



PIONEER PATHS

Newsletter of the Herb Society of America
Pioneer Unit

September 5
Labor Day

September 22
Autumnal Equinox
(First Day of Fall)



September 16
Harvest Full Moon

September 2016

Volume 24, Number 1

MONTHLY UNIT MEETING

- Date: September 8, 2016
- Time: 9:30 a.m. Meet and Greet
10:00 a.m. Presentation and Meeting
- Location: Herzstein and Old Chapels
Festival Hill, Round Top
- Directions: Exit Highway 290 at Texas 237 (Round Top exit).
Travel south on 237 and turn right onto Jaster Road
and then left into the Festival Hill parking lot. Drive
past the concert hall to the chapels.
- Program: Discovering in the Pharmacy Garden
- Speakers: Pioneer Unit Botany Study Group Members
- Hosts: Linda Hartson, Verena Aeschbacher, Ann Allen,
Catherine Gardiner, Sandy Plasek, and Mary Reeves
- Lunch: Food of Your Immigrant Ancestors

The Herzstein Chapel (lower chapel) at Festival Hill does have a refrigerator/freezer and microwave, but no oven, so plan your dish accordingly. Dishes that can be served at room temperature or chilled will be best for this venue.



MESSAGE FROM THE CHAIR

Greetings to all!

September is here and that means that school has started and fall is soon to be on its way. We had a hot August, as is usual in Texas, but recent cooling rains were very refreshing to both human and plant life. I plan to head north for a couple of weeks this September and hope that fall is really here by the time I get back. In any case, I will be mostly visiting with family but also hope to see some fall colors while there.

Good News! Barbara Hemmer has graciously volunteered to be Education Chair. I am pleased to welcome her as a new addition to our Board. Education is an important and central part of our Unit's mission. Stay tuned and be sure to get with Barbara with any suggestions and offers to assist with education efforts.

Special Events will revert to being a group separate from education, as it has been in the past. Our Unit has been evolving over the years, and we always strive to keep up with changing times. In the more recent past, Special Events planned both longer and shorter day trips that alternated every other year. San Antonio and Houston were examples of chartered trips (if you were fortunate enough to go with us), and we carpoled for shorter visits to local gardens/attractions. Ginger Heath and her team members gave us some great memories. Now it's time to give someone else the opportunity to think about special events and what they may look like.

Now is also the time to start thinking about fall gardening and fall events. Our HSA South Central District Gathering is coming up on October 28th and 29th in Beaumont. Information was in the August newsletter, and Mary Doebbeling will be providing more details at the September meeting. This is always a fun event and a chance to meet with herbies from other areas of our district. Perhaps there will be some officials from the HSA board in attendance as well. I hope to see you there as it is always great to see our Unit well represented.

Thinking ahead to November, the Hill Country Unit will be having its Herb Celebration Day with luncheon on the 4th in Wimberley. This year's topic is "Herbs for All Reasons, All Seasons," and the guest presenter is Trisha Shirey. Check the website at hillcountryherbs.org for more information.

Karen Cornwell
Pioneer Unit Chair



FROM THE PROGRAMS CHAIR

Welcome back, autumn!

At least the calendar says it's almost autumn even if the thermometer doesn't!

We have an interesting program for our September meeting. Our Botany Study Group members will take us around the world with plants from the Festival Hill Pharmacy garden. Expect to learn about the pharmaceutical properties of some familiar and not so familiar plants!

We will meet at the Edythe Bates Old Chapel at Festival Hill in Round Top. After our meeting and luncheon, feel free to explore the pharmaceutical gardens. We may even have an informal tour of these wonderful gardens!

I hope you're looking forward to our gathering as much as I am!

Phoebe Lake
Programs Chair

Did you know?

The chapel is not called Old because of its age (although it was built in 1883), but due to the generous contribution of Edythe Bates Old. She was a gifted musician and educator from Highlands, Texas. Mrs. Old funded much of the cost of the church, including its moving and restoration to the lovely sanctuary it is today.



