



PIONEER PATHS

Newsletter of the Herb Society of America
Pioneer Unit

March 2017

Volume 24, Number 7

March 12
Daylight Savings
Time Begins



March 12
Sap Full Moon

March 20
Vernal Equinox

MONTHLY UNIT MEETING

Date: March 9, 2017

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.]

Hosts: Cathy Comiskey, Carolyn Hayes, Ray Hayes, Mary Ann
Hillegeist, Oscar Hillegeist, Betty Powell, and
Georgetta Welch

Lunch: Lunch is being provided by Festival Hill if you signed up
in advance!

Please bring cook books, books, and magazines that are garden and garden design related or herb-related to the March meeting for the scholarship table. All the money supports our national intern. Special herbal items are needed for the silent auction as well!

MESSAGE FROM THE CHAIR

Greetings all!

The Herbal Forum is once again soon to be upon us, preparations are well underway, and I hope you are ready for another wonderful experience. It is always great working closely with volunteers and attendees. There are many opportunities to help. Please contact Forum Chairs if you are interested in expanding your Unit connections:

- Festival Hill Forum Registration: Ann Allen – Register Forum attendees as they arrive.
- Festival Hill Forum set-up: Lynn and Alton Ehler – Set-up Forum programs (separate from Pioneer Unit's plant and gift sales).
- Festival Hill Forum Speakers' Angels: Henry Flowers
- Thyme Well Spent Shop: Pat Cox and Jane Press, TWSS Co-Chairs
- Plant Sale Chair: Karen Cornwell

Remember that we always need cardboard flats for the plant sale! Please bring them (preferably in trash bags) at the beginning of the event or during set up. We can also store them at Festival Hill if you bring them to the March meeting. We always need more wagons, so bring any before the sale, but be sure that your name is on it somewhere so we can be sure it gets back home.

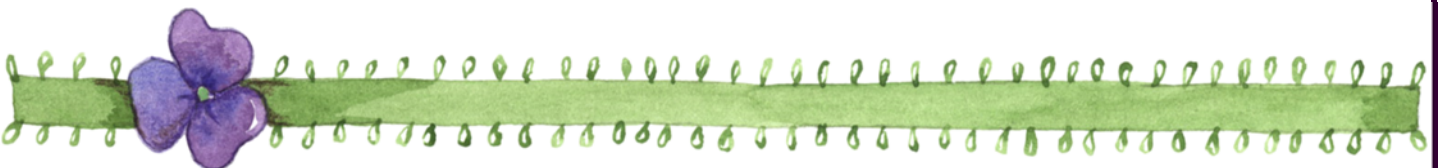
Contact Pam Traylor if you plan on working with us at the March meeting. Join us for lunch afterward, but be sure you have already settled up with Pam. Also remember to sign up separately for the Herbal Forum meals—there is a sign-up sheet in this newsletter. Just fill it out and turn it in at the March meeting. We can also use help to get the gardens ready for Forum; contact Henry if you would like to help garden that day. We'll need help with weeding, some trimming, and such.

On Tuesday before the Herbal Forum (March 15), we will be putting the Herbal Forum packets together. Please contact Ann Allen or Henry Flowers if you are interested. Help is always needed with this project and greatly appreciated.

During Forum, there will be snacks and beverages available in the Volunteer Break area behind the auditorium, and feel free to bring goodies to share. We all need to stay refreshed if we are to keep up with our enthusiastic customers. All volunteers are welcome.

Many thanks in advance for all your help. I always look forward to this wonderful, yearly event!

Karen Cornwell
Unit Chair and Plant Sale Chair



From the Programs Chair

Once again I'm writing this far from home. This time I'm in the heart of Vancouver, Canada, staying in a 15th floor condo.

My view is spectacular, although devoid of greenery. So imagine my delight when I spotted an extensive green roof on a neighboring high rise. A "green roof" is part or all of a building's roof that has been covered in vegetation. This is an ancient practice recently revived. The one I was looking at was complete with trees, shrubs and grassy areas!

When I left Texas our plants were just starting to recover from an on again/off again winter. It's a real delight to see those plants we thought were gone suddenly show a few buds or green leaves! Bring on spring, but summer take your time!

But back to our Pioneer Unit. We all enjoyed last month's presentation on Lavenders. Cathy Slaughter of Gabriel Valley Farms spoke on the many different varieties of lavenders and best growing practices. The plants she brought to sell were quickly purchased by our members. If you missed out, don't worry: we will have many more lavenders at our annual Plant Sale just around the corner.

Speaking of our plant sale, please find a way to help out at the Forum or sale. It's a great way to meet new people, learn a lot and get your volunteer hours!

