



PIONEER PATHS

Newsletter of the Herb Society of America
Pioneer Unit

April 2017

Volume 24, Number 8

—
April 11
Sprouting Grass
Full Moon

—
April 19
Board Meeting
9:00 a.m.
Menke House

—
April 28
Arbor Day

MONTHLY UNIT MEETING

- Date: April 13, 2017
- Time: 9:30 a.m. Meet and Greet
10:00 a.m. Presentation and Meeting
- Location: Round Top Church Christian Fellowship
440 East Mill Street, Round Top
- Directions: Exit Highway 290 at Texas 237 (Round Top exit).
Travel south on 237. After about 7.5 miles, turn left on
East Mill Street The Church is on your right.
- Program: Horticultural Trivia
- Speaker: Programs Committee
- Angel: Terry Ross
Hosts: Wanda Hubbard, Pat Schmidt, Jean Zavoda, Lucy
Nehrkorn, Lori Yeats, and Susan Yancy
- Lunch: Celebrate Cilantro (Or Not)



MESSAGE FROM THE CHAIR

Greetings all!

All through February I feared winter was giving us a bit of a reprieve before returning for a late spring surprise. Yet other than a couple of good freezes, winter left us early and stayed away, even before we could get our fill. To have an unexpectedly short winter and an unexpectedly early spring was such a pleasant quandary. The best news is that the 22nd Annual Herbal Forum participants enjoyed lovely weather both days. It was a great experience; our volunteers were very enthusiastic and we had positive comments from attendees. Preliminary figures look very good, but we should have more information at our April meeting. Planning for next year has already begun, so be sure to pass along any observations or suggestions to Forum Chairs. We always depend on input from all participants for fine tuning our Forum processes and offerings. Needless to say, each and every one of you deserves a pat on the back for a job well done!

I am very happy to be back puttering around my little garden and yard after a long, tiring, but fun week at Festival Hill. At home, my favorite plant this year is my new Fringe tree (*C. Virginicus?*). I won it at last November's monthly meeting (door prize). I was so excited to see the delicate white fringe appear mid-March. My lemon verbena is also looking great this year. What survivors they both are!

Just a reminder that that the Annual Meeting and Educational Conference in Little Rock, Arkansas, will be held May 4–7, 2017. This will be the first "EdCon" for me, so I am looking forward to another new experience. It looks to be very fun and educational. If you're not able to make it to Little Rock, please be sure to offer your best wishes to Kay Scanapico. Kay will be awarded the HSA CERTIFICATE OF APPRECIATION this year!! You can find more information about the conference, the awards, and Kay's background, in the HSA Spring Newsletter. This and more HSA publications can be found in the "Members Only" area of the HSA website at herbalsociety.org

Upcoming in Dallas: Learning about Herbs: Hands-On for Children and Parents presented by the North Texas Unit, Saturday, April 22, 2017 10:00 am-12:00 pm.

Hope to see you at the April meeting,

Karen Cornwell, Unit Chair

"A weed is a plant whose virtue is not yet known." ~Ralph Waldo Emerson

FROM THE PROGRAM CHAIR

Our next meeting is Thursday, April 13, at Round Top Church, 440 E Mill Street in Round Top.

Our presenter this month was scheduled to talk about the Texas Bracken Cave Preserve, but unfortunately he is unable to attend.

So the programs committee and I thought it was time to have an informal, fun program — especially after all the hard work members have put in to another successful Forum and Plant Sale. So brush up on your horticultural trivia! We will have team and individual competitions with valuable prizes. (Ok, maybe not "valuable" prizes!).

Here's an easy practice question:

What is the most common member of the Malus family?

Answer: apple

See you soon!

Phoebe Lake

Programs Chair

CULINARY GROUP

We will be meeting on Friday, April 7, this month. NOTE CHANGE IN DATE FOR THIS MONTH ONLY.

Place: Menke House

Time 11:00 a.m. to 1:00 p.m.

Topic: Herb Butters

Everyone please bring your favorite herb butter and bread or crackers and recipe.

Sara Holland

APRIL BIRTHDAYS

April 11 — Susan Bame
April 22 — Ann Allen
April 24 — Catherine Gardiner
April 30 — Pat Schmidt



MINUTES OF UNIT MEETING
HERB SOCIETY OF AMERICA - PIONEER UNIT
MARCH 9, 2017

Karen Cornwell, Chair, welcomed members to the annual pre-Forum working meeting.

Henry Flowers reminded members to sign up for meals at the Forum.

Karen said anyone signed up to work at the plant sale and not sure of the schedule can take a look at her spreadsheet. Anyone who has boxes or flats for the sale can leave them on the porch today or bring them to the sale, and anyone with books or magazines for the scholarship table can put them in the back room in the service building.

