



# PIONEER PATHS

Newsletter of the Herb Society of America  
Pioneer Unit

November 6  
Daylight Savings  
Ends  
(fall back one hour)



November 11  
Veterans Day

November 14  
Frosty Full Moon

November 24



November 2016

Volume 24, Number 3

## MONTHLY UNIT MEETING

- Date: November 10, 2016
- Time: 9:30 a.m. Meet and Greet  
10:00 a.m. Presentation and Meeting
- Location: Round Top Retreat,  
Andreas Road at Krause Road  
Round Top, Texas
- Directions: From Highway 290, take Texas 237 south, turn right on Jaster Road (toward Festival Hill); turn right on Krause Road then left on Andreas Road. (more details in the Yearbook)
- Program: Small Flowering Ornamental Trees
- Speaker: Linda Gay
- Angel: Mary Doebbeling
- Hosts: Euphanel Goad, Carla Lessard, Ann Allen, Carolyn Hayes, Johanna Hoiseth, Jane Press, Louise Rice, Kay Scanapico, Mary Sockwell, and Georgetta Welch
- Lunch: Thanksgiving Assigned Favorites



## MESSAGE FROM THE CHAIR

November is the month to give thanks for all our blessings, and I give thanks that our Pioneer Unit is such an active and vibrant group. I am greatly appreciative of all those helping over the past year to make our Unit meetings and the Herbal Forum successful and especially thankful for everyone who has given his or her time and energy to help maintain our gardens.

Special kudos to Henry Flowers for helping pull together job descriptions for the officers and committee chairs this summer. Pulling them together was part of his job as outgoing chair, but getting them all together in automated form was a task of love for everyone involved. Happily, they are now available on our website in the *membership* area at [herbsocietypioneer.org](http://herbsocietypioneer.org) - Check them out! Our governing structure is flexible enough to keep our Unit and its activities current, but it's good to have shared documentation. I hope having this information will be helpful, especially for those of you who have not yet enjoyed the challenge and reward of holding office or serving on committees.

By the way, attendees at the Board meeting mid-October were given a special treat. Butterflies were everywhere in the gardens! I'm sure you been seeing them around your gardens as well, but it was snowing butterflies in the Cloister Garden. It took my breath away!

October was a busy month! Unit meeting, Board meeting, a wonderful educational program for kindergarteners in the Sensory Garden, and just recently the District Gathering in Beaumont. Our unit was well represented at the Gathering, which is always a treat to see. Special thanks to Mary Doebbeling for all her planning efforts. We saw wonderful gardens and had a great time. There are some pictures on our Facebook page: be sure to check them out. I hope you will be able to join us for the next one; it is always an amazing and fun experience!

We will soon be working on preparing vinegars, mustards, jams and jellies, dried herbal blends, and many other items to get our Thyme Well Spent Shoppe stocked up with goodies for the March Forum. All of our members have unique and useful talents, and it's energizing to see the enthusiasm for the new products and plants every year.

Our November meeting at the Round Top Retreat is one of the highlights of the year, and I look forward to seeing you all there and again enjoying great food and friendship. Thanks to you all and have a wonderful Thanksgiving.

Karen Cornwell  
Unit Chair



## FROM THE PROGRAMS CHAIR

I hope you all enjoyed last month's program on Monrovia Nurseries. It was fun to have a behind the scenes look at this national grower!

Looking ahead we will keep with tradition and enjoy the generous hospitality of the Round Top Retreat for November. Directions can be found in our yearbook on page 34. I hope you've already signed up to bring a favorite Thanksgiving dish; if not, contact Pam Traylor.

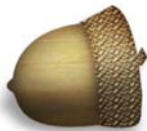
Our speaker for November will be Linda Gay. Linda worked for many years at the Mercer Arboretum, for her last eleven years as director. Currently she can be found at the Arbor Gate nursery where she "offers good advice and troubleshoots for those who got bad advice!" I know you will find her enthusiasm infectious!

Her topic for November will be Small Flowering Ornamental Trees. An added bonus of attending November's meeting will be a coupon provided by Discount Trees of Brenham!

