

## MONTHLY UNIT MEETING

Date: June 14, 2012

Time: 9:30 a.m. Meet and Greet  
10:00 a.m. Program and Meeting  
ANNUAL MEETING

Location: First Baptist Church  
9120 Poplar Street, Chappell Hill

Directions: From Highway 290, travel north on F.M. 1155 (Main Street). Take the second right onto Poplar Street. The church is on the right.

Program: Shade Gardening

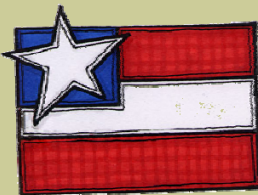
Speaker: Carolyn Matejowsky

Angel: Sue Edmundson  
Hosts: Diana Reed, Ellen Pelletier, Bonnie Fails, Virginia Hutchings, and Janie Plummer

Lunch: Salads and Desserts

June 4  
Rose Full Moon

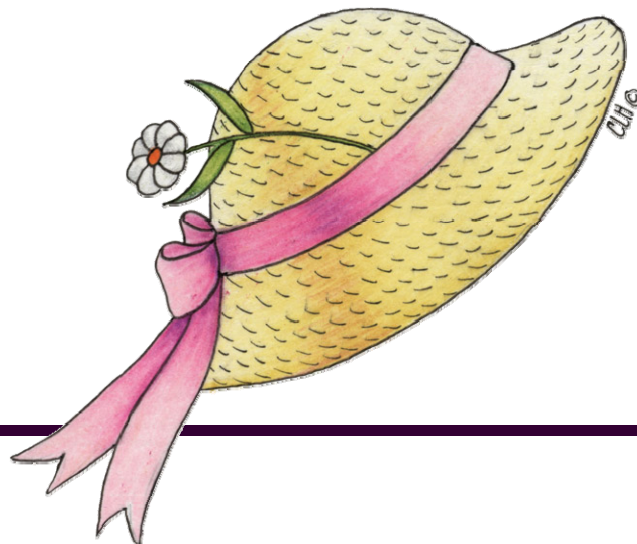
—  
June 14  
Flag Day



—  
June 17  
Fathers' Day

—  
June 20  
Summer Solstice

—  
July 2  
Board Meeting  
Home of  
Linda Rowlett



## MESSAGE FROM THE CHAIR

The Pioneer Unit annual meeting will be held at our general meeting on June 14. There are no bylaw changes or business issues to be voted on by the membership. Treasurer Johanna Hoiseth will present a year-to-date treasurer's report with the final report at the end of June.

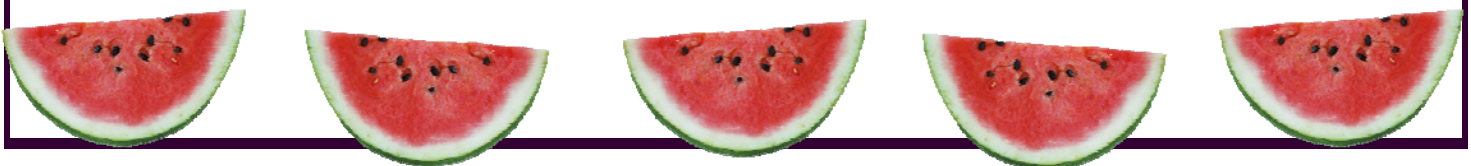
Henry Flowers will report on the completion of the Sensory Garden commitment that the Pioneer Unit made when the project was started with Brenham Independent School District in 2008. This has been an outstanding accomplishment for the unit and for Henry, Deborah Lansley, and Pioneer Unit volunteers who have worked in the garden and with the children.

The new 2012-2014 officers of the board will be elected and installed. The slate of nominees are Linda Rowlett, Chair; Diana Reed, 1st Vice Chair – Programs; Georgia Sowers, 2nd Vice Chair – Membership; Karen Cornwell, Secretary; and Janie Plummer, Treasurer. Sue Edmundson, Nominations Committee Chair, will present her committee's recommendations for approval and vote. This is an excellent slate of officers and if elected will serve the unit with dedication for the next two years. With the support of membership, they will maintain and strengthen the Pioneer Unit.

