



PIONEER PATHS

Newsletter of the Herb Society of America Pioneer Unit

August 7
Green Corn Full Moon

August 2017

Volume 24, Number 12

Celebrate August, the month of new beginnings! It has been very hot and dry, but that is usual for summer. It is always hard to keep plants happy in August. We've only had a rain or two over here, but it is always a welcome sight. Imagine how hard it is to keep up with the Festival Hill and Sensory Gardens! If you live close to Festival Hill or the Sensory Garden and you can get there before the heat of the day sets in, please consider a watering session. Just let Henry Flowers or Susan Bame know if you have some extra time to help. It's a good way to put in some volunteer hours during the summer, and the plants are always happier for it. My garden has really suffered this summer, and I really think it may be time for a redesign and replant this fall.

Right now is also a good time for TWSS sewing projects. I like to do them during the winter, but when you can't get outside in the summer, it's a good way to keep 'cabin fever' at bay. We always need dried herbs for making blends, and we need seeds collected as well. Remember to count your volunteer hours on any of these preparation tasks. Please talk to or email Pat Cox or Jane Press if you have questions or suggestions.

We also hope to hear soon about any upcoming event planning from our new Co-Chairs for Special Events, Kay Von Minden and Mary Reeves. I'm sure they would love to have all the help and ideas you are willing to give. The Board, at their July meeting, also approved the FY2018 budget and membership updates and approved Diana Reed as Plant Sale Co-Chair. I am so happy that she agreed to work with me! Having TWSS Co-Chairs has worked out wonderfully. The shared responsibility makes for great teamwork and especially for getting others involved in the planning process and passing along historical knowledge. No individual member of the Board has an impossible job, but without others willing to serve in an "apprentice" role for some interim period, we lack an effective way to pass the baton without new board members/chairs having steep learning curves as they begin their terms. The Board was very supportive approving co-chairs as appropriate. For example, I have no plans to give up the position of Plant Sale Chair, but Diana will now be hearing all the bits and pieces that I've been learning over the years, some documented, some not.

The next Yearbook is officially in the works. If there are any needed changes to your information in the Yearbook, please let Phoebe Lake or Georgia Sowers know ASAP as we are planning to have that document ready to be sent to the printer as soon as possible. Because we don't have a meeting in August, I'll wish you a wonderful summer and hope to see you at our September meeting in Burton.

Karen Cornwell, Unit Chair



August 12-13
Perseid Meteor Shower

From The Programs Chair

Yet again I am writing this from out of town, but not too far this time. I'm in San Antonio walking through a lovely demonstration garden which displays all of the really tough plants that can take the heat. Pride of Barbados with its lovely orange blooms certainly steals the show in many gardens around here.

But soon it will be fall and cooler weather will arrive — I'm always hopeful — and with it our new Pioneer Unit year. My hope is that by this time next year you will look back and say what wonderful programs we have had!

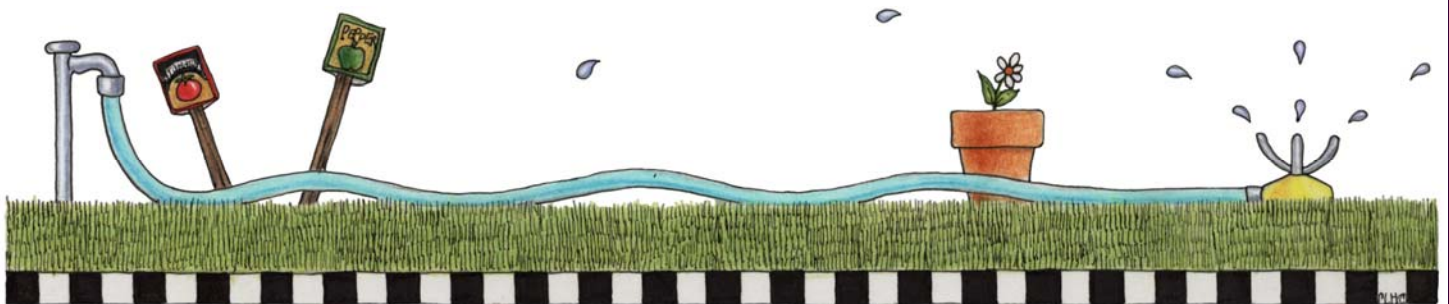
Our programs are all set, and here is a teaser of some of the subjects you can look forward to. Henry Flowers will kick off our year with "Basic Botany Made Fun" on September 13.

