



PIONEER PATHS

Newsletter of the Herb Society of America
Pioneer Unit

March 2016

Volume 23, Number 7

March 13
Daylight Savings
Time Begins



March 19
Vernal Equinox

March 23
Sap Full Moon

MONTHLY UNIT MEETING

Date: March 10, 2016

Time: 9:30 a.m. Meet and Greet
10:00 a.m. Meeting and Workshop

Location: Festival Hill Service Building, Round Top
Directions: Exit Highway 290 at Texas 237 (Round Top exit).
Travel south on 237. Turn right on Jaster Road and
left into the parking lot for the Service Building.

Program: Thyme Well Spent Workshop
Festival Hill Garden Work
[You will have a choice of labeling, pricing, and finishing
items for sale in the Thyme Well Spent Shop; or you
can bring your gloves and garden tools to work in the
gardens with Henry getting it ready for visitors. We will
break for lunch at 12 noon.]

Hosts: Cathy Comiskey, Carolyn Hayes, and Georgia Sowers

Lunch: Lunch is being provided by Festival Hill if you signed up
in advance!



Please bring cook books, books, and magazines that are garden and garden design related or herb-related to the March meeting for the scholarship table. All the money supports our national intern. Special herbal items are needed for the silent auction as well!

MESSAGE FROM THE CHAIR

The Herbal Forum is once again soon to be upon us, and it is a great time for our wonderful group to shine. Many of us have spent much time in preparing items for sale in the Thyme Well Spent Shop, at the Gazebo, and even with propagating and growing a few additional plants for the plant sale. I think we are in great shape for this year, but as always we will need as many of you to help as possible.

I hope by now that all of our members are signed up to help with the Herbal Forum in some regard. If you aren't, then please contact our Herbal Forum Coordinator, Carolyn Thomas, or one of the Herbal Forum committee chairs and sign up as soon as possible.

Remember that we need cardboard flats for the plant sale! Either store them at home and bring them (preferably in trash bags) at the beginning of the event or during set up, or bring them to me at Festival Hill and I'll store them until the event. We also need as many wagons for the plant sale as possible, so if you have one we can use, please bring it and make sure that your name is on it somewhere.

On the Tuesday before the Herbal Forum (March 15), we will be putting the Herbal Forum packets together starting at 1:00 p.m. in the backstage green room of the Concert Hall. Help is always needed with this project and is greatly appreciated.

Don't forget to sign up for the meal the day of our meeting in March and also for the Herbal Forum meals—see the signup sheet in this newsletter and fill it out and turn it in at the March meeting.

Many thanks to all of you who came to help with the Sensory Garden work day last month. That garden is looking great in some regards, but we will likely need another spring work session there soon to get it looking spiffy. Some of the beds need their soil level raised, and we need to replant many plants that did not survive the winter—it always seems to be colder at that garden than most other locations, probably due to it being low and so exposed.

The Festival Hill gardens are also looking great. The mild winter has left many plants that normally would have frozen down still green and growing. It will certainly be an interesting year if we don't have a hard freeze (knock on wood that I didn't just jinx it).

At the March meeting we can use additional help to get the gardens ready for the following week if you would like to help garden that day. We'll need help with weeding, some trimming, and such. Many thanks in advance for any help you can give with the gardens and also for helping to get finishing touches done on items for the Thyme Well Spent Shop!

Best wishes for another great Herbal Forum!
Henry Flowers
Unit Chair and Gardens Chair



From the Programs Chair

Because this month's meeting is a work session in preparation for the Forum, there's no March program to be discussed. However, I do have a program note. Our program for April "Bats of Austin" has been rescheduled for April 13, 2017. Fran Hutchins of Bats Conservation International, our speaker, will be involved in carrying out cave surveys in north Texas this coming April. He's quite respected in his field. Ginger Heath passed on to me a copy of the October/November issue of the Nature Conservancy magazine. It has an excellent article about bats in Texas, and Fran is well featured. Ginger had the article because she was working on a proposal for a Unit field trip to Austin to view the bats flying out from the Congress Avenue Bridge. We're going to hold off on that activity and tie it in with the rescheduled 2017 program on bats. I'm working on a replacement April 2016 program and will pass on the information about it as soon as possible.

