



# PIONEER PATHS

Newsletter of the Herb Society of America  
Pioneer Unit

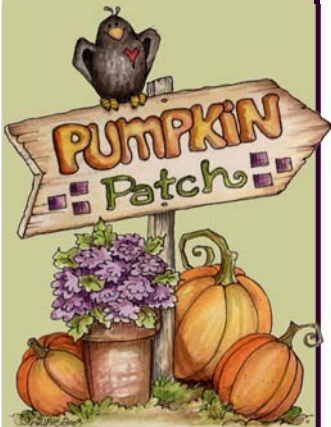
October 2016

Volume 24, Number 2

October 16  
Hunters Full Moon

October 19  
Board Meeting  
Menke House

October 28-29  
District Gathering



## MONTHLY UNIT MEETING

Date: October 13, 2016

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, take Business 36 north to College Avenue. Turn left and find the church at the corner of College Avenue and South Jackson Street.

Program: A Colorful Look at the Horticultural World of Monrovia

Speaker: Rand Hopkins

Angel: Kay Robbins

Hosts: Betty Pior, Ginger Heath, Cindy Nash, Joyce Lane,  
Ronda Herzog, Cheryl Easley and Karen Springer

Lunch: Fall Favorites



## MESSAGE FROM THE CHAIR

I regret missing the September meeting, but it was great seeing friends and family up north. The weather was great, but fall colors were just starting to brush the outside edges of the maples.

Special thanks to Phoebe Lake for handling the September business meeting. I'm sure the dedicated members of the Botany Club provided lots of useful information, and I hope you are encouraged to visit and enjoy our wonderful Pharmacy Garden. The garden is a wonderful learning tool and has benefited greatly from the Botany Club efforts.

The new yearbooks were distributed to those who attended the September meeting. The new cover looks great! The online version of the 2016-2017 Yearbook is accurate, but the printed version needs updating. Henry Flowers recently notified us of a glitch in the publishing process, and Kwik Kopy has labels prepared for us to insert in our yearbooks. These labels will be available at our October meeting for those of you who have already received your copy. Please be sure to peruse your copy and make sure all your information is correct. As usual, any changes or updates should be given to Georgia Sowers, Membership Chair, for next year's publication.

There's a lot going on in October and November so make sure to read the rest of the newsletter to keep up with all upcoming activities.

If you haven't yet had a chance, be sure to check out the new HSA website at [www.herbsociety.org](http://www.herbsociety.org) - Your username is still your e-mail address, but passwords have been reset to HSA1933 (it is case-sensitive). HSA is working out some glitches, but HSA hopes the membership area will be available soon. Be sure to change your password once you've successfully gotten into the Members Only section. Until the membership area is available, the rest of the new website is worth a look.

I hope that you all have a wonderful autumn, and I look forward to seeing you in Brenham in October.

Karen Cornwell  
Pioneer Unit Chair



## FROM THE PROGRAMS CHAIR

So last month I mentioned autumn's arrival, but only in jest. Now we can honestly say hurray, autumn is really here!

Our first program of our new year certainly set the standard very high. Our Botany Study Group took us on a tour around the globe, highlighting plants found in the Festival Hill Pharmacy Garden. Led by Henry Flowers, Botany Study Group members each highlighted a particular plant from a different region of the globe with a background of great photos provided by Henry. Everyone present learned something new, I'm sure. I, for one, will never look at the common vinca without saying thank you (just ask Ronda Herzog why).

In October we will meet at the Brenham Presbyterian Church, 900 South Jackson Street (directions on page 33 of your new yearbook).

Rand Hopkins of Monrovia Nursery will highlight some of the new and not so new plants from this nation-wide nursery. He has been with Monrovia for twenty-three years and currently serves as their Southern and South East Regional Sales Manager. Most of us recognize the familiar green Monrovia pots in retail nurseries so it will be fun to have an insider's look at this horticultural icon.

See you soon!

Phoebe Lake  
Programs Chair

### ***Did you know?***

The Woolly Asp or Puss caterpillar is a harbinger of a cold winter ahead. I just saw one of these fuzzy bugs on my back porch. Be careful! The sting of Woolly Asp is very painful, so do as I did and stay away!



