



PIONEER PATHS

Newsletter of the Herb Society of America
Pioneer Unit

October 1

Harvest or Hunters
Full Moon

[The full moon closest
to the Autumnal
Equinox is the
Harvest Full Moon.]

—

October 31

Blue Full Moon

[When a month has
two full moons, the
second is a "blue
moon." This happens
every two and a half
years or so.]



October 2020

Volume 28, Number 2

MONTHLY UNIT MEETING

- Date: October 8, 2020
- Time: 9:30 a.m. Presentation and Meeting
- Location: Festival Hill Plant Sale Area
Round Top
- Directions: Exit Highway 290 at Texas 237 (Round Top exit).
Travel south on 237. Turn right on Jaster Road and
left into the parking lot for the Plant Sale Area (on the
northwest side of the Hall).
- Program: How Herbs Changed History
- Speaker: Henry Flowers
- Angel: Becky Nichols
- Hosts: Patty Mills, Cathy Nitsch, and Debi Thomas



MESSAGE FROM THE CHAIR

Hello Everyone,

It's been wonderful to have some rain this past week, although it does mean more mowing. The hummingbirds are in my salvia and feeders night and day. It is a pure pleasure to sit on the porch with my coffee and watch them fight over the purple flowers. (see picture below)

Other flowers blooming here in my small gardens are, of course, zinnias, lots of salvia, yellow roses, and pink and white vincas. What's blooming for you? I have also spread those free packets of wildflowers received at the last meeting. Thank you to everyone who packaged up articles bought from the Time Well Spent Shop and to those members buying!

The September meeting was wonderful with such nice cool weather! Zoom worked perfectly, and we will be recording in October as well.

See you at Festival Hill if you are venturing out that day, and please let the board know how we can assist you in any matters of our Unit.

Best,
Kathe Forrest
Unit Chair



FROM THE PROGRAMS CHAIR

Always a popular speaker, our very own Henry Flowers will join us for our October meeting. His topic will be a fascinating one: "How Herbs Changed History"

Herbs may be useful little plants, but many have big personas and have often affected historical events. Herbs have been involved in voyages of discovery, in the starting of wars, and economic successes and failures. They certainly affect and, in many cases, define the cuisines of different countries and regions. They have also been used to save and take many lives. Yes, we certainly can appreciate how they affect the taste of the foods and beverages on our tables and how they look and smell in our gardens, but they are so much more and deserve recognition for their many and varied roles on the grand stage of history.

The meeting date is Thursday, October 8. We will gather at 9:30 a.m., and Henry will begin at 10:00. Our prime concern is for the safety of all members, so once again we will gather outside on the beautiful grounds of Festival Hill in Round Top. Please wear masks and use social distancing. A Zoom option is also available for those not attending in person. If the weather is inclement, or threatening to be, members will be notified and we will all participate via Zoom.

Phoebe Lake
Programs Chair



PROPOGATION WORKSHOP

: Are you interested in learning how to make more plants from plants you already :
: have? We are offering an educational workshop that will teach you how to :
: successfully multiply some of your favorite plants. Cuttings, seeds, and division :
: techniques will all be demonstrated. This is a hands on workshop, so plan on taking :
: home your own new plant treasures!

: The workshop will be held on Thursday, November 19, from 9 to 11 a.m. Location :
: to be determined, but we will be inside a greenhouse.

: You must register for this workshop because participants are limited in order for us :
: to allow social distancing. Contact Madeline Johnson, madeline@industryinet.com, :
: or Phoebe Lake, PVLake@gamil.com, to register or for more information.

MEMBERSHIP INFORMATION

Ahhhh, it's finally Fall. Hooray!! The temperatures are wonderfully cooler, and we've had some rain. I feel nature breathing a huge sigh of relief. The frogs are singing once again, and those darn cicadas are much quieter. It's amazing that just a little rain turns the world from brown to green and tremendously improves the outlook on life. I am deliriously joyous.

