



# PIONEER PATHS

Newsletter of the Herb Society of America  
Pioneer Unit

January 2018

Volume 25 Number 5

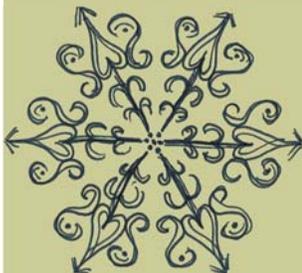
January 1  
New Year's Day  
Wolf Full Moon



—  
January 5  
Twelfth Night  
—

January 17  
Board Meeting  
Menke House Parlor  
Festival Hill  
(9:00 a.m.)  
—

January 31  
Blue Full Moon



## MONTHLY UNIT MEETING

- Date: January 11, 2018
- Time: 9:30 a.m. Meet and Greet  
10:00 a.m. Program followed by Meeting
- Location: St. John's Church of Christ  
516 North Colorado Street, Burton, Texas
- Directions: From Highway 290 in Brenham, take 125 north into Burton; at North Brazos Street, turn right (north) and continue to East Texas Street. Turn right and go one block to North Colorado Street. The church will be on your right.
- Program: Goodness from the Vegetable Garden: Tips and Recipes for the Spring Season
- Speaker: Patty Leander, Texas Gardener Magazine
- Angel: Lynn Ehler
- Hosts: Kathe Forrest, Betty Pior, Kay Robbins, Wanda Hubbard, Joyce Caddell, and Susan Yancy
- Lunch: Vegetarian Dishes (or not)
- After: New Member Orientation



## MESSAGE FROM THE CHAIR

Happy New Year!

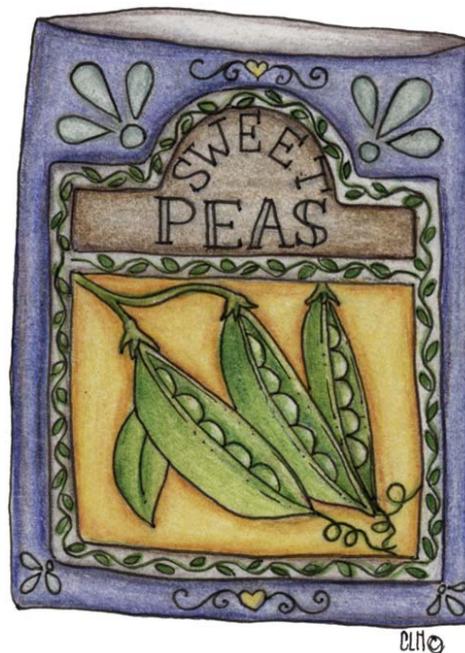
I hope that everyone is enjoying the holidays and spending time with family and friends. I also hope you are working on something for the Thyme Well Spent Shop. The Herbal Forum is less than three months away, and there is much to be done. Although each little thing we do seems small, all those efforts will blossom into that one big fund raising event we have each year. The variety of talents and efforts that each of you demonstrates amazes me.

Be sure to put March 16-17 on your calendars; we actually start setup early that week, but you will get more information as the time gets closer. Henry Flowers is in charge of Forum and should be finalizing the program later this month. Thyme Well Spent Co-Chairs Pat Cox and Jane Press have been working with many helpers since last year's Forum. I am very happy to have Diana Reed as Plant Sale Co-Chair this year, along with myself and our new 'apprentice' Co-Chair, Beverly Elam. Early sign-up for helping with Forum, Plant Sale and Thyme Well Spent will begin soon, but schedules will not be finalized until closer to the EVENT!!

Member orientation will follow our January meeting. I expect that it should be no more than 20 minutes, and it is always time well spent. I hope our new members will join us, as well as anyone else who may have questions about the Pioneer Unit. It is an excellent opportunity to get names and faces linked, and we can all use more experience with that. I know I can.

I wish you the best in this new year—may it be a bright and blessed one.