Following that, our subjects will range from Witching Herbs, to Plants of the Bible, to Vegetable Gardening, to Beekeeping, to Spring Thyme Cooking, to Herbal Bouquets, to Homeopathics.

Wow! I'm looking forward to the year ahead, and I hope you are too!

See you in September.

Phoebe Lake
Programs Chair



**MINUTES OF UNIT MEETING
HERB SOCIETY OF AMERICA PIONEER UNIT (PU)
JULY 13, 2017**

Phoebe Lake, Vice Chair Programs, welcomed members to the July meeting in Chair Karen Cornwell's absence. She then introduced speaker Ann Wheeler of Log House Herbs who presented an entertaining program on Flowering Herbs and Beneficial Insects.

Georgia Sowers, Vice Chair Membership, announced today's visitors: Johnny Pitts and Cathy Nitsch (guests of Phoebe Lake), Connie Gwyn and Dottie Schoeneberg (guests of Royceanna Kendall), Sherrie Tolbert and Jana Rinehart (guests of Joyce Caddell), and Leah Pearce (guest of Susan Yancey). New 2017-2018 member sheets are now available for recording volunteer hours and meetings attended.

Lucy Nehrkorn, Treasurer, announced account balances for the Pioneer Unit as of June 1: checking account \$68,405.08, savings account \$1,914.40, and CD total \$27,652.16, for a grand total of \$97,971.64.

Susan Bame has a workshop planned at the Sensory Garden at Brenham ISD on August 9 and welcomes volunteers. [Note: this workday has been cancelled.] For the benefit of the several guests today, Susan gave a short history of the Sensory Garden and the Unit's involvement with it.

Henry Flowers encouraged members to attend Festival Hill this Saturday for the last concert of the 2017 summer festival series at which founder James Dick will perform Chopin. Henry also said there would be garden workdays throughout the summer in the Festival Hill gardens.

Phoebe thanked member Kay Scanapico for presenting a popular program on the flowers in Shakespeare's plays recently in conjunction with the Round Top Library FYI series.

Susan Yancey invited members to help themselves to the home-grown tomatoes she brought.

Henry directed members to information on the table about a three-day garage sale in the area at the end of July to benefit a local church.

Pam Traylor, Hospitality, thanked the lunch hostesses and asked members to sign up for next year's lunch hostess slots. Each member needs to sign up once, and it may be necessary for a few to sign up twice to fill all slots. Instead of the usual drawing of names, door prizes were given today for correct answers in a quiz about insects.

Phoebe reminded members that there is no Unit meeting in August. September's meeting will be at St. John's United Church of Christ in Burton when Henry will present a program on Basic Botany Made Fun.

Respectfully submitted,
Pat Cox, Secretary

MEMBER INFORMATION

Our July 2017 Unit meeting was richly attended with seven (7) prospective active member guests! Three of our members, Joyce Caddell, Royceanna Kendall, and Phoebe Lake each had two guests in tow: Jana Rinehart and Sherrie Tolbert for their second visits; Connie Gwyn for her second visit and Dottie Schoeneberg for her first visit; and Cathy Nitsch for her third visit and Johnnie Pitts for her first visit. Susan Yancey had guest Leah Pearce for her first visit with us. We're very much looking forward to all of them becoming part of our organization soon! Affiliate members Patricia Hoffmaster and Mary Sockwell were in attendance as well.

We began our new year in July with clean slates for sign-in sheets, and hours are being reported nicely. Thank you all for that. This month going forward we will be organizing Membership data for the next print of our yearbook, scheduled to go to print mid- to late-August for delivery at our meeting in September. It will be appreciated if any changes or corrections can be reported to be correct at print. Another area that needs to be addressed pre-print of the yearbook is Host and Angel duties to sign up for this year because we include these positions in the yearbook. Pam Traylor is Hospitality Coordinator and can communicate positions available for this area, which also earns Volunteer Hours for those who participate. Her email is pamtraylor@ymail.com.

