



# PIONEER PATHS

Newsletter of the Herb Society of America  
Pioneer Unit

October 2013

Volume 21, Number 2

## MONTHLY UNIT MEETING

Date: October 10, 2013

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

Location: Brenham Presbyterian Church  
1005 Green Street, Brenham, Texas

Directions: From Highway 290 in Brenham, take Business 36 north, turn west on College Avenue and then south on Green Street.

Program: Cooking with Herbs  
Speaker: Leslie McConachie

Angel: June Smith  
Hosts: Karen Springer, Cheryl Easley, Barbara Hemmer, Joyce Lane, and Kay Scanapico

Lunch: Favorite Herb-Sprinkled Dish

After: Book Club

October 18  
Hunter's Full Moon  
—  
October 23  
Board of Directors  
Meeting  
Menke House Parlor  
Festival Hill  
—  
October 31  
All Hallows' Eve



## MESSAGE FROM THE CHAIR



I am happy to report that we had a lovely wedding on September 14th (my mother's birthday), with the ceremony in my herb garden — which was looking good for the occasion. I just received a text message from my son telling me that he and his new bride have returned from Scotland. She reported on Facebook that she was the happiest woman in the world. I hope she stays that way!

Now I am going to try to figure out what normal life might be with no life-changing events pulling at me.

I hope to spend some time sitting in my garden — and not on a mat with gloves on and a trowel in my hands. To that end, Doug and I ate dinner in the gazebo this evening and enjoyed the pleasure of slightly cooler weather.

There are several herbal events in store for this month. Check out the flyers at the end of this newsletter. I am going to the District Gathering this weekend. And I thank our members who generously donated items for the raffle and the silent auction. Mary Doebbeling is going to be showing me how she handles those events, and I look forward to working with her.

Autumn is my favorite time of the year. I grew up in the northeast, where we experienced those gorgeous leaves every autumn. I am about to take a quick trip up for some family events, and I hope that the show will be resplendent.

We can slow down some with the gardening chores, but it is time to work on projects for Thyme Well Spent. Have you dried some herbs for teas or seasoning mixes? Have you made some jelly? Would you prefer to sit and embroider in the afternoon sun? There is something each of us can do.

And we can cook, without worrying about heating up the kitchen. This is the perfect time for a program to remind us about the joys of cooking. I hope to see you at the October meeting. Until then, enjoy your autumn and be safe.

Linda L. Rowlett  
Unit Chair



The morns are meeker than they were,  
The nuts are getting brown;  
The berry's cheek is plumper,  
The rose is out of town.  
The maple wears a gayer scarf,  
The field a scarlet gown.  
Lest I should be old-fashioned,  
I'll put a trinket on.

Emily Dickinson

## FROM THE PROGRAMS CHAIR

At our September meeting we welcomed Cheryl Cooke from Dilorio Farms of Hempstead, Texas. She entertained us with tales from the Dilorio family business. She shared with us many useful hints on keeping our produce fresh and safe. Thank you to the angels who helped her bring in the watermelons and beautiful table display. She was very impressed with our group's friendliness and willingness to help.

At our October 10, 2013, meeting at Brenham Presbyterian Church, 1005 Green Street in Brenham, we will welcome Leslie Smith McConachie, daughter of our member June Smith.

Leslie was born to cook -- just ask her mom! Leslie left teaching school for the trials and tribulations of owning an upscale catering company in Dallas for over 20 years. Always on the lookout for flavor boosters, she's been growing kitchen herbs since 1978 and called her business "Any Thyme Events." At our October meeting, she will bring us a breakfast, lunch, and dinner's worth of her favorite herbal recipes to demonstrate that thyme in the kitchen is, indeed, thyme well spent. (And she is horrified to learn that we have made good use of that phrase as well. So much for thinking that she was original.) It will be a fun and informative morning! For our luncheon, please bring your favorite herb sprinkled dish.

Diana Reed  
Programs Chair



MINUTES OF UNIT MEETING  
HERB SOCIETY OF AMERICA  
PIONEER UNIT  
SEPTEMBER 12, 2013

Linda Rowlett, Chair, opened the meeting.

Georgia Sowers, Membership, introduced visitors Cindy Nash and Betty Prior and new member Beverly Green.

Diana Reed, Programs, introduced Cheryl Cooke, from Dilorio Market, who presented information about the Hempstead farm and its long history. Following the program, Diana thanked the hostesses and reminded members that the topic for October's meeting, in Brenham, will be "Cooking with Herbs."