For me, the last two years have moved at warp speed, and it is hard to believe that the current board is completing its commitment to the Pioneer Unit. Looking back I am pleased that we have met and exceeded goals set by the board. I achieved my primary personal goal to increase member participation, tapping into their diverse interests, knowledge, and capabilities. We benefited from the experience of our long-time and some not-so-long-time members. They shared their talents and knowledge of herbs "For Use and For Delight" to educate our members. One of the byproducts of increased participation has been sales increases with the *Plant Sale*, *Thyme Well Spent Shop* and the new *Thyme Well Spent Shop in the Garden*. With that success, the Unit has been able to support scholarships at a higher level for both local and National HSA and provide support for the HSA EdCon meeting in Austin with the bus tour and additional funding. Also, we cannot forget the terrific Unit bus trip to San Antonio put together by our Special Events Committee. Certainly we can not do that every year, but it was fun and educational for our members.

My sincere thanks to each of you who have supported the Pioneer Unit for the past two years in a multitude of ways. It has been a pleasure to serve.

Carolyn Thomas  
Unit Chair



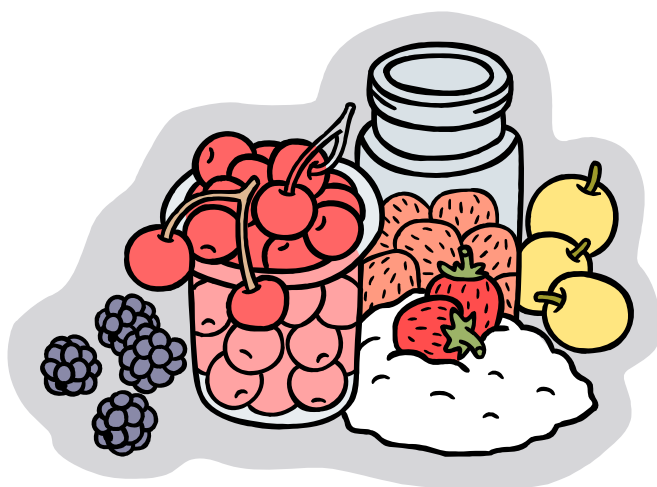
## FUTURE PROGRAMS

Thank you to everyone who submitted an idea for programs for the upcoming year. The Program Committee has been brain-storming thoughts and ideas to pique all of our members' curiosity! We are looking at many fun, informative programs that you won't want to miss. Programs could very possibly include:

Preserving and Canning of our Harvests  
Cactus Gardening  
Rosemary  
Reptile and Garden Predators Good and Evil  
Grapes and Orchards  
Pasta Herbs  
Chocolate for All Seasons  
Landscaping with Herbs  
Lavender  
The Art of Making Pestos  
Susan Wittig Albert  
Mary Mann  
and very possibly a Shakespearean Plant presentation with surprise guests!

These are just a few of the ideas brewing for our entertainment and knowledge!!

Diana Reed



## From the Horticulturist at The Hill

Well it looks like summer is really and truly here - high temperatures and little rain. Yet thankfully this year has been nothing like the last one so far. I'm keeping my fingers crossed that it will remain quite different. So far we've had to weed a lot more, but water a lot less. It seems like those two items are a balancing act in the garden. Personally I would rather weed than water, but a moderate balance of the two is probably best - all things in moderation, as Madalene always said.

On June 3rd the students and faculty arrive at Festival Hill in preparation for the summer music festival. This year's event will feature the works of Debussy as it is the sesquicentennial celebration of his birth. There will also be a special vocal performance by Sasha Cooke, who is from Bryan-College Station and has recently been performing at the Met in New York. You should have received a calendar of events for Festival Hill in the mail. If you did not and would like one, please let me know and I'll get it to you. You can also check out the schedule on-line at [festivalhill.org](http://festivalhill.org).

Some recent changes of note in the gardens are the grape arbor that has been labeled "Ann's Arbor," situated near the Pharmacy Garden in what is being called the "Volunteer Garden" - named because there have been many "volunteer" plants there and also because it was planted by garden volunteers. Tony Scanapico and I constructed the grape arbor and put in its flooring of large pavers that have been sitting around for years. The leftover pavers were used to rework the pathway going through the Terrace Gardens - from the Shakespeare garden down to the fiber and dye plant and herbal tea gardens. It does make the gardens there much more user friendly. We are currently waiting on electricians to wire the arbor so that we can put up the lighting and then work on the finishing touches. Plans are to put some tables and seating in soon as well and some temporary cloth for shading until the grapes are big enough to take care of that themselves.