There's a lot to do ahead of time, so I look forward to seeing you at our March 9 meeting. This is a month where in lieu of a program we will all work on Plant Sale and Forum preparations. Lunch is provided, so sign up and pay your \$5 to Pam Traylor.

Phoebe Lake
Programs Chair

Did you know....

Vancouver has one of the largest green roofs in the world-a whopping six acres of grasses and wildflowers that cover the entire roof of the convention center.

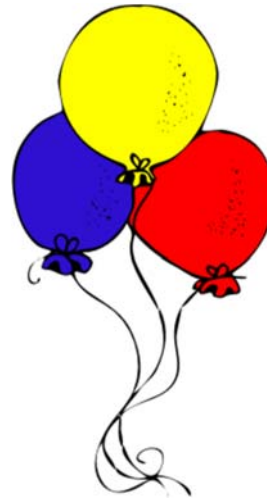


Culinary Interest Group

- Meeting at Menke House - Festival Hill
- Wednesday, March 1, 11 a.m. - 1 p.m.
- Topic: Bring 2 of your favorite kitchen gadgets and talk about how you use them
- Soup and Salad (assigned)
- Next Month: April 5 —Herbal Butters

MARCH BIRTHDAYS

- March 1 — Alton Ehler
Susan Wood
- March 3 — Billi Parus
- March 9 — Susan Abouhalkah
Susan Wittig Albert
- March 11 — Joan Jordan
- March 14 — Bob Sowers
- March 16 — Sandra Brown
Beth Murphy
- March 18 — Cindy Rollins
- March 20 — Frances Pittman
Ray Hayes
- March 30 — Mike Cox
Robert Lake



MEMBERSHIP

Our meeting in February about lavenders was very well attended and most timely for our annual Herbal Forum and Plant Sale this month! Guests in attendance were Patty Mills, friend of active member Kay Robbins and another frequent visitor at our Plant Sale in years past whom I remember visiting with those times at the Cashier Table. This was her first visit to our Unit Meeting, and she is looking forward to joining us soon! Peggy Richardson, friend of active member Lori Yeats, was with us for her second visit. She was with us previously at a summer meeting in 2013, and it was good to see her again. Peggy too is interested in joining our Unit when she can! Patricia Hoffmaster was with her mother, active member Catherine Gardiner. Affiliate member Marijane Lipscomb was there and helping the host team, and affiliate member Catherine Hall was visiting us from New Braunfels with active member Sue Edmundson. It was great to see so many!

Henry Flowers submitted a corrected email address for affiliate member Susan Abouhalkah at 179 W Lilac Ridge Place, Conroe, Texas 77384-4606. Please correct your current yearbooks, and this will be in next print of our yearbook come September, as well as updated on our online version.

This is an extremely busy month, with garden work days available, forum and plant sale preparation, our Forum Prep Unit Meeting at Festival Hill Service Building on March 9th, the week of March 13th ongoing preparations, and culminating with the Herbal Forum and Plant Sale March 17th and 18th. There are many opportunities for wrapping up the required 20 hours of volunteer time, and all help is greatly appreciated. For our prospective members who may have questions how you may help out during this time, please don't hesitate to email me at gzsowers@att.net or call me at [979-836-8228](tel:979-836-8228), and our membership body is also available to help and answer questions where they can.

Looking forward to seeing everyone this month as we prepare for a beautiful Spring season,

Herbally,
Georgia Sowers



22nd Annual Herbal Forum at Round Top

This year the meal sign up method for Herbal Forum volunteers will be the same as last year. If you will be volunteering at least eight hours during the Herbal Forum, you can sign up for either the Friday or the Saturday lunch. If you want to sign up for both you can pay \$12.00 for the second meal.

I need to have these slips turned in to me no later than the Thursday of next week at our Unit meeting. I will have extra copies of the slip there. If you can't be at the meeting then you may mail the slip to the Pioneer Unit mailbox. If you will only be attending one of the meals, you may simply email me with that information.

If you would like to attend the Presenter's Dinner on Friday night, you need to register and pay through the Festival Hill office at 979-249-3129. Just let the office assistant know that you are a member of the Pioneer Unit and need not pay other Herbal Forum fees.

