

PIONEER PATHS

Newsletter of the Herb Society of America
Pioneer Unit

November 2021

Volume 29, Number 3

November 7
Daylight Savings
Ends
(fall back one hour)



November 11
Veterans Day

November 19
Frosty Full Moon

November 25



MONTHLY UNIT MEETING

- Date:** November 11, 2021
- Time:** 9:30 a.m. Gather
10:00 a.m. Presentation and Meeting
- Location:** Brenham Presbyterian Church
900 South Jackson Street
- Directions:** Exit Highway 290 to Business 36 North (Day Street) into Brenham. Continue north to College Street. Turn left to Jackson Street, and the church will be on your left.
- Program:** Parsley, Not Just a Garnish
- Speaker:** Belinda Weatherly
- Hosts:** Janie Cornelius, Beverly Green, Bonnie Lout, and JoAnn Reichle
- Lunch:** Bring your lunch if you want to eat with the group



MESSAGE FROM THE CHAIR

Hello, everyone! I am writing to you from Washington state - in Kirkland, to be exact, as I am visiting my brother.

It is wonderful to see the colors of Fall.

Thank you to all the volunteers who are helping restore the gardens to their condition before this year's freeze.

Enjoy this season.

Kathe Forrest
Chair



FROM THE PROGRAMS CHAIR

Happy Fall Y'all!

Cool weather is here at last and with it comes thoughts of cool weather herbs! One such favorite is Parsley, the International Herb Association herb of the year for 2021.

Our very own Belinda Weatherly will be our speaker for November. She will cover many aspects of this popular herb — growing, varieties, history, and uses. Belinda is a retired nurse and long-time gardener. In addition, she is a Master Gardener, Master Naturalist, member of the Native Plant Society, and member of the Native Prairie Association of Texas.

We will meet at the Brenham Presbyterian Church on Thursday, November 11.

Meet and greet is from 9:30-10:00 with our program beginning promptly at 10. Join us and bring a friend!

Phoebe Lake
Programs Chair



MINUTES OF UNIT MEETING
HERB SOCIETY OF AMERICA
PIONEER UNIT
October 14, 2021

Kathe Forrest, Chair, welcomed the members to the meeting at St John's United Church of Christ in Burton and those on Zoom. She introduced Mark "Merriwether" Vorderbruggen to educate the Unit on foraging. He holds an M.S. in Medicinal Chemistry and a Ph.D. in Physical Organic Chemistry. He also has 15 patents and has published several books. Along with his vast knowledge of plants, he has a wellness and foraging supply company and also a foraging Texas company. The two websites are www.medicinemanplantco.com and www.texasforaging.com, respectively. He was entertaining, informational, and engaging! We learned about many of our local weeds and their nutritional aspects and how to prepare them for food. You can also catch Mark on Facebook as Foraging Texas, and he has a YouTube channel.

A business meeting was next on the agenda. Kathe Forrest recognized the officers of the Unit. Two items were brought to the Unit for a vote: the revisions to the Rules and Procedures and the updated agreement with Festival Hill. Both were approved by all.

Kathe then reminded all that any work done on any of the gardens around Festival Hill is counted as volunteer hours. She then told all attending that the Unit would be making a \$10,000 one-time grant to Prairie View A&M University, where a Botanical Garden is in the works.

Patty Mills conducted a drawing for great door prizes.

Kathe asked if anyone would like to volunteer to teach the children at Brenham Elementary. She explained that Joanna Hagler has some great material for teaching the children and will provide all the information needed.

Cathy Nitsch asked everyone to begin making items for the Thyme Well Spent sale and if they had any new ideas for sale items to let her know.

Diana Sellers introduced four guests and also welcomed Noreen Barker as a new member.

Kathe recognized everyone who has been working at Festival Hill Gardens and asked those October birthday honorees present to stand and be recognized.

Kathe then closed the meeting and thanked all for coming.

Respectfully submitted,
Lori Yeats
Secretary

CULINARY GROUP

The Culinary Group continues meeting the first Wednesday of the month at 10:00 at Menke House. Our year-long study of Mediterranean cuisines is currently experiencing food of Morocco, Algeria, and Tunisia. In December we will enjoy the food of Israel. All are welcome. For more information, text me at 713-398-0994.

