



PIONEER PATHS

Newsletter of the Herb Society of America
Pioneer Unit

March 2012

Volume 19, Number 7

MONTHLY UNIT MEETING

Date: March 8, 2012

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

Location: Festival Hill Service Building, Round Top
Directions: Exit Highway 290 at Texas 237 (Round Top exit).
Travel south on 237. Turn right on Jaster Road and
left into the parking lot for the Service Building.

Program: Thyme Well Spent Workshop
Festival Hill Garden Work
[You will have a choice of labeling, pricing, and finishing
items for sale in the Thyme Well Spent Shop; or you
can bring your gloves and garden tools to work in the
gardens with Henry getting it ready for visitors. We will
break for lunch at 12 noon.]

Coordinator: Carla Lessard

Angel: Kay Von Minden

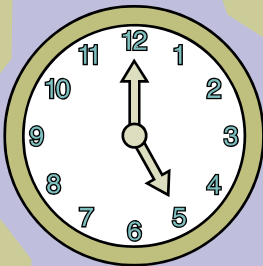
Hosts: Cathy Comiskey, Karen Cornwell, Louise Rice,
Pat Schmidt, and Jean Zavoda

Lunch: Bring Your Own Lunch (drinks will be provided)

March 8
Sap Full Moon

—

March 11
Daylight Savings
Time Begins



—

March 20
Vernal Equinox



MESSAGE FROM THE CHAIR

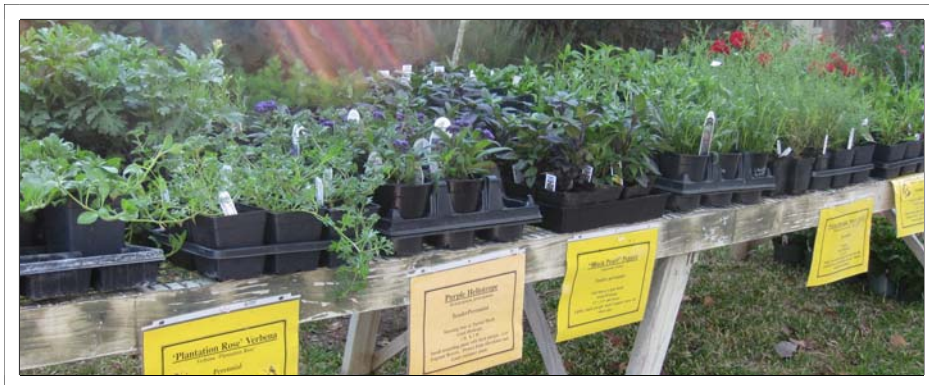
Pioneer Unit Plant Sale, Thyme Well Spent Shop, TWSS in the Garden, and Assistance with Herbal Forum

Because this is our only fund-raising event for the year, we all need to get behind this project and make this year the best ever.

All time for the Forum is counted as volunteer hours: Time spent on projects both in TWSS and Festival Hill Garden at the general meeting March 8; time spent baking cookies; time spent making items in preparation all year to be sold; all time spent on set-up and tear-down; and time spent working during the Forum. Time spent working with Henry on Herbal Forum, such as being an Angel for presenters, counts as hours, too.

Forum Committee Chairs: As I talk to the Forum committee chairs I know that many of you have contacted one or more of the chairs to volunteer your help. If you have not signed up for a committee and have questions, please call or e-mail me. My job is to see that every member is informed and has a chance to volunteer at the Forum. Time worked at the Forum not only contributes toward your annual hours' commitment but, more importantly, rewards you with time working alongside other members, pride from being associated with such a celebrated event, and the privilege of enjoying some of the excellent programs and activities. I also would remind all **Pioneer Unit volunteers to wear their badges at the Forum and familiarize themselves with the brochure/programs/locations.** Our guests always have questions (such as, where is Menke House, what time does the plant sale close, where is registration, etc.). It is good to be prepared. Thanks to your enthusiasm and hard work, this Herbal Forum is slated to be another tremendous success ... and lots of fun. From: Kay Scanapico and Ginger Heath

Publicity: Publicity for the Herbal Forum Plant Sale and Thyme Well Spent gift shops has been sent to area newspapers and radio stations. Each member can help by contacting gardening friends and members of garden-interested organizations to remind them how special our plant and gift sales are.



Plant Sale Prep: Plants are delivered at Festival Hill throughout the week preceding Forum. If you are in the area, please let Tony Scanapico know by calling 979-966-9408, as we always need help unloading plants.

