



# PIONEER PATHS

Newsletter of the Herb Society of America  
Pioneer Unit

April 2016

Volume 23, Number 8

April 20

Board Meeting

9:00 a.m.

Menke House

—

April 22

Sprouting Grass

Full Moon

—

April 29

Arbor Day

—

April 29

HSA Annual

Meeting

Asheville, NC

## MONTHLY UNIT MEETING

Date: April 14, 2016

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: "New" New Orleans - Savory Spectrum of Edible  
Vietnamese and Mexican Zeal!

Speaker: Linda Franco

Angel: Jane Press

Hosts: Sara Holland, Marijane Lipscomb, Pat and Mike Cox,  
Candi Glancy, and Beverly Green

Lunch: Dishes Featuring the Herb of the Year (Chiles)



## MESSAGE FROM THE CHAIR

The 21st Annual Herbal Forum has come and gone and I'd like to thank you all for a job well done! The event went well and I've received nothing but glowing reports about it from attendees. This year it turned cool on Saturday and was at times somewhat windy during the event, but at least it didn't rain torrentially as it did last year. The Herbal Forum committee chairs have met for a wrap-up meeting and discussed what went well and where we need to make improvements. There were many great suggestions, and such planning will surely help to make next year's event even better.

By the time of our April meeting we should have a good idea about how the event went financially for us. Preliminary reports show that it went well and that all areas were successful. I would have loved to have seen more plants gone from the plant sale, but ordering is hard to predict as our customer base can vary from year to year and it is also hard to predict the weather. There is some speculation that with such a mild winter customers didn't need to replace as much in their gardens, so therefore didn't buy as much. If I could have predicted that, I'd be working for the Weather Channel instead. Current plans are to reduce order amounts for next year. I hope we won't have a real cold winter and regret that plan of action.

It also seems that we slightly overestimated the interest in our current herb of the year and have a lot of chile peppers left over. Thus the decision was made to share the leftovers free with our unit members. We are in hopes that this will give all of you who are interested in them a chance to grow plenty and experiment with them in your culinary pursuits. I hope you've already picked some up. If not, do so soon before they are all gone.

And talking of culinary pursuits... In the past we had various culinary groups within our unit, but for the past few years that has not been the case. There is interest in creating a new culinary group, but plans for its formation are still in the works. Most likely it would meet on a monthly basis, but beyond that plans are not firm. If you would be interested in possibly participating in such a group, please feel free to let me know so that we can get a feel for what the interest may be. I hope we'll have more information that we can share with you in the next few months.

Now that the Herbal Forum is behind us, it is time to focus on a few other areas and one of those is the Sensory Garden. Much work has been done there to get it in shape, but more needs to be done and we hope to have another work session soon. Verena Aeschbacher is working with Brenham ISD on plans for an event in the overall Outdoor Learning Center and will be sharing those with us as soon as she can. We will likely need a handful of volunteers to help, so if you are able to do so please support her efforts and help to make the Sensory Garden the great learning tool that it can be.

I look forward to seeing you all at the April meeting. After the meeting we have plans to offer leftover plants for sale to our unit members. Because the meeting is in Round Top, it will be easy for you to stop by the Festival Hill greenhouse if you wish to do so. In the interim, if you need anything specific for your garden that we may still have or if you'd like to plant some more peppers or tomatoes, just let me know. The fewer plants that we have to water in and around the greenhouse, the happier we will be, and I'd like to see all of the plants put to good use.

Many thanks again to all of you who worked so hard to make the Herbal Forum another success, and I wish you all a wonderful spring and a summer filled with tasty chiles and other herbs.

Henry Flowers  
Pioneer Unit Chair



## FROM THE PROGRAM CHAIRMAN

Let me begin by thanking all of you who jumped in and filled in for me during all the Forum activities. I heard many good reports on how well the Forum activities were carried out. All were glowing comments. A big congratulations to all of you and the non-members who supported the Forum and made it such a huge success. Also a big thank you for your thoughts, prayers, text messages, phone calls and cards wishing me well in my recovery. Everything seems to be going well from my March 13th Subdural Hematoma operation. It's now a matter of my sticking with a long, go slow set of activities during the recovery period.

