



PIONEER PATHS

Newsletter of the Herb Society of America
Pioneer Unit

May 2017

Volume 24, Number 9

May 1
May Day

—

May 5
Cinco de Mayo

—

May 10
Corn Planting
Full Moon



—
May 14
Mothers' Day
—
May 29
Memorial Day

MONTHLY UNIT MEETING

Date: May 11, 2017

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

Location: First Presbyterian Church
205 South Franklin Street, La Grange

Directions: From Business Highway 71 (Travis Street), one block east of the intersection with Highway 77, turn south onto Franklin Street and go one block to the church. Enter the building on the right through the doorway under the covered walkway.

Program: Mr. McGregor's Garden

Speaker: Henry Flowers

Angel: Terry Ross

Hosts: Betty Powell, Linda Hartson, Wanda Hubbard, Diana Reed, Georgia Sowers, and Jean Zavada

Lunch: Mom's Favorites



Beatrix Potter's Home in the Lake District of England

MESSAGE FROM THE CHAIR

Greetings to all!

Spring weather this year has been great for our gardens. Alas, my lawn has taken most of my free time and I've lost count of the times I've re-mowed the same spot. I do take time to enjoy watching the butterflies chasing each other. The caterpillars have nearly consumed all my fennel and dill. It has been a wonderful spring.

Membership renewal time is also here. The renewal form is posted on our website, and we will have more copies at the May meeting to catch anyone who has not yet renewed. If you have any good ideas for field trips, remember to list them on your renewal application. Our new Co-Chairs for Special Events are Mary Reeves and Kay von Minden. Their gracious offer to help is much appreciated! Be sure to let them know if you would like to help planning fun and educational events in support of our mission.

We will also be moving towards using a smaller set of meeting venues for the upcoming program planning cycle. The Board voted to move toward using a few centrally located meeting locations for streamlining program planning efforts.

Special kudos to Phoebe Lake for her creative response last month following an unexpected speaker cancellation. We had a rousing trivia session, which gave participants a fun break following this last Forum. Member response was positive, and I look forward to doing it again. We did talk about "planting" clues for another session within the monthly newsletters over the upcoming year. Stay tuned.

If you haven't already, please check out smile.amazon.com - Amazon donates 0.5% of your eligible AmazonSmile purchases to the charitable organization of your choice. AmazonSmile is the same Amazon you know and use. Same products, same prices, and same service. On your first visit to AmazonSmile, you only need to select a charitable organization to receive donations from eligible purchases before you begin shopping. Amazon will remember your selection, and then every eligible purchase you make at smile.amazon.com will result in a donation. It is an easy way to contribute (to HSA, I hope) as part of your online shopping experience.

Hope your spring has been as wonderful as mine and have a great May.

Karen Cornwell
Unit Chair

Photo taken at Beatrix Potter's Garden in the
Lake District of England



FROM YOUR PROGRAMS CHAIR

Hope everyone enjoyed our impromptu quiz meeting. For those of you who were absent, it was Pub Trivia meets Jeopardy in a horticultural themed competition! We set tables against tables, and it quickly became apparent who our really competitive members are. Anyway, there's talk of this becoming an annual event, so look for it in next year's programs lineup.

Speaking of looking ahead, I for one am looking forward to our next program "Mr. McGregor's Garden," presented by our own Henry Flowers. Henry has presented this program before, and it received great reviews from the South Texas Unit. For those of us who grew up with Beatrix Potter's lovely stories, this should be a real treat.

It's time also to be looking further ahead to our programs for next year. We like to have the programs reflect the interests of our unit members. So if you have any thoughts on topics or speakers, please drop me a line at PVLake@gmail.com or 281 660 6071.

See you at First Presbyterian Church in LaGrange on May 11.
Phoebe Lake
Programs Chair

Did you know?

You can take an online quiz to find out which Beatrix Potter character you most resemble. I was Mrs. Tiggy-Winkle the hedgehog!

Go to

<https://www.theguardian.com/childrens-books-site/quiz/2015/jul/28/beatrix-potter-character-quiz>
or google The Guardian Beatrix Potter Quiz.