Set-up for TWSS: Begins on Wednesday, March 14, so please contact Carla Lessard if you plan to help.

Set-up Committee: Set-up of the plant sale begins at 9 a.m. Thursday, March 15. This involves setting up tents, tables, and chairs; transporting the plants to their designated areas for display; placing signs; and a dozen other details so that we are up and ready for the public at 9 a.m. Friday.

Plant Sale Member Shopping: Our members are welcome to shop after they have helped set up on Thursday. I will "run a tab" for our members so they don't have to write a new check every time they find another much-needed addition for their gardens. As soon as your purchase is entered in the book, please take your plants home and be sure to settle up with me no later than 4 p.m. on Saturday so I can close the books. Thanks for your help!

From: Sue Edmundson

General Information about Herbal Forum:

- Open for public sales at 9 a.m. Friday, March 16.
- Henry Flowers will present *Overview of the Plant Sale Plants* at 10 a.m. Friday.
- Plants will be sold until 6 p.m. Friday then everything needs to be watered and prepared for the next morning.
- Sales start at 7:30 a.m. Saturday, March 17.
- Close at 5 p.m. Saturday.
- Tear-down begins at 5 p.m. (not before) and assistance from all is appreciated.

Tear-down requires that all plants be moved to the greenhouse on the other side of Jaster Road and all tables, tents, signs, and fixtures be removed and put away. Typically this is done in 1.5 to 2 hours depending on the number of volunteers who are kind enough to stay around and help with a big task at the end of a long weekend. This includes TWSS and TWSS in the Garden. From: Lynn and Alton Ehler

We are looking forward to two outstanding days with fabulous weather (hold that thought please). Thank you for all the preparation that has already been done and for the time and effort that will make this the great event that we are expecting.

Carolyn Thomas
Unit Chair

HERBAL FORUM MEALS

The HSA Pioneer Unit Member Meal Reservation Form

**17th Annual Herbal Forum at
Round Top**

**Friday March 16, 2012
Saturday March 17, 2012**

Name

(____) _____
Area Code / Phone Number

E-mail

Friday Meal Reservation

_____ **Friday Lunch**

Saturday Meal Reservation

_____ **Saturday Lunch at \$12.00/
person**

**Return this form at or before the March
Unit meeting to Henry Flowers, with check
payable The James Dick Foundation (if
appropriate). Return at the meeting or
mail to:**

**The HSA Pioneer Unit
PO Box 23
Round Top, TX 78954**

Pioneer Unit Members,

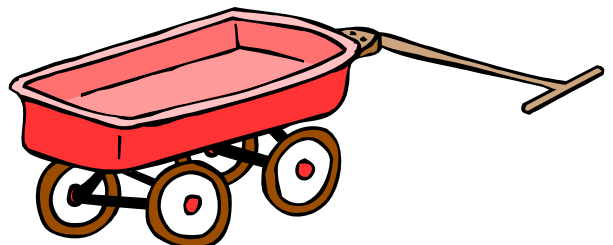
To the left is the Pioneer Unit meal reservation form for the Herbal Forum. If you will be attending either the Friday or Saturday lunches then please fill out this form and return it to me at the March Unit meeting or via mail if you will not be able to attend the meeting. The Friday lunch is available free to Pioneer Unit members, but you must sign up for it. To be eligible for the lunch on Friday you must plan to work at least eight hours during the event. If you would like to purchase the Saturday lunch (at a reduced cost to Pioneer Unit members), then you must also sign up and pay for it.

If you are interested in attending the Friday night dinner in honor of our presenters, then you need to call the office at Festival Hill and register and pay through them. Please let them know that you are a member of the Pioneer Unit.

I will also have copies of this form available at the meeting. I ask that you have these to me no later than the day of the March Unit meeting (March 8). I will not be able to accept a meal request after that date.

If the Friday lunch gets a lot of reservations by attendees of the Herbal Forum, then I may have to ask that you do a takeaway lunch so that there will be seating room for the attendees.

Many Thanks,
Henry Flowers



NATIONAL NEWS HERB SOCIETY OF AMERICA

2012 EDUCATIONAL CONFERENCE AND ANNUAL MEETING OF MEMBERS

Austin, Texas

May 3-5, 2012

Hyatt Regency Austin, 208 Barton Springs Road, Austin, Texas

The conference information is currently available on the HSA website. To qualify for the group rates for the hotel, you must make reservations by April 9th.