## MEMBERSHIP INFORMATION

Our meeting in September was excellent, and we enjoyed having prospective member Joyce Caddell with us for her second visit with her friend Wanda Hubbard. Lori Yeats also brought her friend Beth Martinez for a first visit. Welcome to both of you, and we hope to see you again! Affiliate member Sandy Plasek was with us and was a great help on the Host Team. Thank you, Sandy!

Our new yearbooks were available in September and will also be at this month's meeting, along with a couple of the new membership cards for members who weren't with us in July. As for the yearbooks, we have labels for you to place into your copies for Euphanel Goad, Linda Hartson, and our newest member Belinda Weatherly. For members who have yet to pick up their yearbooks, the copies available at this month's meeting will already have the labels in them. Thank you all for your understanding of this incident; Patsy at Kwik Kopy was most diligent in helping us out with the correction.

I'm sure all of us are more than ready for our Fall season, which will avail more time in the gardens and other outdoor activities. Looking forward to see everyone October 13th at Brenham Presbyterian Church,

Herbally,  
Georgia Sowers  
Membership Chair

### \*\*VOLUNTEER OF THE MONTH\*\*

This October 2016 we recognize another of our newer members Lori Yeats as Volunteer of the Month! Lori joined us in March 2016 and was most helpful during Forum Prep and in other capacities as well. She interacts well with many of the members and has a strong interest in learning more about herbs and their many uses. As a Licensed Esthetician, Lori should be able to make associations of how herbs may be used in skin treatments and facials. Thank you, Lori, for your contributions to the Unit, and congratulations!



**\*\*\*NEW ACTIVE MEMBER\*\*\***

Our newest active member is Belinda Weatherly, referred to us by her friend active member Susan Yancey. Belinda joined our Unit this month, September 2016, and will be a great asset and willing member. She has an extensive background in gardening and numerous other interests. After she and her husband Jim had a son and daughter, Belinda's career as a nurse and administrator at MD Anderson lasted 20 years until she retired. They were introduced to our area through Susan and built their home and a garden in the middle of a native prairie, where Belinda is interested in growing native plants for the butterflies, hummers, and bees. Belinda is a Master Naturalist, Master Gardener, member of Bluebonnet Area Quilt Guild, a public school mentor, beekeeper, and active in her church and involved with their children and six grandchildren. It is obvious we will enjoy a great deal of interaction with Belinda, so be sure and get to know and make her feel completely at home with us. Welcome, Belinda!

**CULINARY GROUP**

DATE: WEDNESDAY, OCTOBER 5  
PLACE: MENKE PARLOR (2ND FLOOR OF MENKE HOUSE)  
TIME: 11:00 A.M. TO 1:00 P.M.

The Topic this month will be "Harvesting and Using Herbs from the Garden."

Bring a small cutting board, sharp knife, and scissors AND your favorite fresh herb dish for a tasting.

I'll have the herbs (already cut), plastic bags to take your chopped herbs home, and handouts including herb butter and herb salad dressing recipes -- two delicious ways to use your freshly chopped herbs.

Come join us!

Sara Holland



## MINUTES OF UNIT MEETING HERB SOCIETY OF AMERICA PIONEER UNIT September 8, 2016

Phoebe Lake, Vice Chair Programs, welcomed members to the meeting as Chair Karen Cornwell is out of town. She introduced Henry Flowers to present the program.

Henry talked about the history of the Pharmacy Garden at Festival Hill which was started by Madalene Hill. The Pioneer Unit's Botany Study Group maintains the garden and presented today's program. Each group member talked about a specific herb from a particular area and then named three or four more herbs originating from that area. The Botany Study Group presented an excellent and well-received program.

Phoebe informed members that Georgia Sowers has copies of the new Yearbook. She also said that HSA has been having trouble with the new website but it should be working properly by September 10.

Georgia Sowers, Vice Chair Membership, introduced Joyce Caddell (guest of Wanda Hubbard), Beth Martinez (guest of Lori Yeats), and Alice Mouton (guest of Cindy Nash).