Our September Unit Meeting was outdoors on the Festival Hill grounds. It was refreshingly cool and a little breezy. There seemed to be an atmosphere of excitement in the air. I think those who attended in person were happy to be outdoors and visiting with others – with masks and at a safe distance, of course. The Thyme Well Spent women were doing a brisk business selling their wares – jams and lotions, seeds and wreaths, and herb mixtures. Forty-seven members attended the meeting – 34 in person and 13 via Zoom. Janie Cornelius brought her granddaughter Lacey Wall as a guest. The Hostesses had three lovely door prizes that we all desperately hoped to win. The Hostesses also brought yummy individually wrapped snack packs for each person. Thank you for your ingenuity.

Currently, the Pioneer Unit has 73 active members and 17 affiliate members. Having 47 members attend the meeting was great; that's 60% our unit. Attending via Zoom is a great alternative to in-person attendance. I encourage you to give it a try. You'll be able to keep in touch with the latest news, hear the wonderful presentations that Phoebe has lined up, and....you'll be able to count it as attending a meeting. Also consider bringing a prospective member to a meeting, in person or virtually. Garden work is still busily happening, so they can get their hours in if they decide to become a member. There's plenty of work to be done. Where there is a will, there is a way – life can go on.

Track-It-Forward (TIF) – this is the Pioneer Unit's method of tracking volunteer hours. It allows each member to self-track his or her own hours. As of this writing, 31 members have set up their own accounts in TIF and are actively documenting their hours. Kudos to you all!

TIF and Attending Unit Meetings


Just a reminder, we need documentation saying that you attended a Unit Meeting, but you don't receive Volunteer Hours for simply attending the meeting, just credit for attending. This is important because we each need to attend at least three meetings per year. You do, however, receive Volunteer Hours if you are a Hostess, a Speaker Angel, or performing a specific duty as a Board member during a Unit Meeting, but you will track that separately.

Do the following to document attendance at a Unit meeting:

- Open the TIF app
- Do not type in any hours in the Hour box
- Enter the date of the meeting
- [Click "Select" in the Activity box](#)
- Select "Monthly Unit Meeting (0 hours)"
- Hit Submit.

Log Hours

Hours:

Date Volunteered: 

Activity:

In addition to documenting your attendance at a meeting, you also need to document any hours spent volunteering as a Hostess, Speaker Angel, etc. Do the following to document those activities:

- Open the TIF app
- Enter the hours that you receive performing the activity
- Enter the date you performed the activity
- Click "Select" in the Activity box
- Select the Activity (such as Hostess)
- Write a Note in the Notes box to describe what you did.
- Hit Submit.

In Memory

Delores Rowlett, mother-in-law to Linda Rowlett, passed away on Sunday, September 20th. She had been a member of the Pioneer Unit since February 2002. When Dolores could no longer perform physical work, Henry Flowers was kind enough to bring plant material to her home so she could separate out the seeds and work her volunteer hours. About four or five years ago she changed to an affiliate member because of reduced mobility, and she ceased attending meetings. She succumbed to Covid-19. She will be missed.

Herbally Yours,
Diana Sellers
Membership Chair



MINUTES OF UNIT MEETING HERB SOCIETY OF AMERICA PIONEER UNIT

September 10, 2020

Kathe Forest, Chair, welcomed all members attending at Festival Hill and those attending via Zoom.

Phoebe Lake, Programs, introduced the speaker, John Amelang, with Discount Trees of Brenham. Mr. Amelang gave an interesting presentation on Edible Landscaping, speaking on trees available in our area. There were a variety of questions by those present and those on Zoom. Mr. Amelang also reminded us to reference the Texas A&M site for more information about vegetable planting for our area. Because we were sitting outside, several of the Festival Hill cats came by to visit, which always brings a smile, and they even greeted the speaker in the midst of his presentation.

After the presentation, Phoebe let Mr. Amelang draw for the three door prizes.

Myra Simmons, via Zoom, updated and thanked everyone who has helped in the watering and weeding at Festival Hill.

Diana Sellers, Membership, addressed all, asking how the Track It Forward App was working for them. Some hadn't signed up yet, and another email should go out for that.

