



PIONEER PATHS

Newsletter of the Herb Society of America
Pioneer Unit

September 7
Labor Day

September 23
Autumnal Equinox
(First Day of Fall)



September 27
Harvest Full Moon

September 2015

Volume 23, Number 1

MONTHLY UNIT MEETING

- Date: September 10, 2015
- Time: 9:30 a.m. Meet and Greet
10:00 a.m. Presentation and Meeting
- Location: First Baptist Church
7675 FM 2447, Chappell Hill
- Directions: Exit Highway 290 heading northeast on FM 2447 near Chappell Hill. You can see the church from 290.
- Program: Landscaping with Edibles
- Speaker: Tom LeRoy
- Angel: Carolyn Thomas
- Hosts: Barbara Hemmer, Janie Plummer, Kathy LeBlanc,
and Johanna Hoiseth
- Lunch: Heart-Healthy Dishes



MESSAGE FROM THE CHAIR

Summer is almost over and fall should hopefully be coming along soon. I can't wait, as it is my favorite time of year. After a brutally wet spring and a harshly dry and hot summer, I hope that fall will be a time that will be more moderate and will bring us some cooler days and lots of flowers, hummingbirds, and butterflies.

Just last week we finally got some much needed rain in decent amounts in most of the areas where our members live and in just a few days afterwards I noticed that bulbs such as the oxblood lilies and naked ladies were starting to shoot up flower buds. That means that school is going to start and that fall and football are near. For us it is time to start thinking seriously about getting items ready for next year's Herbal Forum. Now is a great time to start harvesting herbs for drying and use in teas and dried herb blends and for using fresh to make vinegars, mustards, jellies and such.

The fall is also a great time to start propagating new plants, and this fall we will have a few workshops at Festival Hill to start producing plants which we can sell at the Herbal Forum plant sale. We obviously can't produce all that we sell as it would be a full-time job for someone, but we can produce some plants which are not so easy to find in the nursery trade. If you would like to help with this project, be thinking of what you may have in your garden that would be a good addition. We especially need good heirloom plants that are reliable but not easy to find at nurseries nowadays. If you come up with some ideas, just let me know and I'll let you know if they would work.

The fall is also a great time to consider planting cool season plants such as parsley, dill, cilantro, chervil and such and hardy perennial herbs such as rosemary, thyme, and sage. There are also many great cool season vegetables such as kohlrabi, cabbage, Swiss chard, beets, spinach, mustard, and my favorite of these—kale, which has gotten a lot of good press lately as being one of the most nutritious of the leafy greens. Don't forget to plant some cool season colorful flowers such as calendulas, snapdragons, petunias, dianthus, pansies, and violas, some of which make great additions to salads and as garnishes to brighten a variety of dishes.

I hope to see you all at our September meeting, which will be the first meeting of the program year. At this meeting we will have the new yearbooks available. If you can't make it to this meeting, let either Georgia Sowers or me know so that we can get your yearbook to you. We will also have extra yearbooks available at a nominal cost in case you would like to keep an extra in your car or another location. We have a very exciting lineup of programs this coming year!

Do also remember the HSA South-Central District Gathering at the Ozark Folk Center in Arkansas at the beginning of October. It will be a great event at a great location. If you have any questions about it, contact Sara Holland, our district's membership delegate and member of the Pioneer Unit.

With school starting soon, we will begin to plan more work sessions for the Sensory Garden and will let you know when those will be. We can always use help in the Festival Hill gardens as well, especially on Tuesday mornings.

I hope you have all had a great summer and many thanks for all that you do for the Pioneer Unit and both of the gardens that we support.

Henry Flowers
HSA Pioneer Unit Chair



FROM THE PROGRAMS CHAIR

We'll be back at the First Baptist Church in Chappell Hill for our September meeting. For those who haven't been there, it's the new church just off 290 a mile west of the Chappell Hill traffic light. If you need directions, they're on page 33 in our current 2014-2015 Handbook. The theme of this meeting's lunch is "Heart-Healthy Dishes." Why such a theme? It's because our speaker, Tom LeRoy, is to present a program on "Landscaping with Edibles." What could be better than using our herbie ways of combining home grown herbs with preparations of our own home grown produce?

