

PIONEER PATHS

Newsletter of the Herb Society of America
Pioneer Unit

November 4

Daylight Savings
Ends

(fall back one hour)



November 11
Veterans Day

November 22



November 23
Frosty Full Moon

November 2018

Volume 26, Number 3

MONTHLY UNIT MEETING

Date: November 8, 2018

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

Location: Brenham Presbyterian Church
900 South Jackson Street, Brenham

Directions: From Highway 290 head north on Business 36 North (Day Street). Turn left on College Street and go two blocks to Jackson Street. The church will be on your left.

Program: Tinctures/Cordials — Create and Formulate

Speaker: Ginger Webb
Texas Medicinals

Angel: Cheryl Easley

Hosts: Susan Yancy, Marcella Ausmus, Candi Glancy, Carla Lessard, JoAnn Reichle, Louise Rice, and Diana Sellers

Lunch: Thanksgiving Assigned Favorites



MESSAGE FROM THE CHAIR

Greetings!

Don't you just love Autumn? The days are just starting to get cooler, making working in the garden a bit easier. Unfortunately, the rain is making it a bit difficult. Yet we have been longing for some rain, and we got exactly what we wanted. I have no complaints, but this time of year I do miss the brilliant colors of Michigan maples. All Hallows Eve is almost here, and there is a certain slant to the light that makes for long evening shadows, and the sunsets have been brilliant. Thanksgiving is on its way to remind us that in spite of all our individual trials and losses, we have many blessings. I feel blessed to be part of the Pioneer Unit community!

On another topic, your Pioneer Unit Board recently held a meeting. We meet quarterly. One item we discussed was the fact that both gardens are needing more help. Getting your 20 yearly volunteer hours is relatively easy if you enjoy helping during Forum, but let us not forget that supporting our gardens is an important member effort as well. I just love it when we have a workday so that a bunch of us get together and share garden activities and closer friendships. Regardless of where you get your hours, don't forget to help at each garden at least once a year or more.

We have formalized our agreement with Festival Hill so that our planning for the 2019 Forum and Plant Sale can move forward. You will continue to hear more about it towards January, but it is our single most important fund-raising event, and I look forward to each of you participating. It is always great fun!

Our plant of the year for the 2019 Forum is the tea plant. Check out our Unit website and Facebook page for updates! And we are happy to have y'all collect and share tea recipes. Please share with the group on our new listserv. If you have any difficulties getting messages, contact Linda Rowlett.

Looking forward to our November meeting in Brenham. Have a wonderful Autumn and a blessed Thanksgiving.

Karen Cornwell
Unit Chair



MINUTES OF UNIT MEETING
HERB SOCIETY OF AMERICA
PIONEER UNIT
October 11, 2018

Chair Karen Cornwell opened the meeting at 10:00 a.m. Attendance was 62, including 52 active members, 2 affiliates, and 8 guests. Karen expressed the Unit's deep sympathy for the sudden loss of our dear member Betty Powell who passed away October 1, 2018. The Unit has donated a \$100.00 memorial in Betty's name to First Baptist Church of La Grange. Karen asked that we keep Betty's husband Ken and the family in our prayers. A card was signed by many members.

Programs Chair Kathe Forrest welcomed speaker Cindy Meredith of The Herb Cottage who presented a program on succulents, with a great display of hypertufas and plants for sale.

Hospitality Committee Chair Lori Yeats thanked the Host team led by Pat Garrett with Joyce Caddell, Ginger Heath, Wanda Hubbard, and Mary Reeves. Speaker Angel was Connie Gwyn. Lori advised that sign-up sheets for the November Thanksgiving Unit meeting were available.

Membership Chair Georgia Sowers welcomed 8 visitors: Dianne Robinson, Melissa Robinson, Debi Thomas, Lynda Perryman, Claudia Cockle, Ann Lung, Leona Marshall, and Sandra McDowell. She introduced new member Becky Nichols. New badges were available for all active members, compliments of the Unit, along with complimentary calendars, catalogs, and publications.

Karen Cornwell reported a great time had by a small group at the District Gathering, including a welcome event hosted by member Mary Doebbeling in Cleburne, Texas.

Festival Hill Gardens Committee Chair Pat Garrett announced a Garden Group Day that Henry Flowers will organize. Carolyn Thomas expressed how much can be learned from Henry at clean-up days by old as well as new members. Karen encouraged new members to sign up for the workday and for everyone to come even if not signed up. Festival Hill needs watering and weeding help Mondays, Wednesdays, and Fridays. New member Becky Nichols has already been helping.