Verena Aeschbacher, Sensory Garden, reported that Natalie James is the new Science Coordinator for Brenham Elementary and that she is enthusiastic about the garden's education potential. A number of groups were represented at last week's steering committee meeting, including Parks & Wildlife and Master Gardeners. Fall and Spring sessions are being planned, as well as an evening session for parents and a volunteer appreciation event. Verena said that the gardens are beautiful and thanked volunteers for their efforts. Ms. James is planning to attend the October Pioneer Unit meeting.

Henry Flowers, Garden Chair announced that the next Sensory Garden work session is scheduled for October 5th.

Henry Flowers and Carolyn Thomas, Past Chair, have been working on several workshops. A pelargonium workshop is scheduled for November 18th. The workshop will be about growing and cooking with scented geraniums, and a few slots are still available.

A January workshop about herbal vinegars is being planned preliminary to the Herbal Forum. The date will be announced later.

Georgia Sowers reminded everyone that 2013-2014 Yearbooks are now available. She introduced Beverly Green as the first new 2013-2014 member, effective July 2013. Cindy Nash just turned in her application and will be the newest 2013-2014 member, effective the meeting day.

Linda reported that the Pioneer Unit will be handling the raffle for the District Gathering in Huntsville, and she asked about members planning to attend. Several members offered to provide raffle items.

The meeting was then adjourned.

Respectfully submitted,  
Karen Cornwell, Secretary



## MEMBERSHIP INFORMATION

At the September 12 meeting, we welcomed Betty Pior for her second visit. Betty is Kay Scanapico's friend, and she plans to join our Unit this month. She's been making friends already and helping out at the Sensory Garden and in other areas. We'll look forward to seeing her at our meeting in Brenham. Affiliate members present were Susan Abouhalkah, Peggy Cook, and Marijane Lipscomb.

Also, Carolyn Thomas's friend Cindy Nash joined our Unit at the meeting, and we introduced and welcomed her as our newest member. Cindy has been helping out at both of the gardens with other members and is going to be a great asset to our Unit. Her address is 10576 Old Chappell Hill Road, Chappell Hill, Texas 77426, phone 979-830-0286, cell 281-389-0550, and email cnash27@aol.com. Cindy's birthday is January 27. We're happy to have her with us! We also introduced and welcomed Linda Rowlett's friend Beverly Green, who joined us in July as the first new active member for the 2013-2014 year. Beverly's contact information is in our current yearbook, and she has also been busy as Henry's Mint-it-Maid at Festival Hill.

Our newly designed yearbooks were printed and most have been distributed to the members who attended in September and the remainder will be at our meeting again this month. The new membership letters and cards from HSA are included with them. Speaking of the new design with the yearbooks, some of the planning and creativity that went into them was generated after I received a scholarship from the Unit to help toward my study of Website Design taken at Houston Community College System. Susan Lake, our website designer, has allowed me to help with postings and other areas associated with our Pioneer Unit website, which is www.herbsocietypioneer.org. I would like to thank the Unit for the opportunity that the scholarship provided me.

As always, please let me know if I can help with questions or other areas about membership at gzsowers@att.net or call me at 979-836-8228. Enjoy the welcome cooler weather of fall!

Georgia Sowers  
Membership Chair

### NEW MEMBER - CINDY NASH

CINDY NASH joined our Unit September 12, 2013, at the first meeting for the Program Year! She was brought to the Unit by active member Carolyn Thomas, and she is going to be a great asset to us. Cindy's husband is Robert and they have three daughters and two grandchildren. They moved to Chappell Hill seven years ago from Houston, and this May she retired from being a registered nurse. This will give Cindy time for travel, antiques, voracious reading (she has been a member of the Book Group in Katy for 16 years!), cooking, and entertaining. Her interests seem to echo those of so many of our members.

Please be sure to continue to welcome and get to know her. Welcome, Cindy!



## SENSORY GARDEN - SHARING IT WITH THE CHILDREN

The Sensory Garden at Brenham Elementary School looks so very beautiful! Thank you to all for maintenance and upkeep. Now is the time to share it with the children, introduce them to the different smells, tastes, feels, and colors. There are plans for future "Garden Days."

