

PIONEER PATHS

Newsletter of the Herb Society of America
Pioneer Unit

October 2019

Volume 27, Number 2

October 3-5
District Gathering
Ozark Folk Center
Mountain View
Arkansas

—
October 13
Hunters Full Moon
—



October 16
Board Meeting
Menke House
—

October 22
HSA Webinar:
The Witches' Garden
[details not yet
on the website
herbsociety.org]

MONTHLY UNIT MEETING

- Date: October 10, 2019
- Time: 9:30 a.m. Meet and Greet
10:00 a.m. Presentation and Meeting
- Location: Saint John's United Church of Christ
516 North Colorado Street, Burton, Texas
- Directions: From Highway 290, take 390 northeast into Burton. At the intersection of 390 (Washington Street) and Main Street, continue on East Washington Street. At North Colorado Street, the church will be on your right.
- Program: Moles, Pan, and Grasshoppers; Oaxacan Style
- Speaker: Sara Holland and Mary Doebbeling
- Angel: Cindy Nash
- Hosts: Madeline Johnson, Susan Bame, Phoebe and Rob Lake, and Diana Reed
- Lunch: Mexican Fiesta



MESSAGE FROM THE CHAIR

Greetings to all!

I wonder if everyone is as anxious for cooler weather as I am. Autumn is on its way, but it can't come soon enough. Hard to imagine the low 90s as being refreshing, but I'm happy to leave 100 degree weather behind. We had a great meeting in September, and I'm looking forward to the meeting in October, which will be in Burton.

If you have not gotten a copy of the Yearbook, then make sure to check with Georgia at the October meeting. Thanks to Ann Lugg and Kathe Forrest, we also got a copy of our new membership photo-roster. Not everyone is included but it is a great start! I heard many positive comments. If you've not yet had your picture taken, please see Ann or Kathe at the next meeting. Paper copies will be included with the next Yearbook, but thanks to technology, updated versions can be made available via our listserv.

Many of you have made some time to assist the Unit in so many ways. And you know we will be asking for even more of your time as we get closer to the Herbal Forum. I hope that everyone can find something that would be fun to do as well as productive for the Forum. In the past, I have enjoyed making teas, wreath making, helping with jams, labeling, and getting to share time with some of you in the process. If you have suggestions for new items, be sure to share them with Pat Cox or Jane Press.

Until then, enjoy your autumn and be safe.

Karen Cornwell
Unit Chair



FROM THE PROGRAMS CHAIR

Happy Fall and where is that north wind?

I am certainly looking forward to our October meeting. Our members Sara Holland and Mary Doebbeling have put together a program on the foods of Oaxaca. The city of Oaxaca has long been considered "Mexico's culinary capital," and the most notable aspect of Oaxacan cuisine is its variety of moles. The mole is a traditional sauce and may contain fruit, chili pepper, nuts and spices such as black pepper, cinnamon and cumin.

That's not all – Sara and Mary will delight us -- and perhaps surprise us – with the culinary delights of eating grasshoppers.

This is the first meeting that begins our new Yearbook. Corrections to the yearbook have been made, and you will be able to find the corrected version on our website.

Lunch is Mexican themed -- by far my favorite food. Here is a website I ran across with basic Mexican cooking "how to":

<http://www.foodbycountry.com/Kazakhstan-to-South-Africa/Mexico.html>

** Lori Yeats will be bringing the Thanksgiving sign up sheets (Yes! Can you believe it – almost here).**

Be thinking of what you would like to make and contribute to the festival table. There will be categories to sign up under.

See you there,
Kathe Forrest
Programs Chair



MEMBERSHIP INFORMATION

Our September Unit meeting was great, with a program on Prairie Restoration, and it was nice to get back into our Program year after time off in August. Visitors in attendance were Susan Vanderworth with active member Phoebe Lake and Wendy Smith with active member Cammie Beierle. Cammie also had her husband Jason Beierle for a first-time visit. Affiliate member Carolyn Thomas was with us also, and we sincerely hope to see all of these individuals again soon.

