

PIONEER PATHS

Newsletter of the Herb Society of America
Pioneer Unit

January 2021

Volume 28, Number 5



January 1
New Year's Day

—
January 5
Twelfth Night

—
January 28
Wolf Full Moon



MONTHLY UNIT MEETING

Date: January 14, 2021
10:00 a.m. Presentation and Meeting

Location: This meeting will be held on Zoom. Look for the link to the meeting on our listserv.

Directions: You have only to turn on your computer or other internet device, click on the Zoom link, and watch the presentation. There may be an opportunity to participate in the meeting after the presentation. A video of the meeting may be available if you miss the original presentation or just want to watch the rerun. The Zoom link will be available on the listserv.

Program: Edible Flowers

Speaker: Bee Holleran

Lunch: You are on your own [See photos below for suggestions.], but let's hope we can share lunch soon!



MESSAGE FROM THE CHAIR

Greetings to all and Happy New Year!

Here's to 2021 and happiness abounding in our personal lives and with our Pioneer Unit growing and sharing. Casey King is the new HSA membership chair and is excited to work with all the units to increase membership.

I am so excited about our January speaker and will let Phoebe tell all.

I will address the Herb Forum question. The Board has voted to pursue holding a Forum in 2021 to see if we can make it happen. On that note, who would like to volunteer to help on that committee? Please message me. This will count towards volunteer hours.

The Forum is not a "done deal," because the Fayetteville County Judge needs to weigh in with his decision and also, if approved, to determine the number of participants to allow. More importantly what is the Corona virus going to be doing at that time in March?

If this Forum does happen, it will be on a smaller scale with the Pioneer Unit members doing less as a result. There will be three speakers, and the event will only be on Saturday. I will answer questions at the January meeting with further details at that time. However, be thinking if you can and will volunteer on that day or, as I mentioned, volunteer to be on the committee to make it happen!

All for now,
Kathe Forrest
Unit Chair



FROM THE PROGRAMS CHAIR

A Happy New Year to us all and may 2021 bring us good health and green thumbs!

We will continue to meet via Zoom for January so look forward to Kathe's Zoom invite in your inbox.

Much as we'd like to see our speaker in person, we're still in for a treat with Bee Holleran. She is a self-proclaimed flower chef and the proprietor of Flora Cocina, a Houston business "bringing creative, plant-based, flower-forward food to your table."

In her own words:

I've been eating flowers ever since I can remember- white clover and wood sorrel being the starter blossoms of my career of blending food and flora. Tending the gardens first thing every morning sets the tone of my day and ensures that my relationship with the plants is strong and consistent. I grow all of my flowers organically and harvest daily, setting flowers on screens or hanging in bunches to dry gently in the shade. Once dried, I can use the flowers throughout the year to enhance dishes with their sublime flavours, regardless of the season.

We look forward to having Bee share her enthusiasm and knowledge of edible flowers. See you via Zoom on Thursday, January 14!

Phoebe Lake
Programs Chair



Bee Holleran's flower petal crackers

Plant Sale March 19-20, 2021 **Parsley is our Herb of the Year!**

In "normal" years, the Plant Sale committee members would chat with members at the January meeting, asking for a commitment to a certain task at the annual March plant sale. This January communicating with members will be by phone, email and text as well as by Zoom at the January meeting. This January it might be harder to know what you'll be willing to do in March.

Consider the following days/dates and let us know your availability and your interest. Are mornings better? Can you only work Saturday? Working Wednesday or Thursday before the Plant Sale opens is a good opportunity to see the setup before the arrival of customers (especially helpful for new volunteers). Let us know if you are unable to volunteer this year. We'll take you off of our "contact list."

Monday, March 15, 2021: Set up - move tables into place, complying with social distancing requirements. Mark off Plant Holding Area.

Tuesday, March 16, 2021: Set up - Unload plant deliveries

Wednesday, March 17, 2021: Set up - Unload plant deliveries

Thursday, March 18, 2021: Final setup - any time/all day.

Friday, March 19, 2021: Plant Sale 9 a.m. to 5 p.m. (the busiest day): volunteer break area, ticketing, cashiers, plant tending, holding area, customer assistance

Saturday, March 20, 2021: Plant Sale 8 a.m. to 5 p.m. (same jobs as Friday)

Saturday, March 20, 2021: Teardown 5 p.m. until ?

So consider putting on a green vest for the Pioneer Unit's annual fundraiser. The sale will follow any guidelines the County Judge puts in place for gatherings of this size. If you already know what job/hours you'd like to volunteer for during the sale, please contact Susan Yancey or Jana Rinehart.