New in charge of Science and Outdoor Education at BES is Natalie James (Nancy Oertli has retired). In order to meet Natalie, a Steering Committee meeting was called and held on September 4, 2013. The purpose was to coordinate our efforts to provide opportunities in Outdoor Education. Besides our Unit, the Master Naturalists, Brenham Garden Club, Parks and Wildlife, and NRCS (Natural Resources Conservation Service) are participating, as do the Boy Scouts (with Eagle Scout Projects) and two other groups who could not attend.

Emphasis was on the volunteer involvement with children, as all of these groups participate in outdoor education classes. We are planning our day with Kindergarten classes this fall, and other events are on the horizon for spring. So please share the fruits of our labor with future generations, and help to plant the seed of understanding, appreciation, and conservation of Nature.

Verena Aeschbacher  
Sensory Garden Chair

### October Birthdays

October 5 — Ginger Heath

October 13 — Carla Lessard

October 14 — Mary Ann Hillegeist

October 21 — Janice Stuff



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



**Botanical Name/Etymology:** *Eschscholzia californica*

**Family Name:** Papaveraceae

**Common Name:** California poppy, golden poppy, California sunlight, cup of gold

**Origin:** Native to the western side of United States and Mexico including California, Oregon, southern Washington, Nevada, Arizona, New Mexico, Sonora and northwest Baja California, and it is notably the official state flower of California.

**Growth Habit:** Perennial or annual growing 5-14 inches tall with alternately branching blue-green foliage. The leaves are finely dissected (ternately divided) and solitary on long stems and have a silky texture. Flowering is from February to September. The flowers are 4 petaled, each petal .79-2.4 inches long and broad, and they close at night or in cold, windy weather and open again the following morning. Flower color ranges from yellow to orange. The sap is not milky. The fruit is a slender, dehiscent capsule 1.2 to 3.5 inches long which splits in two to release the numerous small black or dark brown seeds. It will survive mild winters in its native areas but dies in colder climates.

**Growth (Cultural) Requirements:** It is drought tolerant, self-seeding, and easy to grow in gardens. It is best grown as an annual in full sun and sandy well-drained soil. Likes elevations below 5,000 feet and slopes.

**Propagation:** Easily grown from seed. It is best sown in our area in the late fall or early winter. Horticulturalists have produced numerous cultivars with various ranges of colors and blossom and stem forms. These do not breed true on reseeding. It is illegal to pick in California.

**Folklore:** Native Americans used it for toothache long before the white man arrived.

**Chemistry:** Protopine, cryptopine, sanguinarine, magnoflorine, benzodiazepine and other isoquinoline alkaloids. These chemicals have neuroleptic, antidepressant, antihistaminic and analgesic properties.

**Plant Parts Used:** The leaves were used medicinally by Native Americans, and the pollen was used cosmetically. The seeds are used in cooking. An aqueous extract of the plant has sedative and anxiolytic action. The extract acts as a mild sedative when smoked.

**Time of Harvest:** Depending on location: spring through summer.

**GRAS:** Safe plant used in moderation.

**Medicinal Uses:** Has properties similar to opium but with much milder effects. Will not give the effects of the opium poppy and is nonaddictive. The poppy contains a mild sedative and alkaloids in its sap. Local Indians used it as a painkiller, a remedy for headaches and insomnia, as a poultice for sores and ulcers and for treatment of spastic colon and gallbladder conditions. Indian women thought it would charm inattentive lovers, but that was considered a crime which could expel the woman from the tribe. British herbal practitioners use it as a safe and gentle sedative for hyperactive children. Is used for sleep difficulties.

**Culinary uses:** Sprinkle seeds on bread, cake, and biscuits for a pleasant nutty flavor. Add to curry powder for texture, flavor and as a thickener. Gives a culinary oil from the first cold pressing of seeds.

**Other Uses:** Feed seeds to birds. An artist's oil is made from the second pressing of seeds. Flower petals used to color medicines and wines. Women of Spanish descent cook the plant in olive oil and use this to dress their hair to make it thick and shiny. Use dried seed heads for floral arrangements.

