



PIONEER PATHS

Newsletter of the Herb Society of America
Pioneer Unit

February 2016

Volume 23, Number 6

February 14
Valentine's Day



February 15
Presidents' Day

February 22
Ice Full Moon



MONTHLY UNIT MEETING

- Date: February 11, 2016
- Time: 9:30 a.m. Meet and Greet
10:00 a.m. Program followed by Meeting
- Location: First Baptist Church
7675 FM 2447
Chappell Hill, Texas
- Directions: Take Highway 290 east from Brenham to FM 2447 north.
You will see the church from Highway 290.
- Program: There are Tons of Basils and They are All Great!
- Speaker: Mengmeng Gu, Ph.D.
- Angel: Diana Reed
- Hosts: Cindy Nash, Mary Ann and Oscar Hillegeist, Johanna
Hoiseth, Phoebe Lake, Jane Press, and Bob Sowers
- Lunch: Herbal Delights



MESSAGE FROM THE CHAIR

This time of year the Herbal Forum becomes an event that we as members of the Pioneer Unit have to really get serious about. There is a lot to be done in order to get items ready for the Thyme Well Spent Shop, and come the week of the event we really have to dig in and get the plant sale in gear. If you haven't already decided where you would like to participate in the event, then check with our Herbal Forum volunteer and plant sale coordinator Karen Cornwell, and she can direct you according to your preferences or let you know where help is especially needed. With all of our members in action, we will assuredly have another very successful event this year, and I thank you all in advance for your help and hard work.

I personally have been working on plant orders, and this year we will have a great supply of chile peppers for the sale. There are so many to choose from that it makes it an exciting prospect. If we do well with them, then perhaps they'll have to keep up a big presence in the future. With cilantro as the herb of the year next year, keeping a focus on chiles might be good as there are only a few varieties of cilantro available in the trade.

This year we are lucky that two very important people with HSA will be in attendance. Our national president Susan Liechty will be here, and so will our Executive Director Katrinka Morgan. If you see them around during the event, please take a moment to say hello so that they will get a large dose of our famous Texas hospitality.

I am planning the welcoming entry display for the Herbal Forum again this year, and it will of course feature chile peppers. If you have any interesting items that you think might work in the display, please let me know. I'm planning for it to be hot and spicy!

While I'm thinking about it, I'd like to say a few special 'Thank-You's'. Firstly I'd like to thank our affiliate member Susan Wood for bringing a donation of seeds from Botanical Interests to our December meeting and also thank Botanical Interests for making that possible in the first place. Susan has been doing this for many years, and I'm sure many of you and your gardens too are very appreciative. Secondly I'd like to thank you all—members of the Pioneer Unit—for a donation of money to the Festival Hill gardens to purchase soil for raising the soil level in the Madalene Hill Pharmacy Garden. The soil (actually a landscape potting mix) in the beds had deteriorated over the past seven years (when we last raised the level) to where it was almost a foot below the top of the concreted beds in many areas. New soil was purchased with the donated funds, and with the help of Tony Scanapico and Kay Robbins, we removed all the plants, added soil, and then replanted. The garden now looks great again and should be ready for many more years to come. The Botany Study Group and I are especially appreciative.

I hope to see you at our meeting in February, where we are sure to learn more about our beloved herb basil.

Henry Flowers
Unit Chair

FROM THE PROGRAM CHAIR

As explained in the Listserve email, we have to change the program for our February meeting. Our scheduled speaker has had a change of tasks at work and can't be available on the date of our meeting. At his suggestion, I contacted Dr. Mengmeng Gu. Her first name is pronounced "Mongmong." She is a member of the A&M Horticultural Department faculty and is doing research on basil. Interestingly, Dr. Gu earned her BA in Landscape Horticulture and MA in Ornamental Horticulture, both from Beijing Forestry University. She earned her Ph.D. at the University of Arkansas in Plant Science/Horticulture. From 2006 through 2011, Dr. Gu served as Assistant Professor and Extension Specialist at Mississippi State University, and in January of 2012, Dr. Gu became Assistant Professor and Extension Specialist at Texas A&M.

