



# PIONEER PATHS

Newsletter of the Herb Society of America  
Pioneer Unit

March 2019

Volume 25, Number 7

## MONTHLY UNIT MEETING

Date: March 8, 2018

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

Location: Festival Hill Service Building, Round Top  
Directions: Exit Highway 290 at Texas 237 (Round Top exit). Travel south on Texas 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: Cindy Nash, Cathy Comiskey, Susan Bame, Mary Ann Hillegeist, Oscar Hillegeist, Diana Reed, and Georgetta Welch

Lunch: Lunch at Menke House is being provided by Festival Hill if you signed up and paid in advance!

**Please bring gently used 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

Greetings!

The major annual event of the Pioneer Unit is The Herbal Forum Plant and Gift Sale at Round Top, Texas. It is held on the third weekend in March in collaboration with Round Top Festival Institute. All Unit members and other volunteers participate in planning, product development, set-up, and/or provide assistance during the two-day event. Our March meeting will be a work day, so get ready to help either in the Service Building or getting the grounds ready for Forum. If you are unable to attend the March work session, we still need your help.

Please contact one of the Herbal Forum Committee Chairpersons if you have questions. They are:

Thyme Well Spent Shop (TWSS): Co-chairs: Jane Press and Pat Cox

Lotions, creams, scented items: Pat Cox

Jellies, jams, chutneys: Carla Lessard

Mustards: Sara Holland

Vinegars and herb blends: Henry Flowers

Herbal teas: Cathy Comiskey

Stitched items: Jane Press

Dried material and wreaths: Jane Press

Seeds: Susan Lake

Hospitality: Kathe Forrest with Belinda Weatherly

Scholarship table: Cathy Nitsch with Lori Yeats

Plant Sale Co-Chairs: Karen Cornwell and Diana Reed

Plant Sale Set-up: Tony Scanapico

Gazebo: Barbara Hemmer

Finance (charge cards and sales): Lucy Nehr Korn and Linda Rowlett

Holding Area: Pat Garrett

Forum Oversight: Henry Flowers

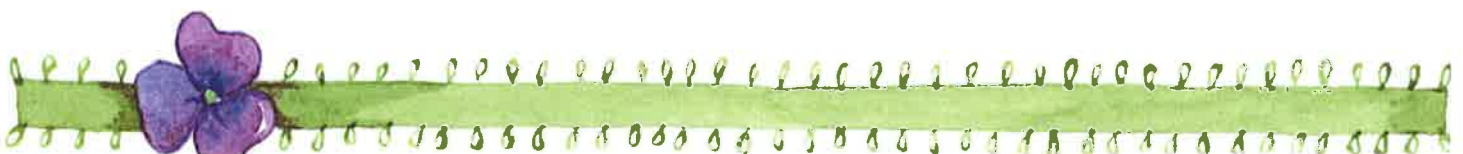
Attendee Check-in: Chair: Ann Allen

Forum Set-up: Chair: Lynn Ehler and Alton Ehler

Silent Auction: Linda Rowlett

We always hope for good weather at Forum, but one thing is always the same: we all enjoy working with and having fun with our fellow herbies! I look forward to working with you at our March meeting and at Forum.

Karen Cornwell  
Unit Chair



## FROM THE PROGRAMS CHAIR

As most of you know, we do not have a presenter this month. Each March we set aside our meeting day to prepare for our annual plant and gift sale.

Elsewhere in this newsletter you will find details of what sort of volunteer work is needed. I encourage each of you to attend this meeting on March 8 as it is a great way to get to know other members while working together.

As usual members start gathering about 9 a.m. - 9:30 a.m. Look for Room 9 of the old school building at Festival Hill. We will gather there and hear announcements and then get to work on various projects, inside and out, before coming back together for lunch at noon.

Hopefully spring will have arrived by then!  
Phoebe Lake

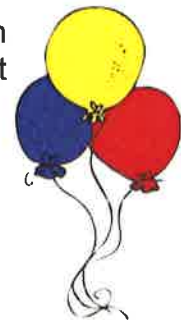
### THYME WELL SPENT SHOP:

Please bring any items you have made for the shop to our March meeting. We will be putting on labels, bagging seasonings, doing last-minute sewing, and anything else needed to get our products ready for selling.

Thank you for all the work you've done for the Shop.

Pat Cox and Jane Press

Happy Birthday to all of you with birthdays in March! As soon as my computer is up and running again, I will publish a list for everyone's reference.



**MINUTES OF UNIT MEETING  
HERB SOCIETY OF AMERICA PIONEER UNIT  
February 8, 2018**

Phoebe Lake, Vice Chair Programs, introduced speaker Chris Kohnke of Pure Texas Honey in Katy who presented a program on Bees, Honey and Hives.

Karen Cornwell, Chair, asked for volunteers to help Linda Rowlett with the silent auction at Forum, both with donating items and with organizing the auction.