Donations are now being accepted for the 2012 Silent Auction., held during the cocktail reception prior to the Awards Dinner on Saturday, May 5th. If you want to donate to the silent auction, contact Katrinka (email director@herbsociety.org).

ROSE RAMBLINGS

Sue Edmundson, HSA Secretary/Communications Chair, requests short stories, poems, reflections, and recipes about the 2012 Herb of the Year, the Rose. If you have something to contribute to her Rose Ramblings, please send your material to sueedmundson@yahoo.com

TAX REMINDER

Since it's almost income-tax time, this might be a good time to remind everyone that \$37.50 of an individual membership in the Herb Society of America is tax deductible. Every bit helps!

Regards,
Johanna Hoiseth
Treasurer

From the Horticulturist at The Hill

The Herbal Forum will be here before we know it, and there is always much to do and too little time in which to do it. In the couple of weeks before the event, I would appreciate any help you could provide in getting the gardens in shape. Many of you may be planning to help in the gardens on the day of our general meeting on Thursday, March 8th, but you are also welcome to come whenever you may have the time.



There are a few new things of interest going on in the gardens. One is the installation of a faux bois (fake wood) arch in the Beethoven Garden. This arch is made out of concrete and was made to look like real twining stems, but it is actually made of a metal support, concrete, and stain to make it look natural. This piece is old and has a few damaged spots, but I think that you will find it fascinating. To find it stand in front of the back door of the Menke kitchen, walk straight past the picnic area, and you will see it. The arch frames the back of the Beethoven bust and past that the sign for the pharmacy garden.

The other exciting addition is a grape arbor. Tony Scanapico and I have been building this structure, along with the help of Sue Edmundson, Ann and Eric Wilson, and my son Tommy. Ann and Eric made a donation to fund this project and thus we've labeled it "Ann's Arbor." It is an open structure of 16-foot X 12-foot and about 10' in height and will be planted on one side with grapes that I hope will cover its top in a few years. We are currently installing some recycled pavers for the flooring. In time we hope to add a long table and benches so that this area can be used for small groups to meet and as an outdoor classroom. This arbor is located in an area between the pharmacy garden and the pond, toward the Roman Bridge. There are currently olives, rosemary, pomegranates, and a few other fairly drought tolerant plants nearby and we plan to add some figs, masses of 'African Blue' basil, and other similar plants to create a Mediterranean feel. I hope one day soon we'll have a small party to celebrate this new addition.

Miraculously the pond behind the gardens is full again. It has been about two years since that was the case. I've been at Festival Hill for 10 years and I've seen it get low on occasion, but never completely dry up as it did last year. It is disheartening to have lost so many trees around it, but I guess that is just Mother Nature's way of thinning the old to make way for the new. This past weekend (mid-February) when we got the big rainstorm that finally filled it to overflowing, two live oaks that were still alive on the edge of the pond came crashing down on the edges of the gardens. As fate would have it, a dead tree nearby is still standing.

Many thanks in advance to all of you who come to help with the gardens, help with the running of the Herbal Forum, and who are making wonderful products to sell at the event. It is truly a group effort, and I feel proud to be a part of this group.

May you all have a wonderful, herb- and flower-filled spring!
Henry Flowers, Garden Director at Festival Hill

Just a Tiny Bit of Latin (and a little floral language as well)

It was brought to my attention that my articles on botanical Latin may have been a "little bit" too much for most. Thus I'm going to take a different approach. If you like this or not, let me know. If you don't find this to be beneficial or of any interest then I'll gladly stop spending time on it.

At the last HSA Education Convention in Pittsburgh the members in attendance had a chance to vote on the top ten herbs. I will look at the botanical names of the first five here and the next in the April newsletter. I hope that understanding their botanical names will give you some added knowledge of these wonderful plants.

Sweet basil – voted as the most popular herb. The botanical name is *Ocimum basilicum*. The genus name *Ocimum* is actually not even Latin – it is a Greek word which essentially means an "aromatic herb." And aromatic it certainly is! The specific epithet *basilicum* comes from the Greek word "basilicon" and it means "kingly" or "royal." In time it was confused with the word "basiliscus" or basilisk, the mythical king of serpents – a not so nice creature in any regard. Thus in the language of flowers basil came to signify hatred. A sad thing that, but there is also a lovely story written by John Keats called *Isabella* or *The Pot of Basil*, which is tragic but puts basil in a better light. In the story Isabella's lover is beheaded by her brothers and in grief she takes the head and puts it in a pot and plants basil on top, which she then waters with her tears. Basil then becomes a sign of love. We all love basil, not hate it, don't we?