Phoebe Lake  
Programs Chair

### Did you know?

Have you ever noticed a time when there are so many acorns you can barely see the grass? It could be a mast year, an unexplained phenomenon when certain nut trees produce an inordinate amount of fruit. For more information, check out the latest Texas Gardener magazine.



Our Thanksgiving meeting is November 10 at Round Top Retreat. Our hostesses have asked that you cover your dish with foil and put your name with a marker on that. If you can't remember what you offered to bring or would like to sign up for a dish, please get in touch Pam Traylor, 979 830 3598. If anyone is feeling ambitious, we need more sweet potatoes.

Bring cash or a check to the November meeting to sign up for our December 8 meal at Festival Hill. \$5.00 for active members. \$25 for associate members and guests. If you are missing the November meeting and want to come to the December meeting, please mail payment to Pam Traylor, Box 804, Bellville, Texas 77418. **The deadline to sign up and pay is December 2nd.**

Pam Traylor



MINUTES OF UNIT MEETING  
HERB SOCIETY OF AMERICA  
PIONEER UNIT  
October 13, 2016

Karen Cornwell, Chair, welcomed members to the October meeting.

Phoebe Lake, Vice Chair Programs, introduced speaker Rand Hopkins of Monrovia Nursery who presented a program entitled "A Colorful Look at the Horticultural World of Monrovia" with slides showing the huge scale of the growing operation at the various Monrovia nurseries.

Phoebe thanked the speaker and introduced Vice Chair Membership Georgia Sowers, who welcomed visitors Kathe Forrest (guest of Susan Yancey), Jessica Threlkeld (Candi Glancy's daughter), Lloyd Penn (guest of Carla Lessard), Joyce Caddell (guest of Wanda Hubbard), and Wanda Hubbard's husband Norman. Georgia said pre-printed labels are available at the sign-in table to add missing names and addresses to the Yearbook.

Henry Flowers said that HSA's new website is up and running. When signing in, use a personal email address as user and the password provided by HSA. Once logged on, the password can be changed.

Karen reminded members to check their mail for the HSA annual appeal. She asked for items or ideas for the District Gathering Silent Auction at the end of the month to be given to her or Linda Rowlett. The District Gathering will also present a "bring and share" program where members of the various Units can show how an unusual item is made, such as a hypertufa. Registration for District Gathering is open until October 24.

Pam Traylor thanked the lunch hostesses and said sign-up sheets for Thanksgiving lunch dishes are available at the sign-in table. At the November meeting she will be collecting money for the Christmas lunch at Festival Hill which is \$5.00 for active members and \$25.00 for affiliate members.

Door prizes were won by Phoebe Lake, Bonnie Lout, and Cheryl Easley.

Susan Bame announced that kindergarten tours of the Brenham ISD sensory garden will take place on October 25 from 8:00 a.m. to 11:45 a.m. She asked for volunteers for this event to contact her.

Phoebe reminded members that next month's meeting is our Thanksgiving lunch at the Round Top Retreat and the speaker will be Linda Gay, former Director at Mercer Arboretum, who will present a program about small flowering ornamental trees.

The meeting then adjourned for lunch.

Respectfully submitted,  
Pat Cox, Secretary



## MEMBERSHIP INFORMATION

Our October 2016 meeting was well attended, and we were happy to welcome Joyce Caddell, Wanda Hubbard's friend and prospective new member, for her third visit with us, as well as a new guest and prospective member Kathe Forrest, friend of Susan Yancey, for her first visit with us. Susan, you do have a great number of friends whom we always enjoy meeting and welcoming! Also, Candi Glancy's daughter Jessica Threlkeld; Carla Lessard's friend Lloyd Penn; and Wanda Hubbard's hubby Norman were with us for repeat visits, and it is always good to see them too.

We had new labels for members to insert in their yearbooks for members who were inadvertently not printed in our yearbooks at last month's meeting and they will be available this month at the registration table also. Please feel free to pick these up if you weren't there in October. Also affiliate member Susan Abouhalkah has a new address, which is: Susan Abouhalkah, c/o Yusha Abouhalkah, 8211 Pheasant Glen, Spring, Texas 77379-8736. You may correct your current yearbooks and her info will be updated in next year's print.