Belinda Weatherly



HORTICULTURE STUDY GROUP

The Horticulture Study Group held their October meeting at the lovely home of Becky Nichols.

Becky gave a wonderful presentation on the medicinal uses of holy basil from research she and Cammie Beierle had done. We learned that the holy, or Tulsi, basil has a long history of being used medicinally. In different preparations Tulsi can help with weight loss, boost immunity, protect against inflammation, promote abdominal health, fight cancer, regulate blood sugar, etc. No wonder it's been used for over 5,000 years!

We were treated to Tulsi tea and basil appetizers. In addition, we sampled lotions made with holy basil, basil soaps, and more.

It's been fascinating to study basil this past year! Our group will present the results of our study of basil to the Unit in January.

Until then we will be thinking about our next herb to study!

Phoebe Lake



PIONEER UNIT BOARD MEETING
SUMMARY
October 6, 2021
Virtual Meeting on Zoom

Present: Kathe Forrest, Phoebe Lake, Diana Sellers, Debi Thomas, Lori Yeats, Linda Rowlett, Esther Hartman, Ann Lugg, Cathy Nitsch, Cathy Kietlinski, Patty Mills, Joanna Hagler, Barbara Solis, and Susan Yancey.

Rules and Procedures: The Revised Rules and Procedures were approved by the Board.

Festival Hill Agreement: The updated agreement between Festival Hill (FH) and the Unit was approved. It is understood we can meet at FH with no charge; FH will receive no money this year from the Plant Sale; signage will be erected near the Pharmacy Garden stating it is maintained by our Unit; the Education Day will be held at FH in March 2022; and this is a limited agreement to be subject to an annual review.

Treasurer: Debi Thomas, Treasurer, presented reports for review. They will be adjusted for the Budget change stated below in Scholarships.

Membership: Diana Sellers, Memberships, asked for approval of Noreen Barker as a new member. Approved was unanimous.

New Member Topic: Ideas were discussed on how to get new members to join the Unit and getting the word out about our Unit. It was decided to have a document written up on the benefits of membership and what we do. It will be available to hand out at events, put in advertisements, and more. There was mention of having a reporter from a local newspaper come to a meeting and write up an article for their paper and also to have an announcement at the local Lunch Bunch meetings in Round Top.

Standing Committee Reports:

Pharmacy Garden: Joanna Hagler presented the estimate for new signage, and it was approved.

Sensory Garden: Cathy Kietlinski presented information on the damage the mowers at Sensory Garden did to various plants and trees. The supervisor of the mowing company agreed to replace the ruined items providing we install metal edging around the trees. It was approved to do so.

Joanna Hagler has teaching tools and ideas for the children at the Elementary school that she would be happy to share with anyone who would like to teach the children.

Communications: Ann Lugg stated the web designer will be starting on our website in the next week. He has a nice camera and will be taking pictures to add to the site. Ann will also be advertising the Herb Sale at various sites, magazines, and more.

Scholarships: Barbara Solis presented the revised wording for the Academic Scholarship Criteria; it was approved.

Phoebe Lake then presented her further research into a one-time gift to a college for a project or continued studies. It was approved to give \$10,000 to Prairie View A & M, to assist Dr. Aruna

Weerasooriya, a professor who is working with his students, developing a botanical garden dedicated to plant collections.

Hospitality: Patty Mills discussed how and whether to have food at our meetings. She will put out a survey to the members to see their thoughts for the November and December meetings.

Kathe informed the Unit that some of the Round Top/Carmine High School students need volunteer time and will be coming to help some of our volunteers at the FH gardens.

Kathy reported the Education Day has three potential presenters at this time. Henry Flowers will be presenting on Violas, Bea Halloran on Edible Flowers, and Billi Parus on Tips and Tricks from Madeline Hill.

Henry will be giving a Hypertufa workshop on November 6, 2021.