Throughout the summer we will be in the mode of weeding and watering in order to maintain the gardens. If you need some volunteer hours you are welcome to come and help. We normally have volunteer times Tuesday and Thursday mornings and start earlier (around 8 a.m.) in the summer in order to avoid the heat of mid day.

There are still many plants that can be put in the garden now if you are able to keep an eye on them and keep them watered. The best herb to plant now is basil as it loves heat, but perennial herbs such as rosemary, thyme, mint, and such are always good choices to plant. You can also start vegetables such as okra, peas, squash, eggplants, tomatoes, cucumbers, and such right now. In Texas we can garden year-round and there is always something that you can plant any time of the year. I hope that you all have a wonderful summer and I hope too that you will make it to hear some of the musical performances this year and stroll through and enjoy the gardens as well.

Henry Flowers  
Garden Director at Festival Hill and Pioneer Unit Garden Chairman

## BOTANY STUDY GROUP



### Botanical Name/Etymology

*Amaranthus hypochondriacus*

### Family Name

Amaranthaceae

The word Amaranth comes from Greek *amaratus*, meaning "never fading" - referring to the everlasting bloom. Over 60 varieties worldwide.

**Other Varieties of Note:** *A. caudatus*, *A. cruentus*, *A. tricolor*, and *A. retroflexus*.

**Plant Description:** Annual. 3-8 feet tall. Dicot (broadleaf) plants with thick stems (similar to sunflowers). Single erect large flower head composed of spikes. Flowers can be red or green. Leaves are elliptical. The seed is white or black. The growth habit is erect.

**Geographic Region:** Grows on 5 of 7 continents. Thought to have originated in Central America according to archaeological findings.

**Cultivation:** Sow seed early summer (after frost). Seeds need 70 degrees for germination. Grows in all soil types, drought conditions (once established), and disturbed soils. Likes heat. The seeds are widely dispersed (considered invasive in some areas). Blooms in late summer.

**Folklore:** Amaranth was used in ceremonial practices in Mexico - shaped into images of the gods and eaten as communion using human blood as glue to hold the grains together. The Spanish (Cortez and his conquistadors) associated amaranth with pagan practices, so they ordered all fields to be burned and no consumption of amaranths was allowed. To the natives amaranth was known as the "grain of the gods" and it was a staple in their diet for thousands of years. It has been found in Aztec burial mounds that are 6,000 years old.

**Uses:** Amaranth is a versatile plant - used both as a vegetable (potherb) using the leaves and stems and as a grain. It is also used as a dye plant (red dye) and for ceremonial purposes. Today the leaves and seeds are still key ingredients in Mexican cuisine, widely cultivated, and a valuable cash crop worth four times more than corn ([www.mexconnect.com](http://www.mexconnect.com)).

**Nutrition:**

- contains more protein than other grains
- high in amino acids, including lysine
- high in calcium
- more magnesium than other grains
- more iron, folic acid, and fiber
- supplies 75-82% of the nutritional requirements for humans

**Medicinal:** The Cherokee (North American) used the foliage to reduce hemorrhaging, reduce diarrhea, and treat ulcerated wounds. King's American Dispensatory lists *Amaranthus hypochondriacus* as an astringent. ([www.texasbeyondhistory.net](http://www.texasbeyondhistory.net))

Sara Holland

**It is the policy of The Herb Society of America not to advise or recommend herbs for medicinal or health use. This information is intended for educational purposes only and should not be considered as a recommendation or an endorsement of any particular medical or health treatment.**

MINUTES OF UNIT MEETING  
HERB SOCIETY OF AMERICA  
PIONEER UNIT  
May 10, 2012

Carolyn Thomas, Chair, opened the meeting and welcomed everyone.

Betty Gasaway, Programs, then thanked the hosts and speaker angels. She introduced our speaker, Susan Woods, who presented a lively program about potpourri.

After the program, Betty thanked the angels and hostesses and reviewed the plans for next month's meeting.