Regarding Our March work/prep session, I would like to thank Betty Pior for all she's been doing with getting the sign ups set up for the meeting lunch. Remember to get signed up and pay your \$5.00 fee for the lunch in advance. The reminder of the amount is being paid by the Pioneer Unit.

Tony Scanapico
Programs Chair

MARCH BIRTHDAYS

March 1 — Alton Ehler
Susan Wood

March 3 — Billi Parus

March 9 — Susan Abouhalkah
Susan Wittig Albert

March 11 — Joan Jordan

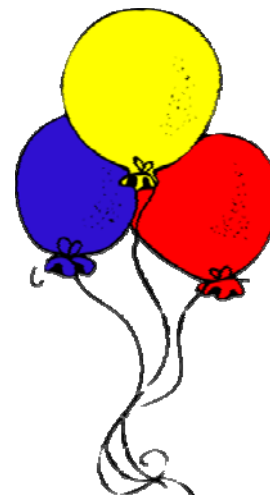
March 14 — Bob Sowers

March 16 — Sandra Brown
Beth Murphy

March 18 — Cindy Rollins

March 20 — Frances Pittman

March 30 — Mike Cox
Robert Lake



FYI Herbal Forum 2016

Pioneer Unit Plant Sale, Thyme Well Spent Shop, TWSS in the Garden and Assistance with Herbal Forum

As this is our only fund-raising event for the year, everyone needs get behind this project and make this year the best ever.

All time is counted as volunteer hours: Time spent on projects both in TWSS and Festival Hill Garden at the general meeting March 10, all items made in preparation to be sold, time spent on set-up and tear-down, and working during the sale. If you are working with Henry on the Herbal Forum, such as being an Angel for presenters, that time counts as hours too.

Publicity: Please watch for the publicity for the Herbal Forum Plant Sale and Thyme Well Spent that has been sent to area newspapers and radio stations. Susan Lake would like to collect the articles. Please hand out flyers and contact your gardening friends and members of garden-interested organizations to remind them how special our plant and gift sales are.

TIMELINE

Forum Set-up: Set-up of the plant sale begins on **Monday, March 14**, and continues through **Thursday, March 17, which is the most intense and important day.**

Plant Sale Prep: Plants are delivered at Festival Hill starting **Monday, March 14**. If you are in the area, please contact Karen Cornwell because we always need help unloading plants. Set up involves setting up tents, tables and chairs; transporting the plants to their designated areas for display; placing signs; and a dozen other details to be **ready for the public at 9 a.m. Friday.**

Set-up for TWSS: Begins on **Wednesday, March 16**, so please contact Louise Rice or Pat Cox if you plan to help.

TWSS & Plant Sale Member Shopping: Our members are welcome to shop after we have completed set up on Thursday afternoon (that time is dependent on completion of set-up). TWSS and Plant Sale areas will "run a tab" for our members so you don't have to write a new check every time you find another much needed addition. In TWSS and at the plant sale as your purchase is entered in the book, please take your items or plants home. Settle up at each location no later than 4:00 p.m. on Saturday so we can close the books.

Pioneer Unit members wear your badges during Forum. Please familiarize yourself with the brochure/programs/locations. Our guests always have questions (such as, where is Menke House, what time does the plant sale close, where is registration, etc.).

Workers Rest Area will be set up at the west side of the concert hall for the use of workers only. Snacks, water and coffee will be available as well as a place to sit. We encourage you to bring any snacks that you would especially like to have.

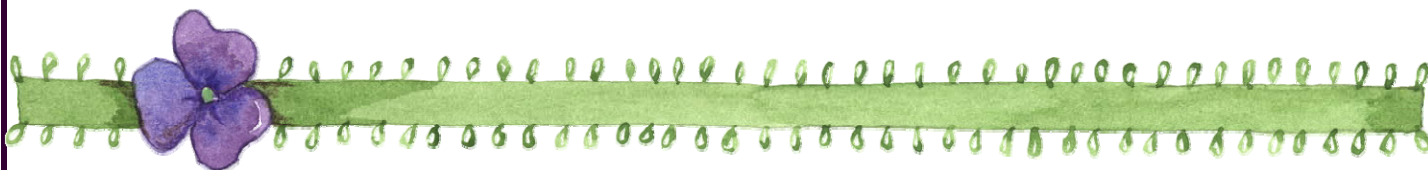
General Info about Herbal Forum:

- * Open for public sales at 9:00 a.m. Friday, March 18.
- * Henry Flowers will present *Overview of the Plant Sale Plants* at 10:00 a.m. Friday.
- * Plants will be sold until 5:00 p.m. Friday, then everything needs to be watered and prepared for the next morning.
- * Sales start at 8:00 a.m. Saturday, March 19.
- * Close at 5:00 p.m. Saturday.
- * Tear-down begins at 5:00 p.m. (not before), and assistance from all is appreciated. Tear-down requires that all plants be moved to the greenhouse on the other side of Jaster Road and all tables, tents, signs and fixtures be removed and put away. Typically this is done in 1.5 to 2 hours depending on the number of volunteers who are kind enough to stay around and help with a big task at the end of a long weekend. This includes TWSS and Gazebo.

We are looking forward to two outstanding days with fabulous weather (**hold that thought please**).

Thank you for all the preparation that has already been done and for the time and effort that will make this the great event that we are expecting.

If you have questions, please call or e-mail Carolyn Thomas, cthomas1138@aol.com.
Carolyn Thomas, Herbal Forum Coordinator



21st Annual Herbal Forum at Round Top
Meal Sign Up

This year the meal sign up method for Herbal Forum volunteers will be the same as last year. If you will be volunteering at least eight hours during the Herbal Forum, you can sign up for either the Friday or the Saturday lunch. If you want to sign up for both, you can pay \$12.00 for the second meal.

I need to have these slips turned in to me no later than the Thursday of next week at our Unit meeting. I will have extra copies of the slip there. If you can't be at the meeting, then you may mail the slip to the Pioneer Unit mailbox. If you will only be attending one of the meals, you may simply email me with that information.

If you would like to attend the Presenter's Dinner on Friday night, you need to register and pay through the Festival Hill office at 979-249-3129. Just let the office assistant know that you are a member of the Pioneer Unit and need not pay other Herbal Forum fees.

If you have any questions, please let me know.

Henry

The HSA Pioneer Unit Member
Meal Reservation Form

21st Annual Herbal Forum at
Round Top

Friday March 18, 2016
Saturday March 19, 2016

Name

(____) _____

Area Code / Phone Number

E-mail

Friday Meal Reservation

_____ Friday Lunch

Saturday Meal Reservation

_____ Saturday Lunch

_____ Second meal at \$12.00/person

Return this form at or before the March Unit meeting to Henry Flowers, with check (if applicable) payable to The James Dick Foundation, or mail to:

The HSA Pioneer Unit
PO Box 23
Round Top, TX 78954

MEMBERSHIP INFORMATION

Our February meeting enjoyed three prospective new members. Rob Lake was with us again with his wife, member Phoebe Lake; Ray Hayes accompanied his wife, member Carolyn Hayes; and Terry Ross attended as Tony Scanapico's guest for her second visit. It is our hope that all three of these prospects will be approved for membership by the time we meet this month on the 10th at Festival Hill, our Forum Prep meeting.

Most members now are busy as bees getting lined up for our Plant Sale and Forum, which is already upon us! If prospective members have questions about areas of work, membership requirements, or anything I can help with, please don't hesitate to contact me at gzsowers@att.net or call [979-836-8228](tel:979-836-8228). I'm looking forward to seeing everyone on the 10th for our meeting. Enjoy a good week or so until then.

Happy Preps!
Georgia Sowers
Membership Chair

NEW ACTIVE MEMBER

Our forces are growing rapidly! In February we welcomed our newest active member, Robert Lake. He is Phoebe Lake's husband and 'helper' with her growing plant business by over-watering, under-fertilizing, and generally dropping things (his words). He retired from the oil business in 2015 when he and Phoebe moved from Cypress to their country property near Brenham. Robert now enjoys propagating mints, and other interests include singing, 'honey-dos', and steam locomotives. His address is 9521 Shelby Road, Brenham Texas 77833-1850, cell [832-794-0173](tel:832-794-0173), email dadswah@sbcglobal.net, and his birthday is March 30th. Robert's membership is effective February 2016, and we're happy to have him with us, so let's make him feel right at home. Welcome, Robert!