Volunteers are needed today to help Tony Scanapico in the plant sale area or Henry in the gardens.

Plant sale set-up will begin Monday at 8:30 a.m. Help will be needed Tuesday with the expected deliveries. Volunteers will be needed Wednesday and Thursday with arranging and organizing. If everything is finished by 3:00 p.m. Thursday members can shop the plant sale.

Tony recommended members wear green on March 17 in honor of St. Patrick's Day!

Georgia Sowers, Vice Chair Membership, welcomed visitors Daphne (sister of Jean Zavoda), Patty Mills (guest of Kay Robbins), Taylor Simmons who helps out at the Menke House (invited by Mary Reeves), Sharon Bischofshausen who is a plant sale attendee and making her second visit, and Patricia Hoffmaster who is with her mother Catherine Gardiner.

The meeting was then adjourned and members continued to work on TWSS and garden projects until lunch in the Menke House at noon.

Respectfully submitted,
Pat Cox, Secretary



MEMBERSHIP INFORMATION

March 2017 was an extremely productive and successful month with Herbal Forum and Plant Sale 2017 and our regular Forum Prep Unit meeting. Visitors and prospective members volunteering at our Unit Forum Prep meeting on March 9 were active member Jean Zavoda's sister Daphne Haas, who also volunteered both days in the Thyme Well Spent Shoppe during Forum; active member Kay Robbins' friend Patty Mills for her second visit; active member Mary Reeves' friend Taylor Simmons from Menke House, where she works with her Aunt Dorothy for her first visit; and our regular visitor Patricia Hoffmaster who was with her mother, our active member Catherine Gardiner. Sharon Bischofshausen also volunteered to help at our March Forum Prep meeting for her second visit. During Forum we had several parties interested in membership, Marcella Ausmus, Lana Fehrle, and a pastor named Vickie to name just a few. We will be in touch with these parties for future visits. And our loyal affiliate members Catherine Hall, Marijane Lipscomb and Mary Sockwell were with us during March as well. If I missed anyone please excuse me for not seeing your name listed on my records but rest assured you are appreciated. Thank you to all of you!

We are now accepting renewal applications and will have forms available at this month's meeting on April 13. Dues are \$67 for active members, \$98 for joint members, and \$12 for affiliate and Life members. The renewal form will also be available on our website herbsocietypioneer.org to print out and bring with you or send to gzsowers@att.net or mail to 607 Ross St, Brenham Texas 77833-2764. If you have any questions, you may also call at 979-836-8228.

I'm quite sure most of you have attained your required 20 hours volunteer time by now, and I will be updating records soon. If you need to report time to me for Forum Prep and Forum time, please email me at the address above or call the phone above and I'll be more than happy to record for you.

Enjoy a beautiful Spring with lots of planting!!
Herbally,
Georgia Sowers
Membership Chair

CONGRATULATIONS

Our Volunteers of the Month for April 2017 are all of you, our active, affiliate, and prospective active members who volunteered so much of your valuable time and efforts to this successful annual Herbal Forum and Plant Sale 2017. This was a major undertaking and only came about with all of your dedication and help. Thank you and congratulations are well-deserved. This is always a great time for interaction with each other, making new acquaintances, great camaraderie, and learning so many things from this great body of members!

April Herb of the Month - Culantro

Now that the 22nd Annual Herbal Forum has come and gone we all should know a bit more about the Herb of 2017—cilantro. I know that most of our members don't get to sit in on the lectures, but I hope you all did pick up an information packet because there is a good handout in it about cilantro. We ran out of packets, so if you didn't get one I'd be glad to email you the cilantro handout.



In that handout is a list of "cilantro mimics" - herbs that have a taste/aroma similar to that of cilantro. One of those mentioned is an herb called culantro (which spell check keeps trying to change to cilantro). Like cilantro, culantro is a member of the carrot family. Unlike its distant cousin it is not native to the old world, but is native to the western hemisphere—mostly in tropical Central America. Its botanical name is *Eryngium foetidum*. *Eryngium* comes from the Greek name used for some old-world cousins and I couldn't find a meaning for the name. The specific epithet is easier to decipher as *foetidum* is certainly related to foetid and we all know that means that something is smelly (to put it nicely).

Culantro is a small, tender perennial plant from Central America. It likes heat and moisture. In many areas of the Caribbean and Central America, where it is too warm to easily grow cilantro, this plant is used in its place. The leaves look spiny on the edge, but are actually quite soft and easily eaten. The flowers, on the other hand, are quite prickly so be wary of them when harvesting. This plant also holds up better to cooking and drying than does cilantro. Grow it as a warm season annual and give it plenty of moisture, but watch out for slugs and snails as they love to eat it too.