Georgia Sowers, Membership, then introduced the guests at the meeting. She also introduced Sara Parker as our newest member in the Pioneer Unit. Georgia mentioned that applications for membership were due as soon as possible. She stressed that she needed everyone's volunteer hours information.

Next, Henry Flowers, Garden Chair, thanked everyone for participation in the Herbal Forum. He said that all of the evaluations were positive. He also expressed appreciation for everyone's assistance with the EdCon bus trip. Carolyn summarized information about the bus trip and added her appreciation for the hard work of the Pioneer Unit members.

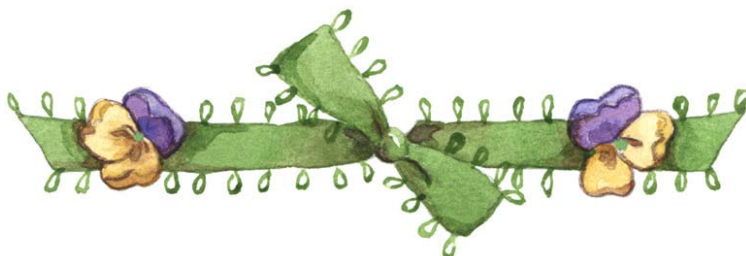
Sandra Brown, Hospitality, urged everyone to sign up for hosting a meeting for the coming year.

Diana Reed, Book Club, then mentioned that the Book Club would meet after lunch.

Then Kay Scanapico introduced Lindsay Phelps, last year's scholarship recipient. Lindsay thanked the Pioneer Unit for the financial assistance. She said that she was working on degrees in horticulture and agronomy. She reviewed her goals and experience.

Next, Carolyn reminded everyone that the June meeting would be the annual business meeting. She said that the new board would be elected. She added that reports from the board and the Unit chairs would be available for review. The meeting was then adjourned.

Respectfully submitted,  
Linda L. Rowlett  
Secretary



## GLEANINGS FROM EdCon 2012

I was fortunate to attend Ed Con 2012 in Austin. The presentations were information, and the socializing was rewarding. Our Pioneer Unit was well represented at the event, from the pre-conference bus trip we sponsored (which I reviewed in our South Central District Newsletter) to the presentation about the Brenham ISD Sensory Garden featuring Henry Flowers and Deborah Lansley to the Festival of Flavor and Fragrance with a presentation about chutneys by Betty Gasaway and Nell Richards and a presentation entitled Madalene Hill — A Life Well-Seasoned with Herbs by Henry Flowers with assistance from Sara Holland, Deborah Lansley, and Billi Parus. And of course, the Awards Dinner where our Mary Reeves was honored with the Joanna McQuail Reed Award for the artistic use of herbs.

At the South Central District meeting, we were informed that there would be no District Gathering for 2012, because EdCon was held in the South Central District. It was noted that next year's EdCon will be in St. Louis, which is also in the South Central District. With no District Gathering, there is no income to the South Central District account. Mary Doebbling explained that the expenses of the South Central District include publication of the newsletter and travel for the District Delegate. The balance in the account was \$8,368.49 as of March 2012, but there were expenses to be assessed against that balance.

Mary Doebbling's term as District Delegate is ending. Gloria Hunter will be our new District Delegate.

Information from the HSA Board:

- Recording of volunteer hours is very important. The volunteer hours and donations are necessary for HSA to retain its 401(c) status.
- A new membership directory will be released in July. Check your information on-line to be sure it will be correct in the directory. The directory will be available free on-line or a hard copy can be purchased.
- HSA introduced a new donation opportunity: the Lunaria Giving Society. Members will receive a collectible coin for making a three-year giving commitment.
- HSA is conducting a raffle for a free registration for EdCon 2013. The deadline to enter is December 31, 2012.
- Sue Edmundson is collecting stories about roses on-line on the HSA website. Check for "Rose Ramblings" in the About Herbs section of the website.
- Members can vote on-line for the 2012 Promising Plants.
- There are National Board positions open in 2013 for Treasurer and Membership Chair. The Board has a new standing chair: Publications. A description of the chair duties can be found on the website.
- Dues have increased by \$5.00 as of June 1. Life Membership costs \$2,000 and can be paid on a three-year payment plan.
- Goals of HSA are to increase membership, to enhance educational materials, and to increase financing, as well as the central goals of promoting the use and delight of herbs.