We look forward to seeing a great turnout at our November 10 meeting at Round Top Retreat in Round Top, Texas, for our Thanksgiving Unit meeting!

As always, if you have any questions or comments about Membership, please contact me at [gzsowers@att.net](mailto:gzsowers@att.net) or call 979-836-8228. I am always happy to lend a helping hand,

Herbally Fall,  
Georgia Sowers



## Herb of the Month of November - Coriander/Cilantro

By now I'm sure that most of you know that coriander and cilantro are the same plant, but yet are different in many ways. The botanical name of the plant is *Coriandrum sativum* and it is (for us) a cool season annual member of the carrot family (Apiaceae). What most people commonly call cilantro is the fresh aromatic leaves of the plant, and coriander nowadays is typically the dried seeds of the plant. Both have very different tastes and tend to be used in very different ways.

The leaves of this plant, most commonly called cilantro or Chinese parsley, are uniquely fragrant and tasteful. Some say the aroma is like that of a stinkbug, and to some extent I agree. But there is more depth than that. The foliage tastes very herbaceous and a bit resinous as well. It is unique. I think that the foliage is best if not cooked or heated to any degree. With cooking it does lose its pungency and becomes more mellow—the reason why when it is used in warm soups it is much more mellow than in a fresh salsa.

Around the world cilantro is used in many cuisines. We, being close to Mexico, most often associate it with the cuisine of that country, where it is an indispensable flavoring in salsas and pico de gallo. It is also used to a great extent in the cuisines of many African countries, India, China, and southeast Asia. It is no coincidence that these cuisines often utilize chile peppers as well, as they combine wonderfully with the taste of cilantro.

The most interesting tidbit of information about this plant, at least to me, is that it is native to the eastern Mediterranean. We don't seem to associate it with the cuisine of Greece or Lebanon. Yet in those countries coriander seed is utilized quite a bit. The seeds have a spicy (not hot) flavor with a floral/citrus overtone. If you don't use them in cooking or baking, you really should. When the seeds are still an immature green, they have a flavor between that of cilantro and coriander and are often utilized in that form in Southeast Asian cookery.

Coriander is a plant which is very easy to grow—as long as you plant it at the right time. It is a cool season plant, so now is the appropriate time to start sowing seeds in your garden. If you wait until March or April, it will be too late. As with many plants in the carrot family, warming spring temperatures will cause cilantro to bolt—send up stalks of small white flowers, which are borne in small umbels. The foliage will also become more finely cut at this point and will have a different aroma and flavor compared to that of the larger immature foliage at the base of the plant.

If allowed to reseed, coriander will come back on its own year after year.

Many varieties of cilantro exist in the modern seed market. Many, such as 'Slo-Bolt', have been selected for their longer resistance to bolting in the spring. Unfortunately all varieties will at some time go to flower and seed, and we are left without fresh cilantro to add to tomato-laden salsas in the summer. Thankfully cilantro has become a stable herb crop in the grocery store and is available year round and at very reasonable prices. It is also being produced organically for those who want to avoid any potential pesticides (although I would doubt that it is a crop that is heavily sprayed, or even sprayed at all).

Many members of the carrot family are great larval plants for butterflies—especially parsley, fennel and dill. Cilantro, on the other hand, seems to never be bothered by caterpillars—perhaps the stink bug-like aroma keeps them away. Occasionally I've found aphids on my cilantro, but they are easy to take care of and unless you are a strict vegan, eating a few won't hurt and can provide some additional protein in the diet.

*Coriandrum sativum* will be the herb celebrated on high next year, so I urge you to grow it in your garden this winter and use it often. Experiment with it and if you come up with some interesting recipes, please let me know. I've been using coriander much more in my cooking and find it delightful in baked goods and anywhere where other spices such as ginger or cinnamon are utilized. In the spice blend I make for the Thyme Well Spent Shoppe, it is the main spice of many.

Sow and enjoy!