Joyce Caddell reminded members that the Unit awards two Scholarships of \$125.00 each year with an application deadline of November 8. Applications may be given to Joyce, Leah Pearce, Jana Rinehart, or Sherrie Tolbert of the Scholarship Committee. A Scholarship recipient may use the money towards presenting an herbal program, newsletter article or similar Unit contribution.

Marcella Ausmus, helper to Sensory Garden Chair Johnnie Pitts, asked volunteers to sign up for an Educational day for Brenham ISD Kindergartners to be held on Friday, 12 October. This is another great opportunity to accrue volunteer hours.

Diana Sellers drew the winning door prize ticket, and Leah Pearce won the succulent hypertufa pot.

On Thursday, 18 October, Botany Study Group member Mary Reeves will lead a walking tour of native plants, meeting at 8:30 a.m. in the Pharmacy Garden at Festival Hill.

Pat Garrett reminded members there is a sign-up sheet in the Lettuce Lounge at Menke House for reporting garden and workshop volunteer hours. Carolyn will plan a propagation workshop.

Joyce Caddell said Ken Powell had donated jars to the Unit from Betty Powell's canning stock. Betty made many jams, jellies, mustards and other items for the Time Well Spent Shop. This will be a nice remembrance of her at our next Forum-Plant Sale in March 2019. TWSS Co-Chair Jane Press will take the jars.

Lori said that she will collect money for the December Christmas meal at next month's meeting. The cost is \$5.00 for active members and \$25.00 for affiliates and guests. Karen reminded those who bring guests to bring additional food, and each dish should feed four to six people. Karen also asked anyone interested in serving in a Committee or Board position to let her or another Board member know. Members can access our website at herbsocietypioneer.org; click on the Membership tab and scroll to Job Descriptions for more information.

The meeting was adjourned at 11:30 am for lunch.

Respectfully submitted,
Georgia Sowers for Pat Cox, Secretary

November Birthdays

November 2 — Cheryl Easley
November 4 — Jacqui Highton
November 7 — Belinda Weatherly
November 14 — Jana Rinehart and Lori Yeats
November 19 — Lois Sutton
November 24 — Bev Elam and Barbara Hemmer
November 26 — Diana Reed



MEMBERSHIP INFORMATION

We enjoyed a great presentation about succulents by Cindy Meredith of The Herb Cottage at our October meeting, with several varieties of potted and designer hypertufa containers of young plants for sale. Leona Marshall attended for her third visit with Linda Rowlett; Debi Thomas was here for her second visit with Belinda Weatherly; Lynda Perryman also for her second visit with Susan Yancey, absent; Claudia Cockle visited for her first time with Carla Lessard; Ann Lugg was a first-time visitor with Linda Rowlett; and Sandra McDowell was a first-time visitor with Kathe Forrest. Dianne Robinson and her daughter Melissa Robinson were visiting with Dianne's parents and Melissa's grandparents, Mary Ann and Oscar Hillegeist. Our newest active member, effective October 2018, Becky Nichols was also in attendance. Our affiliate member Patricia Hoffmaster was with her mother Catherine Gardiner, and Marijane Lipscomb was with us as well. We're happy you were all with us and look forward to seeing you again! It is with regret that we have lost a valuable and dear presence of active member Betty Powell, who passed 1 October 2018. She will indeed be missed, and our Unit will have her in remembrance with a contribution of her many canning jars for Thyme Well Spent Shoppe to be utilized at Forum 2019. We will keep her husband Ken Powell and family in our thoughts and prayers.

All the active members received new badges, compliments of the Unit, and we will have the ones not retrieved in October at our Thanksgiving Unit Meeting November 8, 2018, as well as only a few HSA Membership annual letters and badges for 2018-2019. Membership is collecting everyone's hours as they are reported via email to gzsowers@att.net or recorded in the Registration Journal at our Unit meetings. Thank you all for your diligent efforts in reporting them. As December is almost upon us, it might be a good idea to summarize your hours and donations for the first half of our 2018-2019 year before Forum Prep gets into full swing come January and February 2019. If anyone has questions or comments about Membership, please contact me via email above or phone 979-836-8228. You may also contact Membership Co-Chair Terry Ross at terryr@cvctx.com or call 979-796-6133 so we can guide you to the best resource.

Thank you to all of our membership body for your efforts and time contributed. I'll look forward to seeing all of you on November 8. I hope you enjoy a grateful season of Thanksgiving with your families, friends, and loved ones!

