



PIONEER PATHS

Newsletter of the Herb Society of America
Pioneer Unit

June 2017

Volume 24, Number 10

June 9

Rose Full Moon

—



June 14

Flag Day

—

June 18

Fathers' Day

—

June 21

Summer Solstice



MONTHLY UNIT MEETING

Date: June 8, 2017

Time: 9:30 a.m. Meet and Greet
10:00 a.m. Program and Meeting
ANNUAL MEETING

Location: St. John's United Church of Christ
516 North Colorado Street, Burton

Directions: From Highway 290 head north on East Mulberry Street
(Texas 125 Loop) in Burton; turn right on North Colorado

Program: Tips and Tricks for Organic Gardeners

Speaker: Trisha Shirey

Angel: Carolyn Thomas

Hosts: Susan Bame, Cindy Nash, Janie Cornelius, Bonnie Lout,
and Linda Rowlett

Lunch: Farm Fresh Foods



MESSAGE FROM THE CHAIR

Hard to believe it's June already! We had a nice long spring but it seems summer has arrived! Humid and dry, with HOT just around the corner I expect. I also understand that some areas had a bit of rain lately, but I remain optimistic that we may yet see some here. I do hope everyone had a wonderful Mother's Day!

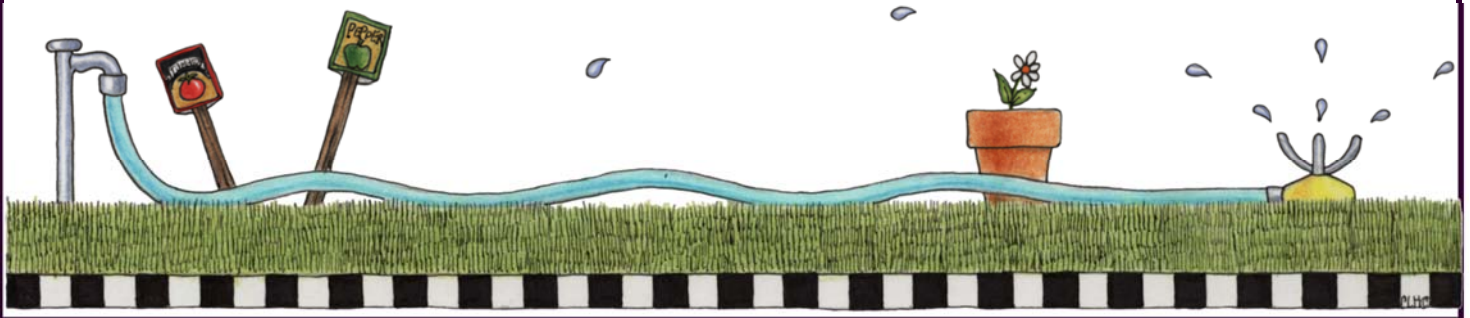
The June meeting of the Pioneer Unit will be our annual business meeting. We won't be having any elections this time around and there is nothing major on the agenda, but we will be having reports available from all of our committee chairs. A few copies of the 2017 Final Reports will be available at the meeting and digital versions will be available on our website (herbsocietypioneer.org) shortly thereafter. If you would like copies and don't have internet access, I'd be glad to make you paper copies - just let me know. Our new Special Event co-Chairs, Mary Reeves and Kay Von Minden, will be exempted from this year's reporting as they are still pulling their committee together, having just recently volunteered. We should all let them know of our appreciation and willingness to help where we can.

The HSA EdCon in Little Rock was a real treat. The lectures were all very good and the setting wonderful. It was my first EdCon and first time in downtown Little Rock. I enjoyed it immensely, only wishing that my "exploring" day hadn't been a bit on the wet side. It was still a worthwhile and very educational experience. Session handouts are no longer on the HSA website, but I'd be glad to send you a copy of what I have.

Next year HSA will have a shorter meeting with an annual meeting of members in Tarrytown, New York, June 1, 2018. More information will be posted on the HSA website as it becomes available. Stay tuned.