When I explained who we are and told her about our meeting, she became very excited and readily agreed to being our speaker. Her topic is: "There are Tons of Basils and They are All Great!" She says basil is the number 1 culinary herb produced and consumed in the United States. And there has been tremendous development in different basil species and cultivars. She'll also talk about basil downy mildew, a new disease causing devastating damage to basil plants, and how to manage it. This should be a very interesting program.

In view of February being a poor month to have fresh basil on hand, let's go with a luncheon theme of "All dishes herbal."

Hearing Dr. Gu's program will be very important for each of us because our Herbal Forum Plant Sale is the next month, March 18th and 19th. And, as you can imagine, especially when we're unloading those delivery trucks, Henry's ordering 'tons' of basil for us to sell and, of course, buy.

See you at the First Baptist Church in Chappell Hill. For those of you not familiar with it, the church is just off of 290 on the east side of the Chappell Hill traffic light. See the Handbook, page 33, for the address and directions.

See y'all at the meeting.

Tony Scanapico
Programs Chair



Herbal Forum 2016

Festival Hill Herbal Forum and Pioneer Unit Plant Sale, Gazebo, and Thyme Well Spent Shop

We count on you to make the Herbal Forum a success, as our only annual fund-raiser. By volunteering, you earn hours toward your annual requirement. It is fun to learn more about the plants and products we sell as well as enjoying the shared bond with other members – especially last year when the weather challenges brought out the best in us.

Many of you may want to work in more than one area to familiarize yourself with all aspects of Forum, March 18 -19 at Festival Hill, with setup starting Monday, March 14th.

As explanation about Forum and whom you need to contact is the following:

The Garden Director: Henry Flowers is the Festival Hill Forum Manager/Director. In this capacity, he sets up the programs, speakers and workshops for Forum. Festival Hill is responsible for the publicity for Forum, but not for our sale. Pioneer Unit members give Henry support that he needs, including set up, speaker angels, and registration at the event, but not Forum pre-registration which is through the Festival Hill office.

VOLUNTEER OPPORTUNITIES AND CONTACTS for Forum:

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 Speaker's Angels: Henry Flowers

Forum Coordinator: Carolyn Thomas – Coordinate operations between Festival Hill Forum and Pioneer Unit plant sale, The Gazebo, Thyme Well Spent Shop, and any other areas designated by Henry Flowers.

PIONEER UNIT AREAS OF RESPONSIBILITY:

Thyme Well Spent Shop: Louise Rice and Pat Cox co-chair TWSS — covers the year-long preparation of sale items, set-up and design of the shop, cashiers and sales during Forum, and take-down at end.

Plant Sale Chair: Karen Cornwell — covers the overall plant sale including set up, plant sales area and the hold area, cashiers, sales and maintenance during Forum, and take-down at end.

Gazebo: Barbara Hemmer — prepares items for the Gazebo, manages design and set up, sales within the Gazebo, and take-down at the end.

Finance Chair: Janie Plummer, PU Treasurer — obtains start-up money for cashiers for Thyme Well Spent Shop and plant sales areas; also banking associated with the sales.

Publicity: Susan Lake — publicity for the Herbal Forum plant sale and Thyme Well Spent Shop.

Cindy Nash -- newspaper contacts and distribution of flyers.

Everyone can help by contacting gardening friends and members of garden-interested organizations to remind them how special our plant and gift sales are. Cindy will have flyers and posters at the next meeting in February so please help her as you did last year.

The flyers and Festival Hill Herbal Forum information will be posted on our web site.

Talk with the coordinators for the area or areas where you would like to work. Karen Cornwall will maintain the complete list of who is working and where they will be working during set-up, the Forum itself, and take-down.

If you have questions, please contact the committee chair for your area of interest or call or email me.