Karen Cornwell  
Unit Chair



## FROM THE PROGRAMS CHAIR

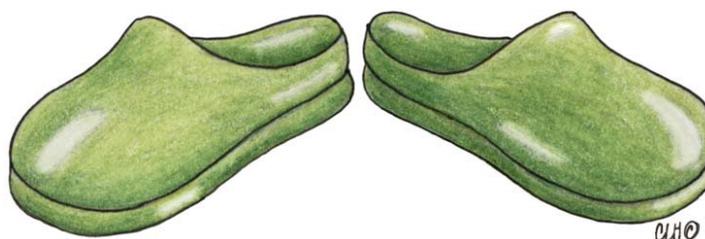
I do hope you all enjoyed the presentation on Plants of the Bible. The setting in the Festival Hill Olde Chapel was perfect for the season, and the luncheon afterwards was a real seasonal treat.

Looking ahead to January, we will hear Patty Leander, a frequent speaker and contributor to Texas Gardener Magazine. Her talk is titled "Goodness from the Vegetable Garden-Tips and Recipes for the Spring Season." Our meeting is January 11 at St John's United Church of Christ in Burton.

Speaking of looking ahead, it's traditional at this time of year to make resolutions. I've made a few garden-related resolutions. I hope you enjoy reading them!

1. Be patient. Two years ago my garden was an open hay field, so everything I planted was new. This year *Salvia purpurea* 'Lavender Lace' was just spectacular, and worth waiting for!
2. It's okay to change things around. I planted a Peggy Martin rose too close to my garden gate, so even though it meant a hard pruning and a move, I'm sure the rose will be much happier in the new home.
3. Let the garden rest. It's easy to think in our mild climate that your landscaping should be colorful and full all year. On the other hand, I believe a season of dormancy is of benefit to the soil, the plants, and the gardener!
4. Improve the soil. Improve the soil. Improve the soil. Add compost, organic fertilizer, aged manures.
5. When you buy something, plant it! We all love plants and love buying new plants, but they really need to be planted, not left in their containers! Resist the urge to buy more plants until you have everything planted.
6. Consider the ultimate size of what you plant. Time and time again I've placed plants too close together and had to move them later when they grew too large. See #2.
7. Try something new and different. It could be a new variety or a plant that "shouldn't" grow here. Imagine the bragging rights if you succeed!
8. Resist over zealous pruning. Much as I love getting out the pruners and "whacking" plants back, it's a bit too early to do that here. Those frost burned plant tops are actually protecting what's underneath from further frosts.
9. Try propagating something new. This year I am (again) trying to graft tomato plants!
10. Above all, enjoy your garden. Take a chair, take a book, and sit in the garden and just enjoy.

Phoebe Lake  
Programs Chair



MINUTES OF UNIT MEETING  
HERB SOCIETY OF AMERICA  
PIONEER UNIT  
DECEMBER 14, 2017

Karen Cornwell, Chair, welcomed everyone to the December meeting at Festival Hill and introduced speaker Phoebe Lake, Vice Chair of Programs in the Pioneer Unit, who presented a program entitled Bible Plants, History and Mystery.

Karen thanked Phoebe for her entertaining program and announced there will be a short orientation session for new members (and anyone else who would like to attend) after the January meeting.

Georgia Sowers, Vice Chair Membership, welcomed visitors Diana Sellers (guest of Pat Cox) and Carolyn McNellie (guest of Euphanel Goad). Georgia also presented Unit badges to new members Joyce Caddell, Johnnie Pitts, Beverly Elam, Cathy Nitsch, Marcella Ausmus, Connie Gwynn, and Madeline Johnson and welcomed them to the group.

Pam Traylor, Hospitality, thanked lunch hostesses Betty Pior, Kay and Tony Scanapico, Bob Sowers, and Cheryl Easley.

Door prizes were won by Henry Flowers, Belinda Weatherly, Lucy Nehr Korn, Pat Schmidt, Alton Ehler, Mary Ann Hillegeist, and Jane Press.

Susan Wood brought in seeds for members to take home.

Cindy Nash, Publicity Chair, is looking for someone to co-chair with her for Forum 2018 to learn the job and then take over the position for the following year. She asked for interested people to contact her.