Karen explained for new members that Forum is a Festival Hill event on which the Pioneer Unit 'piggybacks' for our plant sale and Thyme Well Spent Shop. Members are expected to help at either or both of these sales. Karen provided a brief hand-out with plant sale information. She also asked for volunteers to 'adopt' a table at the plant sale and help customers find what they need. The volunteer does not need to be an expert on the particular plant.

Henry Flowers had Forum flyers to be distributed by volunteers. The flyers are also on the website. He pointed out that there are other ways to volunteer besides working at the plant sale or shop - at registration, which is a mostly sit-down job; at workshops as angels, particularly the floral design workshop; and during Forum week to put together information packets for attendees and Pioneer Unit members. Henry will send out an e-mail confirming the date when the packets are ready.

There will be a form in the March newsletter for Forum meals. Members who work eight hours at Forum can have one lunch free and may pay for the second. This form **MUST** be turned in at the March meeting in order to qualify for lunches.

Georgia Sowers, Vice Chair Membership, introduced three prospective members – Dianne Singeltary (guest of Lori Yeats), Leona Marshall (guest of Linda Rowlett), and Penny Whiting (guest of Joyce Caddell). Erica Menconi was visiting with her mother-in-law Pat Garrett. Georgia welcomed her new membership co-chair Terry Ross. She reminded members they can earn three hours towards the annual requirement by working at the March meeting.

Pam Traylor, Hospitality, asked members to sign up for a Festival Hill lunch on March 8 after the meeting which will be \$5.00 for active members. If lunch is not paid for today, the money can be mailed to Pam. Pam thanked the lunch hostesses and announced the door prizes.

Several workshops were announced, including a seasonings workshop and a crafting workshop to make bath salt sachets, dates to be announced on the listserv. Kathe Forest will have a bath bombs workshop on February 20, and Pat Cox will have lotions workshops on February 21 and 28.

Susan Bame needs volunteers to prune roses in the sensory garden at Brenham ISD on February 12 at 8:30 a.m. and for a general garden workshop on March 5 at 8:30 a.m.

The meeting was then adjourned for lunch.

Respectfully submitted  
Pat Cox, Secretary



**PIONEER UNIT BOARD MEETING**  
**January 24, 2018**  
**Menke House, Festival Hill**

Present: Karen Cornwell, Phoebe Lake, Georgia Sowers, Terry Ross, Lucy Nehrkorn, Henry Flowers, Lynn Ehler, Barbara Hemmer, Susan Bame, Mary Reeves, Pat Cox, and guest Kathe Forest.

**Programs:** Our second annual horticultural quiz program scheduled for April was discussed.

**Membership:** Georgia Sowers, Vice Chair Membership, welcomed Terry Ross in her role as Membership co-chair. Georgia asked the Board to ratify five new Unit members.

**Motion:** A motion was made and approved out of committee to ratify new members Cathy Nitsch, Marcella Ausmus, Connie Gwyn, Beverly Elam, and Madeline Johnson.

**Treasurer:** Lucy Nehrkorn, Treasurer, distributed copies of the PU Quarterly Income Statement and PU Budget Summary Report for Three Months Ending December 31, 2017.

**Standing Committee Reports**

*Archives and Rosemary* – It was suggested that Lynn Ehler make announcements at Unit meetings regarding members going through health issues.

*Education/Special Events* – Barbara Hemmer is planning a May workshop to make draped pots. Mary Reeves and Kay von Minden are researching details of two possible field trips.

*Scholarships* – Kay Robbins has moved out of town and this position needs to be filled.

*Gardens* – Henry Flowers is cleaning up the Festival Hill gardens after the freezes.

Susan Bame will ask for volunteers to prune roses in the sensory garden in February and for a general workday in early March.

*Communications* – Cindy Nash is ready to place Forum ads in local papers. She will place a two-color ad in the Fayette County Record's Home & Garden issue in February which will go over her budget.

**Motion:** Upon a motion duly made and seconded, the Board voted unanimously to approve adding \$122.00 to the communications budget.

*Plant Sale/Gazebo* – Karen Cornwell has Diana Reed and new member Beverly Elam helping with the plant sale. Henry's projected cost for Forum plants is \$28,300.00.

**Motion:** Upon a motion duly made and seconded, the Board voted unanimously to approve the projected cost of \$28,300.00 for plants for Forum 2018.

Orange construction netting will be placed around the holding area to prevent customers from trying to shop there. Lots of flats will be needed.

*Thyme Well Spent Shop* - Pat Cox reported that Cathy Nitsch will be in charge of the scholarship table. Lotions workshops will be set for later in February. A new fiber optic communications line has been installed at Festival Hill which should help credit card transactions go more smoothly.