MINUTES OF UNIT MEETING
HERB SOCIETY OF AMERICA PIONEER UNIT
April 13, 2017

Karen Cornwell, Chair, welcomed members to the April meeting and thanked everyone for helping make this year's plant sale so successful.

Karen reminded members that a volunteer chair or co-chairs are still needed for the Special Events position.

She encouraged everyone to pick up an HSA Green Bridges brochure and enroll in the Green Bridges program and also reminded everyone that it's time to complete the Pioneer Unit renewal form and get it to Georgia Sowers, Vice Chair Membership.

Lucy Nehrkorn, Treasurer, announced some preliminary figures for the Forum which look very good, but final figures aren't in yet as some checks are still to be received and more expenses paid. When final figures are available, they will be shared with members.

Georgia welcomed Peggy Richardson (friend of Lori Yeats) for her third visit and Keelia Ritch (Pat Cox's daughter-in-law) who was helping with the post-Forum TWSS sale.

Henry Flowers announced he had brought some plants which members could have for free.

Susan Bame announced an event at the Brenham ISD Sensory Garden on Thursday, April 20, when parents and children will be visiting, and asked for volunteer help. The school also wants kindergartners to tour the Garden next month and when Susan has the date she will ask for help with that.

Pat Cox thanked everyone who volunteered in Thyme Well Spent Shoppe and asked for members to grow bell peppers to give to Carolyn Thomas for next year's shop items.

Pam Traylor thanked the lunch team – Wanda Hubbard, Pat Schmidt, Jean Zavoda, Lucy Nehrkorn, Lori Yeats, and Susan Yancey.

The meeting was adjourned and in place of this month's scheduled speaker who had to cancel, Phoebe Lake, Vice Chair Programs, and her team had organized a horticultural trivia quiz which was thoroughly enjoyed by all.

Respectfully submitted,
Pat Cox, Secretary

April 19, 2017, PIONEER UNIT BOARD MEETING Held at Festival Hill

Present: Karen Cornwell, Phoebe Lake, Georgia Sowers, Lucy Nehrkorn, Henry Flowers, Lynn Ehler, Cindy Nash, Susan Bame, Kay Robbins, Jane Press, and Pat Cox.

Programs: Phoebe Lake, Vice Chair Programs, in response to several members' suggestions, would like to reduce the number of locations used for monthly meetings. After discussion, it was agreed to limit meetings for the next year to Brenham, Burton and Round Top.

Motion: Upon a motion duly made and seconded, the Board voted unanimously to limit meetings for next year to Brenham Presbyterian Church, St. John's United Church of Christ in Burton, and Round Top Christian Fellowship Church. The Thanksgiving meeting (if the Retreat is available), the Christmas meeting and the March pre-Forum meeting will remain the same as for 2016.

Membership: Georgia Sowers, Vice Chair Membership, reported no new members.

Treasurer: Lucy Nehrkorn, Treasurer, distributed the PU Quarterly Income Statement and PU Budget Summary Report for Three Months Ending March 31, 2017. Gross plant sale/TWSS income is \$63,177.75 and net is \$34,210.86. Although not final, this is clearly a record.

Standing Committee Reports

Archives and Rosemary – Lynn Ehler reported that all is good with Rosemary and Archives.

Special Events/Workshops – Barbara Hemmer is planning two hypertufa workshops in June.

Scholarships – Kay Robbins expects to receive scholarship applications in May.

Gardens - Henry Flowers said plants are being moved out of the greenhouse for the summer.

Susan Bame is coordinating a Brenham ISD Sensory Garden STEM event on April 20.

Communications – Cindy Nash was happy with advertising coverage for Forum.

Plant Sale/Gazebo – Henry said plant sale signage was praised widely and our 'experts' contributed to more sales.

TWSS – Jane Press reported a record year for TWSS.

Positions that will need to be filled for next Forum include hospitality, scholarship table, and some of the things Henry does for TWSS.

New Business

a) Karen proposed the creation of a "Members Only" area on the website containing the annual final reports as well as job descriptions and the Yearbook.

Motion: Upon a motion duly made and seconded, the Board voted unanimously to have Susan Lake create a "Members Only" area on the website accessible by password.

b) Mary Reeves and Kay von Minden have volunteered to be Special Events Co-chairs.