Phoebe announced that next month's speaker will be Patty Leander of Texas Gardener Magazine who will present a program on vegetable gardening.

After a prayer led by Euphanel, the meeting adjourned for lunch at the Menke House.

Respectfully submitted,  
Pat Cox  
Secretary



## MEMBER INFORMATION

What a wonderful program we enjoyed in December. Active member Phoebe Lake presented the Herbs of the Bible with great research and photos. Visitors were active member Euphanel Goad's friend Carolyn McNellie, who has visited us several times in past. Also prospective active member Diana Sellers was here for her third visit, and she will likely join us this month or next. Active member Pat Cox originally introduced her to our Unit in October 2017. It was good to see our affiliate member Susan Wood from the South Texas Unit in Houston. She came bearing free gifts of the Botanical Gardens seeds in their artistic packets. And we enjoyed affiliate member Patricia Hoffmaster, along with her mom active member Catherine Gardiner, always a pleasure.

It was a delight to welcome and confer membership on our six newest members to end the calendar year 2017! Johnnie Pitts joined October 2017, and the other five joined November 2017. They are Marcella Ausmus, Bev Elam, Connie Gwyn, Madeline Johnson, and Cathy Nitsch. Their bios were in last month's newsletter and on the listserv. We're happy for all our new members from January to December 2017!

Members are reporting their hours regularly, and these will be recorded to date for December 2017. Thank you for your diligence! Come this month going forward, we will be going into high gear to prepare for our Annual Herbal Forum and Plant Sale. This is when many members get in many volunteer hours, for which the Unit is most grateful. And for Membership, I'm happy to announce that I now have a Co-Chair to help me and to learn the ropes of how Membership works. The work is actually very easy and what a wonderful way to interact with all the members. So I'm pleased to welcome active member Terry Ross as new Membership Co-Chair. Please keep in mind, members, that if you have any interest in serving on the Board of Directors and/or chairing a Committee, options exist that you can discuss with the Board-Committee members. This is yet another way to earn volunteer hours and interactions with the Unit.

Please contact me at [gzsowers@att.net](mailto:gzsowers@att.net) or call [979-836-8228](tel:979-836-8228) if I can help with any questions or comments about Membership. Other of our members also are happy to help.

I wish all of you a Blessed and Happy New Year 2018 and look forward to seeing you January 11, 2018. at St John's United Church of Christ in Burton for a presentation by Patty Leander. And please remember that we are having Orientation for about 20 some odd minutes after the luncheon. This is very important for all the new members and any of our members who may have questions about the Unit or the Herb Society of America.

An Herbal New Year 2018,  
Georgia Sowers  
Membership Chair



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

**Botanical Name/Etymology:** *Curcuma zedoaria* (Christ.)  
Roscoe

**Family Name:** Zingiberaceae

**Common Name(s):** zedoary, e-zhu, wild turmeric, white turmeric, yellow zedoary, kentjur, *kasthuri manjal* (Tamil), *aranyaharida*, *vahahardra* (Sanskrit), *kachur* (Nepali)

**Origin:** Northeast India

**Growth Habit:** Very similar to that of turmeric (*C. longa*). Large leaves with parallel veins running from a central rib vein. Leaves are very lightly hirsute on the underside of the blades (turmeric leaves are smooth). The midrib is also normally colored a rich burgundy-red on the bottom of the leaf blade with streaks of color on the upper side of the blade on either side of the midrib. The plant is commonly 4-5 feet tall. It usually goes dormant for us once cool weather sets in during the fall (usually before the first hard frost). Inflorescence is also very similar to that of turmeric, but emerges in the spring as the leaves emerge (instead of in summer as with turmeric). The lower bracts are whitish green and contain fertile yellow flowers. The upper bracts are usually more colorful and are sterile. There are multiple varieties that tend to have more brilliant pink to red coloration in the upper bracts.

**Growth (Cultural) Requirements:** Tropical conditions with warm, rich moist soil in partial to full sun. Root hardy to 5 degrees F.