As mentioned in last month's newsletter, Tom LeRoy spoke at our 2013 Herbal Forum. I've been trying to get speakers from past Forums to speak at Unit meetings because most members could not attend the Forum lectures. Tom is an excellent speaker. He's now retired from the Texas AgriLife Extension Service over in Conroe. He has the honor of having started the first Master Gardener program in Texas. That was in Montgomery County back in 1979. You'll find his program to be very useful because his presentations of using various plants together are quite innovative.

A few words about October's program. We'll be having Katherine Ashby from Houston. She heads up Feng Shui Houston. Her topic? What else but "Feng Shui in the Garden." When I saw her program, I knew we had to have it. She presents Feng Shui in a way that you can follow her, visualizing your way around your own garden. That program will be held at the First Presbyterian Church in La Grange. That'll be our first meeting there. The new 2015-2016 Handbook, to be distributed at this coming September meeting, will have directions.

One other item of interest: Our February speaker, Dr. Joe Masabni of Texas A&M, will be speaking on "Exotic Vegetables and Greens." That's another program giving you opportunities to match your herbs with the dishes you'll be tempted to prepare. Dr. Masabni has a major part in an article in the current September/October issue of Texas Gardener magazine on "Vertical Gardening." That concept is a very interesting way to minimize gardening space and grow plants at levels set for easy reach. If you grow veggies or, really, anything, the magazine is a great resource publication. The "Catmints" article is very informative, as well as the article on growing "Hardy Sprouts for Winter." That article has a yummy recipe for Roasted Thanksgiving Salad. The salad combines Brussels sprouts, butternut squash, cranberries, and, if you want, pecans. As the article says, "ditch the boiling and opt instead for roasting, sautéing, or braising." Wow!! That sounds good.

Hope you enjoy the programs and get lots of useful information from them.

Tony Scanapico
Programs Chair



MEMBERSHIP INFORMATION

This month begins our new Program Year, and it seems we have a great lineup, which will be in our new Yearbook and Member Directory for 2015-2016. Speaking of which, these will be available at the Registration table, along with the new membership cards and letters from HSA National. August was vacation time for our Unit, but was also time for finalization of the new Yearbook. I hope you all enjoyed time to work in your gardens, go on vacation, or just catch up on personal and family times.

If there are questions or concerns about Membership, please email me at gzsowers@att.net or call [979-836-8228](tel:979-836-8228). All of our members are happy to guide you. Enjoy a cooler Fall season arriving this month!

Herbally,
Georgia Sowers
Membership Chair

VOLUNTEER OF THE MONTH

For September 2015, we recognize Carolyn Hayes as Volunteer of the Month! Carolyn joined us last year and has been very active even before she became a member. She is helpful with our Hostess teams and is a willing presence at the Sensory Garden during field trip days for the young students. They enjoy her story-telling and reading times in the Gazebo. Carolyn is also a great help in the Thyme Well Spent Shoppe during Forum. We appreciate your efforts, Carolyn, and are happy that you are a member of our Unit. Congratulations!



HELP WANTED

The Thyme Well Spent Shop is in need of dried herbs for herbal blends. If you have the following herbs that are suitable for harvest (stripping the leaves off the stems and drying them), they can be used for the Thyme Well Spent Shop. Herbs needed are: oregano (Greek, Italian, or 'Hilltop'), sweet marjoram (not creeping marjoram), thyme (English, German, or French), lemon thyme, winter savory, and rosemary (Arp, Tuscan Blue, Hill Hardy, Gorizia, Salem, and Spice Islands are best). Dried herbs can be given to Kay Scanapico or Jane Press no later than the December meeting.



If you have any jars or bottles from items purchased in past years from the Thyme Well Spent Shop, please save them and give them to Pat Cox or Louise Rice who will get them to the right person. As always, we can use 8-ounce jelly jars, and they can be given to Carla Lessard.

In addition, we are still collecting seeds, so please give anything you have to Susan Lake.

Thanks so much for your efforts!
Pat Cox and Louise Rice
Thyme Well Spent Co-Chairs

Do you have photographs from any Pioneer Unit meetings or events from the past two years? If so, could you either get copies of the pictures to me or prepare a scrapbook page using your pictures. Or, if you are willing to get together to work on a scrapbook at my house, send me an email or give me a call.