Carolyn Thomas at 979-251-8386 or Cthomas1138@aol.com



Seeds Seeds Seeds

If you have tucked away seeds for the Pioneer Unit to sell at Forum, now's the time to let us know. Send me a note at gardener@susanlake.net so we can put your seeds on the list and make arrangements to get them. We will be packaging them in the next few weeks to have them ready by the March meeting.

If you haven't been saving seeds, think about it for next year. Even if you only harvest enough for a few packages, that's great.

Susan Lake

SILENT AUCTION

As many of you know, we conducted a silent auction at last year's Forum where we raised over \$800 for the National Intern. We hope to have an equally successful Silent Auction this year. The Silent Auction has space across from the Registration Table, where there is room for a few select items. These items need to be pretty special to realize as much funding as possible for the National Intern. If you have a special herbal item that you think would be of interest to others, please bring it to me at the February meeting, or contact me, and I will make arrangements to collect it from you.

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



THYME WELL SPENT

Does anyone have a decorative dress form we can borrow for the Thyme Well Spent Shop? We would like to use it to display the aprons our members have made for the shop.

We also need a few people who are interested in baking cookies to be sold in the shop. Please contact Pat Cox or Louise Rice if you have a dress form we can borrow or are willing to bake cookies.

Many thanks to everyone for all you have done!
Pat Cox and Louise Rice
Thyme Well Spent Co-Chairs

**MINUTES OF UNIT MEETING
HERB SOCIETY OF AMERICA PIONEER UNIT (PU)
JANUARY 14, 2016**

Henry Flowers, Chair, welcomed members to the first meeting of 2016.

Tony Scanapico, Vice Chair-Programs, introduced Dr. Lois Sutton, Unit Member and today's speaker, who presented a program on The Foods and Spices of Northern and Western Africa.

Georgia Sowers, Vice Chair-Membership, welcomed visitors Mike Yancey (Susan's husband), Terry Ross (Tony Scanapico), Royceanna Kendall (Cathy Comiskey), Lori Yeats (Kay Scanapico), and Alice Kyle (Pamela Murski).

Betty Pior, Hospitality, thanked Lois and today's hostesses for their hard work. These included Susan Lake, Joyce Lane, Ronda Herzog, Lucy Nehrkorn, Karen Springer, and Pam Traylor.

Door prizes were won by Henry Flowers, Mary Ann Hillegeist, Wanda Hubbard, Pat Garrett, Carolyn Hayes, Cathy Comiskey, and Kay von Minden.

Tony announced that February's meeting has a change of speaker: Dr. Mengmeng Gu from Texas A&M, who will present a program on basil. The lunch theme will be herby dishes.

Carolyn Thomas, Forum Coordinator, reminded members they can earn volunteer hours for working at the upcoming Herbal Forum, the Unit's sole fundraiser. Henry Flowers is Forum Manager and sets up speakers, workshops and speaker angels. He asked for angel volunteers. Festival Hill is responsible for Saturday's Forum program, and the Pioneer Unit manages the two-day plant sale and Thyme Well Spent Shop. Festival Hill does the publicity for Forum, and Susan Lake handles the Unit's publicity.

Ann Allen is in charge of registration. Lynn and Alton Ehler are in charge of Forum set-up. Tony Scanapico is in charge of plant sale set-up, and he and Karen Cornwell are working on a new system to give Tony more help. Karen Cornwell is in charge of the plant sale and keeps a spreadsheet of who is working where and when. Karen asked members to sign up today for inside or outside work. Barbara Hemmer is in charge of the Gazebo.

Louise Rice and Pat Cox are co-chairs of Thyme Well Spent Shop. Janie Plummer is in charge of money. Cindy Nash is in charge of distributing Forum flyers which should be available next week. Henry will put a copy of the brochure on the listserv when available and have copies at the next meeting. Susan Lake will put the brochure on the Pioneer Unit website.