In terms of our April meeting program, it should be fantastic. As explained in my email announcement of the program change, we will have Linda Franzo from the New Orleans area as our speaker. Linda presented a Herbal Forum workshop. Below is the information from the Forum brochure of her work shop. Her program for our meeting will be a demo-presentation of that workshop. We're extremely fortunate to be able to have a Forum presenter come back so quickly. Knowing Linda, this will be a "blowout" presentation.

Tony Scanapico  
Programs Chair

### **"New" New Orleans - Savory Spectrum of Edible Vietnamese and Mexican Zeal!**

After Katrina there was a surge of influence of these two cultures in New Orleans' everyday food. This workshop will be a celebration of those influences and chiles—a "Party in Your Mouth!" Discover new chiles in Mexican posole soup with salsa, roll your own spring rolls, make bánh mì po'boys and sriracha mayo and much more. Make fireworks with rich chile flavors and mild heat accents!

### 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 10, 2016

Henry Flowers, Chair, welcomed members to the pre-Forum working meeting. Henry still needs cardboard flats for Forum which can be brought to Henry in advance or to the plant sale. He asked that they be put in trash bags in case of rain.

Tony Scanapico, Vice Chair Programs, announced a change in the April program when Linda Franzo will present a program on foods of New Orleans which is based on her workshop at this year's Forum.

Georgia Sowers, Vice Chair Membership, welcomed four new members to the meeting: Ray Hayes, Lori Yeats, Robert Lake, and Terry Ross.

Betty Pior thanked the hostess team led by Cathy Comiskey with Carolyn Hayes and Georgia Sowers.

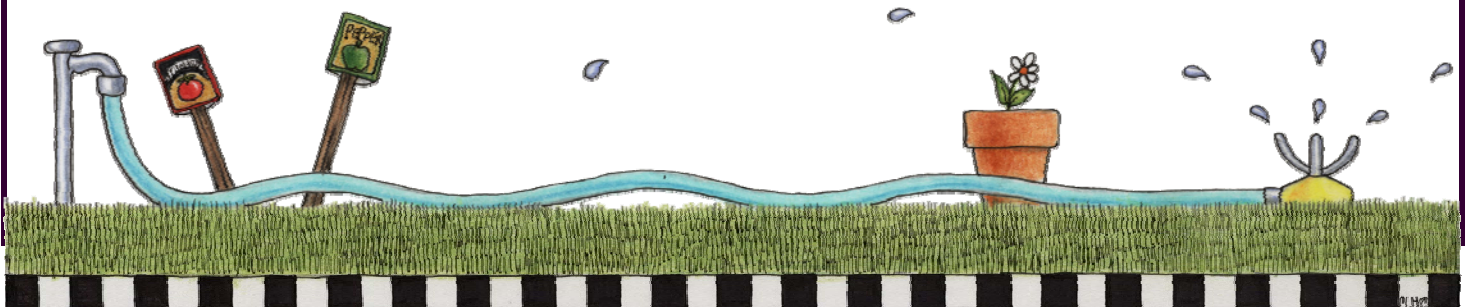
Karen Cornwell asked anyone wanting to update their working hours at Forum to see her. She has a one-page hand-out with Forum information. She is collecting the forms for Forum lunches which have to be submitted today.

Louise Rice, Thyme Well Spent Shop, said that reimbursement and tax forms were available for expenses. Any members who buy items from the shop during Forum can run a tab, take home the items immediately, and clear the tab before closing on Saturday.

Henry asked for help in the gardens and in the plant sale area with Tony.

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

Our March Forum Prep meeting was very well attended by so many of our members working to prepare for the upcoming Plant Sale and Herbal Forum. We also enjoyed seeing Patricia Hoffmaster again, who attended with her mother Catherine Gardiner. And four of five newly approved active members were there as well: Ray Hayes, Robert Lake, Terry Ross, and Lori Yeats. Royceanna Kendall would have been there had it not been for the unfortunate passing of her family member, and we send our condolences for that.

Hours are being reported regularly and Membership is happy for this; thank you to all. Renewal applications will be at our meeting this month, and the application is also included in this newsletter if you would like to print out and bring to the meeting with your dues for 2016-2017. Due date for payment is May 1 and we ask members to please be sure your dues are paid by then for an easy reporting process for our Treasurer Janie Plummer. Membership dues for active members are \$67 (HSA \$55 and Unit \$12); Joint members (husband-wife) memberships are \$98 (HSA \$80 and Unit \$18); Life members pay \$12 for Unit dues; and Affiliate members pay \$12 Unit dues. New members who have joined January through March have paid pro-rated dues to carry them through end of 2015-2016 and will pay the full annual dues payment for renewal. Thank you for your consideration in being timely with this, and if you have any questions please be sure to contact me at 979-836-8228 or [gzsowers@att.net](mailto:gzsowers@att.net).