Rosemary – my personal favorite herb is known in botanical terms as *Rosmarinus officinalis*. *Rosmarinus* comes from two Latin words – *ros* meaning dew or spray and *marinus* meaning sea. In the Mediterranean it is often found clinging to rocky sea cliffs and may survive only on the dew or spray that it receives from the sea. Some think that the name is in honor of the Virgin Mary and there are many tales that connect her to the plant – especially that the flowers of rosemary are blue (but some aren't) because they became that color when she draped her blue cloak upon a rosemary plant to dry. The term *officinalis* refers to the fact that this plant was part of the medieval apothecaries in monasteries – meaning simply that it is an important medicinal plant. Many others of our favorite herbs have this appellation as well. In the floral language rosemary signifies remembrance – rub a few leaves with your fingers and you'll actually have a lasting remembrance until you wash them. The fragrance of rosemary is also supposed to enhance the brain's memory. "There's rosemary, that's for remembrance. Pray thee love, remember!"- Ophelia in Shakespeare's *Hamlet*.

Greek Oregano – is the only oregano on the list and thus I assume that it is the most popular of the oreganos. I believe that it is the one most commonly found in dried herb bottles. Its botanical name is *Origanum vulgare* var. *hirtum*. *Origanum* is Greek for "beautiful mountain," but some translate it as "joy of the mountains," and *vulgare* simply means "common" in Latin. *Hirtum* means hairy, referring to the small hairs that cover the leaves. Many varieties of oregano grow in the mountainous regions of the Mediterranean, but some say the name comes from the growth habit of many oreganos – mounding likely little mountains themselves. In the language of flowers it signifies "blushing" – perhaps because it was common in Greece and Rome to crown young couples with wreaths of the blossoms and it was said to allay any "blushing." It is also a common ingredient in love potions, possibly to relieve bashfulness.

Common Sage– or culinary sage goes by the botanical name of *Salvia officinalis*. The term *Salvia* essentially means "to save" – such as in the similar word salvation. Some say that it derived this name as it was used to cure many ills. In the floral language it is said to signify domestic virtue. In olden days it was believed that sage would only thrive in the garden where the mistress is the master or in the gardens of the wise – thus its association with wisdom as well. Members of HSA who reach the level of 50 years of membership are honored as golden sages for their dedication and wisdom.

Bay Laurel – or sweet bay is known as *Laurus nobilis*. It is believed that the name *Laurus* was applied to the plant by the Romans, but it came from the Celtic *Laur*, which means green. This plant was dedicated to Apollo and was worn as a sign of honor or victory by poets, warriors, and athletes alike. Thus from that tradition it likely gained the term *nobilis*, which simply means noble, and its symbolic stature of "glory." This plant, so steeped in tradition, is wonderful for seasoning even the simplest of stews.

I apologize for running on with the English words in getting to my tiny bit of Latin!
Henry Flowers, Garden Chair

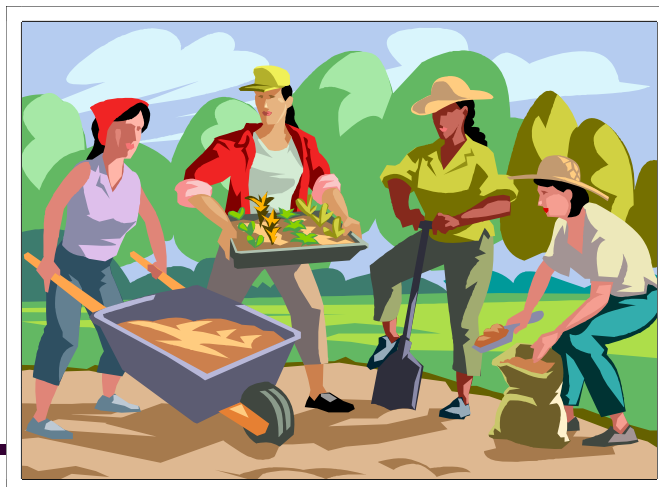
MEMBER INFORMATION

At our February meeting, we welcomed our guests Joan Keif and Marion Sullivan, Members at Large, visiting together as guests of affiliate member Susan Abouhalkah. Joan is from Las Cruces, New Mexico, and Marion hails from Houston. Ginger Hoffmaster, friend of our new member Georgetta Welch, visited us for a second time. She lives in Brenham and hopes to join our Unit. And our newest member Susan Lake, friend of Carolyn Thomas, attended her third meeting with us where we welcomed her into our Unit.