Henry Flowers  
Pioneer Unit Garden Chairman



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

**Botanical Name/Etymology:** *Manihot esculenta*

**Family Name:** Euphorbiaceae (Spurge) family - cassava is noted as the only edible member of this family

**Common Name(s):** cassava, maniok, yuca, tapioca and Brazilian arrowroot

**Origin:** from Mexico south to Argentina, but believed to have originated in the central regions of Brazil.

**Growth Habit:** 3-10 foot tall perennial woody tropical shrub with palmately compound leaves. Flowers are small and green. Dioecious. Two notable forms exist: the bitter form has about 1 gram (g) of cyanide per kilogram of root and the sweet form has up to 100 milligrams of cyanide per kilogram of root.

**Growth (Cultural) Requirements:** Warm, semi-tropical conditions with plenty of water during the growing season, but notably fairly drought tolerant once established, which makes it a good crop plant for regions of highly variable weather.

**Propagation:** Stem cuttings for desirable cultivars or seed.

**Folklore and History:** This plant may have originated in South America, but it has become a staple of the diet in many regions of tropical Africa and Asia.

**Chemistry** (if known – especially active essential oils): Roots contain varying levels of cyanide. Proper processing of the bitter form is necessary before consumption. Elaborate methods of fermentation and heating have been developed in various South American cultures in order to remove the poisonous cyanogenic glycosides.

The best method known for removal of the cyanogenic glycosides was developed by Dr. Howard Bradbury, an Australia plant chemist. The method is to peel and dry the roots, grind them into flour, mix the flour with water, and spread the paste out in a thin layer to dry in the shade for at least 5 hours. This will reduce the amount of cyanide to a safe level.

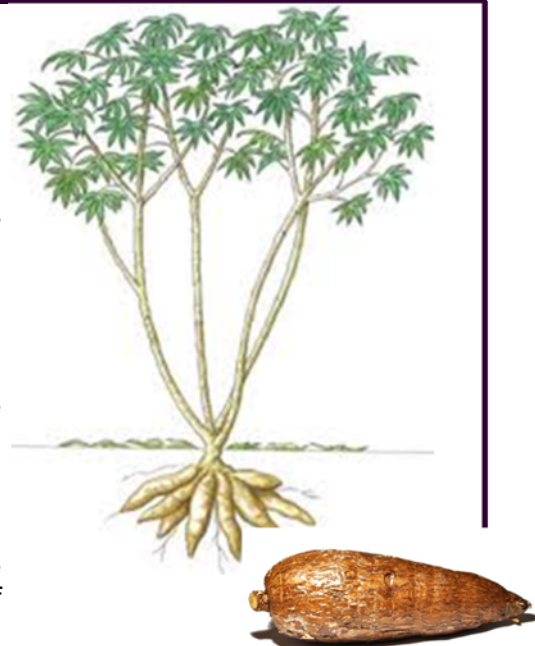
The toxic chemicals found in the sweet forms are generally neutralized by being cooked and thus it is safe to boil, steam and fry (after being boiled).

**Plant Part(s) Used:** Roots as a starch and less commonly the leaves as a vegetable.

**Time of Harvest:** Roots are normally mature and harvestable around 18 months.

**GRAS? (generally regarded as safe):** yes - if properly processed

**Culinary Uses:** Cassava has long been a staple food in Central and South America and is now a very important staple food (especially as a famine food) in Africa and India because of its notable ability to withstand floods and minor droughts. The roots are peeled and used much like a potato. They may also be dried, ground and boiled to produce a variety of starchy foods such as fufu, semolina, or flat breads. The





root is also used to make granulated starch. Tapioca (pearled starch produced by heating which causes the wet starch to gelatinize into pellets) flour is commonly used as a thickener in stews and sweet puddings and other milk-based desserts.

If the roots of bitter cassava are used, they are commonly peeled and soaked in water for around three days before use.

Nutritionally the roots yield 134 kcal per 100g and have 30-35% starch content. The roots are low in protein, minerals, and other nutrients. They contain significant amounts of calcium (50 mg/100g), phosphorus (40 mg/100g) and vitamin C (25 mg/100g). 37% of the caloric intake in Africa is believed to be from cassava and 11% of the same in Latin America.