The weather is just perfect for getting back into our gardens and being able to volunteer at the Festival Hill and Sensory Gardens, and additionally we should have upcoming workshops that will be interesting. I look forward to seeing everyone at the meeting this month. Enjoy a great Spring season!

Spring Forward!  
Georgia Sowers  
Membership Chair

### \*\*\*CONGRATULATIONS\*\*\*

Volunteers of the Month for April 2016 are all of you, our valued Members, Active and Affiliate, plus nonmembers, who have helped to make this another successful Herbal Forum and Plant Sale. Your efforts were noticed by the Unit, by guests and customers who visited us, and by each other with all the wonderful camaraderie. Enough cannot be expressed for all your loyal efforts. All of you deserve a major pat on the back for such a job well done. It surely takes a village, and for certain our Pioneer Unit, to pull off such a major feat. Thank you all!!

**\*\*\*WELCOME NEW MEMBERS!\*\*\***

**Four new members have joined the Unit after Robert Lake began his membership in February 2016. His introduction and information were included in the March newsletter. We will acknowledge and welcome the four new members here, and we are delighted that they have joined us!**

**Ray Hayes** was brought to the Unit by his wife, active member **Carolyn Hayes**, and his membership is effective February 2016. He was a most willing volunteer at our March Forum Prep meeting and at Forum the week later. Thank you, Ray, for your efforts! Ray's address is 2705 Cypress Circle, Brenham Texas 77833-3904. His phone number is [979-421-8050](tel:979-421-8050) and his email is [crh85@att.net](mailto:crh85@att.net). Ray's birthday is March 20th. He enjoys the culinary uses of herbs and is presently growing herbs. He would like to expand his knowledge of varieties and cultivation of herbs, for which he will obtain a wealth of knowledge with his membership in the Unit. Ray is also a past member of Augusta Gardeners of Fredericksburg, Texas. And he works at Allied Ace Hardware in Brenham, Texas. Welcome to you, Ray, and we are very happy to have you with us!

**Royceanna Kendall** was introduced to the Unit by her friend, active member **Cathy Comiskey**, and her membership is also effective February 2016. She was a very well-organized and busy volunteer at the Plant Sale in March. Thank you, Royceanna, for your efforts! Royceanna's address is 410 Farmers Road, Brenham Texas 77833-6843. Her phone is [979-836-6261](tel:979-836-6261), cell is [979-277-4768](tel:979-277-4768), and her email is [royceanna.kendall@gmail.com](mailto:royceanna.kendall@gmail.com). Royceanna's birthday is July 29th and her husband is Bill. She is a Texas Master Naturalist (this sounds appealing) who enjoys growing herbs and desires to learn more of their uses. Royceanna's interests span culinary, personal gardening, plant symbolism, native plants, introducing children to herbs (this will blend nicely at the Children's Field Trips), and she is presently growing herbs. She is an outdoors lover and recently retired elementary schoolteacher who also wants to improve her skills in nature photography. Welcome to you, Royceanna, and we are indeed happy that you have joined our forces!

**Theresa (Terry) Ross** was brought to the Unit by active member **Tony Scanapico** with whom she has volunteered a great deal at Festival Hill, also assisting Henry Flowers. Her membership is effective March 2016. Terry also helped extensively at the March Forum Prep meeting and at Forum the following week. Thank you, Terry, for your efforts! Terry's address is 4448 East St Hwy 159, Fayetteville Texas 78940-5034. Her phone is [979-966-7133](tel:979-966-7133), and email is [terryr@cvctx.com](mailto:terryr@cvctx.com). Terry's birthday is May 11th. Her interests are in culinary, personal gardening, historical landscape, plant symbolism, native plants, cultural uses, present-past, research and teaching, and she is presently growing herbs. Terry has a massive and impressive bio and it's enjoyable to visit with her about so many things. She has been involved with space technology, a long career in the Houston Police Department, Fayette County Sheriff's Office, and several other judicial capacities. After retirement in 2005 she became involved in music and is the Harpist at Festival Hill and in other areas. Last but not least she became a Master Gardener in 2015! Welcome to you, Terry, and we are certainly fortunate that you are now one of our members!