MEMBERSHIP INFORMATION

Can you believe September 2016 is already here?! It was only a few weeks ago we met in July and then had a month off in August 2016! But work has been steadily clicking along this month with the Yearbook Committee working diligently; Membership has been entered as correctly as can be with members providing needed information.

Our new yearbooks should be available as usual at our September meeting, along with some of the new membership letters and cards from HSA for those members who haven't picked theirs up yet. When you receive your new yearbook, please peruse it to be sure we have your correct information and if changes necessary you may contact Membership at gzsowers@att.net or call [979-836-8228](tel:979-836-8228).

It will be a pleasure to see everyone at our meeting at Festival Hill on September 8th. As always for questions or comments about Membership, please contact me at the email or phone number above. Enjoy our upcoming fall; it seems we're already getting a bit of relief with lower temperatures and needed rainfall.

Happy Herbing,
Georgia Sowers
Membership Chair

VOLUNTEER OF THE MONTH

This September 2016 we recognize Royceanna Kendall as our Volunteer of the Month! Royceanna just joined our Unit in February 2016 and in March was a great help at the Herbal Forum and Plant Sale. She has a definite interest in learning more and participating, so her membership will serve the Unit well. Your efforts are very appreciated, Royceanna. Congratulations!



*****NEW ACTIVE MEMBERS*****

In late August 2016 we gained two new members -- Janie Cornelius and Bonnie Lout -- thanks to our active member Susan Yancey! Thank you, Susan! Both of these new members' contact information will be in our 2016-2017 Yearbook, and we'll welcome and introduce them at our September meeting. Let's be sure to make them feel right at home with us!

Janie Cornelius, a native Houstonian, moved with her husband Jon to this area of Texas in 1996 (she's been here awhile). She married into a 'plant' family, so plants have been a large part of her life on several levels. Janie is a very active gardener and is always willing to learn even more. As a mother, grandmother and great-grandmother, she loves to live out our mission, sharing her interest and joy of plants, gardening and education with several generations. She will likely be a welcome asset at our Sensory Garden when the children and families visit there.

Janie's address is 1171 Dockal Road, New Ulm, Texas 78950-2263, phone [979-357-2361](tel:979-357-2361) and cell [979-251-4239](tel:979-251-4239), and email is jdcjc4@industryinet.com. Janie's membership date is effective September 2016, and her birthday is February 21.

Bonnie Lout was born in Houston and raised in Midland, Texas, which speaks of her family being in the oil business. She lost her husband about 3-1/2 years ago, but they had moved to New Ulm to be closer to their children, two girls and a boy, and their four grandsons. During his lifetime, she and her husband enjoyed breeding and raising dogs on a hobby level. Bonnie retired in 2008 from the chemical lime business. She is most interested and willing to learn lots about gardening and growing and using herbs. So, Bonnie, you are certainly in the best place for this, and we are so happy to have you in our Unit. Welcome!

Bonnie's address is 26084 Old Laake Lane, New Ulm, Texas 78950-4815, phone [979-992-2898](tel:979-992-2898) and cell [979-270-1895](tel:979-270-1895), and email is bonray@industryinet.com. Bonnie's membership date is effective September 2016, and her birthday is February 20th.

*****NEW AFFILIATE MEMBER*****

In late August 2016 we also gained a new affiliate member, Mary Sockwell, thanks to our very long-time active member Euphanel Goad! Thank you, Euphanel! We'll welcome and introduce Mary at our September meeting also. Her contact information will be in our 2016-2017 Yearbook. She knows a lot of us already since attending several of our meetings so let's make her feel at home with us too.

Mary was born and raised in South Carolina, known for sunshine and sweet tea! After attending USC, she moved to Houston and lived there for over 40 years. She has one daughter who lives in Austin. Mary's interests include antiquing, decorating, cooking, gardening and handwork. She has put these interests to work already helping Euphanel with functions and with our Herbal Forum. Mary and her husband Leon look forward to living in Round Top full time and immersing themselves in country life. We are happy we'll be seeing more of you, Mary. Welcome!