Our long-time former active and now affiliate member Cindy Rollins has elected not to renew her membership this year. She is living in Mississippi and will be missed.


Thank you to all of you for your efforts and enjoy the rest of your summer, staying cool all the way!

Herbally,
Georgia Sowers
Membership Chair

HOSTESS HELP NEEDED

Help needed from members and soon to be members! Our September 13, 2018, meeting still needs a coordinator and 5 hosts. With the deadline for the yearbook here in a couple of weeks, please volunteer to help. Contact me to sign up.

Pam Traylor
pamtraylor@ymail.com



AUGUST BIRTHDAYS

August 6 — Kay Von Minden

August 13 — Johanna Hoiseth

August 14 — Susan Yancey

August 16 — Catherine Hall

August 25 — Carolyn Hayes

August 31 — Patricia Hoffmaster

*****NEW ACTIVE MEMBER!*****

In July 2017 we gained a new active member, Patty Mills, who was introduced to our Unit by active member Kay Robbins. Her address is 5525 Waldeck Cemetery Road, Round Top Texas 78954-5352, cell [832-567-8189](tel:832-567-8189), and email is pattymills67@gmail.com. Patty's birthday is March 31 and her husband is H. Earl. Her information will be in the next print of our yearbook and online. You may update your current yearbooks in the interim.

Patty and her husband H. Earl moved from the Clear Lake area of Houston to Round Top in 2013 and are enjoying learning the area. They have two married daughters and two grandchildren. Patty's career in Houston-Clear Lake as an Occupational Therapist has served her well in working part-time with the local community schools here. Patty has been an attendee of our Herbal Forum for several years and now looks forward to working and learning with us! She will be a great asset for our organization, so let's make her welcome and get to know her well. Welcome, Patty, we are happy to have you!

Georgia Sowers
Membership Chair

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

Botanical Name/Etymology: *Leonotis leonurus*

Family Name: Lamiaceae

Common Name: Wild dagga, lion's tail, lion's ear, lebake (Sotho) umunyane (Sulu)

Origin: South Africa

Growth Habit: Shrub of 3-6 feet tall with woody, thick branches. Leaves are opposite, long and narrow, toothed in the upper half and hairy. Hairy orange flowers growing in tiers resemble lion's ears or tails. Blooms late summer, early fall. Member of mint family and grown as a perennial shrub.



Growth/Cultural Requirements: Drought tolerant and grown in subtropical and Mediterranean climates.

Propagation: Seeds, cuttings or divisions.

Chemistry (If known-especially active essential oils): The main active component leonurine has both antioxidant and cardioprotective properties and has shown to significantly improve myocardial function.

Plant Parts Used: Leaves, stems and sometimes roots.

Medicinal Uses: Smoked as a substitute for dagga as it is mildly narcotic. Smoked for relief of epilepsy. Leaves and roots used as remedy for snake bite, stings. Decoctions are put on boils, eczema, skin diseases, itching and areas with cramps. Internally decoctions are taken for colds, coughs, influenza, bronchitis, high blood pressure and headaches. Leaf infusions have been used for asthma and viral hepatitis.

Other Uses: Nectar source for birds and butterflies. The dried leaves and flowers have a mild calming effect when smoked. In some users, the effects have been noted to be similar to the cannabinoid THC found in Cannabis except that it produces a much less potent high. It has also been reported to cause mild euphoria, visual changes, dizziness, nausea, sweating, sedation and lightheadedness.

This plant is mentioned in Sir Joseph Banks diary 1769 to 1771 while on the Endeavour on Cooks 1st Voyage of Discovery. While visiting The Cape of Good Hope, he writes of the locals: "Smoking is a custom most generally used among them, in doing which they do not as the Europeans admit the smoke no farther than their mouths but like the Chinese suck it into their Lungs, where they keep it for near a minute before they expire it. They commonly mix with their Tobacco the leaves of Hemp which they cultivate for that purpose or *Phlomis leonurus* which they call *Dacha*."

Sources for Seed or Plants: Herbal Forum, Amazon, eBay, many nurseries

Miscellaneous Information: It is banned in Latvia and Poland.