I hope that you will all have a great summer, and I look forward to seeing you at the June meeting.

Karen Cornwell
Chair



FROM YOUR PROGRAMS CHAIR

Many of us went back to our childhoods last month when our own Henry Flowers spoke about "Mr. McGregor's Garden" from the delightful tales of Beatrix Potter. He explained many of the plants found in the drawings of these charming books. We all thoroughly enjoyed the morning, and the tablescapes of veggies and rabbits added an extra element of charm!

Looking ahead to next month, we will be meeting on June 8 at St John's Church of Christ in Burton. Our speaker will be Trisha Shirey who has managed the luxurious gardens at Lake Austin Spa Resort in Austin for over thirty years. She was a speaker at our Forum two years ago, and we're delighted to have her back to speak to the entire unit.

Her subject will be one close to her heart and practical at the same time: "Tips and Tricks for Organic Gardeners."

See you soon!
Phoebe Lake
Programs Chair

FROM YOUR HERB SOCIETY OF AMERICA WEBSITE

The following are the business members of HSA from our South Central District:

Ozark Folk Center State Park / Kathleen Connole
Heritage Herb Garden, 1032 Park Avenue
Mountain View, AR 72560-6008
Phone: 870.221.3009
Email: kathleen.connole@gmail.com
<http://www.ozarkfolkcenter.com/>

Merri Phillips
783 North 976th Road
Lawrence, KS 66047
Phone: 785.505.0071
Email: Mopo507@aol.com

URBANherbal / William K. Varney
P.O. Box 927
407 Whitney Street
Fredericksburg, TX 78624-0927
Phone: 830.456.9667
Email: wvarney@urbanherbal.com
<http://www.urbanherbal.com/>

MEMBERSHIP INFORMATION

We enjoyed an excellent program at our May 2017 meeting with a great turnout of members and visitors. Henry Flowers presented Hilltop Farm and Mr. McGregor's Garden from the Beatrix Potter Collections. Visiting us for the first time were Cathy Nitsch of Brenham, guest of Phoebe Lake; Randy Albers of La Grange, guest of Betty Powell's husband Ken Powell; Tom Ayres of Round Top, guest of Tony Scanapico; also Jana Rinehart of Round Top, Beverly Elam of Fayetteville, and Sherrie Tolbert of Fayetteville, all three guests of Joyce Caddell. Most of these new visitors are prospective new members! And prospective member Peggy Richardson was with us for her fourth visit. It was exciting to visit with all of you, and welcome back soon. We hope to see you this month in Burton! Affiliate member Mary Sockwell also attended with her good friend Euphanel Goad.

Renewals are due and they have been arriving steadily. You may download and print the form online in the newsletter at herbsocietypioneer.org and forms will also be at registration sign-in this month. Dues are \$67 for Active members, \$98 for Joint members, and \$12 for Affiliate and Life members.

Perusing the renewal forms to date, following are changes-corrections to be noted for next year's print of our yearbook, slated for September 2017. Some of these may be repetitive but just for the record: Henry Flowers changed his home address to 709 Scott Drive, Brenham TX 77833. Royceanna Kendall included a cell phone [979-277-4768](tel:979-277-4768). Frances Pittman listed a home phone [979-378-0137](tel:979-378-0137) and an email francespittman1@gmail.com. Dr. Linda L. Rowlett listed an email lrowlett@gmail.com. Dr Lois Sutton listed address 638 Upper Grassy Branch Ext, Asheville NC 28805-9292, cell phone [281-409-6498](tel:281-409-6498), and email doctorlonc@gmail.com. Susan Yancey listed a cell phone [832-867-9617](tel:832-867-9617). Lori Yeats changed her email lora4626@sbcglobal.net. Affiliate member Catherine Hall listed a cell phone [830-743-7905](tel:830-743-7905). And Affiliate member Mary Sockwell's correct cell phone [713-724-6824](tel:713-724-6824). Please correct your yearbook-directories. I look forward to receiving any other corrections or changes pre-yearbook 2017-2018 draft.

