

# PIONEER PATHS

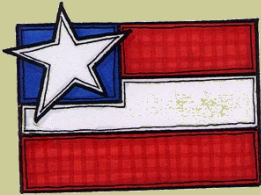
Newsletter of the Herb Society of America  
Pioneer Unit

June 2018

Volume 25, Number 10

June 14

Flag Day



June 17

Fathers' Day

June 21



Summer Solstice

June 28

Rose Full Moon

## MONTHLY UNIT MEETING

Date: June 14, 2018

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

Location: Round Top Christian Fellowship Church  
440 East Mill Street, Round Top

Directions: From Highway 290 head south on Highway 237 into Round Top. At the Town Square, take Mill Street going East. The church is on your right just past the Post Office.

Program: Saving the World One Herbal Bouquet at a Time

Speaker: Jay White

Angel: Carolyn Thomas

Hosts: Johnnie Pitts, Janie Cornelius, Mary Doebbeling,  
Royceanna Kendall, Bonnie Lout, and Cathy Nitsch

Lunch: Garden Fresh Hits



## MESSAGE FROM THE CHAIR

Hello, everybody!

As you know, this month's meeting will be our annual business meeting. This is the ending of a two-year term for some of our Officers, Working Committee Chairs, and Co-Chairs. The primary business to be conducted this June will to elect Officers of the Board. Recommendations from the Past Chair and his Nomination Committee will be communicated to Unit members, who will then be asked to vote Yea or Nay. We will also have annual reports available for you to peruse, and we will have copies available on our website, [hsapioneerunit.org](http://hsapioneerunit.org), under "membership"

I want to take this time to thank everyone for their wonderful help supporting the Unit with the many tasks and activities that come together make our Unit a joy for everyone! It truly takes everyone to accomplish all we do. This coming year will be a transition as we have come to rely on Henry Flowers to guide our efforts in the gardens we support and to hold our collective hands as we plan each upcoming Forum and Plant Sale. We wish him well as we try to stand on our own, and I know he continues to wish us well. I am very pleased that his membership in our little Unit continues and thank the stars that he has not moved out of the area. He has also agreed to participate in a special steering committee that will be organized and begin meeting monthly to aid our transition so we can continue with another successful Forum and Plant Sale in 2019. I am very grateful that he will be sharing his expertise with us.

A special thanks to our officers, our committee chairs, and our active membership for keeping everything running smoothly this past year. So many of you do so many different things to keep the Pioneer Unit the great organization that it is. We have great chairs for each aspect of the Herbal Forum and hard-working members who make the Forum the wonderful event it is. You are all truly a blessing!

Our new Festival Hill Garden Chair is Pat Garrett. She has been working diligently to organize volunteer efforts and to figure out all the pieces. With summer here, she and the garden will need your help keeping the plants watered. Contact Pat to find out where and when will be the best time for you to help.

I had a lovely time in Michigan and am grateful to Phoebe Lake for stepping in to oversee the May meeting. I heard great things about our May presenter. I look forward to seeing you in June.

Karen Cornwell  
Unit Chair

"Life is either a daring adventure or nothing at all."  
Helen Keller



## FROM YOUR PROGRAMS CHAIR

It was fun to listen to a chef speak at our last meeting. It was even more fun to taste the dishes Chef Lisa Fritz prepared! I plan on making her Buttermilk Herb Dressing frequently.

We have another new speaker for our June meeting. Jay White, a local gardener who writes the "Masters of Horticulture" blog, will talk about flower arranging with herbs. His talk has the intriguing title "Saving the World One Herbal Bouquet at a Time." We will be meeting at the Round Top Christian Fellowship Church on June 14, and I look forward to seeing you all there.

In the meantime, I hope you are enjoying your garden as much as I am enjoying mine. This morning I counted twelve Swallowtail caterpillars on one Fennel plant!

Phoebe Lake  
Programs Chair



### JUNE BIRTHDAYS

- June 1 — Henry Flowers
- June 2 — Betty Powell
- June 5 — Lucy Nehrkorn
- June 11 — Candi Glancy
- June 14 — Ronda Herzog
- June 19 — Peggy Richardson
- June 24 — Marijane Lipscomb



## MEMBERSHIP INFORMATION

Our May 10, 2018, meeting drew a great number of members and two prospective active members, JoAnn Reichle visiting for third time with active member Janie Cornelius, and Sherrie Tolbert, visiting for her 4th or 5th time with active member Joyce Caddell. Our affiliate member Marijane Lipscomb invited former member from years back Jerald Mize. After a brief discussion about membership, he decided to renew his active membership. His contact information was posted online on our listserv this week and will be in our 2018-2019 Yearbook come this September. His short bio appears in this month's newsletter. We also welcomed our latest new active member Diana Sellers, effective June 2018, at our meeting last month and on the listserv this week. Her bio is also included in this month's newsletter.

