



PIONEER PATHS

Newsletter of the Herb Society of America
Pioneer Unit

July 4
Independence Day



—
July 8
Thunder Full Moon

—
July 26
9:00 a.m.
Pioneer Unit
Board Meeting
Festival Hill

July 2017

Volume 24, Number 11

MONTHLY UNIT MEETING

- Date: July 13, 2017
- Time: 9:30 a.m. Meet and Greet
10:00 a.m. Presentation and Meeting
- Location: First Baptist Church
7675 FM 2447, Chappell Hill
- Directions: The church can be seen from Highway 290 looking to the north from just west of Chappell Hill.
- Program: Flowering Herbs and Beneficial Insects
- Speakers: Ann Wheeler
- Angel: Mary Reeves
- Hosts: Pam Traylor, Mary Reeves, Verena Aeschbacher, Georgia Sowers, Frances Pitman, and Robert Lake
- Lunch: Favorite Veggies with Herbs



MESSAGE FROM THE CHAIR

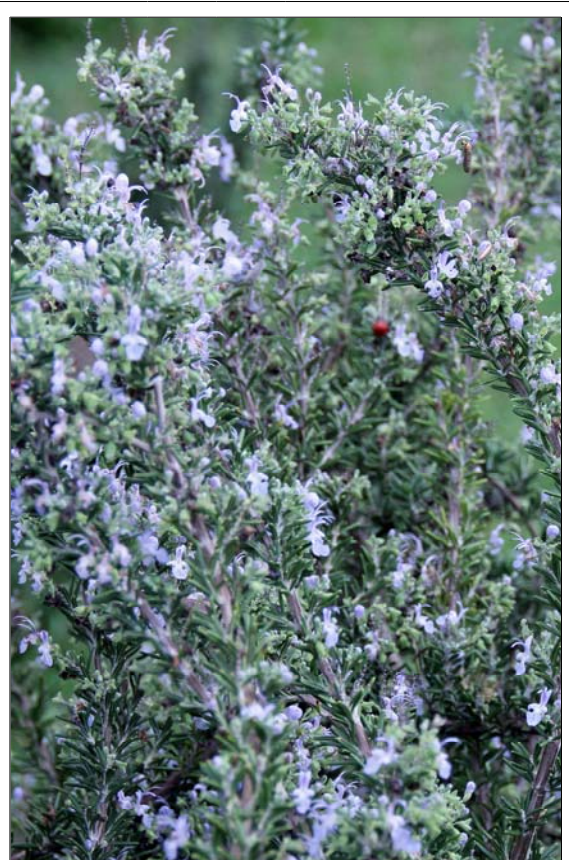
Wow! We had a relatively mild spring, but June decided to remind us that summer in Texas can be hot and dry! My herbs always struggle this time of year, but my vote for the "summer survivor" winner this year is salad burnet (a freebie from the meeting following this year's Forum). I hope you got a chance to pick one up. It is an amazing herb to grow! My first attempt was successful and, in spite of my reservations, it survives still! And it does taste like cucumber! Rosemary, thyme and fennel are still surviving as well. I hope that all of your gardens have come through the dry and hot weather okay and that you have many surviving treasures.

Working on Thyme Well Spent projects is a great way to keep involved in the Unit and build up your volunteer hours over the summer, and I urge you to contact either Pat Cox or Jane Press, co-chairs, if you would like to help out in some way. We need to be collecting fruits for making jams and jellies, collecting seeds, collecting and drying herbs to make dried herb blends, and we should also begin to work on sewing and knitting projects—something nice to do when it is too hot outside to work in the garden.

If you can get to one of our gardens early, I know that Henry Flowers and Susan Bame always need, and are happy to have, extra help with watering. Any help in the garden, even an hour during the summer, is always much appreciated.

July is our last monthly meeting until September. There will be no August meeting, but I hope you can join us in Chappell Hill July 13th. I know it is a trek from the Schulenburg area, but carpooling is a great way for coordinating resources and building closer connections with other members. Hope to see you there and have a great summer!