Members were asked to collect flats for the Forum plant sale. Cheryl Easley asked for books on gardening and cooking for the scholarship table. Henry asked for silent auction donations to be given to Linda Rowlett.

Henry said the Festival Hill gardens are in winter clean-up mode. He thanked Tony Scanapico and Kay Robbins for helping raise the soil level in the Pharmacy Garden, and the Unit for donating the funds. The PU Botany Group will present a program on the Pharmacy Garden later this year.

Henry noted that the next Board Meeting has been moved from January 20 to January 27, and he announced that there would be a short orientation meeting after today's lunch.

Respectfully submitted,
Pat Cox, Secretary

MEMBERSHIP INFORMATION

We enjoyed a great attendance at our first Unit meeting of the year for January 2016, with Lois Sutton's Moroccan presentation and Orientation for newer and prospective members alike.

Our guests and visitors included Mike Yancey, who attended with his wife Susan Yancey, our newest member from November 2015. Prospective member Terry Ross visited for her first time as a guest of Tony Scanapico. Also as prospective members, Cathy Comiskey's friend Royceanna Kendall was with us for her third visit and Kay Scanapico's friend Lori Yeats attended for her second time. These three ladies enjoyed the orientation and were quite interactive with their questions and Henry's answers. Member-at-Large Alice Kyle was with her friend affiliate member Pamela Murski who was helping the host team, and affiliate member Peggy Cook was also present.

In January we reached our mid-year point, and hours are being reported steadily. Thank you. This month we're only one month away from Forum and the Plant Sale, and opportunities abound for volunteering for Forum Preparation and Gardens. These are excellent areas to obtain hours and learning at the same time.

Last month, we notified everyone of Lynn and Alton Ehler's new email, which actually needs to be corrected. Their email is ehler1516@att.net so please do correct your yearbooks once again.

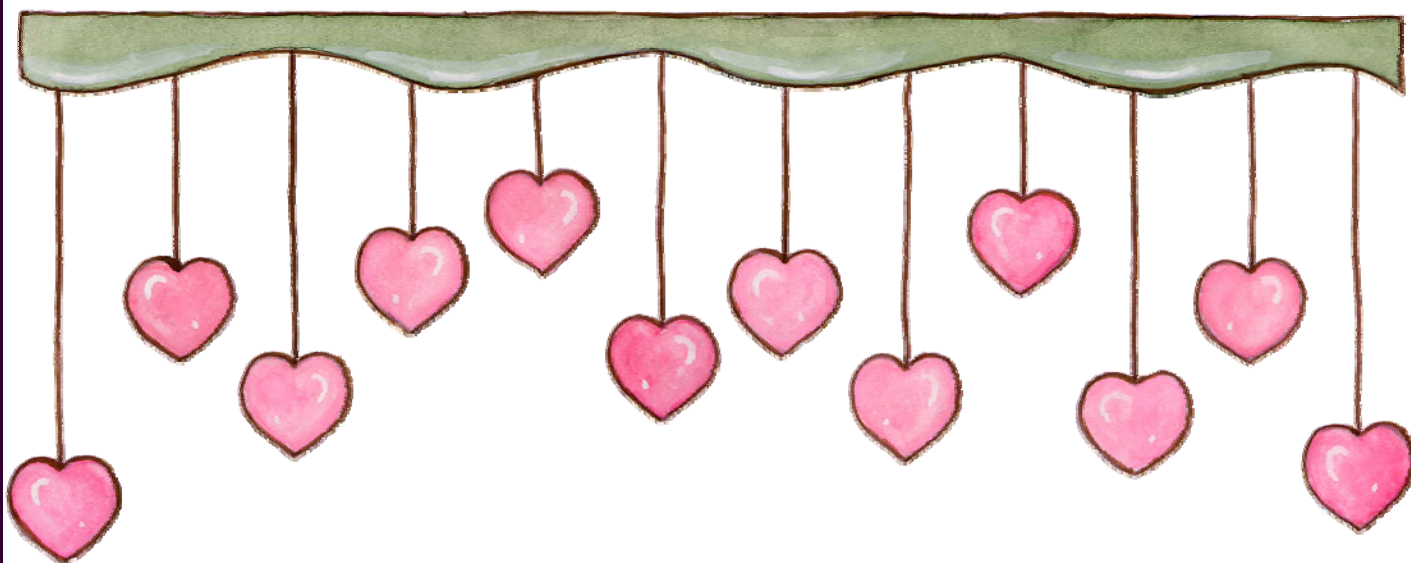
As always, any questions or comments about membership may be directed to gzsowers@att.net or call [979-836-8228](tel:979-836-8228) and I'm happy to help. Looking forward to our program this month and hope all enjoy a Happy Valentine's Day with your loved ones.