Culantro is relatively easy to grow from seed and there are many sources for it. If you want to try it, now is a good time, so get some seeds and sow them in a pot with potting soil. Once the plant is up and has a well-established root system, transfer it to the ground or a larger pot and once it is large enough, start to harvest and use it in the kitchen. It is one of the best substitutes for cilantro that there is so give it a try and let me know what you think.

References: [New Encyclopedia of Herbs](#) by Deni Bown and [The Encyclopedia of Herbs](#) by DeBaggio and Tucker

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 Chair

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)

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

Botanical Name/Etymology: *Pelargonium* 'Graveolens', sometimes, but incorrectly, *P. graveolens* 'Rosé' or *Pelargonium graveolens asperum*

Family Name: Geraniaceae

Common Name(s): **rose geranium**, rose-scented geranium, old fashioned rose geranium

Origin: South Africa

Growth Habit: Herbaceous perennial, becoming woody at the base in time. This variety has a strong rose aroma, a deeply incised and divided leaf, and flowers which are borne singly and have a pale lilac color.

Growth (Cultural) Requirements: Likes cool to warm growing conditions - does not tolerate freezing temperatures and goes into a summer dormancy if it gets extremely hot. It is tougher than most scented geraniums in our long and hot summers.

Propagation: cuttings or air layering - best time of year for cuttings is in the winter

Folklore and History: Historically the leaves of scented geraniums were floated in 'finger bowls' at the dining table. These were used to refresh the hands during a large meal and also, in part, to remove oils from the eating of fatty game meats.

Chemistry (if known – especially active essential oils): mostly citronellol and citronellyl formate with smaller amounts of geraniol, beta-caryophyllene, linalool and geranyl butrate (rose). (Tucker and DeBaggio)

Plant Part(s) Used: leaves and flowers

Time of Harvest: any time

GRAS? (generally regarded as safe): yes

Culinary Uses: Leaves are commonly used to flavor cakes, cookies, custards and other desserts. They can also be used to flavor jellies, sugars, and syrups (which are great over fruit salads). The most historic recipe is the Rose Geranium Pound Cake, in which the cake pan is greased and lined with leaves, the batter is poured in and then the cake is baked. The leaves will become brown and are generally removed before the cake is served. An easier and better way for infusing the flavor is to add the leaves to the sugar used in the cake and blend it until fine in a food processor. This will ensure great flavor throughout the cake, not just in the outer regions.

Medicinal Uses: In aromatherapy the oil has been shown to be relaxant and anti-depressant. It also has antiseptic and anti-inflammatory action. Traditionally it has been used internally to treat nausea, tonsillitis, poor circulation and menstrual issues. Externally it is used to treat acne, eczema, bruises, ringworms and such. (Bown)

Dosage Level: Not applicable as it is most commonly used in teas, lotions or poultices.

Other Uses: Used as aromatics in sachets and potpourri. Essential oil is also commonly used to scent perfumes and soaps.

Sources for Seed or Plants: many sources for live plants - does not produce seed

Miscellaneous Information: There are other varieties of this hybrid, but this one is the most common for culinary use. The variety 'Attar of Roses' is also a good variety for this purpose. France and China are the biggest producers of rose geranium oil, also known as Bourbon geranium oil.

A chromosomal count of this plant yields the number $2n=77$, meaning that this is definitely a hybrid and accounts for its sterility (no fertile pollen has ever been found). (Tucker and DeBaggio)

Bibliography:

-Bown, Deni 2001 New Encyclopedia of Herbs & Their Uses London: DK Publishing

-Tucker, Arthur O. and Thomas DeBaggio 2009 The Encyclopedia of Herbs Portland: Timber Press

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-Report submitted by Henry Flowers, January 2017



CELEBRATING THE BEAUTY OF EARTH DAY WITH THE HERB SOCIETY

by Karen Cottingham

Earth Day is an annual springtime invitation to reflect upon the genius and beauty of nature and to consider how our own choices and habits affect our planet. This year, Earth Day coincides with The Herb Society of America - South Texas Unit's 34th annual Herb Day Symposium on April 22. ***Celebrating the Beauty of Earth Day with Herbs*** will offer earth-friendly gardening and food preparation ideas that are easy to introduce into daily life and that contribute to the overall well-being of our environment.

Attendees will learn how to raise earthworms on their patios or under their kitchen sinks, how to incorporate edible plants into beautiful landscapes that their neighbors will love, and how to tread lightly on the earth by consuming more plant-based foods and less meat. Guests will also be introduced to the fascinating concept of *biomimicry*, a discipline which looks to the genius of nature to solve the technological and social problems we face today.