Bibliography:

-Van Wyk, Ben-Erik, Bosch van Oudtshoorn and Nigel Gericke. 2009. Medicinal Plants of South Africa. Pertoria, South Africa: Briza Publications

-Wikipedia

-https://erowid.org/plants/leonotis_leonurus/leonotis_leonurus.shtml

-<http://entheology.com/plants/leonotis-leonurus-lions-tail/>

Herb of August – Pineapple Sage

Pineapple sage, botanically known as *Salvia elegans*, is a wonderfully aromatic and flavorful herb native to Mexico and Guatemala. Thus it is a somewhat tender plant that likes warm conditions, but also needs a routine source of moisture as it is not tolerant of dry conditions.

In our area this plant does best if it receives morning sun and afternoon shade or light shade all day. It will tolerate a full sun condition if it has that constant source of moisture.

The foliage is ovate and pointed and around 3-4 inches in length. The leaves are very lightly hairy and the best thing about the plant is that the leaves exude an extremely pleasant pineapple-like aroma and taste.

Pineapple sage usually blooms in the fall and has red tubular flowers (also aromatic and definitely edible) which are attractive to hummingbirds.

The leaves and flowers of pineapple sage are great additions to beverages such as punches and teas or add them as a garnish to salads or desserts. The flowers look especially pretty in fruit salads and the leaves add even more flavor.

Propagation is easiest by taking cuttings, and starting a new plant or two is a good way to secure a new plant in the spring if a mature plant in the ground doesn't make it through the winter. In most winters it will freeze down and come back in the spring from the roots. In especially harsh winters it may not make it through.

As added interest there are some interesting varieties available. 'Frieda Dixon' has salmon pink colored flowers and is sometimes known as peach sage as its leaves have a slightly different aroma. 'Tangerine' has a more citrus-like aroma and 'Golden Pineapple' has golden foliage with is a nice contrast with darker foliage in a lightly shaded area and the red flowers with the golden foliage makes for a wonderful contrast.

If you are growing pineapple sage, make sure to use its leaves in iced tea or to flavor a juice (I love to add it to orange juice along with some mint and clove basil and let it steep in the fridge overnight). When it blooms in the fall, make sure to use the flowers as well. But best of all, when out in the garden, pinch off a leaf, gently crush it and give it a good whiff. It is certainly a pleasant smell and like lemon verbena it is a great "pick-me-up."

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.

Have a great summer!
Henry Flowers
Pioneer Unit Garden Chairman



A Colorful Little Bit of Latin - White, Grey and Black

In continuing with our look at Latin used in botanical names, here are some words that are used to describe the color of plants (especially of flowers). We'll start with what some call the "non-colors" used in tinting and shading:

White:

niveus	snow (pure) white
candidus	very pure white, shining
lacteus	milk white
calcareus	chalk white
argenteus	silvery, with a metallic lustre
alba, albidus	white to whitish
albescens	turning white - from another color
dealbatus	slightly covered with white over dark

Grey:

cinereus	ash-grey
griseus	pearl grey
schistaceus	grey, bordering on blue
plumbeus	lead-colored
fumeus	smoky
murinus	mouse colored
incanus	hoary; greyish whiteness, caused by hairs over green
canescens	rather hoary

Black:

niger, nigra	black
anthracinus	coal-black
coracinus	raven-black
piceus	pitch black



Rosa alba—White Rose of York



Salvia argentea—Silver Sage



Acer griseum—Paperbark



Eucalyptus cinerea—Silver Dollar Tree



Luzula nivea—Snowy Woodrush



Lilium candidum —Madonna Lily

Best wishes for a great summer!
Henry Flowers, Garden Chair



Sambucus nigra—Elderberry

Remembering the Winedale Herb Garden

When visiting the Winedale Historic Center, have you ventured back to the McGregor House? Walking or driving through the woods, suddenly there opens a beautiful view of this impressive structure, a "work of art," the vernacular Greek revival house of Dr. McGregor. He was a physician and land speculator and built this mansion for his family in 1861. In 1968 Miss Ima Hogg purchased the house and moved it to its present location.