In the month of March 2016 we couldn't be more timely in honoring Carla Lessard as our Volunteer of the Month! Carla is a most valuable member throughout the year and especially during our annual Forum. She has tirelessly and willingly helped run the Thyme Well Spent Shoppe, assisting the new co-chairs and working with the other faithful members of the Pioneer Unit. Carla also frequently is seen helping the host teams in the kitchen, and above all this she spends time other days preparing items for the TWSS. We want to thank you, Carla, for all that you are!

HSA PIONEER UNIT MEMBERSHIP RENEWAL APPLICATION

Due May 1

Name: _____ Spouse: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone: _____ Cell: _____ E-Mail: _____

Birthday (Month/Day): _____ Today's Date: _____

Membership Category

Active - single \$67/ joint \$98 Life – single \$12/ joint \$18

Affiliate (Unit or Member-at-Large) - single \$12/ joint \$18

(Make check payable to HSA-Pioneer Unit and give to Membership Chair at meeting or Mail to HSA-Pioneer Unit, ATTN: Membership, P O Box 23, Round Top TX 78954)

Program Recommendations:

Field Trip Recommendations:

Please check accordingly: I HAVE or HAVE NOT COMPLETED THE REQUIRED 20 VOLUNTEER HOURS

Active Members: HOW DO YOU PREFER TO FULFILL YOUR REQUIRED 20 VOLUNTEER HOURS?

- Working in any Unit-sponsored garden, such as Festival Hill or Brenham ISD, and any other Unit-approved garden, or seed cleaning
- Herbal Forum at Round Top and Forum preparation throughout year supporting efforts pertaining to preparation of items, such as Thyme Well Spent Shoppe, as well as mail outs, packets, and plant sale preps
- Hosting at a meeting, including a.m. refreshments, setup/cleanup, decorating, serving lunch, including Angel duties
- Educational activities for promoting the knowledge, use, and delight of herbs, such as presentations (including a/v), research articles for newsletter (up to 4 hours prep), participation in education events
- Unit administration, such as hours spent performing duties as Officer or Unit Board of Directors member, maintaining or updating Unit scrapbook, sending greeting cards to Unit members
- Other approved activities as the Board of Directors may approve after review. We can work with you to find volunteer opportunities.

WE WELCOME YOUR COMMENTS, RECOMMENDATIONS, AND SUGGESTIONS:

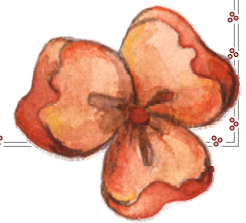
(Please utilize another sheet if necessary)

SENSORY GARDEN CHILDREN'S VISITS

As we are preparing for the Forum and as the Gardens should be in bloom, we are planning the Children's Visits to the Sensory Garden for after Easter, the last week in March or early April. So far Wednesday seems to be a favorable day, but please let me know what your preferences are, in order to accommodate our volunteers. Natalie James, the Outdoor Education Specialist, is working to schedule all the Kindergarten classes of Brenham ISD. It is important that all the children have the opportunity to enjoy meeting our volunteers and learning about the wonders of nature.

The program will focus on the spring blooming plants and what will happen to them throughout the year. The book Remarkable Plants of Texas has some interesting stories, and we plan to use a few of them. So please, if you enjoy sharing your knowledge with upcoming generations, come and join us. The more volunteers we have, the easier it will be, as small groups are more fun to work with.

Verena Aeschbacher cashback@hal-pc.org



"In the spring, at the end of the day, you should smell like dirt.."
— Margaret Atwood, Bluebeard's Egg

**MINUTES OF UNIT MEETING
HERB SOCIETY OF AMERICA PIONEER UNIT
February 11, 2016**

Henry Flowers, Chair, welcomed members to the February meeting.

Tony Scanapico, Vice Chair Programs, introduced Mengmeng Gu, Ph.D., from the Department of Horticultural Sciences at Texas A&M University, who presented a program on the many different kinds of basil, how to use them in landscapes, and how downy mildew disease is affecting some of them.

Betty Pior, Hospitality, thanked the speaker and today's lunch team led by Cindy Nash. Door prizes were won by Karen Springer, Wanda Hubbard, Pat Garrett, Catherine Gardiner, Johanna Hoiseth, Susan Bame, Pam Traylor, Kay Robbins, Peggy Cook, Joyce Lane, and Susan Lake.

Georgia Sowers, Vice Chair Membership, welcomed guests Ray Hayes, husband of Carolyn; Robert Lake, husband of Phoebe; and Terry Ross.