**Bibliography:**

- Bown, Deni 2001 New Encyclopedia of Herbs & Their Uses London: DK Publishing  
 Chevallier, Andrew 1996 The Encyclopedia of Medicinal Plants New York: DK Publishing  
 Moore, Michael 2003 Medicinal Plants of the Mountain West Santa Fe, NM: Museum of New Mexico Press  
 Reader's Digest Staff 1986 Magic and Medicine of Plants New York: Reader's Digest  
 Ody, Penelope 1993 The Complete Medicinal Herbal New York: DK Publishing  
 Tilford, Gregory 1997 Edible and Medicinal Plants of the West Missoula Mt.: Mountain Press  
 Vermeulen, Nico 1998 Encyclopedia of Herbs The Netherlands: Rebo Productions, page 118.  
 Bremness, Lesley 1988 The Complete Book of Herbs New York, The Penguin Group, page 106

Submitted by Pam Traylor, May 2013

*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.*

## Herb of October – Garlic

Many consider garlic to be a vegetable and not an herb. I say that whatever category you put it into depends upon how much you use it. To me a culinary herb is a plant that is used in small quantities to flavor foods. A vegetable is a part of a plant (technically a non-reproductive one, which would be a flower or fruit) that is used as a foodstuff in volume. Personally I use a bit of garlic to flavor food and do not commonly eat a whole head of it at a time, so I class it as being an herb. If you prefer to use it the other way then perhaps you may want to call it a vegetable. In that case I am sure that you will likely not be attractive to vampires, if not unattractive to any nearby humans as well.

The botanical name of garlic is *Allium sativum*. *Allium* is derived from the Celtic word *all*, which means "pungent" or "stinky" and *sativum* is Latin for "cultivated." The common name of garlic is from the Anglo-Saxon *garleac*, which translates as "spear-leek." The ancestry of our modern garlic can be traced back to origins in south-central Asia and it is believed to be one of the oldest cultivated plants.

There are two basic types of cultivated garlic: softneck (var. *sativum*) and hardneck (var. *ophioscorodon*). Softneck garlic, also know as "stinking rose," is the best type for growing in milder climates such as those we have here in the South. The stem that emerges from the bulb is soft and easily braided if one wants to do that as a creative way to store the bulbs. Softneck garlic is also more commercially available as it is the better one for storing. Hardneck garlic, also known as "serpent garlic" or "rocamboles," is better for growing in colder, northern regions. As its name implies the stem or "neck" that comes out of the bulb is hard and thus it is not easily braided. The cloves of hardneck varieties are usually larger and more pungent in taste than those of softneck types and they don't store as well. Within each group there are a multitude of varieties. 'California Early' and 'California Late' are two of the better-known softneck types and the most common ones found in the grocery store—not surprising as California is the largest producer in the US. I've not tried, but I would assume that these should grow well here. 'Creole' (aka 'Mexican Pink') is another highly recommended variety and one that is grown to great extent in Louisiana. Hardneck varieties are not highly recommended for this far south, but you may want to try one or two as you never know how well they may do and they are supposed to taste great.

**Propagation:** Cultivated garlic is generally sterile and thus propagated by planting the cloves, which are commonly referred to as the garlic "seed" while the entire bulb is referred to as a "set." Bulbils produced in the flower stalks may also be used to start new plants. The cloves should be planted with the pointed end up and about 1-2 inches below the surface, about 3-6 inches apart (depending upon variety) and in rows one to two feet apart. The most recommended time to plant is about a month before the average frost date, so for us that would be sometime in October or early November. The soil should be well-drained, loamy, and ideally it should be slightly acidic. Full sun is also best. After planting, the soil should be kept evenly moist (but not highly wet) and it is a good idea to add a loose mulch to reduce weeds and keep in moisture.

The plants will germinate and grow slowly over the winter and will speed growth when temperatures rise to around 60F. When temperatures get closer to 70F bulb formation and enlargement will start to occur. If flower stalks arise from the plants they should be removed and can be eaten if young and tender. When the leaves of the plants start to yellow, get weak, and fall over they can be harvested. Another indication of readiness is that at soil level the leaves will turn dry and papery. When you dig up the bulbs you should remove one or two outer layers of the bulbs to clean them and also trim off the roots. Dry the bulbs (tops on) on screens or wire in a shady spot with low humidity for about 4-6 weeks, at which point the skin of the bulbs should be crisp and duller in color. For long-term storage the bulbs should be kept in a cool, dark place with low humidity (about 60-70%). You can freeze garlic, but doing so will affect the flavor and texture.

Normally garlic does not have a lot of pest problems, but nematodes can be damaging to the roots and onion thrips can attack the leaves. If kept too wet the plants may also be attacked by fungal pathogens which may cause them to rot. Gophers are also reputed to love garlic and may devour the bulbs before you have a chance to do so.