**Propagation:** division of rhizomes

**Plant Part(s) Used:** rhizomes

**Time of Harvest:** any time of the year, but more commonly rhizomes are dug when dormant

**Culinary Uses:** The rhizomes are said to smell like mango and have a taste similar to ginger, but with a more bitter aftertaste. They are said to be much more pungent and somewhat malodorous if dried.

-In Indonesia it is commonly ground into a powder and added to curry pastes.

-In India it is more commonly used fresh or pickled.

**Medicinal Uses:** Like most gingers, it is used mainly for its carminative effects. Like turmeric, it is also employed as an anti-inflammatory.

-In Chinese medicine it is used for treating gynecological inflammation, malignant tumors, pneumonia, and many other issues.



-Evidence shows that it can inhibit cancer cell growth by preventing ribosome formation in the cells.

-A paste made from the rhizomes can be applied to the skin to help relieve pain.

**Other Uses:** Zedoary essential oil is commonly used in the perfume and flavoring industries.

**Sources for Seed or Plants:** Amazon, eBay, Plant Delights,

**Bibliography:**

-van Wyk, Ben-Erik, 2013 Culinary Herbs and Spices. Chicago: University of Chicago Press

-Branney, T.M.E. 2005 Hardy Gingers. Portland, Oregon: Timber Press

Submitted by Henry Flowers, December 2017

*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.*

JANUARY BIRTHDAYS

January 1 — Carolyn Thomas

January 7 — Mary Doebbeling

January 18 — Verena Aeschbacher

January 19 — Kathe Forrest  
Oscar Hillegeist

January 26 — Georgia Sowers

January 27 — Cindy Nash

January 28 — Euphanel Goad



CULINARY INTEREST GROUP

DATE: Wednesday, January 3

TIME: 11:00 a.m. - 1:00 p.m.

PLACE: Menke House at Festival Hill

Sara Holland

## A Colorful Little Bit of Latin Green and Brown

In continuing with our look at Latin used in botanical names, here are more words that are used to describe the color of plants. Here we'll take a look at the most ubiquitous colors in the world of plants—green and brown:

### Green:

<i>atrovirens</i>	deep green
<i>chlorus</i>	yellowish green
<i>euchlorus</i>	fresh green
<i>flavovirens</i>	yellowish green
<i>glaucus</i>	sea green
<i>prasinus</i>	leek green
<i>sempervirens</i>	always green
<i>viens</i>	green
<i>virescens</i>	light green
<i>viridescens</i>	becoming green
<i>viridior</i>	greener
<i>viridis</i>	green
<i>viridissimus</i>	very green
<i>viridulus</i>	greenish

### Brown:

<i>aeruginosus</i>	rusty brown
<i>aquilus</i>	blackish brown
<i>brunneus</i>	deep brown
<i>cinnamomeus</i>	cinnamon
<i>ferrugineus</i>	rusty brown
<i>fuscatus</i>	brownish
<i>fuscus</i>	brown, fuscous
<i>spadiceus</i>	chestnut or date brown
<i>testaceus</i>	brick-colored
<i>viridifuscus</i>	greenish brown

**It's not easy being green.**

-Kermit the Frog



*Helleborus viridis* —Green Lenten Rose



*Disporum viridescens*—  
Green Fairy Bells



*Buxus sempervirens*— Common Boxwood



*Santolina virens*— Green Lavender Cotton



*Rosa viridiflora*— Green Rose



*Digitalis ferruginea*—  
Rusty Foxglove



*Sporadanthus ferrugineus* —  
Bamboo Rush



*Cyperus fuscus*— Brown Flatsedge

# January 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 FH Workday 8:30 to noon	3 Culinary Group 11:00 to 1:00 Menke House	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 BSG Festival Hill	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 CG = Culinary Group	FH = Festival Hill SG = Sensory Garden	

# February 2018

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



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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."

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Chair—Karen Cornwall

Vice Chair Programs—Phoebe Lake  
Secretary—Pat Cox

Vice Chair Membership—Georgia Sowers  
Treasurer—Lucy Nehr Korn

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