If you have any questions, please let me know.
Henry Flowers

**HSA Pioneer Unit Member
Meal Reservation Form**

**22nd Annual Herbal Forum at
Round Top**

**Friday March 17, 2017
Saturday March 18, 2017**

Name

(____) _____
Area Code / Phone Number

E-mail

Friday Meal Reservation

_____ Friday Lunch

Saturday Meal Reservation

_____ Saturday Lunch

_____ Second meal at \$12.00/person

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

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

LUNCH ON MARCH 9

Our work day is scheduled March 9 at Festival Hill in preparation for the Herbal Forum. Lunch will be served at the Menke House dining room. If you plan on eating that day, please send me your name and payment by March 4. The cost is \$5.00 for members or \$25 for guests and associate members. Mail to:

Pam Traylor
PO Box 804
Bellville, TX 77418



"In the spring, at the end of the day, you should smell like dirt..."

— Margaret Atwood,
Bluebeard's Egg

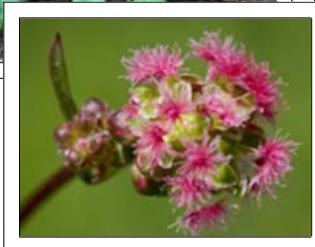
Herb of March – Salad Burnet

I've always loved roses. They are one of the first plants that I can remember from my childhood. As I've studied plants over the years I've come to learn that many other plants are related to roses – apples, peaches, pears, blackberries, raspberries, cherries, quince, almonds, loquats, phontinia, pyracantha, spirea and more. But it came as a surprise to learn that salad burnet, a diminutive herb that never develops woodiness like all the others, is in the rose family as well. Go figure!



Salad burnet belongs to the genus *Sanguisorba* – a name which is derived from the plant's traditional use for staunching blood. *Sanguis* means blood and *sorere* means "to soak up." Its whole species name is *Sanguisorba minor* – meaning that there is a bigger cousin named *Sanguisorba major*.

Salad burnet, sometimes simply called burnet, is native to Europe and western Asia and is a perennial. It has historically been used to flavor salads and wines and has a taste similar to that of cucumbers. It is a great addition to herbal vinegars, salad dressings, herb butters, herbal beverages, tea sandwiches and more. I've been told that it is a great addition, if muddled, to a gin and tonic.



The leaves of salad burnet are compound and pinnate and the plant has a very short stem with virtually no internodes so it has a very tight rosette growth habit. Flowers are very diminutive and are borne in small round clusters in mid to late spring. Like the foliage, and like their cousin the rose, they are edible too.

To grow salad burnet, plant it in full sun to light shade (maybe better in our climate) in an average soil that has good drainage but is not real dry as the plant is not drought tolerant. Remove dead foliage routinely, and it is best to remove the flowers when they appear (toss them in a salad) so that you continue to get foliage. I find that salad burnet really does best for us in the cool season and struggles in the heat of summer. Thus it is great for adding a cucumber taste when cucumbers are out of season. The foliage does not retain its flavor well when dried, but it does make a beautiful specimen for pressing and using in pressed flower arrangements. If you would like to do so you can grow salad burnet from seed – that is how the commercial growers do it. It is easy to start and the young plants are quite cute.

Historically, as its botanical name implies, this plant has been used to staunch the flow of blood in wounds. It is typically utilized for this purpose by placing it in a poultice. In this regard it is quite similar to yarrow. Internally it has been used as a tea infusion to help deal with internal bleeding, diarrhea and fevers. This infusion can also be used on the skin to help soothe sunburns and mild skin irritations.

Don't overlook this diminutive plant and make sure to add it to your garden and culinary repertoire. We should have some at the Herbal Forum plant sale. I would greatly appreciate if someone would grow it and use it in a gin and tonic and let me know if it is truly as good as I've been told.

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.

Henry Flowers, Pioneer Unit Garden Chairman

THYME WELL SPENT SHOPPE

At our meeting on March 9th we will be getting ready for Forum. Please bring any items you have made for the shop to this meeting, and we will be putting on labels, bagging seasonings, doing last-minute stitching, and anything else needed to have everything ready for Forum.

Jane Press and I appreciate everything you do for the shop and are looking forward to Forum 2017!

Thanks,
Pat Cox

SILENT AUCTION

So far I have very few items for the Silent Auction. I hope that we can raise as much as we did last year for the National Intern.

If you have something unique and special that might appeal to herb lovers — and that you are ready to part with — this is the perfect opportunity to clear the item out of your house and assist with the Pioneer Unit donation to the National Intern.

Please give me a call or shoot me an email, and I will make arrangements to pick up your donation.

Linda L. Rowlett
lrowlett@coatsrose.com or 281-757-1988

And remember: the Silent Auction is open to members of the Pioneer Unit. Once the table is set up in the Concert Hall, come check out the items we have for auction!

**MINUTES OF UNIT MEETING
HERB SOCIETY OF AMERICA PIONEER UNIT
February 9, 2017**

Karen Cornwell, Chair, welcomed members to the February meeting.