A great number of our active and affiliate members have been renewing their memberships since this April, and forms will be at registration this month as well. It is important that all dues be in our Treasurer Lucy Nehr Korn's hands no later than mid-June since she has a cutoff date for Quarterly Report of June 30, 2018, as well as her Annual Treasurer Report which will be available for perusal at our annual Business Meeting. As mentioned in previous communications, any member who has not paid membership dues timely will be removed from the roster. I've mentioned before that we are keeping records of members listing Program Recommendations, Field Trip Ideas, and Comments, Questions, Suggestions on their renewal forms. These ideas are forwarded to the appropriate Chairs.

Speaking of cutoff dates, Membership will be collecting Volunteer Hours and Non-Reimbursable Donations information up to and including June 30, 2018, because our new fiscal year begins July 1, 2018. So many members are reporting all their volunteer hours, which is a great help toward Membership's Annual Report. Volunteer Hours Guidelines are on page 33 of your Yearbook. As a reminder for all new members and many longtime members, these hours consist of time spent volunteering in the Unit-maintained gardens; volunteering pre-Forum with setup and teardown; during Forum time spent in TWSS, Plant Sale and Gazebo; and year-round time spent doing Forum Prep. Also hours are earned for Hosting, Angel Duty, Table Decors, help with setup and cleanup for Unit and other meetings, Educational - Programs, Research, Sharing with the Community, Unit Administration - serving on Board and Committee, activities with duties relevant to these areas, and Other as Approved by Board - News Articles, Research, Publicity, and the list is extensive. It is easy for Membership if members are able to email their hours; we will have them available to copy and paste to their record on the computer. The Register is never up to date because it is static and not dynamic as is the computer. Members may fill in the Register at the meetings, and some members like to leave their times on notes of paper to be transposed to their computer records. Whatever works for you will work for me. I hope this helps explain how easy it is for all of our members to earn their 20 required hours of volunteer time, and many of us go way over that, for which the Unit is most appreciative. Thank you to all of you! If you have any questions ever, please feel free to visit with me so I might help out; no question is too small or unimportant.

I am looking forward to seeing all of you at our meeting this month in Round Top. Enjoy the beginning of summer and try to stay cool,

Summertime Herbing,  
Georgia Sowers  
Membership Chair  
[gzsowers@att.net](mailto:gzsowers@att.net)  
979-836-8228



## MEMBERSHIP INFORMATION

In her own words, we welcome new member **Diana Sellers**:

"My name is Diana Sellers. I have been married to my wonderful husband Louie for almost 39 years. We have a son named Travis who is married to Lauren (a great daughter-in-law). Louie and I moved to Austin in 1980. We bought a home in Round Top in April 2010. We divide our time between living in Austin and Round Top. I am a Registered Nurse and worked at Seton Healthcare Family for 37 years. For 17 years I was a Labor and Delivery Nurse. For the past 20 years I worked in Nursing Practice overseeing the practice of the nurses in our network. I retired this past September and am now enjoying exploring and learning about all the interesting subjects outside of nursing. Louis is planning to retire sometime this year, and we will then live in Round Top full time. I have gardened most of my life and love learning new techniques."

In his own words, we welcome renewed member **Jerald Mize**:

"I am a former member and lived at Peaceable Kingdom for 17 years. I gardened there and created ponds with aquatic plants including water lilies and lotus. I also used natural materials to make artistic creations. I made a labyrinth, a kiva, and large sculptures, usually with a heart motif."



### CULINARY INTEREST GROUP

The next meeting will be July 11th at Festival Hill from 11:00 a.m. to 1:00 p.m. Stay tuned for more details.

Sara Holland



MINUTES OF UNIT MEETING  
HERB SOCIETY OF AMERICA PIONEER UNIT  
MAY 10, 2018

Karen Cornwell, Chair, was not present at today's meeting. Phoebe Lake, Vice Chair Programs, introduced speaker Lisa Fritz from HEB in College Station, who presented a program entitled "Spring Thyme Cooking" with delicious samples.