Barbara Solis, Scholarship, reminded us there are funds available if anyone wants to study and do a presentation on a topic they are interested in. She will post more about this in upcoming newsletter(s).

Kathe Forrest then closed the meeting and thanked all for coming. The next meeting will feature Henry Flowers presenting How Herbs Have Changed History. We hope that the next meeting will again be outside at Festival Hill.

Respectfully submitted,
Lori Yates
Secretary





October Birthdays

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



FESTIVAL HILL WORK

Update from Tony Scanapico:

I've been concentrating on the North and South Wall gardens as well as spraying Roundup in the walkways and keeping Ira Belle's memorial clean. A week ago I started doing some fig ivy trimming. Below are photos of the trimming of the Pedestal overlook. First is a before photo; the next was taken when I was about half way through and had to stop because of the rain. The completed trimming is shown in the third photo. It was taken from under the van's back door, flipped up to provide some protection from the rain that caused me to stop before cleaning up.



Horticulture Study Group

Oregano. Oh, Oregano. How wonderful you are! The Horticulture Study Group has enjoyed growing and learning about oregano this year. We started in March with 4-inch pots of oregano and watched them grow. Our monthly programs held online (due to COVID) covered the essential botany of oregano, how to grow oregano, the history and folklore of oregano, culinary and non-culinary uses of oregano, and harvesting and storage. We shared photos as well as the joys and frustrations of growing this plant. As we are nearing the end of our 2020 study of oregano, we wanted to share a few facts with the Pioneer Unit:

There are more than 40 species of *origanum*, which is the Mediterranean oregano.

There are oregano pretenders that we also love. They are Mexican oregano and Cuban oregano.

What these plants have in common is that famous oregano scent and the oil, both of which derive from these three chemicals: carvacrol, sabinene hydrate, and thymol.

The Greek word origanum translates to "joy of the mountain" where oregano is found in the wild.

The Romans associated it with the goddess Venus, so it was often used in wedding ceremonies.

In ancient Greece, marjoram was planted in graveyards to bring peace to the departed souls.

For culinary uses, harvest prior to flowering.

Unlike some culinary herbs that are best when fresh, dried oreganos retain their essential oils and flavor for culinary uses.

There is a long list of medicinal uses for oregano including digestive and respiratory disorders, sinus congestion, and wound healing.

It is relatively easy to grow, with few pests or diseases.

The Horticulture Study Group will present more about oregano to the Pioneer Unit next Spring. We studied seven different varieties and have much to share about the growth habits of each of these. We hope that this 'sneak preview' of what we did during the year may spike your interest.

If so and you would like to learn about basil in 2021, we would love to have you join the group. To learn more about the Horticulture Study Group, contact either Madeline Johnson or Phoebe Lake.

Madeline Johnson



Greek Oregano — June 2020



Sicilian Oregano — June 2020

Fall is for Herbs

Herbs are plants that are used for flavoring, medicine, crafts, or fragrance. The more common herbs used in cooking are referred to as culinary herbs. Mild or savory herbs impart a delicate flavor to food while the stronger or pungent herbs add zest to foods.

The ornamental value of herbs enables them to be used in flower beds, borders, rock gardens, or in corner plantings. Some herbs are annuals while others are perennials or come up year after year. The perennial herbs should be located in an area where their roots won't be disturbed very often.

Care for herbs will be similar to your vegetables or flowers. Select a sunny, well-drained location. Compost or organic fertilizers are well-suited for herbs as they generally do not need heavy fertilization, which can cause quick growth that can lead to poor flavor.

Water as necessary during dry periods. Generally, you will need one inch of water per week if there is no rainfall. A mulch will help retain soil moisture and will control weeds as well. Mints prefer moist soil so they will require more frequent watering.

Here is a list and description of some herbs that I have planted that are good for planting in the Fall in our area:

Chervil – chervil looks very much like parsley. It has a fine leaf and grows very much like parsley. In taste, it is quite different. It has more of an anise flavor like tarragon. It is great for seasoning vegetables, poultry, and fish.