Phoebe Lake, Vice Chair Programs, introduced speaker Cathy Slaughter of Gabriel Valley Farms who presented a program on lavenders, which ones are suitable for our area, and how to best take care of them. Cathy had several different species of lavender available for members to purchase.

Candi Glancy brought surplus seeds left over from packaging for the plant sale for members to take home.

Pam Traylor thanked the lunch hostesses and said that payment is due for next month's lunch at Festival Hill after the March meeting. The cost is \$5.00. Pam announced a prize would be given to anyone with a red heart stuck under their chair.

Georgia Sowers, Vice Chair Membership, welcomed guests Patty Mills (guest of Kay Robbins) and Peggy Richardson (guest of Lori Yeats) and announced that Linda Rowlett has received her fifteen-year HSA membership pin.

Henry asked those people who volunteered to distribute flyers to be sure and take them today. The Forum brochure is on the HSA website and the Unit website.

Pat Cox asked anyone interested in attending a lotions workshop to sign up today.

Karen distributed information for plant sale volunteers. She is looking for people with in-depth knowledge of certain plants to actively market these at Forum – e.g. culinary herbs, pelargoniums, rosemary etc. She already has someone for vegetables and succulents.

Karen reminded everyone that after everything is set up and ready for Forum on the Thursday afternoon, members can shop for plants.

The meeting was then adjourned for lunch.
Respectfully submitted,
Pat Cox, Secretary



January 25, 2017 PIONEER UNIT BOARD MEETING Held at Festival Hill

Present: Karen Cornwell, Phoebe Lake, Georgia Sowers, Lucy Nehrkorn, Henry Flowers, Lynn Ehler, Cindy Nash, Linda Rowlett, Susan Bame, Kay Robbins, Pat Cox.

Programs: Phoebe Lake, Vice Chair Programs, is planning next year's programs and welcomes suggestions on topics.

Membership: Georgia Sowers, Vice Chair Membership, made a motion out of committee to ratify new members.

Motion: A motion was made and approved out of committee to ratify new members Bonnie Lout, Janie Cornelius, Belinda Weatherly, Joyce Caddell and Kathe Forrest.

Treasurer: Lucy Nehrkorn, Treasurer, distributed copies of the PU Quarterly Income Statement and PU Budget Summary Report for Three Months Ending December 31, 2016.

Standing Committee Reports

Archives and Rosemary – Lynn Ehler sent out almost 100 cards last year.

Special Events – The Unit is still in need of a Special Events Chair to plan field trips.

Scholarships – Kay Robbins has contacted seven colleges regarding Unit scholarships.

Gardens - Both Festival Hill and the Sensory Garden are in 'winter' mode. Susan Bame will be organizing work days at the Sensory Garden in March, and Henry will be doing the same for FH sooner.

Communications – Cindy Nash is advertising the Forum in several area Chambers of Commerce and in local newspapers. Linda Rowlett will boost posts about the Forum on Facebook. Various members agreed to distribute flyers in their towns.

Plant Sale/Gazebo - Henry distributed copies of planned plant purchases for Forum. There will be some cilantro. A simple map for volunteers at the plant sale will be available. Signs reading 'Henry's Pick' will be available. There will be HSA information and a sign-up sheet at check-out for interested customers. There will be a short presentation on the organization of the plant sale after the February meeting which will also go out on Listserv.

Motion: Upon a motion duly made and seconded, the Board voted unanimously to approve the purchase of the proposed plants for Forum.

There will be a silent auction to benefit the National Intern, and Linda Rowlett will ask members for the donation of suitable items.

Thyme Well Spent Shoppe – Activity is ongoing in all areas of the shop. Sign-up sheets for lotions workshops will be provided at the next meeting.

Motion: Upon a motion duly made and seconded, the Board voted unanimously to approve the appointment of Jane Press as co-chair of Thyme Well Spent Shoppe.

Respectfully submitted,
Pat Cox, Secretary

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

Botanical Name/Etymology: *Aspalathus linearis*

Family Name: Fabaceae (Leguminosae)

Common Name: **Rooibos**, rotbush, aspalathus, bush tea, mountain tea, red bush, Herba Aspalathi, Rooibos tea.

Origin: Growth Habit: Rooibos needs a very specific climate and soil and only grows in a few villages in the Cedarberg area north of Cape Town in South Africa. It is an erect spreading shrub up to 6 feet high whose young branches are reddish. The needle-like green leaves are $\frac{3}{4}$ to 2 $\frac{1}{2}$ inches long. There are no stipules or stalks and may be densely clustered. Spring to summer yellow flowers can be solitary or arranged in dense groups. The fruit is a small lance-shaped pod usually holding one or two hard seeds.