Henry reminded members that Festival Hill will provide lunch at next month's Forum prep meeting at a cost of \$5.00 for members and \$25.00 for affiliate members. Money is being collected and must be paid by March 1st.

Carolyn Thomas, Herbal Forum Coordinator, announced a wreath-making workshop to be held at Linda Rowlett's vineyard on February 22. There is room for more and those interested should see Linda.

Carolyn will have a Forum article in the next newsletter and urged all members to read it. Forum is the Unit's only annual fundraiser and helping at Forum is one of the requirements for membership in the Unit. If there is a reason why a member cannot do so, he or she should talk to Georgia.

Linda Rowlett asked for herb-related and unique items for the silent auction at Forum.

Susan Lake, Publicity, asked members to donate seeds so she can package them for Forum. She is publicizing Forum with emails and newspaper articles. She asked for volunteers to distribute flyers in their home towns.

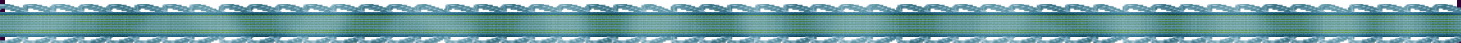
Carla Lessard asked for herb-related books and magazines for the scholarship table at Forum.

Karen Cornwell, Plant Sale, reminded members they can accumulate hours toward the annual requirement during Forum and also that after set-up is completed on the Thursday before Forum, there will be a presale for members who can take plants home on that day. There will also be a half-price sale on the Tuesday after Forum for members. Volunteers are needed at lunch times so that workers can take a break and those wishing to volunteer can talk to Karen, Pat or Louise to get on Karen's list.

Henry said basil is the most popular plant at Forum. Cilantro/coriander is next year's herb of the year. Henry reminded members to save cardboard flats for Forum. He can store them at Festival Hill.

There will be a work day at the sensory garden on February 20th, and Verena is working with Brenham ISD to have the children visit the garden in late March or early April.

Respectfully submitted,
Pat Cox, Secretary



January 27, 2016 PIONEER UNIT BOARD MEETING Held at Festival Hill

Attendees: Henry Flowers, Georgia Sowers, Linda Rowlett, Carolyn Thomas, Janie Plummer, Louise Rice, Karen Cornwell, Lynn Ehler, Susan Lake, Pat Cox

Programs Report: Tony Scanapico was not present, and Henry confirmed that the speaker for February's meeting has changed. The Treeseach Farms sale at the November meeting was successful.

Membership Report: Georgia Sowers noted the Board needed to ratify Susan Yancey's membership.

Motion: Upon a motion duly made and seconded, the Board voted unanimously to ratify the membership of Susan Yancey into the Pioneer Unit.

Treasury Report: Janie Plummer distributed copies of the PU Quarterly Income Statement and the PU Budget Summary Report for Three Months Ending December 31, 2015.

Motion: Upon a motion duly made and seconded, the Board voted unanimously to approve the financial statements.

Standing Committee Reports

- A. *Archives and Rosemary* – Lynn Ehler has enough cards for the present.
- B. *Education/Special Events* - Ginger Heath was not present but is working on a spring field trip.
 - a. Scholarships – Karen Springer will report on college scholarship money at the next Board meeting. The Unit scholarship amount is now \$150.00, and two are offered.
 - b. Workshops – Carolyn Thomas has set a workshop for bottling vinegars for Forum for February 24. Linda Rowlett will host a wreath-making workshop in her vineyard on February 22.
- C. *Gardens* – Henry Flowers and Susan Bame will organize a Sensory Garden work day in February.
- D. *Communications* – Susan Lake and Cindy Nash will advertise Forum with a mass emailing, newspaper advertising, and flyers to be distributed by volunteers in their home towns.
- E. *Plant Sale* - Karen Cornwell will assist Tony at Forum by recruiting volunteers for set-up and take-down.
- F. *Thyme Well Spent* – Louise Rice will email all members making items for the shop for information for inventory and labels. Festival Hill is working on boosting the WIFI signal so credit cards can be used in the shop.
- G. *Herbal Forum Coordinator* – Carolyn Thomas will set a pre-Forum meeting for March 2.
- H. *Past Chair* – Linda Rowlett will ask for items for the silent auction for Forum.