Motion: Upon a motion duly made and seconded, the Board voted unanimously to appoint Mary Reeves and Kay von Minden co-chairs for Special Events.

Respectfully submitted,
Pat Cox, Secretary

MEMBERSHIP INFORMATION

Our program in April was a fun twist on the norm, when our Program Chair Phoebe Lake and her helper Diana Reed presented an interactive trivia game about herbs. Our prospective member Peggy Richardson, friend of Lori Yeats, attended on her third visit, and affiliate member Mary Sockwell was with us as well.

Renewals are coming in steadily, and we'll have forms at the meeting this month too. Dues are payable May 1 and delinquent if not received before June 30. Our new fiscal year begins July 1, 2017, and ends June 30, 2018. Active members pay \$67 each and joint members pay \$98 for both. Our forms are also online at www.herbsocietypioneer.org. If you have any questions about membership, please be sure to email me at gzsowers@att.net or call [979-836-8228](tel:979-836-8228). I'll be happy to help you.

Most of our members have their required hours and many more since Forum, and we thank you for all your efforts. I'll be recording the hours and donations up to and ending June 30, so will look forward to all who are reporting them. You may email them, fill in at the registration table at meetings, or call me, whichever method works best for you.

Affiliate member Catherine Hall has a new cell phone number ([830-743-7905](tel:830-743-7905)), which will be in next print of our yearbook this September. In the interim you may update your current directories, and we will correct the online version as well. I visited with our affiliate member Marijane Lipscomb April 21 and she advised me that former active member Charlotte "Char" Land lost her husband Everett "Ev" right after Easter this year after a long illness. We convey our condolences to Charlotte in her loss.

Enjoy our glorious Spring season while it lasts, and I look forward to seeing everyone at our meeting in La Grange this month!

Georgia Sowers
Membership Chair

TWSS FOR FORUM 2018

The jelly and jam makers of the Thyme Well Spent Shoppe need peaches, figs, blackberries, Mustang grapes, pears and boysenberries for next year's Forum. These can be given to Carla Lessard.

And Carolyn Thomas would like to have home-grown bell peppers as they dry better than store-bought.

Thank you for all you do for the shop!

Thanks,
Pat Cox
Thyme Well Spent Co-Chair

BRENHAM ISD SENSORY GARDEN

Bob and I volunteered at the STEM night April 20 at Sensory Garden and enjoyed interacting with the children who came and participated in the Scavenger Hunt. It was great and the weather was perfect. We have some very intelligent and inquisitive children here in Brenham who are so open to learning! They also enjoyed playing heartily, as evidenced by the photo attached. This little boy was racing back and forth steering his one-year old sister over the bridge where the metal goats and troll are located. Perfect photo opportunity!

Georgia Sowers



Culinary Interest Group

Date: Wednesday, May 3

Place: Menke House parlor

Time: 11:00 a.m.- 1:00 p.m.

Topic: Jellies —Bring homemade jellies for tasting plus we'll go through steps for making one herbal jelly.

Hope to see you Wednesday

Sara Holland

job well done...



VOLUNTEERS OF THE MONTH

Volunteers of the Month for May 2017 are all of you, our valued non-Members, including Ann Wilson and her husband Eric, Wendy Matthews, Jack Elvig, Beverly Elam, Susan Yancey's husband Michael, Linda Rowlett's husband Doug, Sue Edmundson's husband Dean, Lois Sutton's husband Andy MacPhillimy, Ginger Heath's husband Bob, Pat Cox's daughter-in-law Keelia Ritch, Henry Flowers' wife Melissa, Jean Zavoda's sister Daphne Haas, the Volunteers at Festival Hill, and non-profit organizational members, who helped make this another successful Herbal Forum and Plant Sale! Your efforts were pointedly noticed and highly complimented by the Unit, guests and customers who attended this event. All of you deserve a major pat on the back for a job well done. Our Unit is most appreciative of all your help. Thank you, everyone!