Linda L. Rowlett
Newsletter/Scrapbook Editor

Workshops in Fall 2015

Two Propagation Workshops are planned for this October. The 1st workshop on propagation is scheduled for October 7, 2015, with a 2nd planned for October 22. We may need to plan others to produce plants for Herbal Forum in March. Most of the plants that we propagate are not available in the general market from our plant sources, so many serious gardeners and growers come to our sale to see what we are offering that is not usually available. These special plants always seem to sell out quickly. We need your help to be able to make them available. We have already propagated a collection of Louisiana Iris donated by Peaceable Kingdom, but there are many more plants that we can offer with your help.

In November we will be making vinegars for bottling, with the bottling probably in February. The schedule will be announced in advance.

In early January we want to have another production workshop on mustards.

There are various individual workshops held by the group leaders of Thyme Well Spent Shop to make items for our spring sale. Those are filled with the individuals who are known by those leaders to be interested in the particular product being made. You need to let us know what you are interested in doing or learning about.

Please contact me if you have other ideas for either production workshops or workshops of any kind that would interest you and others.

Carolyn Thomas – Workshop Chair

Cthomas1138@aol.com

979-251-8386

Plant Propagation Workshop
Wednesday, October 7, 9:00 a.m.
Festival Hill
By Henry Flowers

This will be a production workshop to start plants for the Herbal Forum Plant Sale in March. Henry Flowers will teach you techniques to grow herbs from cuttings. These methods can be adapted to many plants.

Registration is limited to 8 attendees, with Pioneer Unit Active Members having first opportunity to sign up. Affiliate Members will be put on the standby list to be called if the workshop is not filled with active members.

Come learn propagation methods and help the unit prepare for Herbal Forum.

To register for this workshop, please contact Carolyn Thomas by email at cthomas1138@aol.com or by phone at 979-251-8386 .

APPLICATION DEADLINE FOR MEMBER SCHOLARSHIPS – SEPTEMBER 10

The deadline is nearing to apply for a Member Scholarship for anyone who wishes to do individual study and research. The only requirement is that the member must agree to present the results of his or her 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 a member of the Scholarship Committee: Karen Springer, Kay Scanapico, or Ann Allen. The Pioneer Unit annually awards up to two \$125 scholarships in October. The deadline to submit an application is by the Unit meeting on September 10.

The form below may be used to apply for a scholarship.