Linda L. Rowlett, Ph.D.

## NOMINATIONS FOR 2012-2014 OFFICERS

Thank you to the following members who have agreed to serve on the 2012-14 executive board of the Pioneer Unit:

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

The term will be effective July 1, 2012, through June 30, 2014. Additional nominations will be called for from the floor before a vote is taken. All nominees must have consented to being nominated.

Sue Edmundson, Nominations Chair

## NEWS FROM NATIONAL

**Deadline Extended:** The deadline for entering photos in the 2013 HSA Calendar Contest has been extended to June 7, 2012.

Members will be able to vote on-line for the photographs to represent each month. You will be required to log in with your HAS password in the "Members Only" area of the HAS website.



**Call for Presentations:** HSA is accepting applications for presentations at the 2013 Educational Conference and Meeting of Members scheduled for June 20-22, 2013 in St. Louis, Missouri.

**Handouts from EdCon 2012:** Most of the handouts from presentations at EdCon 2012 are currently available on-line at the HSA website. They can be printed or read on-line.



## MEMBERSHIP INFORMATION

At our May meeting, we introduced and welcomed our newest member, Sara Parker, who is Mary Ann Hillegeist's friend. Sara is a long-time Brenham resident who lived in Chappell Hill several years, where she enjoyed sharing herbs with friends and acquaintances. She has taught children at Brenham Christian Academy and currently enjoys teaching drawing at the Art League in downtown Brenham. She is a bubbly presence who will greatly benefit our Unit with her love of herbs, gardening, art, and teaching, which will help promote our Unit and its mission. Her email is [sspart@nctv.com](mailto:sspart@nctv.com) and her birthday is January 19. Sara'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. Peggy Cook also attended our meeting and will be joining us as our new affiliate member next month.

We're accepting Renewals for 2012-2013 with the increased dues payments of \$67 for individual memberships and \$98 for joint members (these amounts include the additional \$5 paid to National). Our Renewal application has been in newsletters, on the listserv, and at the last two Unit meetings. You may email your Renewal to Membership if you like; otherwise it may be mailed or brought to our meetings. Please be diligent in bringing your renewal to our June 14 meeting at the latest with your correct dues payments.

We are winding up our year 2011-2012 with Annual Reports due to National in time for our new year which begins July 1. It is important to have all your hours and unreimbursed donations reported to Membership before the end of June. Thank you very much for all the reports so far and keep up the good work. Georgia Sowers at Membership may be contacted at [gzsowers@att.net](mailto:gzsowers@att.net) or by phone at [979-836-8228](tel:979-836-8228).

Georgia Sowers  
Membership Chair

### JUNE BIRTHDAYS

June 1 — Henry Flowers  
Ronda Herzog

June 2 — Betty Powell

June 5 — Lucy Nehrkorn

June 6 — Melanie B. Short

June 24 — Marijane Lipscomb



## Scholarship Recipient Selected

The winner of the Madeline Hill Scholarship in the amount of \$1,325 has been selected. The scholarship for 2012-2013 will go to Brandon Wheeler, a senior at Texas A & M University who is pursuing a Bachelors of Arts in Horticulture with an emphasis in Landscape Design and a minor in Business Administration. He hopes to be employed with a landscaping company upon graduation where he can put his Landscape Design course work and Irrigation Certification into practice.

Brandon's advisor noted that Brandon is a first generation college student who is working to fund his own education. He works 20-30 hours minimum per week during the fall and spring semesters and full time during the summer in order to earn enough for the next school year. Brandon reports that working at Discount Tire in College Station for the past 2½ years has helped him learn the importance of treating people right and providing quality service. He hopes to incorporate the things he has learned both working and in school into someday having a successful landscape business.

Kay Scanapico  
Scholarship Chair



## THE SWEETNESS AT THE BOTTOM OF THE PIE

By Alan Bradley

A proper mystery should be set in bygone days at a decaying manor house in the English countryside. Check!

A stranger to the village should die under mysterious circumstances. Check!

The protagonist should be a female. Check!