Mary's address is 2775 South Weyand Road, Round Top, Texas 78954-5140, phone [281-488-5716](tel:281-488-5716) and cell [713-764-6824](tel:713-764-6824), and email is mlsockwell@earthlink.net. Mary is a Member at Large with HSA, and her birthday is February 21.

JULY 13, 2016 PIONEER UNIT BOARD MEETING Held at Festival Hill

Attendees: Karen Cornwell, Phoebe Lake, Georgia Sowers, Lucy Nehrkorn, Henry Flowers, Cindy Nash, Pam Traylor, Louise Rice, Susan Bame, Lynn Ehler, Pat Cox, and Sara Holland.

New Chair Karen Cornwell welcomed new Board members Phoebe Lake (Vice Chair Programs) and Lucy Nehrkorn (Treasurer) and Committee Chairs Cindy Nash (Communications), Pam Traylor (Hospitality), and Susan Bame (Sensory Garden). A Scholarship Chair and Education Chair are still needed.

Motion: Upon a motion duly made and seconded, the Board voted unanimously to approve the new Committee chairs.

Programs: Phoebe Lake distributed a list of proposed programs for the coming year. Information is being finalized for the new Yearbook which will be distributed at the September meeting.

Hospitality: Sign-up sheets for speaker angels and hostess teams will be available at the next meeting.

Membership: Georgia reported that Jean Zavoda is now an active member of the Unit, Dolores Rowlett and Cindy Rollins are affiliate members, and Billie Parus is a member-at-large.

Motion: A motion was made and approved out of committee to ratify Dolores Rowlett and Cindy Rollins as affiliate members and Jean Zavoda as an active member.

Treasurer: Lucy Nehrkorn distributed copies of the Quarterly Income Statement and Budget Summary Report for Three Months Ending June 30, 2016, and Proposed Budget for Year Ending June 30, 2017.

Motion: Upon a motion duly made and seconded, the Board voted unanimously to approve the financial statements and budget.

Standing Committee Reports

Archives and Rosemary – Lynn Ehler reported everything is fine with her area.

Education/Special Events – When a new Education Chair is appointed, Henry would like to see more educational events planned, such as Herb Day.

Gardens – The sensory garden was flooded in May, but damage was minimal.

Communications – Cindy said that Susan Lake will still manage the website and Facebook, and Linda Rowlett will take care of the newsletter and listserv.

Plant Sale – Barbara Hemmer is planning for Forum 2017 and would like members to forage in their yards and fields for outdoor items from which she can make products for the Gazebo.

Thyme Well Spent Shoppe – Louise and Pat are planning for Forum 2017 with emphasis on better advertising for the shop including a Forum packet insert and information at the plant sale.

An orientation for new members is planned for January or February 2017.

Sara Holland talked about the new Unit culinary group. Sign up will be at the September meeting.

Respectfully submitted,
Pat Cox, Secretary

APPLICATION DEADLINE FOR MEMBER SCHOLARSHIPS – SEPTEMBER 8

The deadline is nearing to apply for a Member Scholarship for anyone who wishes to do individual study and research. The only requirement is that the member must agree to present the results of his or her study in some way to the Unit.

To apply, submit your name, phone number or email address, and a brief description of the proposed use of funds to a member of the Scholarship Committee: Kay Robbins, Chair. The Pioneer Unit annually awards up to two \$125 scholarships in October. The deadline to submit an application is by the Unit meeting on September 8.

The form below may be used to apply for a scholarship.

Application for Member Scholarship

Name _____

Address _____

Phone Number _____

Proposed Use of Funds _____



CULINARY INTEREST GROUP

Do you like to cook??? Want to learn how to use herbs to enhance the flavor and nutrition of your dishes??