Our two new members, both with effective membership dates of September 2019, were introduced, welcomed, and presented with their new membership badges. Member Betty Pior referred Lou Ann Phillips, and Georgia Sowers mentored Esther Hartman, and they are going to be a great asset for the Unit! Both of these ladies' contact information is in your new Yearbook-Member Directory for 2019-2020, and their bios are included in this month's Pioneer Paths newsletter. WELCOME, Lou Ann and Esther. We are happy that you've both joined our forces!

In July we started with clean sign-in register sheets, and Membership appreciates all of you reporting your hours via email. It was mentioned previously that you can also text your hours to me if you like at my cell, (281) 486-6006. We obtained our new membership letters and ID cards for 2019-2020 from HSA. Several members still need to pick up their letters and new yearbook-member directories, as well as the complimentary neck wallets courtesy of the Pioneer Unit. These items will be available at the registration table this month.

The weather is still lingering in the 90s now, but cooler weather may soon be here, and the gardens the Unit maintains at Festival Hill and the Sensory Garden still need volunteers to help. This is an excellent opportunity to obtain your hours throughout the year. For Festival Hill, you may contact Pat Garrett at pgarrett613@gmail.com or Wanda Hubbard at normanandwanda@cvctx.com and Marcella Ausmus for Sensory Garden at greenfields129@hotmail.com to coordinate times. When you help out at Festival Hill, please be sure to record your time (and mileage for only this garden) in the Journal inside the rear of the kitchen side entrance of the Lettuce Lounge. The record at Festival Hill is for their records only.

As always, if you have any questions, comments, or ideas about Membership, please contact me at gzsowers@att.net or call (979) 836-8228 or Membership's Assistant Linda Yochim at linda.yochim@gmail.com or call (281) 627-9090. Thank you, members, for all your great efforts; the Pioneer Unit is certainly grateful! I look forward to seeing everyone at our meeting this month.

Herbally,
Georgia Sowers
Membership Chair

GET TO KNOW OUR NEW MEMBERS



Lou Ann Phillips: "I retired from Anadarko Petroleum Company in 2016 after 36 years in the oil and gas industry. I am married and live with my husband and two dogs in Round Top, Texas. I have two stepdaughters and their families who live in Houston. I consider myself very blessed to retire in the beautiful countryside of Fayette County."

Esther Hartman: "After almost three decades of teaching English and history in the Cypress Fairbanks district and Lone Star College system in the Houston area, my husband and I retired to New Ulm. Originally from Pennsylvania, I am still trying to acclimate to the heat of August and September, and I look forward to gardening the rest of the year. Other interests include volunteering and fostering with animal rescue groups, travel, and finally catching up on reading all those books on my bookshelf!"

MINUTES OF UNIT MEETING HERB SOCIETY OF AMERICA PIONEER UNIT

September 12, 2019

Karen Cornwell, Chair, welcomed members to the first meeting after the summer break.

Kathe Forrest, Vice Chair Programs, thanked lunch host team Pam Traylor, Patty Mills, Lynn and Alton Ehler, Lucy Nehrkorn, Jane Press and Connie Gwynn. She introduced speaker John Hart Asher from the Lady Bird Johnson Wildflower Center who presented a program about Prairie Restoration.

Kathe informed members that the Fall Native Plant Sale at the Lady Bird Johnson Wildflower Center will take place on October 18. The Unit's October program will be presented by members Sara Holland and Mary Doebbeling.

Karen announced that Barbara Hemmer has agreed to be the Sensory Garden Education Chair for the balance of the current term. Marcella Ausmus will continue as Sensory Garden Maintenance Chair.

Henry Flowers, Past Chair, is working on a new slate of officers to present to the Unit for the next term.

HSA pins were given out for membership as follows:

Mary Reeves – 45 years
Mary Doebbeling – 30 years
Kay Von Minden and Euphanel Goad – 25 years
Ginger Heath – 15 years
Joyce Lane, Mike and Pat Cox, Diana Reed, and Karen Springer - 10 years
Susan Bame – 5 years

Karen encouraged new members to use long-term members as a resource for any questions they may have. There will be an orientation after the January meeting for new members and anyone interested.