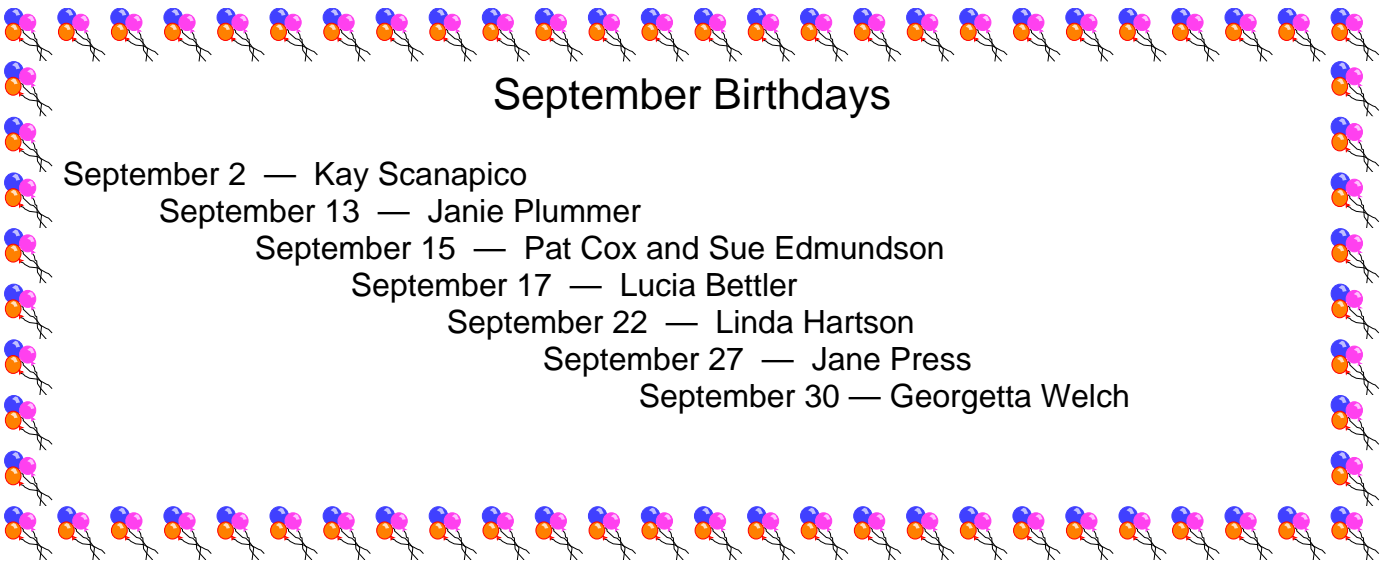
Application for Member Scholarship

Name _____

Address _____

Phone Number _____

Proposed Use of Funds _____



September Birthdays

- September 2 — Kay Scanapico
- September 13 — Janie Plummer
- September 15 — Pat Cox and Sue Edmundson
- September 17 — Lucia Bettler
- September 22 — Linda Hartson
- September 27 — Jane Press
- September 30 — Georgetta Welch

July 22, 2015, PIONEER UNIT BOARD MEETING Held at Festival Hill

Attendees: Henry Flowers, Tony Scanapico, Georgia Sowers, Janie Plummer, Pat Cox, Linda Rowlett, Karen Cornwell, Ginger Heath, and Louise Rice.

Programs Report: Tony Scanapico announced that the November program will be presented by Heidi Sheesley of Treesearch Farms. Because she runs a wholesale operation, she cannot sell plants directly to members. If possible, the Unit will make available a list of plants included in her program and will take orders at the meeting with the plants to be delivered later.

Membership Report: Georgia Sowers presented a motion out of committee to ratify Kay Robbins and Erica Menconi as new members. Phoebe Lake will join as soon as she has satisfied her garden requirements.

Motion: Upon a motion duly made, the Board voted unanimously to ratify the memberships of Kay Robbins and Erica Menconi in the Pioneer Unit.

Treasury Report: Janie Plummer distributed copies of the Quarterly Income Statement for Three Months Ending June 30, 2015, the Budget Summary Report for Three Months Ending June 30, 2015, and the Proposed Budget for Year Ending June 30, 2016.

Motion: Upon a motion duly made and seconded, the Board voted unanimously to approve the new budget.

Standing Committee Reports

A. *Archives and Rosemary* – Henry requested help with the Pioneer Unit scrapbooks. Karen Cornwell, Linda Rowlett, and Georgia Sowers agreed to meet to work on the scrapbooking project.

B. *Education/Special Events* - Ginger Heath, Education/Special Events, reported that the April field trip was a success. Ginger is researching options for the next field trip and one suggestion is a trip to Austin to see the bats. This would fit in with our April 2016 program which is about bats. Several workshops are in the planning process including propagation, hypertufas, mustards, and vinegars.

C. *Gardens* – There will be a work session in the Sensory Garden on August 1. More volunteers have been working in the Festival Hill gardens.

F. *Thyme Well Spent* – Louise Rice and Pat Cox are working on projects for the TWSS and have requested that members collect seeds, herbs and fruit for products.

New Business

Henry reported that EdCon in Williamsburg, Virginia, was well attended by over 200 members. A new award is to be given in honor of Betty Ray who spearheaded the National Herb Garden, and the deadline for nominations is September 1, 2015. A second award in the form of a grant for educators is being developed by Henry and Sara Holland along with the HSA Education Chair. Next year's EdCon meeting will be in late April in Asheville, North Carolina, in conjunction with a big herb festival.

The District Gathering is the first week in October at the Ozark Folk Center in Arkansas. Henry recommended the Center as a great place to visit.

A pavilion to honor Ira Bell Bathe is still planned for installation behind the Menke House although the estimate is not complete. All money given to Festival Hill in memory of Ira Bell will be directed to the pavilion.

Respectfully submitted,
Pat Cox
Secretary

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

Botanical Name/Etymology: *Ilex guayusa*
Family Name: Aquifoliaceae
Common Name(s): Guayusa (gwhy-you-sa)

Origin: Western South America - particularly Ecuador, northeastern Peru and Southwestern Colombia

Growth Habit: Small shrubby tree

Growth (Cultural) Requirements: Warm tropical conditions with a marked wet and dry season. Guayusa is an understory tree and needs the shade of other trees.

Propagation: Cuttings, because apparently it has been so long in cultivation and has been so highly selected that it no longer produces seeds. It takes three years until a new tree is mature enough (about 8 feet tall) to be harvested.