How do I use the herbs growing in my garden??

The Pioneer unit is starting a culinary Interest Group relevant for the experienced and the novice cook and the interested learner!

How do I sign up and get started??

SIGN UP SHEET ON BACK TABLE AT THE SEPTEMBER MEETING

LOCATION: MONTHLY MEETINGS WILL BE HELD AT FESTIVAL HILL

WHEN: TO BE DETERMINED BY THE PARTICIPANTS AT FIRST MEETING
FIRST MEETING HELD IMMEDIATELY AFTER REGULAR SEPTEMBER MEETING

TOPICS/ACTIVITIES: PICK UP A HANDOUT SHEET NEXT TO THE SIGN-UP SHEET

Everyone will participate in preparing tastings (based on topics studied) to share with group members

FUN - exploring, learning, and growing with culinary herbs!!

Sara Holland



THYME WELL SPENT

We ask all members to please remember we like to recycle, so please save any jars and bottles from products you purchased from the Thyme Well Spent Shop. We also need 8-ounce jelly jars and any fruits such as figs, berries and peaches. Any dried herbs such as oregano, basil, thyme, rosemary, lemon verbena, elderberries, mints, dill and parsley you have can be used in our dried seasonings and teas. You can give these items to Pat Cox or Louise Rice and we will get them to the right person. Any seeds that you collect can be given to Susan Lake.

If you have any new ideas for items to sell in the Thyme Well Spent Shop, please let us know. We are open to new ideas!

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

September Birthdays

September 2 — Kay Scanapico

September 13 — Janie Plummer

September 15 — Pat Cox and Sue Edmundson

September 17 — Lucia Bettler

September 22 — Linda Hartson

September 27 — Jane Press

September 30 — Georgetta Welch

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

Botanical Name/Etymology: *Maranta arundinacea*

Family Name: Marantaceae

Common Name: Arrowroot

Origin: This herbaceous perennial is a native of Guyana and western Brazil. It is cultivated throughout the West Indies, Southeast Asia, Australia and South Africa.



Growth Habit: Its creeping rootstock has fleshy tubers (underground storage organs), and its many-branched stem, reaching a height of 5 feet, bears numerous leaves, having long narrow sheaths and large spreading ovate blades, and a few short stalked white flowers.

Growth Requirements: The arrowroot plant is very hardy and not very demanding in its requirements. The ideal growing conditions are deep, well-drained, slightly acidic soils and a hot, humid climate.

Propagation: The plant is propagated from other rhizomes.

Plant Part(s) Used: The tubers are ground into a powder for cooking.

Time of Harvest: The harvesting season is from October to May, when the tubers are gorged with starch and just before the plant's dormant season.

GRAS? (generally regarded as safe) Yes

Culinary Uses: Arrowroot starch is used as a thickener in many foods such as puddings and sauces. It can be substituted for cornstarch or flour in cookies and baked goods.

Medicinal Uses: There are many medicinal benefits for using arrowroot powder. It contains important minerals that are essential to the body such as zinc, copper, magnesium, manganese, and potassium and phosphorous. It contains vitamins such as riboflavin, niacin, thiamin, pyridoxine, and pantothenic acid. Arrowroot can be used to help heal wounds and sores. It can help regulate your heart rate, maintain proper acid and alkali levels within the body, and can regulate blood pressure. It is believed to help soothe upset stomach and nausea.

Other Uses: In some places the leaves are used as packing materials. After the arrowroot powder has been extracted from the plant, the remaining fibrous material is used to feed cattle.

Sources for Seed or Plants: Various internet sources

Bibliography:

www.Wikipedia.org

Kadans, Joseph M, N.D.,Ph.D. Modern Encyclopedia of Herbs. Parker Publishing Company, Inc.: West Nyack, New York. 1970.

Bremness, Lesley. Herbs. 1st American Ed. (Eyewitness handbooks). Dorling Kindersley: New York. 1994.