Historically garlic has been an extremely important plant in many cultures. In Egypt it was so highly valued that Pliny indicates in his writing that the Egyptians revered it as a god and took oaths upon it. Both clay models and real bulbs of garlic were found in the tomb of Tutankhamen. The Bible indicates that the Israelite slaves in Egypt were often given garlic and onions as staple foods and that they lamented their loss when Moses led them out of bondage and into the desert. Today there is hardly a cuisine that does not use garlic to some extent and it is perhaps used most highly in the cuisines of the Mediterranean.

It is interesting to note that an entire bulb garlic is odorless. Only when you bruise or cut the cloves and expose the many odorous compounds to enzymatic breakdown are the aromas released. Garlic has a strong odor and taste in its raw form and cooking tends to temper both. Baking a whole bulb/head of garlic will cause the meat of the cloves to become very creamy in texture and much more subtle in taste.

The chemicals in garlic are known to be very active against bacteria, yeasts, fungi, parasitic protozoans and worms, and even some insects. The chemical allicin is a potent blood thinner, helps to dissolve blood clots, and acts to elevate HDL and lower LDL cholesterol levels. It also is known to have anti-cancer action, lower blood pressure, relieve asthmatic symptoms, and ease digestive distress. Garlic is also good for helping to prevent infection, to treat colds, help to reduce glucose metabolism in diabetes, and lower the risk of further heart attacks in those who have suffered from such.

Elephant garlic is not truly a garlic at all, but is more closely related to the leek. Its bulbs have a similar appearance to those of garlic, but the cloves are notably much larger and the whole bulb is usually larger as well. The flavor of elephant garlic is much milder than that of true garlic—I've heard it described as being somewhere between the flavors of garlic and shallots—more amenable to some than garlic in its raw states. I like to grow elephant garlic since it does well here and will come back for many years if you don't harvest it all. Its flower heads are great for floral arrangements and its foliage is a nice contrast to that of the fine foliage of dill, fennel, parsley, and chervil in our winter and spring gardens.

Garlic is a fun and easy herb to grow and now is the time to think about doing so. If you also like to keep evil spirits at bay, then now is the best month to think about hanging some bulbs around to ward them off. But above all make sure to include it as a staple in your diet. It adds wonderful flavor and aroma to foods and is healthy for you too!

Henry Flowers, Pioneer Unit Garden Chairman

*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.*



## Coriander Shortbread

5 dozen

2 teaspoons coriander seeds

1½ teaspoon curry powder (homemade or purchased)

2 teaspoon orange zest

16 tablespoons (2 sticks) butter

½ cup sugar

1 teaspoon vanilla extract

1 teaspoon salt

1¾ cups flour (for crisper texture, substitute 3 tablespoons cornmeal or rice flour for 3 tablespoons of the flour)

Stir coriander seed in a small skillet over medium heat until beginning to be fragrant, 1 or 1½ minutes, then add curry powder and stir and toast another minute. Set aside. When cool, grind together in a spice mill or mortar and pestle.

In a large bowl or food processor, beat together the orange zest, butter, sugar, vanilla, and salt until well combined. Sprinkle with the ground spices and then the flour. Blend thoroughly.

Roll dough into 2 small logs, each about 9 inches long. Chill long enough to firm the dough for easy slicing, or freeze until needed.

Preheat the oven to 350°. Cut the dough into ¼-inch slices and bake on an ungreased cookie sheet until the edges are golden, about 15 minutes. (Optional: Sprinkle the tops of cookies with sugar crystals before baking.)

Homemade Curry Powder: In a small, dry skillet lightly toast 2 tablespoons each of whole cumin seed, green cardamom seed, and whole coriander seed. Let cool, then combine with ¼ cup ground turmeric, 1 tablespoon dry mustard powder, and 1 teaspoon cayenne. As needed, grind to a powder before using. Stores dry for up to 6 months if unground, 2-3 months if ground, or longer if frozen.

Recipe from Leslie Smith McConachie, our October speaker



## REQUESTED RECIPE: RAVIOLI LASAGNA

From The Casserole Queens Make-A-Meal Cookbook (as published in the Houston Chronicle's USA Weekend insert)

Yield: 8 (large) servings

Cooking spray

1 24-ounce jar of marinara sauce, or 3 cups home-made (I used HEB's Healthy Marinara.)

1 pound fresh spinach, chopped (You will have to do the chopping. This is a lot, but when you cook it in the marinara it will cook to almost nothing.)

2 tablespoons dried parsley (I used 4 tablespoons fresh.)