Herbally thankful,
Georgia Sowers



SENSORY GARDEN

October at the Sensory Garden was very busy. We started with a work day on the 6th and kudos to Janie Cornelius, Jo Ann Reichle, Henry Flowers, and Robert Nash for their work. We thank Cindy for sending Robert in her place and look forward to seeing Cindy soon. Mulch was placed to the right of the alphabet garden and around the gazebo. Linda Rowlett will be donating a bench to place in that area. It will give the garden a rather nice touch. If you haven't seen the changes in the garden the past few months, drop by and visit or better yet volunteer to help at the garden.

Janie has worked diligently on the labeling of all the plants and trees in the garden. There were many more than we thought, and thanks to Henry we have names of all of them now plus some we don't have anymore. It has been a lot of work painting the background where she writes the name of the plant in the upper and lower case letters which will benefit the students. Thank you again, Janie.

Then on Friday, the 12th, about 122 Kindergarten students and teachers came through the garden looking for spiders and to see the "bat face plant" again. We began under the gazebo, where Henry put up a big spider web with a big spider, with talking about important facts about spiders and looking at pictures. One of the first things the students saw going into the gazebo was "Nat" the bat that Henry had just gotten hung up that morning! Their little eyes miss nothing! After that we went out into the garden and looked for spiders, and we ended by doing the "itsy, bitsy, spider." Janie Cornelius and Leah Pearce stayed the whole day to help out. They were especially helpful in furthering the spider discussion. I can't thank them enough for all their help. I believe all of us left very happy that afternoon! Maybe a little less energetic, but happy that it went so well.

On October 29th and 30th, the first grade will visit, and their topic will be on how plants get their energy from the sun. I am new at all this, but the plan is to sit under the gazebo and discuss their topic. I will talk to them and explain the best I can and will have books with pictures. For this class they will watch a video before coming to the garden so we will discuss that. Then a visit in the garden to see the plants and how they have thrived with the good soil, sunshine and water. Any of you who would like to help, please let me know by text, phone or email. It would be great to have any science teachers or master gardeners to help out on this subject.

While I was waiting for the Kindergarten class to arrive on Friday, the garden was quiet and so peaceful. As I waited, there was an announcement over the PA system that the Herb Ladies were in the garden that day and the students would be visiting. It warmed my heart to know that the school has given the garden so much attention. Now we have to follow through by volunteering and being there for the students. Thank you again to all who have volunteered their time with the students.

Johnnie Pitts, Sensory Garden Chair

PIONEER UNIT BOARD MEETING
October 17, 2018
Menke House, Festival Hill

Present: Karen Cornwell, Kathe Forrest, Georgia Sowers, Terry Ross, Beverly Elam, Henry Flowers, Lynn Ehler, Barbara Hemmer, Joyce Caddell, Johnnie Pitts, Marcella Ausmus, Cathy Nitsch, Mary Reeves, Kay von Minden, and Pat Cox.

Programs and Hospitality: It was agreed that the January orientation meeting agenda should include a recommendation that each member should sign up for only one lunch hostess slot as we have more members than slots, and members should serve on a lunch team before volunteering to be team leader.

Membership: Georgia Sowers, Vice Chair Membership, made a motion to ratify out of committee new members Leah Pearce, Joann Reichle, and Becky Nichols.

Motion: A motion was made and approved out of committee to ratify new members Leah Pearce, Jo Ann Reichle, and Becky Nichols.

Also on the orientation agenda will be information on how to earn volunteer hours.

Treasurer: Beverly Elam, Treasurer, will email copies of the PU Budget Summary Report for Three Months Ending September 30, 2018. A check has been given to First Baptist Church in Betty Powell's memory, and the Culinary Group is giving an HSA cookbook to Round Top Library in memory of Betty.

Standing Committee Reports:

Archives and Rosemary – Lynn Ehler thanked those who have given her cards.

Education/Special Events – Barbara Hemmer will shortly announce the date of a propagation workshop. Kay von Minden and Mary Reeves are planning a trip to the Lady Bird Johnson Wildflower Center and/or Wildseed Farms and will present details to the Unit when finalized.

Scholarships - Joyce Caddell has had two applicants so far for Unit scholarships.

Gardens – Henry Flowers is leading a clean-up group at the Festival Hill gardens on October 20.

Johnnie Pitts is concerned about a shortage of volunteers at the Sensory Garden. Suggestions for encouraging more volunteers included more information on sign-up sheets, more emphasis at meetings and in the newsletter, and an educational workshop. Johnnie asked for an increase in the Sensory Garden budget of \$1,000.00 because the previous increase was spent on gravel and mulch.