A long time back her father complained that she never wanted to grow anything she couldn't eat - Susan Lake denies this. And lo, another writer appears in our midst. Although she had gardens in times past, Susan became a very enthusiastic gardener after retiring from teaching. On an impulse, she signed up for Master Gardeners and entered an entirely new world of plants and their offerings. She enjoys herb and vegetable gardening, as well as roses and other flowers that make her smile. Very poignantly expressed, Susan: I think most of us can relate to that. Susan moved to Brenham three years back after living most of her adult life in Lubbock, this to be closer to grandchildren in Conroe and Houston. She related a vast difference in the two parts of Texas, Lubbock with little humidity, less rain, but very good soil, and Brenham with a longer growing season but some negatives, such as black spot on her roses. She is totally enjoying the adventure and feels that joining the Herb Society and our Unit is one more step along the path. To get a better sense of Susan, please visit her gardening blog at <http://brenhamgarden.wordpress.com>. You are in for a treat when you visit this site. Susan's birthday is February 25 and her email is gardener@susanlake.net. Her home number is 979-421-9588, and cell is 806-535-4059. Carolyn Thomas is her mentor, and Susan's contact information will appear in the next printing of Yearbook and Membership Directory. We all welcome you, Susan!

Remember that members who attend our Unit meeting in March attain three hours toward the 20 required hours because this meeting involves preparations for Forum. If new members or anyone is interested or have questions or concerns about your membership, please contact Georgia Sowers, Membership Chair, at 979-836-8228 home, 281-486-6006 cell, or gzsowers@att.net email. Other members also are quite helpful with many issues. We will be happy to help you.

Georgia Sowers
Membership Chair



MINUTES OF UNIT MEETING
HERB SOCIETY OF AMERICA
PIONEER UNIT
February 9, 2012

Carolyn Thomas, Chair, opened the meeting.

Betty Gasaway, Programs, thanked the hosts and introduced Linda Lain who entertained us with information about The Language of Flowers.

After the program, Carla Lessard, Thyme Well Spent, reviewed the plans for the March workshop meeting in preparation for the Herbal Forum.

Georgia Sowers, Membership, introduced three guests and introduced new member Susan Lake.

Next, Henry Flowers, Festival Hill Garden Chair, talked about the Herbal Forum scheduled for March. He provided flyers for posting information about the plant sale and gift shop.

Sue Edmundson, Plant Sale, reviewed the hours for the sale and asked for wagons for moving plants and flats for carrying plants.

Kay Scanapico, Volunteer Coordinator for the Forum, called attention to the sign up sheets for members to sign up for various work for the Forum. Cindy Rollins, Hospitality for Thyme Well Spent, reviewed the hours the table would be open and asked for greeters and for volunteers to make cookies. Kay Von Minden, Thyme Well Spent crafts, asked for those who had completed sewing projects to deliver the materials to her.

Diana Reed, Book Club, mentioned that the club would be meeting after lunch. She proposed to select books for the remainder of the year.

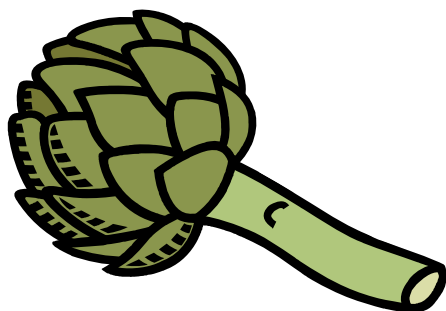
Ann Allen, Afternoon Refreshments for the Forum, asked for volunteers to sign up to make cookies for the refreshments at the end of the Forum on Saturday afternoon.

Carolyn then reminded everyone that the 2012 Herbal Forum was being presented in memory of Corine Levien, long-time member and coordinator for the Thyme Well Spent Shop. She asked if anyone had pictures of Corine for use at the Forum, and she called attention to the scrapbooks of past events of the Pioneer Unit.

Then Linda Lain, President of the Herb Society of America, reviewed information about the Educational Conference scheduled for May 2012 in Austin, Texas.