Karen Cornwell
Unit Chair



FROM THE PROGRAMS CHAIR

It appears we all enjoyed Trisha Shirey's talk on Tips and Tricks for Organic Gardeners last month. One member commented on how she particularly enjoyed a practical talk where afterwards she felt she could use a new idea, method, or tool. That was certainly the case with Trisha's very practical presentation.

Our final speaker for our year will be Ann Wheeler. Log House Herb Farm founders Ann and her husband A.J. Morris specialized in wholesale herb-growing from 1995 until 2007, when they retired. Their focus was on herbs that can be successfully grown in the Gulf Coast region of Texas.

Ann now serves as herb consultant to The Arbor Gate and has been a guest speaker for area garden clubs, Master Gardener classes, and our Herbal Forum.

Sharing information about growing and using herbs comes naturally to a former English teacher, whose interest in cultural history dovetails neatly with herbal lore of all kinds. Ann's talk will be on "Flowering Herbs and Beneficial Insects," a topic new to us, so it should prove very interesting.

I look forward to seeing you at the First Baptist Church in Chappell Hill on July 13!
Phoebe Lake
Programs Chair

Did you know?

A ladybug can consume over 5,000 aphids in a lifetime. You go, girls!

JULY BIRTHDAYS

July 3 — Mary Reeves

July 8 — Porter Versfelt

July 26 — Wanda Hubbard

July 29 — Royceanna Kendall



MINUTES OF UNIT MEETING
HERB SOCIETY OF AMERICA
PIONEER UNIT
June 8, 2017

Karen Cornwell, Chair, welcomed members to the June meeting at St. John's United Church of Christ in Burton. Phoebe Lake, Vice Chair Programs, introduced speaker Trisha Shirey of Lake Austin Spa Resort who presented a program entitled Tips and Tricks for Organic Gardeners with many useful ideas for tools, garden tags, plant covers, and much more.

Karen announced that the Annual Reports are available for members to look at today.

Kay Robbins, Scholarship Committee, was not at the meeting but it was announced that Henry Flowers and Phoebe Lake have each received a Unit scholarship and will present a program resulting from their research. One application was received for a college scholarship and \$2,000.00 has been awarded to a Texas A&M student.

Susan Bame announced a Brenham ISD sensory garden work day at 7:30 a.m. on Wednesday, June 14th.

Henry Flowers reminded members that work days at the Festival Hill gardens are Tuesday and Thursday mornings. Because he or Kay cannot always be there, he would welcome a call or text from people planning to show up. One of the perks of volunteering in the gardens is free tickets for Festival Hill's summer season concerts which start this Saturday, June 10th. On Tuesday, June 13th, there is a free Young Persons Concert starting at 11:00 a.m.

Lucy Nehrkorn, Treasurer, announced the net income figure for the plant sale to be \$22,670.08, with net income for TWSS AT \$6,317.32 and net income for the Gazebo at \$1,754.51. Allowing for credit card fees of \$929.45, final net income for Forum is \$29,812.46.

Georgia Sowers, Vice Chair Membership, is working on her final report which is due June 30th and still updating hours being received from members. There were several visitors today including Gwen Watson, Patti Mills, Connie Gwyn, Tom Ayres, Sherrie Tolbert, Bev Elam, Cathy Nitsch, and Bainie Wild. Georgia also welcomed new affiliate member Patricia Hoffmaster who is Catherine Gardiner's daughter.

Jane Press, co-chair of TWSS, asked for members to dry flowers and plant material to sell in the shop next Forum. She also asked for ideas for new tea recipes and for snacks or other food recipes that contain ginger, the Herb of the Year for 2018.

Pam Traylor, Hospitality, thanked the lunch hostesses and announced the door prizes.

The next meeting will be at the First Baptist Church in Chappell Hill when Ann Wheeler of Log House Herbs will present a talk entitled Flowering Herbs and Beneficial Insects.