**New Business:** Some new members have inquired about attending Forum. Members can attend a workshop that isn't filled or attend a lecture, but are expected to prioritize working in the plant sale and shop and only attend Forum when not needed elsewhere.

Respectfully submitted,  
Pat Cox, Secretary



## Herbal Forum at Round Top

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 Flowers

**HSA Pioneer Unit Member**  
**Meal Reservation Form**  
**Annual Herbal Forum at Round Top**

**Friday March 18, 2018**  
**Saturday March 19, 2018**

\_\_\_\_\_  
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

In February we enjoyed a great presentation about honeybees, their hives, and the delicious honey they produce. Several of us went home with a few jars of the delicious sugar substitute! Prospective member visitors were Leona Marshall invited by Linda Rowlett, Dianne Singeltary invited by Lori Yeats, and for her second visit, Penny Whiting invited by Joyce Caddell. Pat Cox's guest Diana Sellers is soon to be our next new member, and she was here for her fourth visit. Pat Garrett had her daughter, former active member Erica Menconi, with her. We look forward to seeing them again, perhaps at our March meeting and before or during Forum on March 16th and 17th. And it's always a pleasure to see our affiliate members Marijane Lipscomb and Mary Sockwell.

We're in full action preparation mode now for our one annual fund-raising event, the Herbal Forum and Thyme Well Spent Shoppe and Plant Sale. There are many areas of volunteering opportunity this month, and our Unit meeting will be Forum Preparation. All who attend and volunteer, either in the gardens or the Thyme Well Spent Shoppe, will earn 3 volunteer hours. The week of Monday, March 10, going forward up to the 16th and 17th will consist of setting up the plant sale area and the gift shop, unloading plants when the trucks arrive, and other setup in areas where workshops will be held. All of these hours will be recorded under Forum Prep on the sign-in sheets, and the two days of Forum volunteer hours will be recorded in the tab of Days of Forum above the Forum Prep tab. And remember to wear Green on Saturday the 17th for St Patrick's Day!

As always, if anyone has questions, suggestions, or comments about Membership, please contact me via email at [gzsowers@att.net](mailto:gzsowers@att.net) or phone 979-836-8228. I've recently received a suggestion from Cheryl Easley that the sign-in register would be easier if alpha tabs preceded the last names. That's on my agenda to complete.

Here's hoping for a wonderful month of March with lots of sunshine and balmy days, especially the week of Forum. We've certainly had enough water for the soil with all the rains! I look forward to seeing all of you this month at Unit and at Forum!

Herbal Spring Fever,  
Georgia Sowers



## A Colorful Little Bit of Latin—Markings

In continuing with our look at Latin used in botanical names, here are some words that are used to describe the Marking patterns on plants.

### Markings:

<i>astictus</i>	perfect, no spots
<i>castus</i>	unspotted, pure
<i>concolor</i>	evenly colored, uniform
<i>decolorans</i>	discoloring, staining
<i>diaphanous</i>	transparent
<i>dichromus</i>	two-colored
<i>estriatus</i>	without stripes
<i>fucatus</i>	dyed, painted
<i>illustratus</i>	painted
<i>iridescens</i>	iridescent
<i>lentiginosus</i>	freckled, spotted
<i>lepidotus</i>	scaly, scurfy
<i>maculatus</i>	blotched, spotty
<i>marginata</i>	edged, margined
<i>mediopictus</i>	striped down the middle
<i>metallicus</i>	metallic
<i>micans</i>	glittering
<i>mutabilis</i>	changeable
<i>non-scriptus</i>	unmarked
<i>notatus</i>	spotted
<i>pictus</i>	painted
<i>punctatus</i>	painted
<i>reticulatus</i>	netted, veined
<i>scriptus</i>	with script-like lines
<i>sordidus</i>	sordid, dirty-looking
<i>variegatus</i>	variegated
<i>zebrinus</i>	with zebra-like stripes



*Hyacinthoides non-scripta*— English Bluebell



*Iris reticulata* —Dwarf Iris



*Scirpus zebrinus*— Zebra Rush



*Hibiscus mutabilis*—  
Confederate Rose Hibiscus



*Begonia iridescens*



*Pieranthus punctatus*



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



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

**Family Name:** Zingiberaceae

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

**Origin:** Northeast India

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

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

**Propagation:** Division of rhizomes.

**Folklore and History:** none found

**Chemistry** (if known – especially active essential oils): many constituents, including curcumin

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

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

**Dosage Level:** unknown

**GRAS? (generally regarded as safe):** no, but has a long history of use

(continued on next page)

**Culinary Uses:** Its rhizomes are said to smell like mango and have a taste similar to ginger, but with a more bitter aftertaste. In Indonesia it is commonly ground into a powder and added to curry pastes. In India it is more commonly used fresh or pickled.

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

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

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

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

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

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

**Bibliography:**

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

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

Submitted by Henry Flowers, December 2017