Respectfully submitted,
Linda L. Rowlett
Secretary

REQUESTED RECIPES



CHICKEN ARTICHOKE SALAD

- 3 6½- ounce jars of marinated artichokes
- 1 green bell pepper, chopped
- ½ chopped celery (or chopped green olives)
- 8 green onions, finely chopped
- 2 6-ounce packages chicken flavored Rice-A-Roni
- ½ cup mayonnaise
- 1 chicken, boiled, deboned, and diced
- ½ teaspoon curry powder

Drain artichokes, reserving marinade. Cook rice according to package directions. Combine bell pepper, celery, onions, chicken, and artichokes. Mix marinade, mayonnaise, and curry and pour over salad and stir well. Refrigerate several hours. Serves 8 to 10.

Cheryl Easley

FRESH APPLE CAKE

- 1½ cup oil
- 2 cups sugar
- 3 eggs
- 4 cups chopped apples
- 1 cup pecans
- 3 cups flour
- 1 teaspoon salt
- 1½ teaspoons soda
- 2 teaspoons vanilla
- ½ cup white raisins
- Rind of 1 orange, grated
- ½ teaspoon nutmeg

Combine first three ingredients. Add apples and nuts. Sift dry ingredients three times. Add to first mixture. Add vanilla, orange rind, and raisins. Mix together. Bake in a Bundt or tube pan, greased and floured, at 350 degrees approximately 1¼ hours or until cake tests done. Frost.

Icing:

- 8 ounces cream cheese
 - ½ box (approximately) powdered sugar
 - Orange juice to spreading consistency
 - May garnish with pecan halves and nutmeg.
- Ann Allen



Traditional Irish Stew with Guinness

(in honor of St. Patrick's Day)

The key thing is to make this recipe your own. It reheats well.

- 1/4 cup extra virgin olive oil
- 3 pounds stew beef or lamb cut into one inch cubes
- 1 head garlic, minced (mince all the cloves in the head)
- 2 to 3 large onions, chopped
- 1 tablespoon sugar
- 6 cups beef stock (you can prepare from beef cubes with water)
- 1 cup dark ale
- 1 can tomato paste (you can substitute with a cup of tomato catsup)
- 4 large tomatoes, chopped
- 2 bay leaves
- 1 teaspoon basil
- 1 tablespoon thyme
- 1 tablespoon Worcestershire sauce (you can substitute with soy sauce)
- 3 1/2 pounds red potatoes
- 3 cups peeled carrots, cut in medallions
- 1/2 stick butter (you can substitute with olive oil)
- One 3-inch cinnamon bark
- Salt and pepper, to taste
- Parsley and coriander leaves, for garnish

1. Heat olive oil in very large pot over medium heat. Sauté meat until brown, then add garlic and onion. Continue to move the meat in the pot with new ingredients over heat for another seven minutes, and then sprinkle with sugar.

2. Add beef stock, ale, tomato ingredients, herbs and Worcestershire sauce. Bring to a boil. Reduce heat to low and simmer for another two hours, stirring every 15 to 20 minutes.

3. In a deep skillet sauté the potatoes and carrots in butter. Add to the stew pot after it has simmered for two hours. Add cinnamon bark and simmer on lowest heat for another 40 minutes. Remove the bark and bay leaves. Garnish with parsley or coriander (or a combination of both).

The Irish Inn
Illinois



BOOK CLUB

We will not have a book discussion meeting in March, but two books have been chosen for April.

They are: The Language of Flowers by Vanessa Diffenbaugh
Winter Garden by Kristin Hannah

if you don't have an assigned job for forum preparation, join us in the Shakespeare Garden on THURSDAY, MARCH 8, after the business meeting, for a sprucing up of the garden for our Forum. We have sadly neglected this beautiful spot over the past months, so please try to find a little time to come and visit! The Shakespeare Garden is just west (left as you are facing the house) of the Menke House. Thanks and don't forget your gloves and tools!

Diana Reed



MARCH BIRTHDAYS

March 1 — Alton Ehler
Susan Wood

March 3 — Billi Parus

March 9 — Alice Kyle
Susan Abouhalkah
Susan Wittig Albert

March 11 — Joan Jordan

March 14 — Bob Sowers

March 16 — Sandra Brown
Beth Murphy

March 18 — Cynthia Rollins

March 30 — Mike Cox

March 2012

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

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	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	



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

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The Herb Society of America
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