**Lori Yeats** was introduced to the Unit by her friend **Kay Scanapico** and her membership is effective February 2016. She was a very willing volunteer at the March Forum Prep meeting and thank you, Lori, for your efforts. Lori's address is 7442 FM 2981, Fayetteville Texas 78940-5206. Her phone is [281-414-1832](tel:281-414-1832) and email is [lora4626@sbcglobal.net](mailto:lora4626@sbcglobal.net). Her birthday is November 14th and her husband is John. Lori's interests are in culinary, decorative uses and drying, personal gardening, native plants, and potpourri, creams and lotions. She is interested in the friendship of the Unit and learning to grow and use herbs in cooking and for health. A native Houstonian, Lori and her husband only moved to Fayetteville in June 2015. She has three children, two stepchildren, and seven grandchildren. Lori is a licensed Esthetician, one who administers skin treatments and facials, and works flex time in order to enjoy groups, family, and living life to the fullest (this is the good life). She likes outdoors, gardening, baking, reading, traveling, hiking ... hence enjoying life! Welcome to you, Lori, and we are happy to have you in the Unit where you will learn and enjoy so much!

**Our new members and their contact info will be included in next print of our yearbook, and you may update your current directories.**



# 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)

## 2016 Herbal Forum

Forum was successful in member participation and attendee satisfaction. Again this year's non-member workers were extremely helpful, and we owe them our appreciation and gratitude.

Celebrations can come after the final report, but the group leaders who were new to their positions in TWSS gift shop, Pat Cox and Louise Rice, did an outstanding job. With Tony Scanapico out of commission as lead person for the Plant Sale set up and take down, Karen Cornwell, with great help of some experienced workers from that area, got the job done in fine manner. There is nothing like a new challenge but even better, meeting it!

Thanks to all members and non-members who worked all year and during the week of the Forum to present an outstanding event to the public. You can be proud.

To quote Yogi Berra, "it's not over 'til it's over," but it was good year. The final numbers will be announced some time after our April meeting at which we give members the opportunity to buy remaining items from the TWSS gift shop at reduced prices.

Carolyn Thomas  
Herbal Forum Coordinator

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Thanks so much to everyone participating in the Plant Sale, whether for assistance with preparations, set-up, during the sale and/or teardown. We had a great team, composed of both members and non-members, with everyone pitching in where help was needed! We couldn't have pulled it off without each and every one of you. Many of our customers noted the professionalism and helpfulness of the crew and expressed thanks for all our efforts. I hope you had a great time. Thanks for another successful event!

Karen Cornwell  
Plant Sale

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Thank you so much to all of you who contributed to Thyme Well Spent Shop for the 2016 Forum. From making jellies, mustards, dried seasonings, vinegars, and teas, to the beautiful stitched items we had this year, to the seeds, dried flowers and wreaths, for all the help with lotions and various miscellaneous items, and last but not least, to all who worked in the shop for the two days of Forum: we couldn't have done it without each and every one of you. You contributed to making our first year co-chairing the shop into a very positive experience, and we really appreciate all of you.

Pat Cox and Louise Rice  
Co-Chairs, Thyme Well Spent Shop



**THYME WELL SPENT SHOP ITEMS ON SALE!**

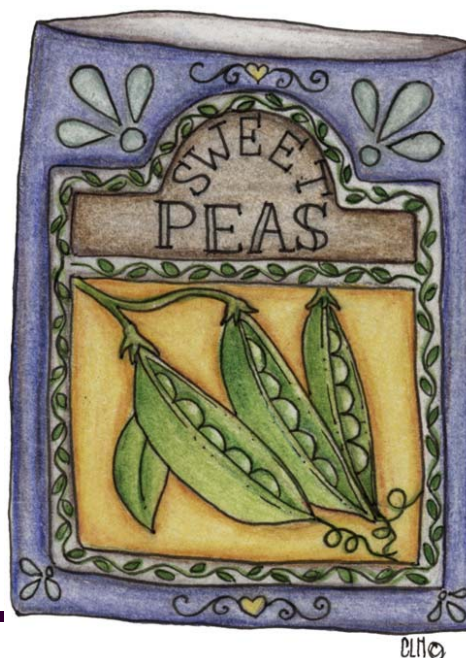
You have one more chance to buy items left from the Thyme Well Spent Shop at the April meeting at a reduced price. So bring your checkbook or bring lots of cash and get those items you didn't have a chance to buy at the Forum!