Motion: Upon a motion duly made and seconded, the Board voted unanimously to increase the budget for the Brenham ISD Sensory Garden by \$1,000.00.

Communications – Cathy Nitsch has contacted magazines about Forum advertising.

Plant Sale/Gazebo – Karen Cornwell will pick up the signed Memorandum of Understanding between the Pioneer Unit and Festival Hill for Forum 2019. Henry has agreed to order plants for the Forum. Barbara Hemmer is working on products for the Gazebo for Forum.

Motion: Upon a motion duly made and seconded, the Board voted unanimously to approve the Memorandum of Understanding for Forum 2019 between the Pioneer Unit and Festival Hill.

Thyme Well Spent Shop – Forum 2019 planning is under way.

New Business: Kathe proposed a minute's silence for a member's death at the following Unit meeting.

Motion: Upon a motion duly made and seconded, the Board voted unanimously to observe a minute of silence for a member's death at the following Unit meeting.

Respectfully submitted,
Pat Cox, Secretary

CULINARY GROUP

- We had a lovely meeting on October 3 learning about favorite cookbooks. Apparently for some of us it's the most recent one we've purchased! It's always fun to have the chance to look over a good cookbook. It seems that we had some cookbooks in common, including The Joy of Cooking, both old and revised. As usual we feasted on lots of good food accompanied by the recipes. I for one can't wait to try some of them.
- Next meeting on November 7 is a working meeting. We will be gathering herbs in the Festival Hill Gardens for vinegar making. The vinegars will be steeped until January when we will decant them into smaller containers for sale at the Herbal Forum in March. Two people are bringing salad spinners to dry the herbs. These meetings are always fun because we get to learn how to use our herbs, earn volunteer hours, and also eat. For eats in November we are bringing whatever we want - no special type of food.
- You can start thinking about the December 5th meeting which will be finger foods. Just in time for holiday gatherings!! I will miss this meeting (sad for me) because the Houston Quilt Festival is occurring the same week. I had already signed up for classes so will be spending the week in Houston. Look for a picture from me.
- Happy Herbing!!
- Belinda Weatherly

FORUM INFORMATION FOR NEW MEMBERS

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. This is a must-do event featuring top speakers, demonstrations, workshops, tastings, recipes, and literature. It is a great opportunity to learn about herbs and their uses, gardening, and much more. All Unit members and other volunteers participate in planning, product development, set-up and/or provide assistance during the two-day event.

The plant sale takes place on the grounds of Festival Hill. The gift sale (Thyme Well Spent Shop) is in a room of the Service Building at Festival Hill. The shop sells many different products, including jams, jellies and chutneys, mustards, vinegars, dried seasonings, and herbal teas. Non-food items include herbal lotions; soaps and bath products; knitted, crocheted and stitched items; seeds; and much more. All products are made by members of the Unit and ideas for new items are welcomed. Please contact Pat Cox or Jane Press if you would like to be involved with the shop for Forum 2019, either by making items or working there during the two-day Forum.

The History and Mystery of Herbs

Opium Poppy

Botanical Name: *Papaver somniferum*

Common Name(s): opium poppy or breadseed poppy

Family: Papaveraceae

The opium poppy is a plant with a very dramatic history, and it is still a very important and yet controversial plant to this day.

Botanically the opium poppy is known as *Papaver somniferum* and is a member of the Poppy Family. The specific name *somniferum* is from the Latin *somnus* for sleep and refers to this plant's ability to ease pain and cause drowsiness.



The opium poppy is an annual native to central and southwestern Asia. For us it grows best in our cool season and for success it should be started by sowing seed directly in the garden in the fall (that means "do it now, Folks!"). It will germinate and grow leaves in the winter and bloom in the spring. Single and double forms are available in a variety of colors from white to coral to pink, red and a variety of purples. The double forms are purely ornamental while specific single types are used in legal and illegal drug preparations.

Among the single-flowering forms there are two different types – one grown for opium / morphine production and the other grown for seeds and seed oil production. The latter gives us the seeds that we commonly find in poppy seed kolaches and cakes or on poppy seed rolls.

The former has more significant implications – both good and bad. In order to produce opium, the maturing pods are scratched and once the resinous white latex has thickened and blackened it is removed from the pods. This opium resin can then be processed to produce a purified morphine which is used as a powerful, but unfortunately addictive, pain killer in the legal drug trade. The resin is also transformed into heroin in the illegal drug trade. Heroin is about 2-4 times as potent as standard morphine. Opium resin also contains the alkaloids codeine and thebaine.