Respectfully submitted,
Pat Cox, Secretary

MEMBERSHIP INFORMATION

Our June 2017 Annual Business Meeting enjoyed a great number of visitors and potential active members! Royceanna Kendall's friend Patty Mills has completed her joining requirements and will be joining the Unit effective this month July 2017! Royceanna also invited Connie Gwyn to visit us. Carla Lessard had two friends of hers visiting us, Gwen Watson and Bainie Wild. Phoebe Lake's friend Cathy Nitsch was with us for her second visit. Two of Joyce Caddell's friends joined us for their second times, Bev Elam and Sherrie Tolbert. And finally Tom Ayres was with us for his second visit accompanied by Tony Scanapico. We're happy these guests were with us and hope to see them again soon. Also in attendance was our new affiliate member Patricia Hoffmaster with her mother Catherine Gardiner. Affiliate member Jacqui Highton visited again; she is an active member of the South Texas Unit in Houston.

Membership is busy wrapping up all the volunteer hours in the final stage of the Annual Report, and I have to take this opportunity to thank and congratulate all of our members and non-members for so much time and hours you have volunteered. I'm not even finished recording all the hours as some still need to be reported, but to date so far pre-Report I have a whopping total of 5,717 Volunteer Hours and \$296 in Non-Reimbursable Donations! Very well done! This will include a new roster sent to HSA National. In order to be included on this roster, there are only one to three active members for whom we don't have a renewal form. The annual dues for 2017-2018 are \$67, and at this point it would be best to mail your dues check to Treasurer Lucy Nehrkorn at 2019 Leschper Road, Bellville Texas 77418-7006.

For affiliate members there are five or six for whom I don't have renewal forms or dues payments. Same request above to mail payments to Treasurer Lucy Nehrkorn would apply here too.

We'll be entering the draft phase of our next yearbook print in August so the following information for changes and corrections is useful. We have a new affiliate member Patricia Hoffmaster, Member at Large HSA, effective June 2017. Active members Sue Edmundson and Lois Sutton, both Life Members at Large HSA, plan to reverse their membership status from active to affiliate on account of living a good distance away from our Unit. You may update your current yearbooks and their information will be in the next print of ours as well as online.

Thank you all and if there are questions or comments about Membership, please email me gzsowers@att.net or phone [979-836-8228](tel:979-836-8228). I'm happy to help as are so many of our members. I look forward to seeing you all Thursday July 13, 2017, at First Baptist Church - Chappell Hill.

Stay cool in the summertime!
Georgia Sowers
Membership Chair - HSA Pioneer Unit



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

Botanical Name/Etymology: *Aframomum melegueta*

Family Name: Zingiberaceae - Ginger

Common Name(s): **Grains of Paradise** (GOP), Melegueta pepper, Guinea pepper, Africa pepper, alligator pepper. The title GOP originated back in the days of export from Africa when tales of the mystical lands that spawned the seeds were used to entice traders and increase sales to European markets. The name Melegueta is derived from the ancient empire of Melegueta in the upper headwaters of the Guinea River, which was the original center of commercial activity.

Origin: West coast of Africa known as the "Grain Coast" or "Pepper Coast" (includes Ghana, Nigeria, Liberia, Toga). Only major spice that is native to Africa (Bown, 2001)

Folklore: Thought to have spiritual powers by African healers. When introduced to Caribbean and Latin America, it was used in religious (voodoo) rites.

-The presence of seeds in the diets of lowland gorillas suggests the plant has medicinal properties for their cardiovascular health in the wild. As captive gorillas have not had them available in their diets, it could be a cause of their poor cardiovascular health in zoos.

-It was one of the favorite spices of Queen Elizabeth I and remained popular during the Renaissance.

Growth (Cultural) Requirements: Grows in tropical regions of Africa.
Well-drained, moist soil in high humidity and shade. Hardy to 59-65 degrees F.