Georgia Sowers, Vice Chair Membership, welcomed visitors Susan Vanderworth, Wendy Smith, and Jason Beierle. She also presented badges to new active members Lou Ann Phillips and Esther Hartman.

Kathe reminded members to pick up new Yearbooks and thanked Georgia, Henry, Diana Reed, Lori Yeats, Karen, and Linda Rowlett for their help. Anyone who still wants a photo taken can contact Kathe.

Lori Yeats, Hospitality, presented door prizes to Janie Cornelius, Leah Pearce, and Louise Rice.

Kay Scanapico asked anyone who wants to join her monthly herb-stripping group to contact her. The group meets on Thursdays, and the herbs will be used in seasonings for Thyme Well Spent Shop.

Cathy Nitsch reminded members to save seeds for TWSS. There will be a basket on the sign-in table every month to drop them in, or they can be given to Cathy or Belinda Weatherly.

Belinda invited members to the Culinary Group meetings on the first Wednesday of each month at 11:00 a.m. in Room 2 of the Service Building at Festival Hill. The subject of the next meeting is salts.

Respectfully submitted,
Pat Cox, Secretary

NOVEMBER 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 Lori Yeats know your preference for the food item you would like to bring to the Thanksgiving lunch. There will also be a sign up just to tell us if you are coming or not. This will allow the hostesses at the Thanksgiving meeting to set up the correct number of place settings. The hostesses do such a good job of making that meal special for us.

Thanks,
Lori Yeats
Hospitality



October Birthdays

- October 5 — Ginger Heath
- October 13 — Carla Lessard
- October 14 — Mary Ann Hillegeist
- October 16 — Ann Lugg
- October 17 — Pat Garrett and Linda Yochim
- October 18 — Lynda Perryman
- October 21 — Janice Stuff
- October 27 — Betty Pior
- October 28 — Joyce Caddell
- October 31 — Patty Royal



CULINARY GROUP

The Culinary Group met October 2 with the topic of salt and pepper. Tastings of eight salts and several peppers livened up the group and increased everyone's thirst. Next month we will have a hands-on meeting about beverages with hands-on making of limoncello. All meetings are held at 11:00 in room 2 at Festival Hill. All are welcome.

Belinda Weatherly

SEEDS

Just a reminder: There will be a basket at the Sign In Table just waiting for your seeds. Please deposit any bagged and labeled seeds there. The seeds are being gathered for packaging for sale at our 2020 Herbal Forum.

NATIVE PLANT SALE LADY BIRD JOHNSON WILDFLOWER CENTER

Friday, October 18, 9 a.m. – 5 p.m. – Members only

Saturday, October 19, 9 a.m. – 5 p.m. – Open to the public (*regular admission*)

For more information, visit <https://www.wildflower.org/>



Pioneer Unit Officer Elections

Our next officer elections will be held at our Annual Business Meeting in June of next year. If you would like to be a bigger part of the management of the Pioneer Unit, please consider either running for an office or participating as a committee chair (or co-chair). Committee chairs are not elected, but are chosen by the Unit Chair and then approved by the executive board (made up of the elected officers listed below).

If you have any questions, please contact Henry Flowers, Past Chair and head of the nominating committee, or if you have specific questions about a certain position, feel free to contact the person currently holding that position.

If you would like to run for one of the elected positions, please fill out the form below and mail it to:
HSA Pioneer Unit, PO Box 23 Round Top, Texas 78954.

Herb Society of America, Pioneer Unit Officer Application Form

Position(s) of Interest: _____ Unit Chair _____ 1st Vice Chair - Programs
 _____ 2nd Vice Chair – Membership _____ Secretary
 _____ Treasurer

Have you read the job description for this position? (most current version available on the website) Y/N

Do you have any questions about this position and what it entails? Y/N

Have you served in a similar position before? Y/N
If so, what position and in which organization?

Do you feel that you have the skills for executing the obligations of this position? Y/N

The term of this position is 2 years. Do you believe that you will be able to fulfill this term?