Susan Yancey
Plant Sale Co-Chair





THE HELEN DE CONWAY LITTLE MEDAL OF HONOR

A Big Texas sized congratulations to Sara Holland for being honored with the Helen de Conway award! This award is given annually at the discretion of the Awards Committee to honor someone who has made outstanding contributions to The Herb Society of America or to the world of horticulture in general. In 1952 the first Award of Merit was presented. In 1956 a bronze medal was forged, and the award was renamed the Medal of Honor. This award was again renamed in 1966 to the current Helen de Conway Little Medal of Honor.

I know you probably saw this in the South Central District newsletter, but it is worth repeating here, especially because Sara is a member of our Unit. We are proud of Sara!

THYME WELL SPENT SHOP

The Time Well Spent Shop is looking forward to stocking the shop with your favorite jams and jellies thanks to the leadership of Cathy Kietlinski and the many members who will be making all our favorites. Wanda Hubbard will be making larger jars of lemon curd. Delicious!!! Our hand-stitched goodies are all done and ready, and we will be adding a few new items to the shop. Things may look a little different as we will be practicing social distancing and masking up, but we want to assure all our volunteers and customers that safety will be our first concern.

Looking forward to March 19th and 20th and a 2021 full of prosperity, peace, and a profitable sale.

Cathy Nitsch and Jane Press
Time Well Spent Shop

MINUTES OF UNIT MEETING PIONEER UNIT DECEMBER 10, 2020

Kathe Forrest, Chair, welcomed members to the December meeting which was held virtually.

Phoebe Lake, Program Chair, introduced the speaker, Debbie Thornton of FM Flowers in Tomball. Debbie is a grower of cut flowers on the one-acre property she and her husband own. She told of her journey to this profession, from becoming a Master Gardener, to selling only sunflowers to her present enjoyment of selling a variety of flowers. Her dream is to also have her property become a teaching garden, to have people buy and learn all about the beauty and fun of cut flowers. She gave many great tips and resources, so I do encourage you to watch the Zoom meeting if you didn't get a chance to attend!

Kathe informed the group that Myra Simmons was not available but encourages the group to continue to water at Festival Hill and the Greenhouse. She also mentioned that Cathy Kietlinski, who could not attend the meeting, wanted to pass on that there was some freeze damage at the Sensory Garden and there is raking needed there. Anyone helping out will earn volunteer hours for the Pioneer Unit.

Cathy Nitsch mentioned that Thyme Well Spent will need volunteers in March and that safety of volunteers and customers will be a priority. Any questions or ideas, please contact Cathy, Jane Press, or Pat Cox.

Barbara Solis was seeking clarification of scholarships to university students, asking about contact information, and she also mentioned that in the past the Unit has helped Juniors and Seniors in their second semester after verifying grades and interest. She noted that things are a bit different right now and said she was seeking help on how and whom to get in touch with for this avenue of scholarships from the Unit. Barbara also wanted to encourage any member who would like to sign up for a Unit scholarship. She reminded everyone that whatever the study from that scholarship, information could be presented in various ways, such as a talk, in the Newsletter, and more. The deadline for member scholarships is the end of January 2021.

Dianna Sellers, Membership, told all there were 30 people attending virtually, which included two guests. She reminded all that the meetings are recorded to watch and rewatch, and she stressed that you get credit for attending meetings.

Cammie Beierle mentioned to her guest that she could work at a garden, as long as she let someone know, and that she could then start earning her hours for membership in the Unit. Cammie also mentioned that if anyone wanted to work at the Sensory Garden for the first time, they should contact Cathy Kietlinski on the process before doing so.

Kathe Forrest then thanked all for attending.

It is my opinion that attending virtually is not as fun, of course, as being in person with all you amazing people, but still very worth tuning in and seeing each other and supporting the speaker of the month.

Respectfully submitted,
Lori Yeats
Secretary

CULINARY GROUP

The Culinary Group is continuing with Zoom Meetings. The December meeting was a presentation on parsley. The January meeting will be on the canning technique for mustard in anticipation of mustard making for Forum. We are all missing the opportunity to bring and sample foods made by members but are busy testing recipes in anticipation of relief from our COVID-19 isolation.

Belinda Weatherly

Favorite Things - Garden Tools

Earlier in the year I wrote some articles about my favorite gardening tools and why I like them. I solicited other members to do the same and promised that at the end of the year I would award a pair of Felco 2 pruners to the Unit member who wrote an article that most influenced me. There were some great articles written, and I thank all who participated. The one that influenced me most, seeing that I actually ordered one of the tools for my own use, was written by Georgia Sowers. Georgia wrote about the American-made Rogue tools, and I ordered a standard Rogue hoe and a hand hoe as well. They are nice, sturdy tools and are quite reasonably priced. I have since seen that Plants & Things carries some of their tools for sale in case you are interested and do not want to have to order online.