Pat and Louise  
Thyme Well Spent Co-Chairs

**Seed Alert**

I know. I know. We just finished the plant and gift sale and you don't want to think about it for a long while. BUT it's spring and all those lovely flowers in your yard are going to start producing seeds. Please collect some for the Pioneer Unit to sell next year. We only make ten packages of most seeds so it doesn't have to be a huge project. The process is easy. Just gather them, clean out as much "trash" as you can, put them in some kind of container (glass is good but not required), label the container with your name and the name of the flower, and give them to Susan Lake. If you can get a photo of the bloom to send to her, that's nice too. Remember to record the time you spent collecting to add to your unit hours. THEN go on to enjoy your garden.

Susan Lake



## Herb of the Month - Amaranth

### Pioneer Unit Botany Study Group Plant Report

**Botanical Name/Etymology***Amaranthus hypochondriacus***Family Name**

Amaranthaceae

The word amaranth comes from Greek *amaratus*, meaning "never fading" - referring to the everlasting bloom. Over 60 species worldwide.

**Other Varieties of Note:** -*A. caudatus*, *A. cruentus*, *A. tricolor*, and *A. retroflexus*.

**Plant Description** - Annual. 3-8 feet tall. Dicot (broadleaf) plants with thick stems (similar to sunflowers). Single erect large flower head composed of spikes. Flowers can be red or green. Leaves are elliptical. The seed is white or black. The growth habit is erect.

**Geographic Region** - Grows on 5 of 7 continents. Thought to have originated in Central America according to archaeological findings.

**Cultivation** - Sow seed early summer (after frost). Seeds need 70 degrees for germination. Grows in all soil types, drought conditions (once established), and disturbed soils. Likes heat, the seeds are widely dispersed (considered invasive in some areas), and blooms in late summer.

**Folklore** - Amaranth was used in ceremonial practices in Mexico: shaped into images of the gods and eaten as communion using human blood as glue to hold the grains together. The Spanish (Cortez and his conquistadors) associated amaranth with pagan practices, so they ordered all fields to be burned and no consumption of amaranth was allowed. To the natives amaranth was known as the "grain of the gods," and it was a staple in their diet for thousands of years. It has been found in burial mounds that are 6000 years old.

**Uses** - Amaranth is a versatile plant - used both as a vegetable (potherb) using the leaves and stems, and as a grain. It is also used as a dye plant (red dye) and for ceremonial purposes. Today the leaves and seeds are still key ingredients in Mexican cuisine, widely cultivated and a valuable cash crop worth four times more than corn ([www.mexconnect.com](http://www.mexconnect.com)).

**Nutrition** -

- contains more protein than other grains
- high in amino acids, including lysine
- high in calcium
- more magnesium than other grains
- more iron, folic acid, and fiber
- supplies 75-82% of nutritional requirements for humans

**Medicinal** - The Cherokee (N. American) used the foliage to reduce hemorrhaging, reduce diarrhea, and treat ulcerated wounds. King's American Dispensatory lists *Amaranthus hypochondriacus* as an astringent. ([www.texasbeyondhistory.net](http://www.texasbeyondhistory.net))

Sara Holland, Pioneer Unit Botany Study Group

Not for the first time I have messed up and admit it. Amaranth should have been the herb for March and garlic chives for April, but I did garlic chives in March. Seems like I'm coming down with late onset dyslexia. Sara did this report years ago and because I have little time at present, this report is fulfilling the place of a Botany Study Group report and Herb of the Month article.

Henry Flowers, Garden Chair



## Beatrix Potter: Her Life, Garden & Stories

By Susan Gail Wood

Do you need a vacation but don't have the time to take off for a week or two? How about taking a day to relax and enjoy a trip to merry old England without leaving town? Immerse yourself in all aspects of the fascinating life of Helen Beatrix Potter, born 150 years ago. She's the author of over 30 books, such as Tales of Peter Rabbit, that have continued to fascinate children of all ages to this day. There is a lot to learn about Beatrix and her lasting influence on the Lake District. Instead of buying an airplane ticket you simply have to mail your registration fee of \$45 before April 18th to attend The South Texas Unit of The Herb Society of America's 33rd annual Herb Day: "Beatrix Potter: Her Life, Gardens & Stories" on Saturday, April 23, from 9 a.m. to 2 p.m. Tally-ho! See advance registration details and location of the event at [www.herbsociety-stu.org](http://www.herbsociety-stu.org)

The day opens with Helen Mann, former British Vice Consul and frequent guest on the PBS show "Manor of Speaking," telling us all about the cuisine of the Cumbria Region which will be reflected in our refreshments. Helen will explain how Beatrix Potter's tales from Hill Top Farm have helped to shape the Lake District as we know it today. Will the popularity of Downton Abby eclipse that of Peter Rabbit? No bunny knows.