Growth Habit: Rhizomatous perennial with reed-like stems and alternate, narrow, elliptic leaves. Solitary mauve, trumpet-shaped flowers on short stems, followed by pear-shaped red fruits (2 ½ - 4 inches long) containing 60-100 aromatic brown seeds in white pulp.

Propagation: By division of rhizomes as new growth begins.

Plant parts used: seeds

Harvest: Fruits are collected as they ripen and seeds are separated from pulp and dried. Rhizomes are lifted throughout the year.

GRAS: yes

Culinary Uses: This was a valuable substitute for black pepper before the oceanic spice route and is still important in West and North African cooking (e.g. an important ingredient in spice blends such as Moroccan *ras el hanout* and Tunisian five-spice mixture called *galat dagga*). After black pepper became more available, this seed fell out of favor with Europeans; however it is making a comeback with Alton Brown (TV food celebrity) using it in stews, meat rubs, and

vegetables. It is also used in beer brewing, making high quality gins, and confections. Cooks can use GOP anywhere peppercorn is appropriate but with an added spice flavor.

Flavor -- Heat (similar to black pepper) with added notes of jasmine, hazelnut, and citrus. Some describe it with an added flavor of mild cloves and allspice.

Medicinal Uses: GOP has been used by West African healers as a stimulant, diuretic, and aphrodisiac. Gerard (English herbalist) recommended it for stomach problems. It has also been used to treat parasitic infestations, to purify the blood, and to ease constipation. Biochemists at Rutgers University found it to be a powerful anti-inflammatory compound.

Chemistry: Essential oil contains caryophyllene and humulene, with smaller amounts of oxides, as well as *a*-cardinol. The pungent taste can be ascribed to (6)-paradol and other hydroxyarylalkanones (Van-Wyk, 2013).

References

- Bown, Deni. 2001. **New Encyclopedia of Herbs & Their Uses**. London: DK Publishing
- Hajeski, Nancy J. 2015. **Complete Guide to Herbs & Spices**. National Geographic, Washington, DC
- Hesser, Amanda, May 3, 2000. "What Peppercorns Only Dream of Being," **The New York Times**
- Hill, Tony. 2004. **The Contemporary Encyclopedia of Herbs & Spices**, New Jersey: John Wiley & Sons, Inc.

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.

-Submitted by Sara Holland, May 2017



Herb of July: Vietnamese Coriander

Vietnamese coriander is an herb that I would guess most of you have not used in your culinary pursuits. Perhaps you should give it a try. At present I have a good supply growing at Festival Hill and would be glad to give you some if you would like to give it a go.

The botanical name of Vietnamese coriander is *Polygonum odoratum*, and it belongs to the Asparagaceae (Asparagus) family. This is a tender perennial from Southeast Asia where it is commonly called Rau Răm – pronounced as "zow zam." It is a low, spreading plant which loves heat and lots of moisture. It will grow in full sun, but seems to prefer some afternoon shade in the summer. To me it smells like cilantro but with stronger citrus overtones. Because it thrives in the heat and cilantro does not, it is sometimes employed as a cilantro substitute. The name Vietnamese coriander comes from that similarity to cilantro, but because of its growing habit and preferences, it is also known as Vietnamese mint. If it gets too dry, the leaves will turn brown, and it will die if left out in cold winter conditions. I have also found that in the greenhouse in winter the aphids love it and will quickly cause its demise – so keep a close eye on it.



Like cilantro, some say it has a soapy taste. It may be the same group of cilantro haters. I find that the younger leaves are more tender and taste better than the older ones. It is relatively easy to grow and thrives in a wet spot in the ground or can easily be grown in a container. If you do decide that you want to give it a try, come by Festival Hill and I can give you some and by all means, let me know what you think about it. If you like it and would like to grow it, it is easily rooted from cuttings when it is warm—just like mint, and like mint it will often root where it lies on the ground.