Folklore and History: Michael Harner, the founder of the Foundation for Shamanic Studies, describes how "the Jivaro say guayusa is so habituating that before it is offered to a visitor, he is warned that once he drinks it, he will ever always after return to the Ecuadorian Jungle." (Wikipedia)

-The Kichwa people claim that guayusa induces dreams that foretell whether hunting expeditions will be successful. (Wikipedia)

-A 1,500-year-old bundle of guayusa leaves was found by Harvard University ethnobotanist Richard Evans Schultes in a medicine man's tomb high in the Bolivian Andes, far beyond the natural range of the plant. (Wikipedia)

Chemistry (if known – especially active essential oils): caffeine (about 3% by weight), theobromine, L-theanine (an amino acid which is purported to give a feeling of pleasant tranquility), and glutamic acid (shown to reduce physical and mental stress)

Plant Part(s) Used: Leaves - dried and used for brewing a tea

Time of Harvest: Fresh leaves are harvested at any time.

GRAS? (generally regarded as safe): no, but long used and not likely to be hazardous

Culinary Uses: tea - Runa is probably the most notable brand in the US and is sold locally at HEB.

Medicinal Uses: Guayusa contains all the essential amino acids needed by humans and has an antioxidant value about twice as high as that of green tea. Guayusa is supposed to give you a sustained level of energy without a noticeable drop in energy as it wears off. Its caffeine level is less than coffee but higher than green tea.

Sources for Seed or Plants: plants: www.botanicalspirit.com

Bibliography:

Van Wyk, Eric 2005 Food Plants of the World Portland: Timber Press

Van Wyk, Eric 2013 Culinary Herbs & Spices of the World Chicago: University of Chicago Press

www.wikipedia.com

www.runa.org

Submitted by Henry Flowers

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 September – Horseradish

In 2011 Horseradish was the Herb of the Year. In that year I conducted a few unscientific polls and found that approximately 2/3 of those interviewed like horseradish and 1/3 do not. Unfortunately I fall into the 1/3 so I am writing about something which I don't really care to eat. That doesn't mean that I don't have a respect for this venerable herb. Quite the opposite.

The botanical name of horseradish is *Armoracia rusticana*, and it is believed to be native to eastern Europe and western Asia: from the Caspian Sea north and west to Poland and Finland. The common name of the plant in German is "meer rettich" meaning "sea root or sea radish" as the plant has a tendency to grow in somewhat moist areas along waterways. Perhaps in time the "meer" became "mare" and then eventually "horse" to give us the name "horseradish." Horseradish belongs to the family Brassicaceae—commonly known as the cabbage family, which contains many other pungently scented plants used as vegetable crops.

The leaves of horseradish are large and pungently scented when rubbed and can be cooked and eaten when they are young and somewhat tender. The main plant part used is obviously the root, which is long and tapered like an irregular white fleshed carrot. The root contains pungent oils which when exposed to air become very pungent and can irritate the olfactory nerves and cause tearing and salivation. Thus most who grow and process the roots for culinary use do so in a well-ventilated area or outdoors so as not to asphyxiate. Vinegar stops the release of the pungent oils, so when the root is processed it is common to add vinegar to stabilize the flavor. The sooner the vinegar is added, the milder the prepared horseradish will be.

To grow horseradish one needs a deep, loose soil that has a good supply of moisture—not necessarily wet, but never extremely dry. You can then simply plant fresh horseradish roots or chop up a root into large pieces and plant them separately. Harvesting is done in the winter when the plant is mature and the herbaceous leaves have gone dormant and returned most of their energy stores to the roots.

The largest area of horseradish cultivation in the United States is around Collinsville, Illinois, on the eastern side of the Mississippi and not far from St. Louis. The soil there is a deep, loose loamy alluvial soil perfect for growing this deep-rooted crop.

For culinary purposes, prepared horseradish is commonly used as a condiment on roast beef and is often added to flavored mustards to increase pungency and depth of flavor. It is also great to add to cole slaw, potato salad, baked beans, preserves, soup stocks, sauces for vegetables, and so much more. For cooked dishes, it is best to add it at the end of preparation as high heat tends to destroy the pungency of horseradish.