Today morphine is still a very important pain-relieving medication. It modulates endorphine receptors and acts as an analgesic. Codeine is also a powerful, but less effective, pain killer with antitussive effects.

Historically opium has been produced and used since before the age of the Egyptians. It became the center of conflict between Britain and China in the Opium Wars of the mid-19th century. By Victorian times laudanum, a tincture of opium, was a common prescription for a variety of ailments. President William Henry Harrison was treated with laudanum while in office, and during the U.S. Civil War it is estimated that the Army used around 2.8 million ounces of

opium tincture and 500,000 opium pills. In the U.S. today there is considered to be an epidemic of opioid (at one time the word opioid was used to describe synthetic chemicals derived from opium, but today it is used to describe all opium based chemicals—synthetic, semi-synthetic and natural) abuse, with opioid variants such as oxycodone, hydromorphone and fentanyl topping the lists. Thankfully Texas is on the low end in the U.S. of deaths caused by opioid overdose. In the past few years less than 6 per 100,000 people have died in Texas due to opioids, versus over 15 per 100,000 in the northeastern quadrant of the U.S. But in any case, any death due to opioid abuse is sad and avoidable.

Today's world demand for opiates is about 200 tons/year with most legal production currently in India, Turkey and Australia. Most of the illegal production is in Afghanistan, where poppy production is the biggest employer nationwide with over 300,000 hectares of land now in poppy production. Myanmar and Mexico are currently second and third in illegal production.

So if you grow opium poppies in your own garden for their beautiful spring blooms, certainly enjoy them, but also think upon their important medicinal uses, as well as the sad issues caused by their unfortunate abuse.

Henry Flowers, HSA Pioneer Unit member



MEMBER SCHOLARSHIPS

This is a reminder to members that November 8th (our November meeting date) is the deadline for submission of member scholarship applications. Two \$125 scholarships will be awarded for the study of something herbal. The only requirement is that you must agree to present the results of your study to the Pioneer Unit. Your presentation could be in the form of a report, a display, demonstration, Power Point program, skit, photographs, slides, graphs, etc.

Scholarship applications should be in writing and can be given to any member of the Scholarship Committee: Jana Rinehart, Leah Pearce, Sherrie Tolbert, or Joyce Caddell.

Joyce Caddell



HERB SOCIETY OF AMERICA LIBRARY

The Herb Society of America Library Collection includes more than 3,500 volumes covering a wide range of topics related to herbs and gardening. Materials collected include books, periodicals, multimedia, collateral, and rare books. The Herb Society of America Library seeks to maintain a comprehensive collection of herb-related materials for members and the public to learn more about herbs and to encourage their everyday use.

The library includes:

HSA Online Catalog *(including how to use the HSA Online Catalog & FAQs)*

Authors' Corner Many of our members are authors; you should sample their work!

Ask the Librarian! Contact our librarian if you need help finding library materials.

The staff librarian is available to answer reference requests Monday – Thursday from 9:00 a.m. – 3:00 p.m. EST

Book Sale We have books that are for sale; take a look!

Become a Friend of the HSA Library

THE LENDING POLICY :

HSA members may borrow items for a period of thirty days. Items are shipped by USPS media mail unless expedited shipping is needed. The borrower pays return postage. Materials may be requested via email, phone, letter or in person.

The library is open to the general public for browsing during regular business hours; over 500 inquiries are made to the library each year. if you are planning a visit, please call headquarters first 440.256.0514.



(information from herbsociety.org)

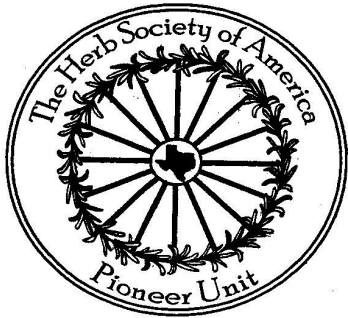
November 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
BSG = Botany Study Group CG = Culinary Group	FH = Festival Hill Garden SG = Sensory			1	2	3 Herb Fair South Texas Unit
4	5	6	7 CG Menke House	8 Pioneer Unit Meeting	9	10
11	12	13	14	15	16	17
18	19	20	21	22 <i>Happy Thanksgiving</i>	23	24
25 Newsletter Deadline Send items to lrowlett@gmail.com	26	27	28	29	30	

December 2018

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



PIONEER PATHS

Volume 26

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 Cornwell

Vice Chair Programs—Kathe Forrest
Secretary—Pat Cox

Vice Chair Membership—Georgia Sowers
Treasurer—Beverly Elam