New Business: Henry distributed a list of the projected cost of Forum plants. More plants have been propagated at Festival Hill which will help with plant costs.

Motion: Upon a motion duly made and seconded, the Board voted unanimously to approve the plant sale budget.

Respectfully submitted,
Pat Cox, Secretary

The Herb Society of America, Pioneer Unit
Botany Study Group Data Sheet
 Submitted by Kay Robbins

Botanical Name/Etymology: *Ceiba pentandra*

Family Name: Bombacaceae

Common Name: **Kapok**

Origin: Native to tropical rain forests of South and Central America. Introduced to Africa and the West Indies, it is naturalized and cultivated throughout the tropics.

Growth Habit: Grows in rich, moisture-retentive, but well drained soil in the sun. It can be damaged by wind. Prune pot-grown plants in spring.

Growth (Cultural) Requirements: Tropical conditions.

Propagation: Grown by sowing ripe seeds at 70-75 degrees F. In the tropics, *Ceiba* is propagated by cutting branches and inserting them in open ground.



Folk Lore and History: Before the arrival of the Conquistadores, Mayan and Aztec people revered the tree and regarded it as sacred. Because of its size and stature, it was considered a link between the earth and the universe. The kapok tree's longevity and strength were admired and used by rulers as symbols of power and support. In Africa and the West Indies, the kapok tree is venerated as the home of the spirits.

Plant Parts used: Leaves, buds, flowers, stamens, bark, seeds oil, and gum.

Time of Harvest: Leaves are picked during the growing season and used fresh or dried for infusions and poultices. Buds, flowers and stamens are used fresh. Wood is cut in the dry season (when the spirits are absent). The bark is used for decoctions. Gum is collected from incisions cut into young trees. The fruit is collected and dried before removing the seeds, separating the fibers, and processing them for Kapok.

Culinary uses: Leaves, buds, and immature fruit are cooked as vegetables. Seeds are sprouted and eaten raw. Seeds are also roasted and added as flavoring to soups and sauces. The seeds also yield cooking oil. Flowers are blanched and eaten. Stamens are used to color soups and curries.

Medicinal Properties: An astringent, diuretic herb that lowers fever, relaxes spasms and controls bleeding.

Medicinal Uses: Used internally for abnormal uterine bleeding, dysentery, diarrhea in children (gum), and bronchial congestion (bark and leaves). Used externally in baths, for fever and headaches (bark and leaves), and as a poultice for sprains and wounds and erysipelas, which is a bacterial skin infection.

Other uses: Kapok is used in pillows, mattresses, furniture, acoustic insulation, and life jackets. The silky hairs that surround the seeds of the kapok tree are too fine and slippery to spin and weave. They are used mainly as stuffing because they are light weight, water-resistant and non-allergenic. The fiber mat is so buoyant that it will support up to thirty times its weight. The fibers are also resistant to insect attack.

The large cylindrical pods are split open when ripe, and the floss is spread out to dry. Kapok fibers are so light and fluffy that workers must wear fine mesh protective masks. The drying sheds are enclosed in fine mesh wire to contain the fibers.

References:

Bown, Deni. 2001. New Encyclopedia of Herbs and Their Uses London: DK Publishing

Levetin, Estelle and Karen McMahon. 1996. Plants and Society Dubuque, IA: Wm. C. Brown Publishers

Simpson, Beryl Britnall and Molly Conner Ogorzaly. 2001. Economic Botany Boston: McGraw Hill

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.

Herb of March – Garlic Chives

Garlic chives are a venerable and very useful herb—one that I'd prefer not to be without, especially for many culinary pursuits. There are two different chives of note—garlic and onion chives. Garlic chives are *Allium tuberosum* and are native to the Orient. Onion chives are *Allium schoenoprasum* and are native to Europe. Other differences are that garlic chives have flat leaves, clusters of white blooms in late summer, and a mild garlic aroma and flavor, while onion chives have rounded, quill-like leaves, bloom in the spring with clusters of purple flowers, and have the taste and aroma of a mild onion.

Other common names for garlic chives are Chinese chives, Oriental chives and *gow choy*, *cuchay* and *kiu-ts'ai* in Chinese.