The sixteenth century French philosopher Michel de Montaigne was remarkably modern when he said, "Let us give Nature a chance; she knows her business better than we do." Nature has indeed perfected its engineering, chemical, and design strategies over millions of years. The graceful curve of the calla lily and the expanding interlocking spiral design of the sunflower seed head are not only aesthetically beautiful, but are mathematical models of optimal efficiency. Until recently, however, scientists, engineers, and designers have primarily relied on technology rather than nature to solve the challenges of modern society. A new philosophy of problem-solving, *biomimicry*, is an approach to innovation which emulates nature's time-tested patterns and strategies.

Linda Paisley, an expert in biomimicry, will introduce us to this fascinating discipline in her presentation: *Biomimicry - Nature's Garden of Inspiration and Innovation*. The secrets of nature, as applied to technological challenges by biomimicry specialists, may well provide the solutions that safeguard the earth as we move through the 21st century. A collection of natural objects that have been models for inspiration and innovation can be examined throughout the day.

Another symposium topic is vermiculture, which is the practice of raising earthworms to produce vermicompost. Are you still sending your vegetable trimmings down the garbage disposal? Does all of your recyclable paper go into those green cans for the City to collect? Think about letting earthworms convert these valuable resources into nutrient-rich compost. Instead of buying expensive bags of worm castings at your garden center, why not make your own for free? It's easy! Mary Sacilowski, a microbiologist and Herb Society member, has successfully tended a small "worm farm" on her patio for years. Her program, *The Low-Down on the Down-Under: The Underground World of Earthworms*, will show you how to create your own thriving earthworm bin. Let worms complete nature's cycle by decomposing your kitchen waste into rich compost that will improve the structure, water retention, and fertility of your soil. Raising earthworms is not only beneficial for your garden, it's an excellent introduction to science, ecology, and gardening for children. Worm bins will be available for your inspection, and you can even go home with your own "starter worms."

Now that you have rich, fertile soil, wouldn't it be great to grow your own herbs, fruits and vegetables? Or is your urge for self-sufficiency thwarted by an expectation of St Augustine grass and azaleas in the front yard? Angela Chandler, who lives on a half-acre urban homestead filled with attractive, edible plants, will demonstrate how landscaping can be both beautiful and edible in her program *Ornamedibles: Pretty Plants that are Good to Eat*.

Angela has even coined a new term for attractive edible plants – "ornamedibles." Growing ornamedibles not only gives you produce that is delicious and pesticide-free, but it reduces trips to the grocery store and requires much less water than traditional landscaping. Worried about "curb appeal"? Your neighbors probably won't even realize that your beautiful front yard is actually a miniature farm in disguise!

Some of you are probably thinking about cutting back on your meat consumption or joining the "meatless Mondays" club. You may even be moving toward a vegetarian or vegan diet. Perhaps you have health concerns, or maybe you know that giving up animal products provides approximately the same environmental benefit as giving up your car.

If you are ready to make some changes in your food choices or would simply like to learn more about plant-based diets, Pat Greer's program, *Ethical Edibles - the Earth-Friendly Kitchen*, was designed just for you. Pat will show you how to make delicious, nourishing plant-based meals that you and your family will love.

Pat is well-known in the Houston urban farmer and healthy-eating community. Her business, *Pat Greer's Kitchen*, evolved as she created innovative, delicious and healthy food products to make use of the bounty of local produce in food co-ops and farmer's markets.

Make your reservations now for Herb Day and invite your friends to join you. ***Celebrating the Beauty of Earth Day with Herbs*** will take place April 22 from 8:45 am to 2:45 pm at the Education Building of St. Paul's United Methodist Church in the Museum District. Guests must be pre-registered and pre-paid, and space is limited to the first 150 registrants. The registration deadline is April 18. A delicious luncheon catered by *French Fig Catering* is included in the \$45 registration fee; and plants, herbal crafts, and herbal personal care products will be offered for sale. Proceeds will be used to provide scholarships to students of horticulture, botany, agriculture, or agronomy. Lucia Bettler will also be selling books relevant to the Herb Day programs and other items from her shop, *Lucia's Garden*.

To register for **Herb Day**, go to www.herbsociety-stu.org


Pat and Jane would like to say a big 'THANK YOU' to all who helped make the Thyme Well Spent Shoppe such a success this year. We appreciate so much all the willing and cheerful people who worked all year making items for the shop, all those who helped set up before Forum, those who worked in the shop during Forum, and those who helped with inventory and tear-down after Forum. We could not do it without each of you. You made it fun as well as a lot of hard work, and we are very grateful.

Thank you again
Pat Cox and Jane Press






The Forum was not all work —
there was some play involved!

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 Culinary Group 11:00 –to 1:00	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 Herb Days North Texas Unit South Texas Unit
23	24	25 FH Workday 8:30 to noon	26	27 FH Workday 8:30 to noon	28	29
30						

May 2017

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



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
Secretary—Pat Cox

Vice Chair Membership—Georgia Sowers
Treasurer—Lucy Nehr Korn

Pioneer Unit
The Herb Society of America
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