MAY BIRTHDAYS

May 7 — Pam Traylor

May 9 — Louise Rice

May 11 — Terry Ross

May 12 — Jean Zavoda

May 16 — Kay Robbins

May 22 — Joyce Lane

May 26 — Karen Springer

A Little Bit of Latin – Taste and Sound

About six or seven years ago I wrote some articles for the Pioneer Paths Newsletter about Latin words used in botanical names. After our wonderful quiz program last month it dawned on me that we have a lot of new members since then who might be interested and a lot of long-term members who might need a refresher on the subject (myself included). Thus I'm going to take a short break from herb of the month articles and refresh/rehash these Latin articles. We'll start with a look at Latin words used in botanical names to relate to the senses. Here is a list of some that relate to the senses of **taste & sound**:

acerbus-harsh or sour tasting
 amarus-bitter
 blandus-mild; not bitter; pleasing
 capsicum-biting to the taste; hot (as in peppers)
 causticus-burning to the taste
 cibarius-edible; useful for food
 cynara-bitter to the taste
 dulcamara-bittersweet to the taste
 edulis-edible
 esculentus-edible; tasty
 gratissimum-very pleasing; agreeable
 saccharatus-sweet; containing sugars
 saccharum-of sugar
 sapidus-savory; pleasing to the taste



Clove Basil

Examples of use: *Capsicum frutescens*: (chili pepper) shrubby plant that is biting to the taste
 Cynara cardunculus – (cardoon) bitter plant resembling a thistle
 Passiflora edulis – (passion fruit) passionflower with edible fruit
 Ocimum gratissimum – (clove basil) "very pleasing" basil (It truly is!)
 Solanum dulcamara- bitter (deadly) nightshade -bitter because it is poisonous

Note: Any time we use a scientific name it should be italicized (note names above). The Latin binomial name system is used to describe a species of plant, animal, bacteria, fungus or other living organism. The first of the two names is the genus name and the second is the specific epithet. Together they give us the species name. As humans our genus is *Homo* and our specific epithet is *sapiens*. Thus the species for humans is *Homo sapiens*.

I only found one word botanical Latin word that relates to **sound**:

onopordum-meaning "ass fart"

Onopordum acanthium is the Scotch thistle – a stately emblem of its country. It is reputedly eaten by donkeys (asses) and results in flatulence (farting). If you know of any other botanical Latin names that relate to sound, please let me know.

Could they possibly be any more intriguing than this one?

Henry Flowers, Garden Chairman



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

Botanical Name/Etymology: *Lablab purpureous*, previously known as *Dolichos lablab*

Family Name: Fabaceae

Common Name(s): Hyacinth Bean, lablab bean, bonavist bean/pea, dolichos bean, Egyptian kidney bean, Indian bean, bataw, Australian pea, Jefferson Bean.

Origin: Native to tropical areas of Africa but also grown throughout the Tropics for food; cultivated extensively in North Africa.

Growth Habit: Vine with shoots growing 10-20 feet. The leaves are in three leaflets and may be hairy underneath. Flowers, about 1 inch long, are purple or white, pea-like in appearance and in racemes of many flowers. Flat pods are about 2 1/2 inches long. The pods on the purple variety are bright purple but change to green when cooked. The white variety has a pale greenish pod. The pods contain up to four seeds. They vary in color from white to red to black depending on the variety, or are mottled in the wild. They may have a white hilum (long white seed scar).

Growth (Cultural) Requirements: Sun, part sun but full sun best. Not particular as to soil type. Hardy in zones 10-11. Tender perennial or treated as an annual in more northern climates.

Propagation: Seed (easy to grow). Seed can be soaked overnight before planting. Collect seed in fall just before first frost for spring planting.

Folklore and History: In Eastern Africa (Kenya), especially among the Kikuyu tribe, beans (called Njahe) are boiled and mashed with ripe or semi-ripe bananas. Historically, this has been the main dish for lactating mothers. Hyacinth bean is also known as Jefferson Bean. Thomas Jefferson bought this plant in 1804 from his favorite nurseryman. It is one of the heirloom plants featured at Monticello's kitchen garden.