Phoebe informed members of a new vegetable garden at Brenham Presbyterian Church from which all the produce will be donated.

Georgia Sowers, Vice Chair Membership, welcomed visitors Jerald Mize, JoAnn Reichle, and Sherrie Tolbert. She introduced new active member Diana Sellers.

Lucy Nehrkorn, Treasurer, announced gross Forum income of \$73,463.58 and net income of \$31,139.70. There are still some expenses coming in and final figures should be available in June.

Susan Bame is holding a work day at the Sensory Garden at Brenham ISD on May 21 at 8:30 a.m. She has sent out a watering list and asked anyone who signed up but did not receive the list to contact her.

Pat Garrett, coordinator for Festival Hill gardens, needs watering volunteers who live close to Festival Hill. She will send out an email. Pat brought leftover plants from the Forum for members to take home.

Pam Traylor, Hospitality, thanked lunch hostesses Linda Rowlett, Johnnie Pitts, Frances Pitman, Belinda Weatherly, and Pat and Mike Cox. Door prizes were won by Janie Cornelius, Mary Doebbeling, Linda Rowlett, Phoebe Lake, and Bonnie Lout.

Phoebe reminded everyone that Henry Flowers will be presenting a program on The Language of Flowers at the Round Top Family Library on Thursday, May 17th, at 7:00 p.m.

Carolyn Thomas announced a meeting of the Botany Group on May 17th at 8:00 a.m. to clean up the Pharmacy Garden and to discuss how to proceed with the Group in the absence of Henry.

Sara Holland will be having a meeting of the Culinary Group on July 11th from 11:00 a.m. to 1:00 p.m. on the Festival Hill grounds with picnic food.

Kay von Minden announced a field trip to the painted churches of Fayette County on Tuesday, May 22nd, meeting in Schulenburg at 10:00 a.m., with lunch at the Oakwood Smokehouse. Members will carpool and there is a fee of \$10.00. Linda Hartson will be the tour guide. An email will be sent and those wishing to go should respond as soon as possible.

Barbara Hemmer is holding a workshop on Thursday, May 17th, for draped hypertufa pots, at 9:00 a.m. at the greenhouse. She will send out an email.

The meeting was then adjourned for lunch.

## HOSTESS DUTIES

Sign-up sheets for hosting assignments for our next calendar year will be available at the June meeting. Due to changes made by the Board, each member or associate member will be asked to fill one position available on the forms. The locations and speakers are in a tentative state at this time. There will also be a form to sign if you would like to be contacted to fill a second position after all members have had the chance to sign up in June. Please remember that Coordinating Hosts earn more hours than Hosts or Speaker Angels do.

In July, the sheets will again be available for members who want a second position and lastly for those who are soon-to- be members to sign.

If you are missing one of these meetings, it is your responsibility to get in touch with the Hospitality Chair to volunteer. The Yearbook deadline is late July.

It is a tough job to get all the positions filled, so please put your volunteer hats on and help out. It is really fun to get to know other members while serving!

Thanks,



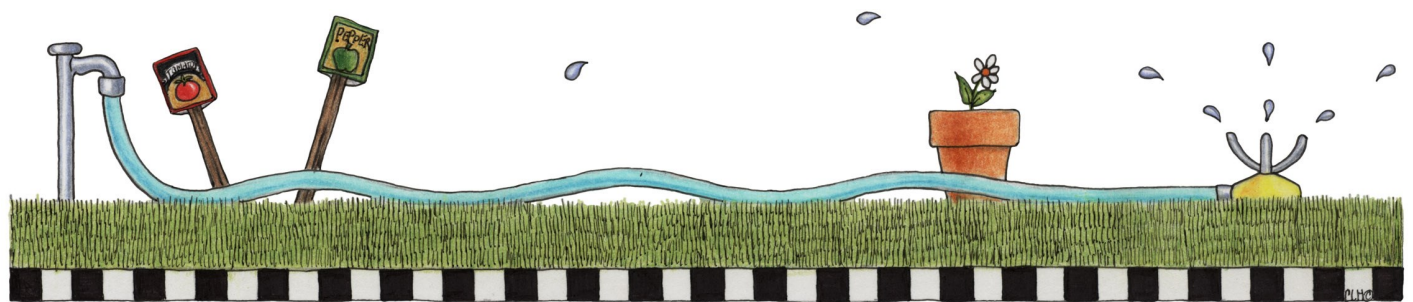
## SEEDS SEEDS SEEDS

As herbs and flowers go to seed, please remember to save seeds for selling at the Thyme Well Spent Shop at our Herbal Forum. Please give labeled seeds to either Susan Lake or Candi Glancy.