Chives – smallest member of the onion family. Chives are easily grown from seed or transplants. Use any way you would onions. Perfect topping with sour cream for baked potatoes. Add to omelets, sauces, and garnish for almost any dish. Onion chives have round, quill-like leaves and bloom with purple flowers in spring. Garlic chives have flat leaves and white flowers in the late Summer into Fall. Chives may go dormant after a hard freeze but will return quickly.

Coriander – also known as cilantro. Young leaves have a milder flavor than older ones. The seeds have a flavor similar to orange and are used in pastries, sausage, and cooked fruit. Easily grown from seed. Sow seeds every few weeks to have a steady supply of the young leaves.

Marjoram – a cousin of oregano with a more delicate, sweet flavor. Use marjoram in any dish where you would use oregano. Add to roast, stews, stuffing, and of course spaghetti sauces. Great for roast pork and chicken. Best grown from transplants or root cuttings.

Mint – one of the hardiest and easiest herbs to grow. A spreading perennial easily grown from cuttings, roots, or transplants. Mint comes in an almost endless variety of types. Use to make teas – both hot and cold. Add mint to green peas with pearl onions. It should be planted in some type of large container or tub. It will spread fast and can take over a flower bed in a few months.

Parsley – curled leaf or flat leaf. The curled is pretty and looks great in the garden. Also it is a nice accent in flower arrangements. I prefer the flat leaf as it is easier to clean and chop. It is noted that parsley is the most-used and least-eaten herb. Millions of pounds are used to garnish so many things and then thrown away. Yet parsley is loaded with many vitamins and minerals.

Rosemary – now for my favorite. One of the oldest herbs known to man and has a long history of uses. There are many varieties and forms. All can be used in cooking. Rosemary is great for pork and poultry dishes. Delicious in cookies. Use a branch of rosemary as a basting brush for barbecuing. Place a few small sprigs on top of roast or baked chicken. Don't forget to incorporate some longer sprigs in flower arrangements.

Thyme – there are over 400 species available. This herb is another valuable plant to grow. Use in flower beds, rock gardens, and as landscape accents. Thyme goes well in most meat dishes. Use with poultry, fish, soups, and vegetable dishes. Add a pinch of thyme to a tablespoon of honey and add to drained cooked carrots.

Have a Great Fall!
Lynn Ehler

Herb-Roasted Pecans

As we are coming into the Fall and Holiday Seasons, here is a great recipe to enjoy or to use for an extra gift if needed:

3 cups pecan halves
2 tablespoons sugar
4 thyme sprigs (approximately 3-3.5 inches)
3 rosemary sprigs (approximately 3-3.5 inches)
½ teaspoon ground black pepper
1 teaspoon salt
1 large egg white, whisked

Combine ingredients. Spread mixture in a single layer on a rimmed baking sheet. Bake, stirring several times, until golden, 14-18 minutes. (If mixture should stick to pan, scrape up with a spatula). Let cool completely. Discard the sprigs. Store in an airtight container at room temperature.

Enjoy!
Lynn Ehler



FESTIVAL HILL WORKDAY

Myra Simmons announces that a workday is scheduled for Festival Hill:

October 12, 5:30 p.m.
Under the direction of Henry Flowers

October 2020




Sun	Mon	Tue	Wed	Thu	Fri	Sat
CG = Culinary Group FH = Festival Hill SG = Sensory Garden	HG = Horticultural Study Group			1	2	3
4	5	6	7	8 Unit Meeting	9	10
11	12 FH Workday 5:30	13	14	15	16	17
18	19	20	21	22	23	24
25 Newsletter Deadline lrowlett@gmail.com	26	27	28	29	30	31



November 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12 Unit Meeting	13	14
15	16	17	18	19 Propagation Workshop 9-11	20	21
22 Newsletter Deadline lrowlett@gmail.com	23	24	25	26	27	28
29	30				CG = Culinary Group FH = Festival Hill SG = Sensory Garden	HG = Horticultural Study Group



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Volume 28

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."

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Vice Chair Programs—Phoebe Lake

Vice Chair Membership—Diana Sellers

Secretary—Lori Yeats

Treasurer—Debi Thomas