Cassava leaves are a good source of protein (rich in lysine) but deficient in the amino acids methionine and possibly tryptophan.

Leaves of both the sweet and bitter forms must be well cooked before consumption. They can be added to soups and stews or made into a sort of pesto.

In the tropics cassava is the third major starch source behind rice and maize. Nigeria is the world's largest producer and Thailand is the largest exporter.

**Other Uses:** In some regions cassava is being used to produce biofuels. It is also used in some areas as animal fodder. The starch from cassava roots is considered superior to that from corn or potatoes for use as a fabric stiffener, but it is less commonly employed for that purpose than the other two.

**Miscellaneous Information:** In 2008, 230 million tons of cassava root were harvested world wide. 99 million tons were produced in Africa alone.

**Warnings:** Most commonly the sweet form of cassava roots are sold, but if the bitter form is used it must be processed properly in order to get rid of the high level of cyanogenic glycosides.

Too high a consumption of improperly prepared cassava can lead to cyanide intoxication, goiters, ataxia or incomplete paralysis.

It is notable that many farmers still prefer to grow the bitter forms of the plant as they are less subject to insect and animal damage because of their toxicity.

#### **Bibliography:**

<https://en.wikipedia.org/?title=Cassava>

National Geographic Staff. 2008. Edible: An Illustrated Guide to the World's Food Plants.

Washington DC: National Geographic.

Van Wyk, Eric. 2005. Food Plants of the World. Portland: Timber Press.

Report submitted by Henry Flowers

*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.*




## November Birthdays

November 2 — Cheryl Easley  
November 4 — Jacqui Highton  
November 7 — Belinda Weatherly  
November 14 — Lori Yeats  
November 19 — Lois Sutton  
November 21 — Sandy Plasek  
November 24 — Barbara Hemmer  
November 26 — Diana Reed






Let's run and  
play together  
And enjoy the  
*autumn*  
weather

# November 2016

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 Culinary Group 11 to 1:00	3 FH Workday 8:30 to noon	4 	5 South Texas Unit Herb Fair
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	16	17 FH Workday 8:30 to noon	18	19
20 <b>Deadline for Newsletter submissions</b>	21	22 FH Workday 8:30 to noon	23	24 	25	26
27	28	29 FH Workday 8:30 to noon	30			

# December 2016

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 <b>Deadline to sign up and pay for dinner at Menke House</b>	3
4	5	6 FH Workday 8:30 to noon	7 Culinary Group 11 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 <b>Deadline for Newsletter submissions</b>	29 FH Workday 8:30 to noon	30	31 



## PIONEER PATHS

Volume 24

Editor: Linda L. Rowlett, Ph.D.

Pioneer Paths is a publication of The Herb Society of America, Pioneer Unit. Nonmember subscriptions are available for \$10.00 per year.

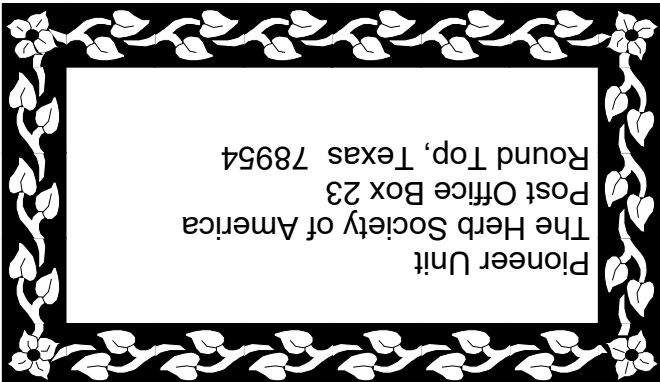
The Mission Statement of The Herb Society of America: "To promote the knowledge, use, and delight of herbs through educational programs, research, and sharing the experience of its members with the community."

---

Chair—Karen Cornwall

Vice Chair Programs—Phoebe Lake  
Secretary—Pat Cox

Vice Chair Membership—Georgia Sowers  
Treasurer—Lucy Nehrkorn



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