Mary Doebbeling encouraged members to attend the District Gathering in Beaumont on October 28-29 which includes tours of the Botanical Gardens and Shangri-La Gardens and a talk by Henry Flowers.

Pat Cox asked if anyone else would like to sew or embroider for the Thyme Well Spent Shoppe.

Susan Bame asked for volunteer help in the Brenham ISD Sensory Garden for Saturday, September 24th, starting at 8:00 a.m. This year's flooding and subsequent drought have resulted in the garden needing special attention. Susan met with Natalie James at the school, and the school would like to start having kindergartners tour the Sensory Garden a couple of times a year. Susan will send out an email with details.

Susan also said that if any members are interested in helping work with outdoor activities for children at Brenham ISD (not necessarily connected with the Sensory Garden) there will be two orientations at the school on September 22nd and 28th and all are invited.

Sara Holland announced a meeting of the people who signed up for the new culinary group to be held immediately after today's meeting.

Barbara Hemmer thanked everyone who brought her found items for the Gazebo for Forum 2017 and said a hypertufa workshop would be scheduled for some time in November.

Pam Traylor thanked the lunch team - Linda Hartson, Verena Aeschbacher, Ann Allen, Mary Reeves, Catherine Gardiner, and Sandy Plasek - for working under difficult circumstances today without a proper kitchen. Door prizes were won by Wanda Hubbard, Sandy Brown, Lynn Ehler, Kay von Minden, and Mary Doebbeling.

Phoebe announced that next month's meeting would be at Brenham Presbyterian and the program would be presented by Rand Hopkins of Monrovia Nursery.

The meeting then adjourned for lunch.

Respectfully submitted,  
Pat Cox, Secretary



## NOVEMBER AND DECEMBER MEETING INFORMATION

Thanksgiving food sign-up sheets will be posted at the October meeting. If you are not going to be present at the meeting, please let Pam Traylor know your preference for the food item you would like to bring to the Thanksgiving lunch. Optional categories include: Cranberries, Dressing, Vegetables, Salads, Sweet Potatoes, Rolls, Desserts.

Please bring check or cash to pay for the Christmas meal at Festival Hill. Cost is \$5 for active members and \$25 for affiliates or guests.

Thanks,  
Pam Traylor  
Hospitality

## DISTRICT GATHERING

Registration for the GARDENS, GUMBO, GATERS AND GOOD FUN Gathering in Beaumont must be mailed to Mary Doebbeling, P.O. Box 83, Cleburne, Texas 76033 by October 20.

If you have any questions, call or text - [817-745-6069](tel:817-745-6069); e-mail - [ourthymegarden@yahoo.com](mailto:ourthymegarden@yahoo.com)

I hope to see ALL of you there.

**If you have items for the silent auction or Scholarship Table for the Gathering, you may deliver them to Mary Doebbeling, Karen Cornwall, or Linda Rowlett at the October Unit Meeting.**

Mary Doebbeling  
District Delegate

### October Birthdays

- October 5 — Ginger Heath
- October 13 — Carla Lessard
- October 14 — Mary Ann Hillegeist
- October 17 — Pat Garrett
- October 21 — Janice Stuff
- October 27 — Betty Pior





## THYME WELL SPENT

Thyme Well Spent Shoppe needs basil, parsley, thyme (English, French or lemon), and oregano for our herbal blends. If you have any of these in your garden and have time to dry and strip them from the stem, we would be glad to have the donations. Or if you would prefer to participate in a group that prepares the herbs at Kay Scanapico's home, please let Kay know and she will be happy to add your name to an email list that will be sent to notify you of when we are meeting.

Thanks a lot!  
Pat Cox and Louise Rice  
Thyme Well Spent Shop Co Chairs



**October Herb of the Month and**  
**Botany Study Group Report**  
**Curcuma longa-Turmeric**

Botanical Name/Etymology: *Curcuma longa*

Family Name: Zingiberaceae - Ginger Family

Common Name(s): Turmeric (English), Haridra (Sanskrit), Haldi, halada (Hindi, Bengali, Gujarati, Marathi)

Origin: Western India (probably) where it has been used for at least 2,500 years, first as a dye, then as spice. It is no longer found in the wild.