Next up is former STU member and 2010 - 2012 President of The Herb Society of America, Linda Lain. Linda will enlighten us with a detailed look at the many accomplishments of Beatrix who was an author, illustrator, farmer and business woman from 1866 to 1943. Linda will explain how the characters we've come to love came to life to a girl growing up in the countryside of West Brompton. As a young lady Beatrix and her family took summer holidays at Wray Castle in the Lake District where she began a lifelong interest in the National Trust.

Our box lunch will be catered by The French Fig. But not to worry, it will be all things British, including a roast beef sandwich with Branson pickle, Plowman's vegetable salad, apple, cheese and egg. Of course dessert is a sticky toffee pudding! Gluten free and vegetarian options are available when registering. Refreshment breaks between speakers will include the Lake District's famous Grasmere gingerbread as well as scones with clotted cream and strawberry jam. At the conclusion of our day, we will linger with cucumber sandwiches, and as Peter Rabbit would have needed, a soothing cup of chamomile tea.

After lunch, Henry Flowers, Garden Director at International Festival Institute in Round Top, Texas, will advise us as to which plants included in Beatrix Potter books will thrive in our climate. If you are ready to plant your own version of Mr. McGregor's garden, this is the perfect time to polish your green thumb for a wonderful kitchen garden. Henry is experienced in growing bountiful herbs, flowers and vegetables to use in delightful and artistic ways.

Expect lots of door prizes, fanciful decorations and a market just for participants. STU members are busily preparing natural shaving soaps, sugar scrubs and body butters along with traditional craft items. Our herb plants are exactly what you need to plant right now and books are by Lucia's Garden. Net proceeds benefit STU's Madalene Hill Scholarship Fund recipients.

**Don't miss the April webinar from HSA!  
Thursday, April 14, 2–3 p.m. Eastern Time**

**Herb Safety 101:  
Guidelines to Using Herbs Wisely**

Presented by Maria Noel Groves,  
head of Wintergreen Botanicals, LLC, an herbal clinic and education center

Herbs are generally quite safe—certainly they have a better track record than pharmaceuticals—but they still may have side effects and drug interactions. We'll discuss the safety of some of our most popular herbs. You'll also get the low down on some "controversial herbs." Are kava, black cohosh, and comfrey safe for your liver? Why should you use caution with St. John's wort? How can you safely use herbs while taking pharmaceutical medications? What's the best way to transition from pharmaceuticals to natural therapies? What can I take if I'm pregnant or nursing? Ms. Groves will share her favorite resources for herb and drug safety and give you some helpful, easy-to-remember guidelines. Herbs help bring us to better health, but it is our responsibility to use them wisely.


Maria Noël Groves, RH (AHG) is a registered clinical herbalist, runs Wintergreen Botanicals, LLC, an herbal clinic and education center nestled in the pine forests of Bear Brook State Park in Allenstown, NH. She is certified by Michael Moore's Southwest School of Botanical Medicine, a registered professional herbalist with the American Herbalists Guild, and has also completed Rosemary Gladstar's advanced training program and Lichenwood Herbals' flower essence practitioner training. Her business is devoted to education and empowerment via classes, health consultations, and writing with the foundational belief that good health grows in nature. She is the author of [Body into Balance: An Herbal Guide to Holistic Self Care](#).

The May webinar will be entitled "HSA's 2016 Promising Plants—Reviews and Promises."

You can sign up for the webinars, or review past webinars, at [herbsociety.org](http://herbsociety.org)

# April 2016



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

# May 2016

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



## 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."

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Chair—Henry Flowers

Vice Chair Programs—Tony Scanapico  
Secretary—Pat Cox

Vice Chair Membership—Georgia Sowers

Treasurer—Janie Plummer

Pioneer Unit  
The Herb Society of America  
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