Happy Herbing!
Georgia Sowers
Membership Chair



VOLUNTEER OF THE MONTH

This month, we recognize Kay Robbins as Volunteer of the Month. Kay was brought to our Unit by Henry Flowers. Kay has been helping out extensively at Festival Hill. She works diligently alongside Henry and Tony and has amassed many volunteer hours in her endeavors. Kay is a great asset to our Unit and is communicative and helpful with our members. We appreciate your efforts, Kay, and thank you for being with us!



February Birthdays

February 3 — Tony Scanapico

February 22 — Sara Holland

February 23 — Karen Cornwell

February 25 — Susan Lake

February Herb of the Month - Mustard

Having chile pepper as the herb of the year makes one think about other spices that filled the hot spice niche, which chiles now so commonly occupy, before the Spanish and Portuguese introduced them from the New World to the Old. I would say that it is likely that Mustard was one of those herbs, and it is likely that it was the most prevalent one in use in most of Europe as many others, such as black pepper, had to be imported from far away and were rather expensive.

Botanically mustard is an annual member of the Brassicaceae—commonly known as either the cabbage or mustard family. There are at least 30 different species in the genus *Brassica*, and all contain allyl thiocyanate, mustard oils, which provide each with their particular level of pungency. Only two of these are prized as herbs for the use of their seed in making the condiment we know as mustard. The seeds can be black or brown. Brown seeds come from *Brassica juncea*, commonly known as brown or Indian mustard, and black seeds come from *Brassica nigra* and are simply known as black mustard. A third mustard of note is in the same family, but different genus—*Sinapis alba*. This mustard is commonly known as white or yellow mustard, and it has a different chemical makeup which leads to a distinctly different taste.

The leaves of all the mustards are large and can be eaten as a pungent potherb. The flowers are vivid yellow and have four petals. In our climate they grow well as cool-season plants and flower in the spring when temperatures begin to rise. Collecting seed is not an easy process so most who make mustards tend to purchase the seeds from commercial sources.

In origin, the two *Brassic*as are native to southern regions of Asia and have long been utilized in the cuisines of India and China. Records from China first indicate the use of mustard seeds in the Han Dynasty (206BCE to 221CE). Use in Europe can be traced back to at least 400BCE. The Romans commonly mixed ground mustard seeds in grape juice; the word "mustard" derives from *mustum* -"grape must" and *ardens* -"burning." *Sinapis alba* is native to southern Europe, especially near the Mediterranean, and is likely the mustard commonly used by the Romans until oriental mustard seeds made their way to the region.

The pungency of mustard develops when cold water is added to the ground seed. The enzyme myrosin in the seeds will act upon the glycoside sinigrin to produce a pungent sulfur compound. This reaction usually takes 10 to 15 minutes and is inhibited by the addition of hot water, vinegar, or salt, which lead to a milder and slightly more bitter mustard.

The three most commonly encountered prepared mustards are: American (made white mustard seeds), English (using a combination of white and black seeds or simply brown seeds), and French (historically based on black seeds, but more commonly on brown today and not using white seeds at all). Chinese mustard is made with brown seeds and cold water.