Here's a recipe for a salad dressing made with Vietnamese coriander for inspiration:

Rau Ram Salad Dressing

6 tsp rice vinegar
1 tsp low sodium soy sauce (I use Bragg's Aminos instead)
1 tsp finely chopped Vietnamese coriander leaves
1/2 tsp ginger mint (or a good spearmint)
1/8 tsp chili flakes
Pinch of sea salt
1/8 tsp finely chopped fresh ginger

Combine all ingredients and let sit in the refrigerator for at least a couple of hours to allow the flavor to meld. Toss on or drizzle over salad greens before serving. Garnish with a few sprigs of Vietnamese coriander if desired.

Henry Flowers, Pioneer Unit Garden Chairman

A Smelly Little Bit of Latin

In continuing with our look at Latin used in botanical names, here are some words that are used to describe the aroma of plants:

anisatum	anise scented
anosmus	without scent
aromaticus	aromatic
cinnameus	smelling of cinnamon
citrodorus	lemon (citrus) scented
dysodea	evil smelling
felosmus	foul smelling
evodes	sweet scented
foetidus	stinky, foetid
fragrans	fragrant
fragrantissimus	very fragrant
glycosmus	sweet smelling
graveolens	strong smelling
hedys	sweet, pleasant
hircinus	smelling of goats
inodorus	without smell
nauseosus	nauseating
odorus/odoratus	fragrant
olens	smelling, odorous
olidus	emitting a smell, stinking
osmanthus	fragrant flowered
pungens	pungently scented
redolens	diffusing an odor
suaveolens	sweet smelling



Illicium anisatum—Japanese star anise



Brugmansia suaveolens—angel's trumpet

Here are a few plant names in which some of these words are used (others are pictured):

Serissa foetida – serissa

Lathyrus odoratus – sweet pea

Anethum graveolens - dill

Lippia graveolens - Mexican oregano

Aloysia citriodora - lemon verbena

Rhus aromaticus - fragrant sumac

Acacia redolens - desert carpet

Philadelphus inodorus - scentless mock orange

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



Lonicera fragrantissima—winter honeysuckle



Croton hircinus—goatweed

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: Sign-up sheets for next year's hosts for meetings will be available at the July :
: meeting. Remember that you earn extra credit for serving as head host or for serving at :
: more than one meeting. Last year we were a little short on hosts at some meetings. If :
: you are missing this meeting, get in touch with me after July 13 to place your request. :
:

: Thank you.
: Pam Traylor
:

CULINARY INTEREST GROUP

The group will not meet in July and August.

Next Meeting: Wednesday, September 6

PLACE: Menke Parlor

TIME: 11 a.m. to 1 p.m.

TOPIC: SHRUBS (Beverage): Bring your favorite recipe and a sample for tasting

Sara Holland

Sea Vegetables and Ocean Herbs with Patricia Kenny

July 13, 2017, 1p.m.


Nutrition for Our Selves and Our Gardens

We came from the sea. Sea plants are the oldest plants on earth. We developed in a sea-like environment. Our first experience as individuals is in the ocean of our mother's womb. It is only natural to wonder if the vegetal inhabitants of the sea have an added value in reconnecting us with our internal healing resources and reasserting our wholeness.

For more information, check out the HSA website: herbsociety.org [click on Learn and then click on Webinars]

July 2017



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

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 FH Workday 8:30 to noon	4	5
6	7	8 FH Workday 8:30 to noon	9	10 FH Workday 8:30 to noon	11	12
13	14	15 FH Workday 8:30 to noon	16	17 FH Workday 8:30 to noon	18	19
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		



PIONEER PATHS

Volume 24

Editor: Linda L. Rowlett, Ph.D.

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

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

Chair—Karen Cornwell

Vice Chair Programs—Phoebe Lake
Secretary—Pat Cox

Vice Chair Membership—Georgia Sowers
Treasurer—Lucy Nehr Korn