It was customary in the 1800's that some doctors kept medicinal herb gardens behind their houses. Early members of the Pioneer Unit came up with the great idea to recreate such a garden to show the importance, beauty, fragrances, and many uses of herbs. In 1993, it was our own Mary Reeves together with Dr. Bill Welch who designed a historical Herb Garden after plans from medieval monastery gardens, albeit with a rose bush in the center instead of the draw-well. For many years our Unit maintained the Garden with the inspirations of Henry Flowers, and we organized tours and spread enthusiasm for the use of herbs to the visitors. Highlights were the Christmas celebrations, remembering young couples kissing under the mistletoe. Madelene Hill remembered how she would sit with Miss Ima at the breezeway of the house and together they would enjoy the peace and quiet of nature.

Unfortunately there was not much support for the garden, and once the fence was gone, maintenance became hard as there were too many creatures out in the woods also liking our herbs! A last Celebration was held in honor of the Founders and Volunteers of the McGregor Historic Herb Garden on September 10, 2009, in connection with a Pioneer Unit meeting.

Verena Aeschbacher
Former Herb Garden Appreciator and Coordinator.



Madalene Hill seated at the McGregor House garden

REQUESTED RECIPE: EGGPLANT PARMIGIANA with Meat Sauce

1 tsp. salt
2 medium eggplants (1 to 1 1/4 pounds each), cut into 1/4 inch slices
1/4 cup plus 2 T. seasoned bread crumbs
1 cup diced onion
9 ozs. broiled lean ground beef
4 cups low-sodium tomato sauce
2 cups stewed tomatoes
1/2 tsp. dried basil
1/2 tsp dried oregano
6 ozs. shredded part-skim mozzarella cheese
3/4 cup part-skim ricotta cheese
2 T. plus 2 tsp. grated Parmesan cheese

Preheat oven to 350 degrees F.

Sprinkle salt evenly over both sides of eggplant slices. Place on large tray lined with paper towels to drain for 20 minutes.

Dredge eggplant slices in bread crumbs, coating both sides. Spray 2 non-stick baking sheets with nonstick cooking spray; divide eggplant slices evenly between prepared sheets and bake until golden, about 30 minutes.

Spray large saucepan with nonstick cooking spray; add onion and cook over medium heat until softened, about 2 minutes. Add remaining ingredients except cheese and simmer over low heat for 10 minutes.

In medium mixing bowl, combine cheeses.

In 13-by-9-inch baking dish, layer 1 cup sauce, one-third eggplant slices, 1 cup sauce, half the cheese mixture, 1/3 cup sauce, one-third eggplant slices, 1 cup sauce, remaining cheese mixture, 1 cup sauce, remaining eggplant slices, and remaining sauce.

Bake until bubbly and completely heated through, about 40 minutes. Let stand 10 minutes before cutting.

Makes 8 servings.

Each serving provides: 2 1/2 proteins; 4 vegetables; 1/4 bread; 10 optional calories.

PER SERVING: 300 calories, 21 g Protein, 13 g Fat, 28 g Carbohydrate, 307 mg Calcium, 653 mg Sodium, 49 mg Cholesterol, 5 g Dietary Fiber.

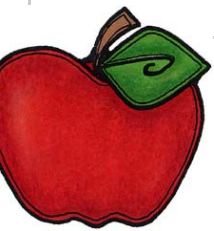
Recipe from Edith Lande, Scottsdale Arizona in Weight Watchers Book, Favorite Homestyle Recipes

Exceptions I used: Chinese/Japanese eggplant (long slender and not as juicy), regular canned tomatoes, diced, !/2 tablespoon each fresh minced basil and oregano.

Wanda Hubbard

August 2017

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	7	8 FH Workday 8:30 to noon	9 SG workday Cancelled	10 No Meeting	11	12
13	14	15 FH Workday 8:30 to noon	16	17 BSG Festival Hill	18	19
20	21	22 FH Workday 8:30 to noon	23	24	25	26
27	28	29 FH Workday 8:30 to noon	30	31		



September 2017

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	8	9
10	11	12 FH Workday 8:30 to noon	13	14 Pioneer Unit Meeting	15	16
17	18	19 FH Workday 8:30 to noon	20	21 BSG Festival Hill	22	23
24	25	26 FH Workday 8:30 to noon	27	28	29	30





PIONEER PATHS

Volume 24

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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."

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Vice Chair Membership—Georgia Sowers

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