In addition to their use to make mustards, mustard seeds can be germinated for use as sprouts, are often used as a pickling spice, and can be heated in oil, which lessens their pungency and adds a nuttiness to their flavor.

Medicinally mustards have long been used to make poultices, as emetics, and as stimulants to the circulatory and digestive systems. Contact with the skin in poultices can cause reddening and a resultant increase in blood flow to the area and removal of toxins. Prolonged contact can cause blistering.

Of mustard, English physician John Evelyn said, "exceedingly hot and mordicant, not only in Seed but Leaf also of incomparable effect to quicken and revive the Spirits; strengthening the Memory, expelling heaviness, preventing the Vertiginous Palsie [giddiness] and is a laudable Cephalic."

FYI: In one year at New York's Yankee Stadium, more than 1,600 gallons of mustard and 2,000,000 packets are consumed.

The Pioneer Unit offers a variety of interesting mustards for sale during the Herbal Forum in the Thyme Well Spent Shop, and I urge you to buy a jar or two for your own culinary delight.

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 Chairman



The Herb Society of America, Pioneer Unit

Botany Study Group Data Sheet

Botanical Name/Etymology: *Bertholletia excelsa*

Family Name: Lecythidaceae

Common Name(s): **Brazil nut**

Origin: South American native to the Guianas, Venezuela, Brazil, eastern Columbia, eastern Peru and eastern Bolivia.

Growth Habit: Brazil nut trees occur as scattered trees in large native forests along the banks of the Amazon, Negro, Tapajos and the Orinoco rivers. It is a large tree reaching 160 feet and with a trunk 3 to 6.5 feet in diameter, making it one of the largest trees in the Amazon rainforests. It may live for 500 years or more, often reaching 1,000 years. It is straight-trunked, commonly without branches for over half its height, with its canopy reaching over the surrounding canopy of other trees. Brazil nut tree leaves are dark green, shiny, and measure 6 inches wide by 12 inches long. The tree takes 12 to 15 years to bear fruit. Flowers appear in lemon-yellow clusters at the end of branches and take 14 months to mature into fruit. The flowers are pollinated only by one wild pollinator, a large-bodied bee. The fruit, which is botanically a seed, not a nut, is a large capsule 4 inches to 6 inches long, weighing about 5 pounds, and resembling a coconut. A mature tree produces about 300 fruits per year. The fruit has a hard woody shell containing eight to 24 triangular seeds, each 2.0 inches long, packed like orange segments. The capsule has a small hole at one end which allows large rodents like the agouti to gnaw it open. They eat some seeds and bury others, thus "planting" new trees.

Growth (Cultural) Requirements: The Brazil nut tree grows wild in non-flooding areas, commonly known as "terra firma" in large river basins of South America.

Propagation: Because of its unique cultural requirements, size, and long period to maturity, there has been very little success in cultivating the Brazil nut or establishing economically viable commercial plantations.

Folklore and History: The Spanish first saw Brazil nuts in the sixteenth century and in 1633, Dutch traders sent "wild oil fruits" from the Amazon to the Netherlands. By 1818 Brazil nuts were being shipped to Europe in increasing quantities. The first official United States customs entry was in 1873.

Chemistry (if known – especially active essential oils): Brazil nut meats are a powerhouse of excellent nutritional components. The nut meats are 14% protein, 12% carbohydrate and 66% fat by weight. 85% of their calories come from fat, with a 100-gram (about $\frac{3}{4}$ cup) serving having 656 calories. Importantly, the fat components are 23% saturated, 38% monosaturated and 32% polyunsaturated (primarily omega-6 fatty acids). They are an excellent source of dietary fiber and a source of various vitamins and minerals. They are also a good source of thiamin, Vitamin E, magnesium, phosphorus, manganese and zinc.