Many thanks, Georgia, for taking the time to share with the Unit the information about the garden tool you love to use! I hope you enjoy and get much use out of your new pair of Felco pruners.

With pruning season coming up, we should all be putting on our "to do" lists a good cleaning and sharpening of our pruning tools in the winter "down time" (not that we have much of one here) before they are really needed.

Have a Happy and Healthy New Year!
Henry Flowers



MEMBERSHIP INFORMATION

Happy New Year 2021!! I know that we are all looking forward to a less chaotic, more productive year. Normal is still a ways off, but there is hope.

Our December meeting was a Zoom meeting. The presenter, Debbie Thornton, demonstrated just how great Zoom presentations can be. Her photos of all the amazingly beautiful flowers she grows and the information she imparted were exceptional. I completely forgot that I wasn't attending in person. Attendees were able to ask questions, and there was a nice exchange of information. Thanks once again to Phoebe Lake for arranging another great presentation and to Kathe Forrest for making Zoom meetings possible. Did you know that Kathe records our meetings? You can watch them when it is convenient for you and get credit for attending the Unit meeting. Just record your attendance in the Track It Forward app. Also, send me a quick email to let me know.

A total of 30 people attended the meeting and included one affiliate member and one guest. Our guest was Kay Tomlinson, a friend of Cammie Beierle. This was Kay's first meeting. She is interested in becoming a member. I believe that Kay has done some gardening work with Cammie at the Festival Hill Gardens and the Sensory Garden. Welcome, Kay!!

Obtaining Volunteer Hours – not easy, but not elusive

Now that the holidays are over, you may be contemplating New Year's Resolutions. Maybe you have a desire to challenge yourself this coming year to do something really different; stretch yourself. Combine that with the need to obtain some volunteer hours. There are many opportunities to do something you haven't done before. In the December Pioneer Paths Newsletter Membership Article, I listed several ideas for obtaining those hours.

Herbally Yours,
Diana Sellers
Membership Chair

JANUARY BIRTHDAYS

January 1 — Carolyn Thomas
 January 7 — Mary Doebbeling
 January 17 — Cathy Kietlinski
 January 19 — Kathe Forrest
 Oscar Hillegeist
 January 20 — Cammie Beierle
 January 21 — JoAnn Reichle
 January 26 — Georgia Sowers
 January 27 — Cindy Nash
 January 28 — Euphanel Goad



HORTICULTURAL STUDY GROUP

Ring the School Bell for Basil!

The Horticulture Study Group will study basil in 2021. All of us enjoy the benefits of growing basil, particularly in our summer cooking. As we did with our study of oregano, every participant will be given 5 types of basil to grow. Throughout the growing season, we will monitor its growth habits. At our monthly meetings, we will explore its cultivation, folklore, history, and all its beneficial uses. You are invited to join this group which is led by Phoebe Lake and Madeline Johnson.

We are moving our monthly meetings to the 4th Thursdays to avoid conflicts with other Pioneer Unit meetings but still keep that theme of "Herbs on Thursdays." On Thursday, January 28, from 10:00 to noon, we will learn the botany of basil and prepare to receive our plants. This meeting will be online, but eventually we will move to in-person meetings at Festival Hill.

The name "basil" may have either kingly or reptilian origins. The Greek word "basileus" means king, but you may remember the term "basilisk" from the Harry Potter books as the legendary reptile that could kill with one look.



Whichever origin you prefer, we promise not to kill you with one look but rather to welcome you with a big smile! Contact Madeline Johnson at madeline@industryinet.com to sign-up. She will email a meeting reminder with the details on how to logon. We have room for you and would love to have you join us.

Madeline Johnson and Phoebe Lake



PARSLEY TRIVIA

Parsley or garden parsley is a species of flowering plant in the family Apiaceae that is native to the central and eastern Mediterranean region, but parsley has naturalized elsewhere in Europe and is widely cultivated as an herb and a vegetable. In our region, it is best planted in the fall.