Chemistry (if known – especially active essential oils): Cyanogenic glycosides are present in the mature fruit and seeds which converts to hydrogen cyanide when consumed. This toxin can be removed by boiling with several changes of water. A cup of boiled hyacinth beans contains 228 calories. Based on a 2000 calorie diet, they provide 32% protein, 18% potassium, and total carbohydrate 13%. They also provide 49% iron, 39% magnesium, 7% calcium, and 5% vitamin B -6. (According to Healthbenefitstimes.com 50% zinc, 73% copper, 111% iron, 159 milligrams ("mg") magnesium, 233 mg phosphorous, 15.7 grams protein, 78 mg calcium.)

Plant Part(s) Used: An edible ornamental, all parts are used by some people. Leaves are eaten raw or cooked (like spinach). Flowers are eaten raw or steamed. Roots are boiled or baked. Immature pods can be cooked and eaten. Seeds can be used to make tempeh or tofu, a vegetarian meat substitute (boil mature seeds first in two changes of water).

Time of Harvest: spring, summer, fall depending on what part of the plant is being used.

GRAS? (generally regarded as safe): yes, but the mature pods and seeds contain a cyanide-type toxin which can be removed by boiling in two changes of water.

Culinary Uses: Salads, vegetable, meat substitute when made into tofu or tempeh. Mature beans are sold in some African markets for grinding into meal to use with other cereals to make porridge flour (thriftyfun.com/Cooking-Hyacinth-Beans-1.html).

Medicinal Uses: Crushed leaves used to cure headaches; infusion of leaves used to treat sore throat; digestive aid, for heart health, cancer preventative, brain health. May have antifungal properties.

Other Uses: Forage, potherb, ornamental.

Sources for Seed or Plants: Candi Glancy or internet, www.reneesgarden.com

Miscellaneous Information: Landscape value for screening purposes or used as a groundcover; treated as an annual although in tropical areas it is a perennial. Nitrogen fixer for soil.

Warnings: Before consuming mature fruit or seeds, boil first with several changes of water to remove toxins.

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.

Bibliography:

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Report submitted by Candi Glancy, April 2017



Purple and white hyacinth-bean varieties grown by author; mature seeds of purple variety (Floridata.com).



CONGRATULATIONS!

Our own Kay Scanapico will be honored with a Certificate of Appreciation at the Awards Dinner at the Herb Society of America Educational Conference. Good work, Kay!

Lemon Basil *Ocimum x citriodorum*

Tips for Use: Use lemon basil anywhere you would use basil and lemon flavors, like salad dressings, sauces, compound butter, herbal vinegar, chicken or fish, in baked goods, with fruit and in beverages.

- Add a handful to pork, seafood or vegetable stir-fry just before the end of cooking
- Create cocktails and other beverages with a basil simple syrup.
- Chiffonade or use a sprig as a flavorful garnish
- As with other basil, add at the end of cooking times or use fresh
- Store freshly cut lemon basil in water on the countertop

Basil Simple Syrup

1 ½ cups water

1 ½ cups sugar

About 8 to 10 sprigs lemon basil (or other type of basil)

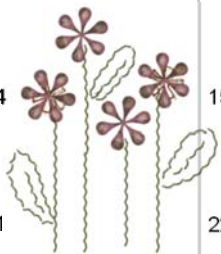
In a small saucepan, combine water and sugar. Gently bruise the basil leaves and add to the mixture. Bring to a boil over moderate heat. Remove from heat, cover and let stand for at least 30 minutes. Squeeze the leaves as they are removed from the pan and discard. Cool and store in the refrigerator for 6-8 weeks or freeze.

— HSA

[This is just a sample of the type of information you can find on the HSA website — herbsociety.org]



May 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 FH Workday 8:30 to noon	3 Culinary Group 11:00 –to 1:00	4 FH Workday 8:30 to noon	5 EdCon	6 EdCon
7	8	9 FH Workday 8:30 to noon	10	11 Pioneer Unit Meeting	12	13
14 	15	16 FH Workday 8:30 to noon	17	18 FH Workday 8:30 to noon	19	20
21	22	23 FH Workday 8:30 to noon	24	25 FH Workday 8:30 to noon	26	27
28	29	30 FH Workday 8:30 to noon	31		BSG = Botany Study Group	FH = Festival Hill SG = Sensory Garden

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	



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
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