Brazil nuts are probably the richest dietary source of selenium. Selenium is an essential trace mineral in the human body with anti-oxidant, anti-cancer; and cancer-preventing properties. However, a 1-ounce serving would be 6 nuts, and the selenium in this serving size would be 10 times the U. S. Recommended Dietary Allowance of this potentially toxic mineral. Therefore, it is recommended that the daily intake should not exceed 1 to 2 nuts per day, an adequate amount to help prevent coronary artery disease, liver cirrhosis and cancers.

Plant Part(s) Used: Only the nut meats are widely used. The nut meats are primarily used for food, but to a lesser extent, the oil from the nut meats is also used as a lubricant and in cosmetic applications. The most significant commercial exporter of the nuts is Bolivia. About 20,000 tons of the nuts are harvested each year, of which Bolivia's harvest is 50%. The wood from Brazil nut trees is of excellent quality, but logging the trees is prohibited by law in all three of the largest nut producing countries. Illegal logging and land clearance presents a continuing threat, resulting in a world Conservation status of "Vulnerable."

Time of Harvest: As mentioned above, Brazil nuts are not "farmed." When the fruits ripen (January-June), they fall from the tree. Because of their weight and unpredictability of fall, they can cause danger to people who may be below. In Brazil it is illegal to cut down a Brazil nut tree, thus threatening property as well as people when they are growing in public places and yards. For the commercial trade, the fruits are picked up in the forests by migratory harvesting groups. Collecting from the wild rather than from large plantations has been lauded as a model for generating income from the tropical forest without destroying it. But some studies show too intense gathering that is resulting in not enough new trees to replace the older trees as they die.

Dosage Level: No more than 1 to 2 nut meats per day because of high selenium content.

Culinary Uses: In addition to the positive health benefits of Brazil nuts, these oil-rich nuts are widely used in South America for baking as oil-rich nuts or flour. Brazil Nut Cake is a popular dish in much of the tree's natural range. The nut is sometimes ground and used as a substitute for other fats in pastries.

Medicinal Uses: Brazil nuts are not used medicinally per se, but their high content of healthy fats and the mineral selenium are very health supportive.

Other Uses: Used as an emollient and massage oil.

Sources for Seed or Plants: The tree only grows successfully in the wild. The nuts are widely commercially available throughout the world.

Warnings: In addition to the potential hazard of selenium poisoning discussed above, Brazil nuts, like many nuts, can cause allergic reactions in some sensitive individuals.

Submitted by Joyce Lane, January 2016



Grapevine Wreath Making Workshop Monday, February 22, at 1:00 pm

Linda Rowlett is offering all members who are interested in making grapevine wreaths the opportunity of coming to her vineyard on Monday, February 22 at 1:00 p.m. Bring your clippers and gloves. Make a wreath for yourself and one for sale at the Herbal Forum.

This workshop has **no limitation** on participants **but you must register** by Thursday, February 18, by contacting Carolyn Thomas, 979-251-8386 or cthomas1138@aol.com.



Check out the HSA website for a list of events in Asheville during the weekend that includes the annual meeting of members of the Herb Society of America.

February 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 FH Workday 8:30 to noon	3	4 FH Workday 8:30 to noon	5	6
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 BSG 8:30 to noon	19	20 Sensory Garden Workday
21	22 Wreath Making 1:00	23 FH Workday 8:30 to noon	24	25 FH Workday 8:30 to noon	26	27
28	29				BSG = Botany Study Group	FH = Festival Hill SG = Sensory Garden

March 2016

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



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Volume 23

Editor: Linda L. Rowlett, Ph.D.

Pioneer Paths is a publication of The Herb Society of America, Pioneer Unit. Nonmember subscriptions are available for \$10.00 per year.

The Mission Statement of The Herb Society of America: "To promote the knowledge, use, and delight of herbs through educational programs, research, and sharing the experience of its members with the community."

Chair—Henry Flowers

Vice Chair Programs—Tony Scanapico
Secretary—Pat Cox

Vice Chair Membership—Georgia Sowers
Treasurer—Janie Plummer

Pioneer Unit
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