Growth Habit: Perennial tropical shrub about 2-3 feet tall, without seeds.

Growth (Cultural) Requirements: Tropical conditions requiring minimal temperatures of about 60 degrees F. These conditions include well-drained, moist soil and high humidity in sun or light shade.

Propagation: Because the plant is sterile, propagation is by pieces of the root (rhizome), with each piece requiring at least one bud as with other members of the ginger family. Commercial growers in India, where 94% of all commercial turmeric is produced, have also recently been experimenting with tissue culture. Harvest of the roots from which turmeric powder, the most common product, is made, can begin after 8-10 months of age in commercial, tropical regions.

Folklore: Turmeric has a long history in India and other Asian countries with religious, cultural and medicinal attributes related to its use as a strong yellow dye and its real or perceived medicinal and physiological properties.

Chemistry: The medically active component of turmeric is curcumin.

Plant Parts Used: The root is used for dye and medicinal purposes; however, leaves may be used as flavoring

Time of Harvest: Being tropical, harvest can occur anytime after the roots reach adequate size, usually 8-10 months of growth.

GRAS? (generally regarded as safe): Yes; however, because curcumin acts as a blood thinner, it should not be taken in supplement form by anyone taking anti-platelet drugs or other types of blood-thinning medicines, blood-sugar lowering drugs or drugs that reduce stomach acid.

Medicinal Uses: Historically, turmeric was used for a wide range of topical and internal conditions, probably due to what is now known to be its wide antioxidant and anti-inflammatory properties, as well as some anti-fungal, anti-viral and anti-bacterial properties. Modern medicine continues to promote curcumin's properties in the same areas, but also is experimenting with

possible uses in more complex diseases such as cancer, diabetes, multiple sclerosis and Alzheimer's.

Scientific literature cautions that while curcumin may show positive effects against the diseases mentioned above in test tubes or lab animal studies, actual use in humans may not have the same effect and that self-dosing for these more serious human conditions should not be attempted or used to replace currently medically approved drugs or treatments.

Other Uses: In Asia, topical application of turmeric is sometimes used to retard hair growth. As previously mentioned, turmeric is an important dye source.

Sources for seed or plants: In areas of the world where there are large populations of southern Asians, fresh turmeric roots are available in Asian food markets. Turmeric does not produce seeds. Growing plants are not usually found at U.S. plant suppliers because of the ready availability of processed turmeric. Mail or internet order would be the most likely source of growing plants.

Joyce Lane

**(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.)**



## **SOUTH TEXAS UNIT 44TH ANNUAL HERB FAIR**

**Saturday, November 5, 2016**

**8 a.m. - 9 a.m.**

Early entrance for customers having placed advance orders

**9 a.m. - 2 p.m.**

Herb plant and herbal product sales - Open to the general public

No Admission Fee

Judson Robinson Community Center

2020 Hermann Drive, 77004

(just outside Hermann Park on Hermann Drive near Almeda Road)

## **HERB SOCIETY OF AMERICA**

**Our October Webinar:  
Home For The Holidays**

**Creating Magical Environments and Seasonal Celebrations!**

Presented by Beth Schreibman-Gehring

October 18, 2016 2-3 p.m. EST

To participate in the webinar, you must visit the Herb Society website ([herbsociety.org](http://herbsociety.org)), sign in as a member, and visit the webinars page.



# October 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
BSG = Botany Study Group	FH = Festival Hill SG = Sensory Garden					1
2	3	4 FH Workday 8:30 to noon	5 Culinary Group 11 to 1:00	6 FH Workday 8:30 to noon	7	8
9	10	11 FH Workday 8:30 to noon	12 SG Workday 8:30	13 Pioneer Unit Meeting	14	15
16	17	18 FH Workday 8:30 to noon	19	20 FH Workday 8:30 to noon	21	22
23	24	25 FH Workday 8:30 to noon SG Student event 8:30 to 11:45	26	27 FH Workday 8:30 to noon	28 District Gathering	29 District Gathering
30	31					



# 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	21	22 FH Workday 8:30 to noon	23	24	25	26
27	28	29 FH Workday 8:30 to noon	30			





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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 Nehr Korn