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.

Submitted by Karen Springer

Herb of September – Paprika

As I am sure that most of you well know by now, the herb of this year is the chile pepper, or more technically the genus *Capsicum*. Thus it is fitting that our herb of the month for September is a specific chile pepper—paprika. But is paprika a specific pepper? We shall see.

After reaching Greece during a Turkish invasion, chile peppers made their way into the Balkans. There they became known as *peperke* or *paparka*, which by the earliest mention in a document in 1569 had become *paprika*. Just as the chile pepper greatly influenced the cuisines of India, Indonesia and China, it had a great impact on this region as well. Napoleon's embargo of black pepper into the Europe under his control in the early 19th century was a boost to the pepper-producers of this region in that time.

In the Balkans, especially in Hungary, a long type of pepper that has some, but not a lot, of pungency is used to make paprika powder. In many cases many different types are blended together to get a desired effect. So the answer to my earlier question about paprika being a specific pepper is no. Technically paprika is a ground pepper product and the peppers used to make it can vary. Hungarian paprika is probably the best known, and it typically has a bit of pungency. Spanish paprika is commonly made from a round pepper and more often than not it is smoked, giving a distinct and rich flavor that is suitable to specific dishes. American paprika is very standardized and is often extremely mild with virtually no heat. It is commonly used as a coloring garnish on dishes such as deviled eggs and potato salad—mainly for "cosmetic" purposes.

In catalogs you will occasionally come across "paprika" peppers. We now know that there is not one, but many peppers used to make paprika. A few that you may encounter are 'Alma Paprika' (a popular round fruit of moderate heat), 'Boldog Hungarian Spice', 'Cyklon' (a long, hot type), 'Kolocsa', and 'PCR Paprika'.

The well-known "Hungarian flavor," for which the country is known, is a blend of flavors most often created by cooking onions to translucency in lard (often pan drippings after browning pork) and then adding paprika powder and sour cream to create a rich sauce. This sauce is then poured over dishes of meat and peppers. Many versions of these *gulyas* (goulash) and *paprikas* (paprikash) dishes exist.

Food authority Craig Claiborne has noted, "The innocuous powder which most merchants pass on to their customers as paprika has slightly more character than crayon or chalk. Any paprika worthy of its name has an exquisite taste and varies in strength from decidedly hot to pleasantly mild but with a pronounced flavor." So if you plan to make a good Hungarian goulash or paprikash, make sure to purchase some good-quality paprika from a source such as Penzey's or Savory Spice Shop and you won't be disappointed.

Look up a good recipe for chicken, beef or veal paprikash and give it a try today in salute to our herb of the month and year!

Henry Flowers
Pioneer Unit Garden Chair



HERB SOCIETY OF AMERICA

The next webinar offered by HSA:

The Secrets of Saffron
September 22, 2:00pm EDT

Presented by Susan Liechty

Saffron has been called the gold of the plant world, empress of spices and the prima donna of the spice cabinet. No matter what you call it, one thing everyone agrees with – it's expensive. Learn about the history, the many uses, why it's the spice with a price, and the many secrets this intriguing herb has held for hundreds of years.

Remember: if you cannot listen to a webinar live, all of the past webinars can be accessed from the HSA website.



New Product available on the HSA website:

Watering can ornament from
Nature's Sketchbook
Designed by Marjolein Bastin

\$17.95 plus \$4.95 shipping



September 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	3
4	5	6 FH Workday 8:30 to noon	7	8 Pioneer Unit Meeting	9	10
11	12	13 FH Workday 8:30 to noon	14	15 BSG	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	

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	6 FH Workday 8:30 to noon	7	8
9	10	11 FH Workday 8:30 to noon	12	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	26	27 FH Workday 8:30 to noon	28 District Gathering	29 District Gathering
30	31 					



PIONEER PATHS

Volume 24

Editor: Linda L. Rowlett, Ph.D.

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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