## FESTIVAL HILL

The Festival Hill watering schedule is posted on the cover of the Volunteer Hours Sign-In Book, in the Lettuce Lounge. If you are able to help during our hot summer months, please let me know. The potted plants dry out quickly, and areas of the Pharmacy Garden no longer have sprinkling systems. Thank you,

Pat Garrett  
[Pgarrett613@gmail.com](mailto:Pgarrett613@gmail.com)



## NOMINATING COMMITTEE REPORT

Dear Pioneer Unit,

As Past-Chair of the Unit it is my responsibility to head the nominating committee for the officers of the executive board of the Pioneer Unit. Here is the slate of officers that will be presented to the Unit at the June meeting, which is also our annual business meeting. If possible, please be in attendance to vote.

Chair — Karen Cornwell  
1st Vice Chair / Programs — Kathe Forrest  
2nd Vice Chair / Membership — Georgia Sowers  
Secretary — Pat Cox  
Treasurer — Beverly Elam

If you have any interest in putting your name in for any of these positions, please let me know.

There are also many committee chair positions on the Pioneer Unit board. A complete list can be found in the yearbook, and job descriptions are available on the unit website. If you have any interest in any of these positions, please contact the Unit Chair because selection for these positions is handled through that position and the executive board.

I hope to see as many of you as possible at the upcoming meeting in June.

Henry Flowers  
Pioneer Unit Past Chair





## The History and Mystery of Herbs

After doing many articles on herbs of the month, botanical Latin, and such, I've decided that it is time for something new. One of my favorite aspects of herbs has always been their fascinating history. Being useful and prized plants, many of them have long been cherished and are often integral parts of the societies where they are native or have spread in times of antiquity. If you have a particular herb you would like me to write about, just let me know. For now we'll start with my favorite and one of the most venerable of herbs:

### Rosemary – The Herb of Remembrance

*Rosmarinus officinalis*  
Family Lamiaceae (Mint)

The genus name comes from "ros marinus," which means dew of the sea, as this plant thrives in coastal regions of the Mediterranean Sea. It is native to the western regions of that body of water and thus is not native to the Holy Land and is not mentioned in any major religious text.

The specific name is derived from "officinarum," which is Latin for "of the apothecary's shop" and when used as part of a plant name "officinalis" itself means that a plant is medicinal and "of the pharmacopoeia." Rosemary is definitely medicinal and has long been valued for this and its many other aspects.



#### Uses:

Funerals – "There's rosemary, that's for remembrance. Pray thee love, remember." -Ophelia from Shakespeare's Hamlet. Rosemary, being the Herb of Remembrance, has long been a valued part of funeral rites. It is often thrown into graves at a funeral or laid onto one at a later date in memory of a loved one.

Weddings – A symbol of the lover's fidelity – it is often put into a bridal bouquet and is also given to guests as a symbol of love and remembrance. It is also said that the bride will be the master of the house if the rosemary from her bouquet roots and grows. Hmmmmm....

Protection – Rosemary has long been seen as a protection from evil and is often used in sanctuaries and religious ceremonies.

Burning – Rosemary has long been burned to release its rich camphoraceous scent, and it has especially been seen as useful in the sick room to help prevent infection and to purify the air. It can also be used as a smudging herb or can be blended with other herbs such as sage or juniper. To help start a fire in the fireplace, one can take a pinecone and stuff it with fresh rosemary sprigs and then let them dry. When placed under logs and a bit of kindling, it should burn readily and help to get the fire going fast.

It is a relaxing herb and is often used to sooth headaches and sinus problems. It is also relaxing to the nervous system and should help to relieve anxiety.

Because of its rich scent, rosemary is also used in perfumery.

For probably over a millennia, an infusion of rosemary has been used to stimulate the scalp and to help prevent baldness (wish I had known that about 20 years ago!). Today it is still included in many hair care products.

Medicinally rosemary is quite useful. It contains high levels of antioxidants, which are extracted and used in modern times as a means of natural food preservation. It also contains chemicals which help to combat the carcinogenic substances that can result from grilling and frying food. Try adding a bit of it chopped up in hamburger meat or make oil infused with it for marinating or basting grilled chicken. It tastes great and is healthy for you as well.