Horseradish is historically of note for its use as one of the bitter herbs employed in Jewish Passover Seders. It is believed that it didn't come into use for this purpose until the early 13th century and is thus a more "modern" addition. Until the 1600s its main use was for medicinal and not culinary purposes. According to Deni Bown's New Encyclopedia of Herbs and Their Uses, horseradish is used internally for "general debility, arthritis, gout, sciatica, respiratory and urinary

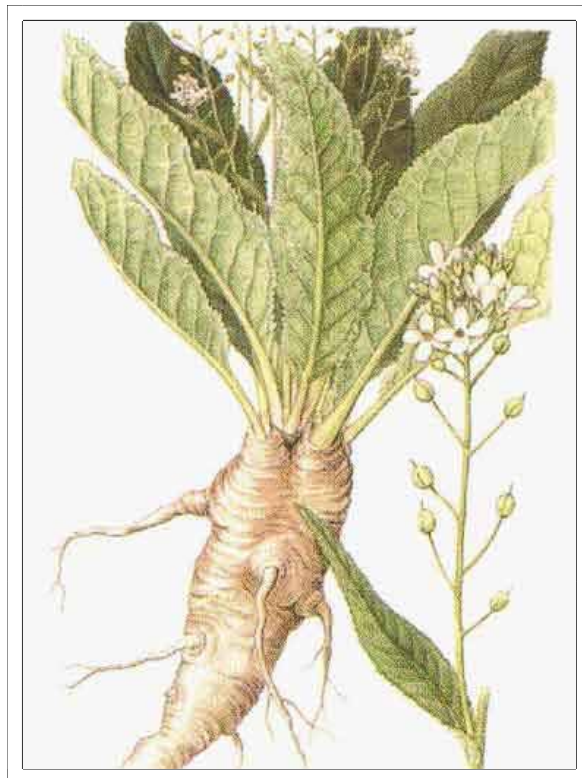
infections, and fevers characterized by coldness." Its use is not recommended for those suffering from stomach ulcers or thyroid problems. Externally it is used "as a poultice for infected wounds, pleurisy, arthritis, and pericarditis."

If you are one of the 2/3 of the population that likes horseradish, then you may want to consider growing some for yourself. If you don't have a garden area with the proper conditions, then consider growing it in a deep container filled with potting soil as it does make an interesting container plant. It is also easier to harvest this way—just dump it out after it goes dormant in the winter and save some of the root for replanting purposes. If you do grow it in the ground, it is one of those plants that will possibly be with you always as any bit of root left behind will likely create a new plant.

I hope you will enjoy some fresh horseradish. As for me, I'll enjoy knowing that you will use it and that I don't have to.

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Henry Flowers
Pioneer Unit Garden Chair



SCHEDULED EVENTS

DISTRICT GATHERING

It is not too late to register for the District Gathering. The Gathering will be held at the Ozark Folk Center, Mountain View, Arkansas. Reservations can be made on-line, and space in the on-site cabins is limited.

Thursday, October 1 — Herbal Supper (Registration Required)

October 2 –3 — Seminars and Meetings (The schedule was printed in the August Newsletter and is available on line.



Hill Country Unit — Herb Celebration Day is scheduled for October 23.

South Texas Unit — Annual Herb Fair is scheduled for November 14.


Check out the HSA website for new products, including knit scarves and sterling silver necklaces in stunning designs from the Aboca Museum in Italy, the only herbal museum in the world. The design shown below is "willow."



September 2015

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
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 FH Workday 8:30 to noon BSG	18	19
20	21	22 FH Workday 8:30 to noon	23	24 FH Workday 8:30 to noon	25	26
27	28	29 FH Workday 8:30 to noon	30			

October 2015

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
4	5	6 FH Workday 8:30 to noon	7 Propagation Workshop	8 Pioneer Unit Meeting	9	10
11	12	13 FH Workday 8:30 to noon	14	15 FH Workday 8:30 to noon BSG	16	17
18	19	20 FH Workday 8:30 to noon	21	22 FH Workday 8:30 to noon	23 Hill Country Herb Celebration Day	24
25	26	27 FH Workday 8:30 to noon	28	29 FH Workday 8:30 to noon	30	31 



PIONEER PATHS

Volume 23

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—Henry Flowers

Vice Chair Programs—Tony Scanapico
Secretary—Pat Cox

Vice Chair Membership—Georgia Sowers

Treasurer—Janie Plummer