But wait, this protagonist is the precocious 11-year-old sleuth Flavia de Luce, a whiz at chemistry with a preoccupation with poisons.

For openers, a dead bird is discovered on the back stoop with a postage stamp impaled on its beak and then the plot moves on to Flavia coming upon the dying stranger in the garden's cucumber patch. Does she fall apart? Hardly.

"I wish I could say I was afraid, but I wasn't," she tells the local constabulary. "Quite the contrary. This is quite the most interesting thing that has ever happened to me."

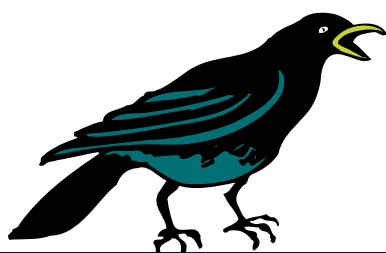
Flavia lives with her father, Colonel de Luce, who has retreated into serious stamp collecting after the death of his wife, and her two older sisters, vainglorious Ophelia and bookworm Daphne, with whom she carries on a continuing pitched battle. Set in the '50s, the story paints a nostalgic look at the life of the fading aristocracy of the era.

Like an English Nancy Drew, the intrepid Flavia mounts her bicycle Gladys to ride through the hedgerows in search of clues to the murder which resulted in the wrongful arrest of her father for the crime.

Smart and saucy Flavia is an engaging character whose inquisitive mind leads her into narrowly skirted disaster as she plumbs the depths of past events to solve the mystery.

Canadian author Bradley created the character Flavia in this, the first of a series of books starring Flavia as the brilliant young super sleuth and member of the gentry. A retired university television engineer and seasoned author, Bradley won the Debut Dagger Award of the Crimewriters Association for the book.

Review by June Smith



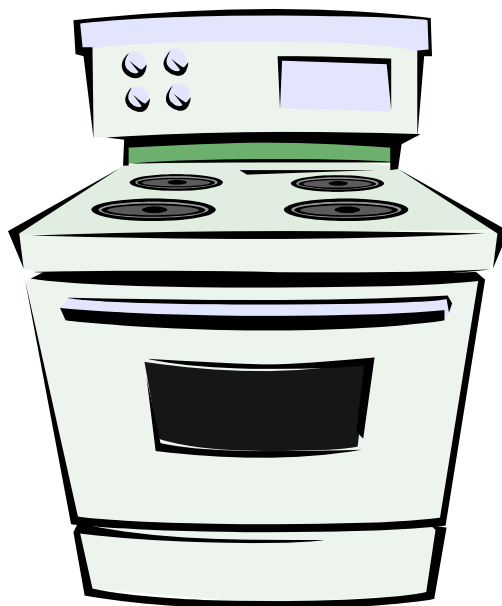
## REQUESTED RECIPE: Salmon Pie

- 1 9-inch pie crust (unbaked)
- 2 8-ounce cans salmon (I use 2 large foil packs)
- 3 eggs
- 1 c. sour cream or plain yogurt
- 1/4 cup mayo
- 2 T. fresh dill, finely chopped
- 2 T. onion, finely chopped
- 1/4 cup Swiss cheese, grated
- 1/4 cup Cheddar cheese, grated

In mixing bowl, combine any reserved liquid, eggs, sour cream, mayo, onion, and dill. Stir in salmon and cheese; mix well. Pour mixture into crust and bake at 375 F. for 45-50 minutes, or until center is firm. Serves 4-6.

(I sometimes bake filling in a water bath, spoon into individual tartlet cups and sprinkle with more dill.)

Sue Edmundson, who noted that the recipe originally came from Carla Lessard



# June 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
3	4	5 FH Workday 8:30 to noon	6	7 FH Workday 8:30 to noon	8	9
10 	11	12 FH Workday 8:30 to noon	13	14 Pioneer Unit Meeting	15	16
17	18	19 FH Workday 8:30 to noon	20	21 FH Workday 8:30 to noon	22	23
24	25	26 FH Workday 8:30 to noon	27	28 FH Workday 8:30 to noon	29	30

# July 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 FH Workday 8:30 to noon	20	21
22	23	24 FH Workday 8:30 to noon	25	26 FH Workday 8:30 to noon	27	28
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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."

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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