In the kitchen it is a highly useful herb. It can be used to flavor a variety of meats, vegetables, beverages, breads, sauces, herbal butters and cheeses, jams and jellies and is also great in desserts such as cakes, cookies and even ice cream and sorbets. It pairs wonderfully with citrus flavors such as orange and lemon and is also wonderful with chocolate. It is also fabulous with cheese, and I love it chopped up very fine and blended with a rich hard cheese such as asiago or parmesan and sprinkled over potatoes, vegetables or even popcorn. If you've never used rosemary much in foods, I recommend going easy on the amount at first. As you become more used to its flavor, you will find that you can add more to dishes and will begin to crave its flavor.

#### History / Folklore:

Rosemary is an herb of the sun and is associated with the sign of Leo. It is the birthday flower of January 17.

Supposedly it is one of two plants brought from the Garden of Eden by Adam and Eve.

A non-Biblical story tells that when Mary and Joseph were fleeing Israel to Egypt, Mary threw her cloak over a rosemary bush to dry and in response its flowers turned blue – they had all been white up to that time. While most rosemary varieties do have blue flowers, there are still some that have white flowers and a few that are even pink or lavender. In relation to this story, it is said that rosemary will not grow taller than the height of Christ and that it won't live longer than 33 years, the age at which he was crucified.

It is said that if it is put under a bed pillow it will bring about dreams of one's future spouse. Some stories say that it must be accompanied by a silver coin.

Rosemary is believed to thrive only for the virtuous and was often worn behind scholars' ears to help their memory – another association with remembrance. Modern studies have shown that the essential oil of rosemary is stimulating and thus helps to keep one alert, and this would then serve to help the memory.

Queen Elizabeth (some accounts say Isabella) of Hungary is said to have used an infusion of rosemary and wine, known as Hungary water, to enhance her beauty and to ease joint pain.

There's so much more to rosemary that I could write about, such as cultivation and the many different varieties to choose from, how to train it into a topiary and grow it as a container plant, or even how to incorporate it into decorations. But space is limited and this article is already getting too long, so I must sign off with a few more verses about rosemary and an admonition to remember to use your rosemary as it will surely bring much delight.

Henry Flowers

*As for rosmarine, I let it runne all over my garden walls,  
Not onlie because my bees love it, but because it is the herb sacred to remembrance,  
and, therefore, to friendship; whence a sprig of it hath a dumb language that  
maketh it the chosen emblem of our funeral wakes and in our burial grounds.*

-Sir Thomas More

*Rosemary is for remembrance  
Between us day and night  
Wishing I may always  
Have you in my sight.  
-traditional rhyme*

*Grow it for two ends, it matters not at all,  
Be't for my bridal or my burial.  
-Robert Herrick, 17th-century poet*



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

**Botanical Name/Etymology:** *Adansonia digitate*. Named for Michael Adanson, a French botanist who first saw the tree in 1750.

**Family Name:** Malvaceae

**Common Name(s):** Baobab, Monkey Bread tree, dead rat tree, upside down tree, tree of life.



**Origin:** Throughout the drier parts of Africa. Has been introduced to tropical and subtropical regions. Grows in Limpopo province of South Africa, although probably not along the edge of the great grey-green greasy Limpopo River. Grows in India, Australia, Madagascar.

**Growth Habit:** Only up to about 15 meters, but with a very large bottle shaped trunk; the largest recorded was 37 meters around. The trunk stores water like a succulent. Bark is smooth and grey. Hollows in the trunk can be very large. The crown is rather small in comparison, with palmate leaves and large white flowers.

**Growth (Cultural) Requirements:** Thrives in low arid regions. An ancient tree that may live to be 3,000 years old.

**Propagation:** Seeds or cuttings.

**Folklore and History:**

-Along the Zambezi, the tribes believe that when the world was young the Baobabs were upright and proud. However for some unknown reason, they lorded over the lesser gods. The gods became angry and uprooted the Baobabs, thrusting them back into the ground, root upwards.

-The Little Prince tells the story of the bad baobab trees on the prince's tiny planet.

**Chemistry** (if known – especially active essential oils):

**Plant Part(s) Used:** Most often leaves, but also sometimes bark (rope and clothing) and fruit. Interestingly, the fruit dries naturally on the tree. This takes about 6 months, but then it is naturally dried and can be used right away. The dried fruit pulp is mixed with water. The pulp of the pods is slightly acidic and thus can be used as a substitute for cream of tartar and used to curdle milk.