If interested in the position of 1st Vice Chairman, are you interested in possibly moving into the position of Unit Chairman in the future? Y/N

Please check the skills and qualifications that you would bring to the board.

- Leadership Strategic Planning Interpersonal Skills Botany & Horticulture Educational Programming Event & Meeting Planning Public Relations / Marketing Accounting & Finance
- Writing / Editing / Publishing Secretarial Skills Advanced Computer Skills
- Website development/management
- Others (Please list) _____

Do you have any specific goals that you would like to achieve as an officer of the Pioneer Unit?

Name: _____

Date: _____

History and Mystery of Herbs – Witch Hazel

In trying to think of a plant to do a bit of research on for this month, I thought it would be nice to find one that relates to this time of year. In flipping through an herbal, I came across witch hazel and with Halloween just around the corner, I thought this might be a suitable plant. Just why is the term "witch" in the name? We shall see.

The botanical name of witch hazel is *Hamamelis virginiana*, and it is native to the eastern regions of North America in woodland environments and along stream banks. It is a large multi-stemmed shrub or small tree. In the summer it is not of much note, having small, simple green leaves. It is in the fall and winter that it comes into its glory. With the onset of cool weather the leaves turn a golden yellow. Later in the winter, when the stems are bare, masses of small yellow, fragrant flowers with ribbon-like petals emerge all up and down the stems.

The genus name *Hamamelis* comes from the Greek word *hama* meaning "at the same time" and *melon* meaning "apple" or "fruit." It is not uncommon for both fruit and flowers to be found on the plant at the same time – thus the name. The specific epithet *virginiana* is self-explanatory. The family name is Hamamelidaceae.

This plant makes a nice ornamental specimen, especially because it blooms at an unusual time, but it is the plant's medicinal properties for which it is most valued. It is commonly used as an astringent, anti-inflammatory and analgesic. Native American tribes have long used the leaves and bark to make a tea that is used as a general tonic, cold/cough remedy, and a gargle for mouth and throat irritations. The leaves and stems are also soaked in water to make an extract that is applied as a compress or wash to treat the skin for a variety of irritations. It is also used for joint pain, headaches and inflammation.

Today witch hazel extract is commonly used as an ingredient in personal care products such as deodorants, soaps, cleansing wipes, aftershave lotions and such. It can be applied topically to soothe insect bites, small scrapes and inflamed hemorrhoids. It is cautioned that it should not be taken internally because it can upset the digestive system. Witch hazel can be purchased at your local pharmacy, but can also be made fresh by steeping stems and bark in distilled water. This extract is commonly preserved with alcohol or can be kept in the refrigerator.

Witch hazel can be grown in our area if given a semi-shady spot with rich soil, adequate moisture and an acidic to neutral pH soil that is well-draining. It may never get very large because it tends to struggle in the prolonged heat of our summers. At Festival Hill I grew one that started as a one-gallon plant and was maybe a foot tall. In 5-6 years it reached about 3 feet in height. Sadly it is no longer there as it was cut down or pulled out in the summer, likely being mistaken for a weed or a plant of no importance.

There are related species – *Hamamelis mollis* and *H. x intermedia* from the orient. They have multiple cultivars which flower in colors from gold to copper and red. A common landscape shrub, *Loropetalum chinense*, commonly known as Chinese witch hazel or fringe flower, is popular in our area, especially the cultivars with rich purple-bronze foliage. They can bloom in the fall and early

spring and usually have pink flowers which look almost identical to those of witch hazel. They are easier to grow and are pretty, but don't have the medicinal attributes of their cousin.

Now, getting back to the "witchiness": As it turns out, the "witch" in witch hazel has nothing to do with witches. The plant has had supernatural powers attributed to it, and its pliant forked branches are often used for divining water and other treasures. Both Native Americans and European settlers have used it in this manner. It turns out that the "witch" comes from the Old English *wych*, which simply means pliant. How sad that it is not associated with witches, goblins or ghouls. Perhaps though, good witches use it to help keep up a beautiful facial complexion.