Membership Annual Report to date will be available at the Unit Meeting this month and will be completed for HSA soon after 30 June 2017, the cutoff date to report all volunteer hours. Thank you to all our great members who give of your time and are so diligent to keep Membership apprised of these records. I can be contacted at email gzsowers@att.net or phone [979-836-8228](tel:979-836-8228) for help with membership questions and concerns.

I look forward to seeing everyone at our meeting this month. Stay cool and enjoy summer approaching!

Herbally,
Georgia Sowers
Membership Chair



CULINARY INTEREST GROUP

ALL PIONEER UNIT MEMBERS INVITED TO OUR HERBAL PICNIC AT JANE PRESS'S HOME IN CARMINE

LOCATION: 239 AUGSBURG AVE (BEHIND JW STEAKHOUSE)

WHEN: WEDNESDAY, JUNE 7

TIME: 11 - 1 p.m.

BRING PICNIC DISH AND IDEAS FOR TOPICS TO COVER NEXT YEAR

RSVP IF COMING: herblady@austin.rr.com

WE LOOK FORWARD TO SEEING YOU THERE!!

SARA HOLLAND

JUNE BIRTHDAYS

June 1 — Henry Flowers

June 2 — Betty Powell

June 5 — Lucy Nehrkorn

June 11 — Candi Glancy

June 14 — Ronda Herzog

June 24 — Marijane Lipscomb



Seed Alert

It's almost officially summer 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

MINUTES OF UNIT MEETING
HERB SOCIETY OF AMERICA PIONEER UNIT
MAY 11, 2017

Karen Cornwell, Chair, welcomed members to the May meeting at the First Presbyterian Church in La Grange.

Phoebe Lake, Vice Chair Programs, introduced speaker Henry Flowers who presented a program on Mr. McGregor's Garden, with lots of beautiful illustrations from Beatrix Potter's books.

Karen reported on her trip to EdCon in Little Rock and the many interesting programs and tours (including a visit to an exhibition of Ed Stilley's folk art musical instruments). The Pioneer Unit's Kay Scanapico was honored with a Certificate of Appreciation at EdCon.

Henry informed members that the HSA website has a section selling herb-related gifts. He asked members who order from Amazon to consider using the Amazon Smile program and designate HSA as the beneficiary.

Henry has made a formal proposal to HSA to create the Madalene Hill Award for Excellence in Herbal Education. He believes this will get support from several members of the HSA Board and if successful, the first Madalene Hill Award could be given at the next EdCon in two years. Because Madalene Hill liked to examine plants in detail through a microscope, Henry would like the design of the award to reflect this.

Georgia Sowers welcomed visitors Beverly Elam, Sherrie Tolbert, and Jana Rinehart (guests of Joyce Caddell), Cathy Nitsch (guest of Phoebe Lake), Randy Albers (guest of former member Ken Powell), Tom Ayres (guest of Tony Scanapico), and Peggy Richardson who is making her fourth visit. Georgia reminded members that the deadline for renewal is June 1st.

Diana Reed suggested a trip to the La Grange Quilt Museum after the meeting for those with the time.

Sara Holland announced a Culinary Group herbal picnic to take place on June 7th in Carmine to which all members are invited. Please let Sara know if you want to attend.

Susan Bame said the recent event at the Sensory Garden at Brenham ISD was a great success. The Sensory Garden will need more watering in summer and she asked for volunteers.

Lucy Nehrkorn, Treasurer, announced gross Forum income of \$64,174.00 and net of \$29,812 which is a clear record.

Henry said annual reports will be available at the June meeting.

Phoebe thanked speaker Henry Flowers and the lunch hostesses led by Betty Pior. The next meeting will be in Burton and the presentation will be by Trisha Shirey on organic gardening.