2 teaspoons salt (I only added 1 teaspoon. Taste your marinara; you may not need any.)

1 teaspoon freshly grated black pepper

1 15-ounce container ricotta cheese

1 8-ounce container cottage cheese (You can use low fat as this recipe is rich.)

1-25 ounce package frozen cheese-filled ravioli (Meat or mushroom would be good too.)

3 cups shredded Italian cheese mix

Preheat the oven to 350 degrees. Spray a 9x13 inch casserole dish with cooking spray.

In a large saucepan set over medium heat, heat the marinara sauce until heated through, about 10 minutes. Stir in the spinach, half the parsley, salt, if using, and pepper, and cook for about 3-5 minutes, or until the spinach is completely wilted. Set aside.

In a medium bowl, combine the ricotta, cottage cheese, and remaining parsley. Set aside.

Pour 1/3 of marinara-spinach mixture into the bottom of the prepared casserole dish. Arrange half of the frozen ravioli in a single layer over the sauce. Spread half the ricotta cheese mix over the ravioli and sprinkle with 1 cup of the shredded Italian cheese. Repeat the layers, ending with the remaining marinara-spinach mix. Sprinkle the Italian cheese mixture over the top.

Bake for 30 minutes (this is what the recipe called for, but I had to cook it 45-50 minutes), or until cheese begins to brown and the sauce is bubbling well for several inches around the edge of the dish. Cover with foil if the cheese browns too quickly. (Mine didn't.)

(This recipe sounds a little complicated, but it goes together really quickly, especially compared to traditional lasagna recipes.)

Note: The parenthetical comments are from Joyce Lane

## 41st Annual Herb Fair hosted by The South Texas Unit

October 18, 4 to 7:00 p.m.

October 19, 8:00 a.m. to 1:00 p.m.

**Location:** Bethany Christian Church  
3223 Westheimer Road  
Houston, Texas

**Description:** Huge variety of HERB PLANTS  
Jellies & Blends & Crafts & Classes & Books  
Many of the herb plants in our huge selection are grown to ORGANIC standards. Autumn is the prime time for planting herbs and perennials in the Houston area. We will offer the most extensive selection of herbs you'll find suitable for our area. Members will be available to offer expert growing advice and help you plan your garden. Member Lucia Bettler will offer items from her shop Lucia's Garden. She'll have a wonderful selection of herbal books, fairy items, and more. Member Donna Fay Hilliard will be selling selections from her Sweet Organic Solutions. She offers organic soil and plant amendments, biological inoculants, organic pesticides and herb, flower and vegetable seeds.

### **Classes:**

Sitting Pretty: "Assembling a Herbal Chair"

Pam Harris and Lois Sutton

Saturday 9:00 am

Love to find treasures at garage sales? This class is for you! Take that found chair and turn it into a clever and humorous garden feature. This is raised-bed gardening with a twist.

"Herb Gardening"

Jim & Beth Murphy

Saturday 10:30 am

Join these well-known Houston gardeners for tips on everything start to finish-planning, propagation, planting and pruning! Plenty of time to ask questions about your herb garden.


Class admission may be purchased the day of the fair but seating is limited and space may not be available.

<http://www.herbsociety-stu.org/>





# October 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
BSG = Botany Study Group	FH = Festival Hill SG = Sensory Garden	1 FH Workday 8:30 to noon	2	3 FH Workday 8:30 to noon	4	5 SG Workday
6	7	8 FH Workday 8:30 to noon	9	10 Pioneer Unit Meeting	11	12
13	14	15 FH Workday 8:30 to noon	16	17 BSG	18 South Texas Unit Her Day 4-7 pm	19 South Texas Unit Her Day 8am-1pm
20	21	22 FH Workday 8:30 to noon	23	24 FH Workday 8:30 to noon	25 Hill Country Unit Luncheon	26 Newsletter deadline
27	28	29 FH Workday 8:30 to noon	30	31 FH Workday 8:30 to noon		

# November 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
BSG = Botany Study Group	FH = Festival Hill 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 Pelargonium Workshop	19 FH Workday 8:30 to noon	20	21 BSG	22 Newsletter deadline	23
24	25	26 FH Workday 8:30 to noon	27	28  Give Thanks	29	30



## PIONEER PATHS

Volume 21

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—Diana Reed      Vice Chair Membership—Georgia Sowers  
Secretary—Karen Cornwell      Treasurer—Janie Plummer