**Time of Harvest:** Depends on plant part being used.

**Dosage Level:** Unknown

**GRAS? (generally regarded as safe):** Yes, for dried fruit pulp.

**Culinary Uses:** The dried pulp is very high in vitamin C and essential fatty acids.

**Medicinal Uses:** The drink made from the pulp has been used to treat fevers, diarrhea, and urinary disorders. It is also anti-viral and anti-microbial and anti-inflammatory. It is also used as a treatment for hiccups in children! It has 10 times the amount of vitamin C as an orange.

Bark has limited medicinal uses.

**Other Uses:** Andansonin, an alkaloid, is found in the bark and believed to be responsible for the anti-malarial properties of the bark.

Leaves are eaten fresh or cooked or dried and powdered. The roots are boiled and eaten during times of famine. Flowers are eaten raw. Truly the "Tree of Life."

**Sources for Seed or Plants:** 10 seeds for \$4.03 on Amazon! Baobab "bites" for a snack and powder to add to smoothies are also for sale online and in health food stores.

#### **Bibliography:**

[www.krugerpark.co.za](http://www.krugerpark.co.za)

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

Van Wyk, Ben-Erik. 2009. Medicinal Plants of South Africa. Pretoria, South Africa: Briza Publications.

Phoebe Lake  
May 16, 2018





## HERB SOCIETY OF AMERICA

The designated Herb of the Month for June is capers. You can find an information sheet about capers on the HSA website ([herbsociety.org](http://herbsociety.org)) as well as recipes, including the one copied below.

### Arugula Capellini With Lemon Caper Sauce

1 ½ pounds capellini noodles  
4 tablespoons olive oil  
2 cloves garlic, crushed  
4 tablespoons capers, rinsed  
1 tablespoon seeded and diced chile pepper  
2 teaspoons grated lemon rind  
3 tablespoons fresh lemon juice  
¼ cup dry white wine  
4 cups chopped arugula  
¾ cup shaved fresh Parmesan  
freshly ground black pepper



Cook the noodles al dente. In a large saucepan over medium-high heat, sauté the garlic in the olive oil. Add capers, chile, lemon rind, wine, and lemon juice and heat through. Drain the pasta, add to garlic mixture. Toss in the arugula and Parmesan to combine. To serve, top with a generous sprinkling of black pepper.

Yields 6-8 servings.

Anna Reich, HSA Potomac Unit. [The Essential Guide to Growing and Cooking With Herbs](#)

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If you missed the 2018 Annual Meeting for our national organization, make plans to attend next year's meeting. Save the dates:




### **The 2019 Annual Meeting of Members and Educational Conference**

Friday, June 14 and Saturday, June 15, 2019  
Madison, Wisconsin



Host Hotel-Best Western Premier Park Hotel  
22 S. Carroll Street  
Madison, Wisconsin 53703

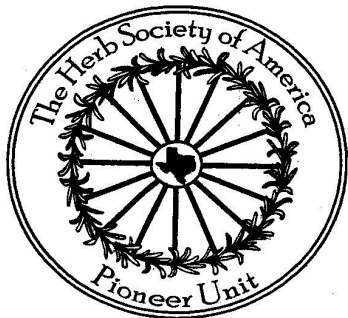


# June 2018

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

# July 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 	5	6	7
8	9	10	11 Culinary Interest Group at FH	12 Pioneer Unit Meeting	13	14
15	16	17	18	19 BSG Festival Hill	20	21
22 Newsletter Deadline Send items to lrowlett@gmail.com	23	24	25	26	27	28
29 	30	31			BSG = Botany Study Group	FH = Festival Hill SG = Sensory Garden



## PIONEER PATHS

Volume 25

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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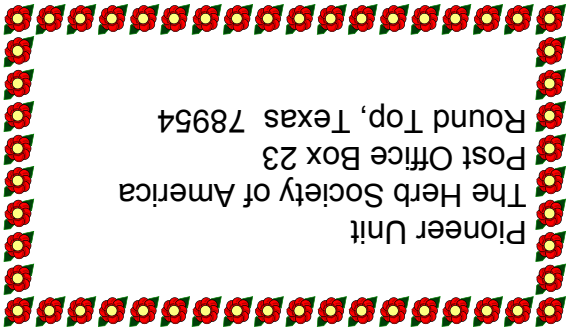
Chair—Karen Cornwall

Vice Chair Programs—Phoebe Lake

Vice Chair Membership—Georgia Sowers

Secretary—Pat Cox

Treasurer—Lucy Nehrkorn



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