Respectfully submitted,
Pat Cox
Secretary

A Textural Little Bit of Latin

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

acanthocomus, spinarum, spinosus	spiny
acicularis	needle-like
aculeatus, echinatus, horridus, hystrix	prickly
anacanthus	lacking prickles or thorns
arachnoides	cobwebby
aspericaulis / asperifolius	rough-stemmed / rough-leafed
barbatus	barbed or bearded
cartilaginous	cartilage-like in texture
cerefolius	waxy-leaved
copallinus, gummosus, resinosus, viscosus	sticky - gummy - resinous
durus	hard
eriphorous, lanigera, lanosus, tomentosus	wooly
exudans	producing sticky secretions
ferox	ferociously thorny
furfuraceus	scurfy – flaking - scaly
glaber, laevigatus, laevis	smooth
hebephyllus	with downy leaves
hirsutus, hirtus	hairy
mucosus	slimy
papyraceous	papery
pustulatus	covered in blisters or pimples
rugosus	wrinkled
scaber / scaberrimus	rough / very rough
succulentus	fleshy
undulatus	wavy

Here are a few plant names in which some of these words are used:

Glycyrrhiza glabra – licorice

Anthriscus cerefolium – chervil

Rosa rugosa – Rugosa or "wrinkle-leaved"

Aloe ferox – cape aloe (very thorny)

Penstemon barbatus – beardtongue

rose *Acanthus spinosus* – spiny acanthus

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

chervil



aloe



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

Botanical Name/Etymology: *Bulbine frutescens*

Family Name: Xanthorrhoeaceae (formerly "Asphodelaceae")

Common Name(s): Bulbine, bulbinella, burn jelly plant, cat's tail, snake flower. African names: Afrikaans, geelkatstert, Zulu

Origin: Widespread throughout Southern Africa.

Growth Habit: Bulbine is a low-growing evergreen perennial succulent. The light green foliage is long, pointed and fleshy, resembling aloe vera foliage. It grows in clumps 12 to 15 inches high and at maturity, the same width. The flowers are small, mostly yellow, and sometimes partly orange. There is a popular garden cultivar "Hallmark" that is bright orange. Flowers bloom May through November or until the first freeze.

Growth (Cultural) Requirements: Bulbine has few cultivation needs other than sun and good drainage. It will grow in light shade but will bloom less and flop over. Like most succulents, well-drained soil is necessary or the base will rot if it stays wet. Reported hardy to zone 8; sudden cold snaps could kill it. It is usually pot-grown indoors or out, but should be moved indoors if a sudden cold-snap is expected.

Propagation: Bulbine is relatively easy to propagate from leaf/stem cuttings in damp sand.

Folklore and History: In most parts of South Africa bulbine is used to treat many skin infections and irritations. The gel-like sap is applied to the treatment area. Crushed leaves are sometimes used as a burn treatment. A root decoction is also used by natives for a wide variety of internal ailments such as diabetes, venereal disease, convulsions and diarrhea, but few studies confirm those usages.

Chemistry (if known – especially active essential oils): The gel of *Bulbine frutescens* contains a complex mixture of polysaccharides which is its primary healing constituent.

Plant Part(s) Used: The most common usage is the topical application of the gel-like sap from leaves and stems, and to a lesser extent, leaf extracts. The wound healing properties of bulbine have been confirmed by many investigators, including improved scar-healing and scar maturation.

Time of Harvest: Plant parts to provide the gel can be harvested at any time so long as the mother plant is large enough to survive the removal of some of its leaves and stems.

Dosage Level: topical usage "as needed."

GRAS? (Generally regarded as safe): Yes

Culinary Uses: None

Medicinal Uses: See above discussion.

Other Uses: In the U.S. is known as a cold sensitive garden plant.

Sources for Seed or Plants: Commercially available, but often "starter plants" can be obtained from friends.