Happy Halloween!

Henry Flowers
HSA Pioneer Unit Past Chair





HERB FEST 2019
“An Italian Herb Feast”

Lunch, Learn and Shop

Cooking demo, speaker, sit down for an Italian Feast lunch and visit the silent auction, shop for herbal products and artwork

FRIDAY - NOVEMBER 1ST
10:30 AM TO 1:30 PM

SPEAKER AT 11:00 AM

Damian Mandola
World Famous Chef and Restaurateur
Carrabba's & Trattoria Lisina



Chapel in the Hills
14601 RR 12, Wimberley, TX
\$25 Admission

More info and reservations at
www.hillcountryherbs.org
Email - hillcountryunit@gmail.com
Call - 713-806-6334

Limited open seating, first come basis

Proceeds Support Emily Ann Theatre & Gardens,
Local Education and Outreach Programs



47th Annual

Herb Fair

Saturday Nov. 2, 2019
9am – 2pm

Huge variety of **HERB PLANTS**
Jellies • Blends • Crafts • Books

Presented by

The Herb Society of America, South Texas Unit

www.herbsociety-stu.org

(see website for presale details)

Judson Robinson Community Center

2020 Hermann Drive, 77004

(Just outside Hermann Park & Golf Course on Hermann Drive near Almeda Rd.)

ENTRANCES AND PARKING:

from Hermann Drive or from Almeda Drive

SAVE THE DATE EdCon 2020

2020 Annual Meeting of Members
Thursday, April 16 – April 17, 2020 | Charleston, South Carolina

Save the date for Charleston! Our 2020 Annual Meeting of Members will be in gorgeous Charleston, South Carolina. History buffs, foodies, and garden lovers alike will want to use the annual meeting as an excuse to visit historic Charleston. Although we have a couple of special things brewing for you, we are on an alternate year which means that this will be a one day event. The event will kick off on Thursday, April 16th, with a preconference reception giving you an opportunity to socialize with members from across the country.

On Friday, the HSA Annual Meeting of Members leads off the business activities where you will hear updates from the Board of Directors and have opportunities to take advantage of committee meetings to further learn about the activities of The Society. Of course, the day wouldn't be complete without fascinating speakers who will share with you the deep culture of Charleston and the low country.

From the HSA website

Webinar Library Herb Society of America website herbsociety.org


Members are welcome to view webinars previously recorded at any time and free of charge in the **Webinar Library**.

The **Webinar Library** includes webinars in the following categories:

- Crafts
- Children and Youth
- Native Herbs
- Food and Beverages
- Growing Herbs
- HSA History
- Modern and Historical Herb Uses
- Herbal Folklore
- Health, Wellness and Medicinals

October 2019



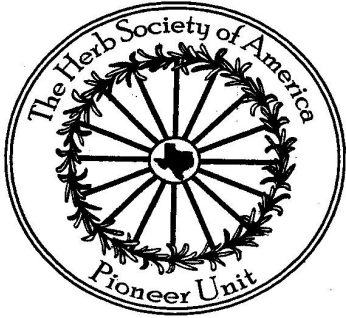
Sun	Mon	Tue	Wed	Thu	Fri	Sat
CG = Culinary Group FH = Festival Hill SG = Sensory Garden		1	2 CG at FH 11:00	3 District Gathering Ozark Folk Center	4 District Gathering Ozark Folk Center	5 District Gathering Ozark Folk Center
6	7	8	9	10 Pioneer Unit Meeting	11	12
13	14	15	16	17	18	19 Native Plant Sale Lady Bird Johnson Wildflower Center
20	21	22	23	24	25	26
27	28	29	30	31		



November 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
CG = Culinary Group FH = Festival Hill SG = Sensory Garden					1 Herb Fest Hill Country Unit	2 Herb Fair South Texas Unit
3	4	5	6	7	8	9
10	11	12	13	14 Pioneer Unit Meeting	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30





PIONEER PATHS

Volume 27

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

Vice Chair Membership—Georgia Sowers

Secretary—Pat Cox

Treasurer—Janie Plummer