Of the two chives, garlic chives thrive much better in our climate than do onion chives. I'm of the firm belief that onion chives do better in areas with colder winters. On a trip many years ago to Michigan I saw the most fantastic and robust onion chives in full bloom. They are so pretty there that they are commonly used in mass plantings as bedding plants. Being from a warmer climate, garlic chives thrive in the South. At home I don't bother any more with onion chives and just grow garlic chives—an herb truly suitable for the lazy gardener.

Garlic chives are a clump-forming, bulbing plant in the onion family – the Alliaceae. In our mild winters they tend to stay evergreen so you can harvest them fresh year-round. When I harvest the leaves, I cut bits of the clump of foliage down to the top of the bulb. In the kitchen I discard any older brown or yellow leaves and also usually cut away the tougher lower portion of the leaves and use the more tender top portion. Neither chives hold up well to long cooking, so it is recommended that if you are using them in hot dishes to add them at the end of cooking. Garlic chives are also stronger in taste than onion chives, so if you have a recipe that calls for onion chives or simply chives (usually meaning onion chives), you may want to reduce the amount if substituting garlic chives (unless you are like me and love a richer garlic taste).

In order to cultivate garlic chives, you can buy plants started in pots, sow your own seeds, or, even better, just ask a fellow herbie if they have some to share, which is usually the case as they do spread a bit. Clumps are easily divided for sharing or for spreading to new areas. They like full sun to light shade and are fairly drought resistant once established, but will do better if given water during dry periods. As mentioned earlier, garlic chives have white flowers in late summer—often in August if I remember correctly. Enjoy their fragrant blooms, which are attractive to bees, and once they are spent, cut the flower stalks back. If you let them go so seed, they will come up everywhere and can be a nuisance. They will even grow in the cracks of a sidewalk. The only other maintenance I do to them on a rare occasion is to totally cut them back if they seem to look ratty. This will clean out old foliage and make way for new. I also occasionally divide them if they seem to be getting too thick.

The flowers themselves are edible and can be added fresh to dishes or pickled in vinegar. The bulbs are also edible, but I never bother to pull them up and use them as there is usually plenty of foliage. The foliage is often chopped and added to salads, stir fries, and soft cheeses. The leaves can also be added to soups, and noodles and are especially popular with pork dishes in China and miso soup in Japan. I stress again that overly cooking the leaves will destroy the flavor and can also make them stringy. I personally love to use them in salsas and herbal cheeses and butters, where they are a highly useful flavor.

Like most edible members of the onion family, garlic chives are good to add to the diet for medicinal purposes as well as for culinary attributes. They are an anti-emetic herb that help improve kidney function and also help with urinary incontinence and bladder weakness (Bown). In Chinese medicine they are often combined with gardenia as a poultice for knee injuries.

I hope you are growing or will grow garlic chives in your garden and use them in the kitchen. No more adding green onions to top a baked potato when you have more flavorful and readily available garlic chives around!

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



THIS AND THAT

Don't miss HSA's March webinar!
March 7, 1:00 p.m. CST

Distilling History:
The History and Production
of Herbal Essences

Presented by Erik Wochholz, Curator of Historic Landscapes
at Strawberry Banke Museum, Portsmouth, New Hampshire

Erik Wochholz has a B.A. in Philosophy and a B.S. in Environmental Horticulture from the University of New Hampshire. Currently Mr. Wochholz directs the horticulture program at Strawberry Banke Museum which focuses on teaching four centuries of New England farm and garden history. Beginning his career at the University of New Hampshire research farms, Mr. Wochholz has over 15 years of experience in agronomy, fruit and vegetable production, greenhouse management, and organic agriculture.

Register on-line at herbsociety.org

By the way: Past webinars are available at herbsociety.org as well.

Note from one of our members:

My husband and I are moving to Dallas to be near one of my daughters. We hope to move by the end of March, so I may or may not be able to tuck in a Pioneer Unit appearance before we leave.

We will be living in a very nice senior citizen complex near my daughter. I already have received approval from the powers that be to start an herb garden for my own use, for other residents to participate and use, and for the use of the chefs in the complex's four restaurants.

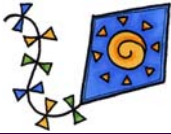


So I will continue to dig in the dirt, and of course think of the many friends I made in the Herb Society.

My email will remain the same. Our address:

June Smith and Haskell Welch
4831 W. Lawther Drive #214
Dallas, Texas 75214

June Smith

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 Forum Packet Assembly 1:00	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

April 2016



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



PIONEER PATHS

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