Bibliography:

Franz, Alan Dean 2005, Perennial Gardening in Texas, Lanham, Md.: Taylor Trade Publishing

Iwu, Maurice M. 2014, Handbook of African Medicinal Plants, Boca Raton, Fla: CRC Press

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

(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.)

Report submitted by Joyce Lane

April 2017



June Herb of the Month - Fenugreek

Okay, just how many of you have ever grown fenugreek and how many of you have ever cooked with it? I would guess that the answer to the first question would be a very small number and that the answer to the second would not be much bigger, but bigger nonetheless as this is an ingredient used by adventuresome cooks, of which I know we have a few.

Fenugreek is one of those herbs that has a lot of history and use, but which most of us know very little about in modern times. It is an annual herb in the family Fabaceae (Pea Family), and it is native to southern Europe and western Asia. Its botanical name is *Trigonella foenum-graecum*. The name *Trigonella* is Greek for "three-sided," a reference to the flower shape and *foenum—graecum* means "Greek hay," denoting the plant's early use as a food for livestock. Like many legume crops it has been used additionally as a cover crop to enrich the soil.

The main reason for growing fenugreek is for its seeds. The oddly quadrangular seeds lend a subtle but distinctive flavor of celery and maple to foods, according to Art Tucker. Today it is an important ingredient in the cuisines of India and Pakistan, yet it has been used since the times of the Egyptians, Greeks and Romans. The seeds are generally crushed or powdered and added to vegetables, meats and breads. In India it is a common ingredient added to curries. To bring out the richer maple flavor, the seeds are normally toasted lightly. Another plant part that is used is the leaves. They are often dried and used in breads (such as naan) and sauces. Fenugreek sprouts are also popular in some regions.

Fenugreek is an easily grown, but short-lived annual. It germinates readily and makes an upright, wiry plant with clover-like leaves and white, triangle-shaped flowers. It may reach a height of one to two feet and produces curved, bean-like pods filled with 10-20 seeds. Today the largest commercial producers of fenugreek are India, France and Egypt.

In order to grow fenugreek it is best to sow it directly in a rich soil that is moist, but well-drained. Because it doesn't do well in high heat, I suggest sowing it either in the fall, winter, or very early spring. High heat and low moisture will cause it to be stunted and not produce a good seed crop. It takes about a month after flowering occurs for the seeds to be mature enough to harvest.

Medical research shows that fenugreek may be helpful in reducing blood sugar in Type II diabetics and that it may also lower blood cholesterol—notably by decreasing LDL and increasing HDL levels. Trigonelline, the main active principle, has also been shown to have a positive effect with Type I diabetes due to its blood glucose lowering effect.

I have personally grown fenugreek a few times and find that for the amount that I may occasionally use in cooking, it is easier to buy it because it is relatively cheap (I just checked www.myspicesage.com, a site I like to use, and see the seeds selling at \$6.75 for 16 ounces). It is fun to grow at least once and I urge you to do so. If you would like to grow it for seed or for sprouts, I suggest ordering from Botanical Interest seeds. They sell a good-sized package of seed for just \$3.49.

If you do get adventurous and cook with fenugreek in any way, please let me know what you did and what you think about it.

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 Chair



June 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
BSG = Botany Study Group	FH = Festival Hill SG = Sensory Garden			1 FH Workday 8:30 to noon	2	3
4	5	6 FH Workday 8:30 to noon	7 Culinary Group 11:00 to 1:00	8 Pioneer Unit Meeting	9	10
11	12	13 FH Workday 8:30 to noon	14	15 FH Workday 8:30 to noon	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	29 FH Workday 8:30 to noon	30	



July 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
BSG = Botany Study Group	FH = Festival Hill SG = Sensory Garden					1
2	3	4 	5	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					



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 Cornwall

Vice Chair Programs—Phoebe Lake
Secretary—Pat Cox

Vice Chair Membership—Georgia Sowers
Treasurer—Lucy Nehrkorn

Pioneer Unit
The Herb Society of America
Post Office Box 23
Round Top, Texas 78954