In 1772, Carl Thunberg, a Swedish botanist, recorded that the Hottentots drank this tea. Hottentot is the name the Swedish gave the Khoi people because the name sounded like the clicking sound of their language.

In 1907 Benjamin Ginsberg, a Russian immigrant and tea merchant, bought tea from the local Khoi people, who cut twigs and leaves with axes, bruised them with wooden hammers, fermented in heaps and dried the foliage.

Growth/Cultural Requirements: Grown in deep, acid, sandy soil where winters are cold and wet and summers are hot and dry with little rain.

Propagation: From scarified seeds.

Chemistry (If known-especially active essential oils): The health properties are ascribed to the low tannin content and the antioxidant of unique flavonoid C-glycosides

Plant Parts Used: Leaves and twigs.

GRAS? (Generally regarded as safe): Yes

Culinary Uses: Is used as tea — steeping improves taste — and contains no harmful stimulants or caffeine. It is popular as iced tea. Used as a flavoring and colorant in foods and beverages. Also as a basis for soups, sauces, fruit drinks, and in baking. Extract is used locally in liqueur (buchenbosch) and schnapps.

Medicinal Uses: An aromatic, pleasant-tasting, mildly astringent herb that benefits the digestion and relaxes spasms. Relieves some allergic symptoms and skin conditions. Good for eczema, hay fever, and asthma in infants. Has been used as a milk substitute for colicky babies. Good source of minerals including fluoride, which may decrease tooth decay. 1980 Japanese research shows it contains a substance similar to the enzyme superoxide dismutase (SOD), an antioxidant thought to slow aging. Also studies shows it lessens heart disease and cancer.

Other Uses: Used in cosmetics and slimming products.

Sources for Seed or Plants: ebay

Bibliography:

- Van Wyk, Ben -Erik, Bosch van Oudtshoorn and Nigel Gericke 2009 Medicinal Plants of South Africa Pretoria, South Africa: Briza Publications
Iwu, Maurice M. 2014 Handbook of African Medicinal Plants Boca Raton, FL: CRC Press
Van Wyk, Ben-Erik 2005 Food Plants of the World Portland: Timber Press
Bown, Deni 2001 New Encyclopedia of Herbs & Their Uses London: DK Publishing

Report submitted by Pam Traylor 02-13-2017

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HSA PIONEER UNIT MEMBERSHIP RENEWAL APPLICATION

Due May 1

Name: _____ Spouse: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone: _____ Cell: _____ E-Mail: _____

Birthday (Month/Day): _____ Today's Date: _____

Membership Category

- Active - single \$67/ joint \$98 Life – single \$12/ joint \$18
- Affiliate (Unit or Member-at-Large) - single \$12/ joint \$18

(Make check payable to HSA-Pioneer Unit and give to Membership Chair at meeting or Mail to HSA-Pioneer Unit, ATTN: Membership, P O Box 23, Round Top TX 78954)

Program Recommendations:

Field Trip Recommendations:

Please check accordingly: I HAVE or HAVE NOT COMPLETED THE REQUIRED 20 VOLUNTEER HOURS


Active Members: HOW DO YOU PREFER TO FULFILL YOUR REQUIRED 20 VOLUNTEER HOURS?

- Working in any Unit-sponsored garden, such as Festival Hill or Brenham ISD, and any other Unit-approved garden, or seed cleaning
- Herbal Forum at Round Top and Forum preparation throughout year supporting efforts pertaining to preparation of items, such as Thyme Well Spent Shoppe, as well as mail outs, packets, and plant sale preps
- Hosting at a meeting, including a.m. refreshments, setup/cleanup, decorating, serving lunch, including Angel duties
- Educational activities for promoting the knowledge, use, and delight of herbs, such as presentations (including a/v), research articles for newsletter (up to 4 hours prep), participation in education events
- Unit administration, such as hours spent performing duties as Officer or Unit Board of Directors member, maintaining or updating Unit scrapbook, sending greeting cards to Unit members
- Other approved activities as the Board of Directors may approve after review. We can work with you to find volunteer opportunities.

WE WELCOME YOUR COMMENTS, RECOMMENDATIONS, AND SUGGESTIONS:

(Please utilize another sheet if necessary)

March 2017

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

April 2017

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



PIONEER PATHS

Volume 24

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—Karen Cornwall

Vice Chair Programs—Phoebe Lake

Vice Chair Membership—Georgia Sowers

Secretary—Pat Cox

Treasurer—Lucy Nehr Korn

Pioneer Unit
The Herb Society of America
Post Office Box 23
Round Top, Texas 78954