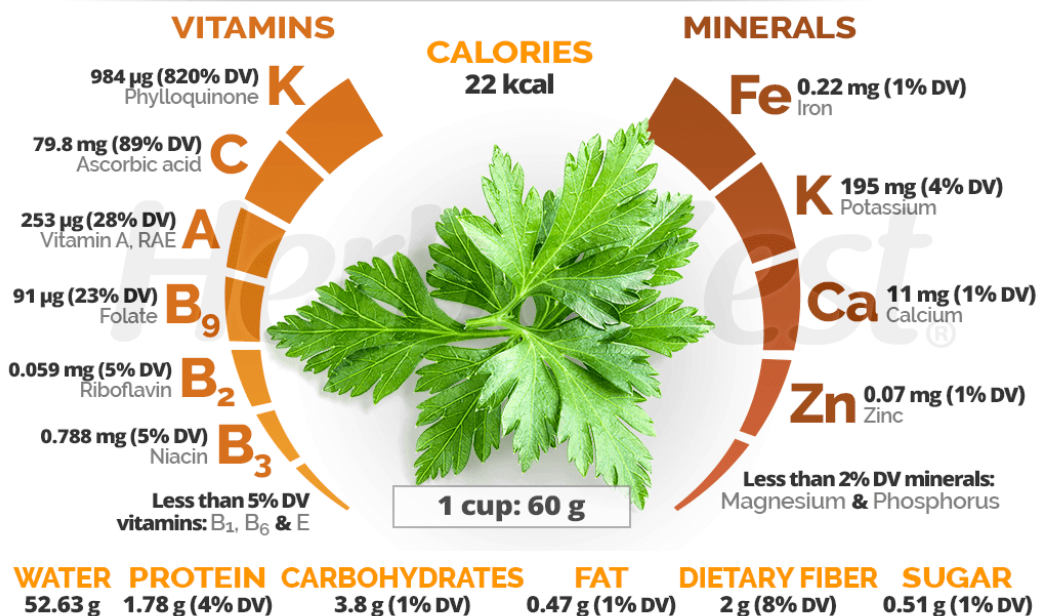
One site listed the following as the ten best parsley recipes:

- Tabbouleh
- English pesto
- Uchucuta sauce with lamb chops
- Parsley gnocchi with goat's curd and hazelnuts
- Lemon curd and parsley meringue pie
- Buttered parsley pilaf with peppered hake
- Broad bean, blue cheese and parsley pizzas
- Parsley and paprika tempura
- Ham with parsley sauce

This summary of parsley nutrition is based on one cup of parsley, more than most of us would eat at a sitting:



Parsley Nutrition



Sources: USDA National Nutrient Database for Standard Reference 1 April 2018
Average Daily Values reference: NHI Dietary Supplement Label Data Base

HerbaZest®




January 2021

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



February 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11 Unit Meeting on Zoom	12	13
14 	15	16	17	18	19	20
21	22	23	24	25 HG 10-noon	26	27
28					CG = Culinary Group FH = Festival Hill SG = Sensory Garden	HG = Horticultural Study Group



PIONEER PATHS

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."

Chair—Kathe Forrest

Vice Chair Programs—Phoebe Lake
Secretary—Lori Yeats

Vice Chair Membership—Diana Sellers

Treasurer—Debi Thomas

Why Did My Plant Die?

Geoffrey B. Charlesworth

You walked too close. You trod on it.
You dropped a piece of sod on it.
You hoed it down. You weeded it.
You planted it the wrong way up.
You grew it in a yogurt cup
But you forgot to make a hole;
The soggy compost took its toll.
September storm. November drought.
It heaved in March, the roots popped out.
You watered it with herbicide.
You scattered bonemeal far and wide.
Attracting local omnivores,
Who ate your plant and stayed for more.
You left it baking in the sun
While you departed at a run
To find a spade, perhaps a trowel,
Meanwhile the plant threw in the towel.
You planted it with crown too high;
The soil washed off, that explains why.
Too high pH. It hated lime.
Alas it needs a gentler clime.
You left the root ball wrapped in plastic.
You broke the roots. They're not elastic.
You walked too close. You trod on it.
You dropped a piece of sod on it.
You splashed the plant with mower oil.

You should do something to your soil.
Too rich. Too poor. Such wretched tilth.
Your soil is clay. Your soil is filth.
Your plant was eaten by a slug.
The growing point contained a bug.
These aphids are controlled by ants,
Who milk the juice, it kills the plants.
In early spring your garden's mud.
You walked around! That's not much good.
With heat and light you hurried it.
You worried it. You buried it.
The poor plant missed the mountain air:
No heat, no summer muggs up there.
You overfed it 10-10-10.
Forgot to water it again.
You hit it sharply with the hose.
You used a can without a rose.
Perhaps you sprinkled from above.
You should have talked to it with love.
The nursery mailed it without roots.
You killed it with those gardening boots.
You walked too close. You trod on it.
You dropped a piece of sod on it.