Respectfully submitted,
Lori Yeats, Secretary



THYME WELL SPENT

Thyme Well Spent Shop is getting ready for a fabulous sale in March. If you have seeds for us, please ready them for packaging by putting them in a bag (paper or plastic) and labeling them. Bring your seeds to the November meeting. Thank you.

Jam and Jelly makers, Cathy Kietlinski will be calling you soon for a count of how many jars you will need so they can be ordered for you.

Additionally, we will be hosting workshops after the first of the year to make tea blends and lotions. More information to come regarding workshop times in January. Thanks to everyone for participating in making our sale a success.

Cathy Nitsch

MEMBERSHIP INFORMATION

It's Fall once again. The days and nights are wonderfully cooler. I've added blankets to my bed. And, yea!!... The Fall Antique Festival is now over as of today. It's amazingly quiet. You can hear the rustling of the fall leaves. I sat on the porch this morning and watched a squirrel gather pecans that have fallen from the trees, dig little holes, and bury them all over the yard. No wonder I have pecan trees come up in the strangest of places.

Track-It-Forward (TIF) – this is still the Pioneer Unit's primary method of recording your meeting attendance and volunteer hours. Many members are doing a superb job of self-tracking their own hours, and this is much appreciated.

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 3 meetings per year. You do, however, receive Volunteer Hours if you are a Hostess, a Speaker Angel, or if you perform 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
- Select "0" in the Hour box
- Enter the date of the meeting
- Click on the Down Arrow in the Activity box
- Select "Monthly Unit Meeting (0 hours)"
- Hit Submit.

This will record your attendance at the meeting. You will also follow these steps if you have listened to the meeting via Zoom (in the Notes box, you can type in Attended via Zoom).

If you volunteered during the meeting as a Hostess or Speaker Angel, assisted at the Sign-In Table, or helped in some other capacity, you also need to document the time spent doing that activity, in addition to documenting your attendance at the meeting. Do the following to document those activities:

- Open the TIF app
- Enter the hours that you performed the activity
- Enter the date you performed the activity
- Click on the Down Arrow in the Activity box
- Click on the appropriate Activity (such as Hostess or Speaker Angel)
- Write a Note in the Notes box to describe what you did
- Hit Submit.

Herbally Yours,
Diana Sellers
Membership Chair

November Birthdays

November 7 — Belinda Weatherly
 November 14 — Jana Rinehart and Lori Yeats
 November 19 — Lois Sutton
 November 24 — Bev Elam and Barbara Hemmer
 November 26 — Diana Reed



Betty Pior (October 27) wrote: Last month, I was enjoying the incredible St Louis Botanical Garden and then Mackinac Island. I love to travel, read and do crafts. After many years in the special education departments of many districts, I spent the last 7 years of my teaching career as a home bound teacher for students too ill for attending school . I am very blessed and enjoy our herb society.

[Editor's Note: Betty sent the note and picture in for the October newsletter, but I missed it when I was assembling the newsletter.]



Belinda Weatherly (November 7) waxed lyrical about her birthday: Lyrics from one of my favorite pieces of choral music, "How Can I Keep From Singing": "My life goes on in endless song above earth's lamentations, I hear a real though distant song that speaks of new creation. Through all the tumult and the strife I hear the music ringing. It sounds an echo in my soul, how can I keep from singing?"



Diana Reed (November 26) sent a picture of herself with one of her beautiful quilts and wrote: I joined the Pioneer Unit in 2009. I still enjoy playing in the dirt, watching plants grow, and being out in nature, even if it's just rocking on our front porch. I love bringing the colors of nature into my love of being a fiber artist.

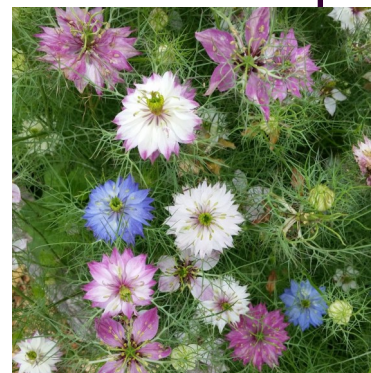
Some Garden Tasks for the Month of November

Last month I put together an extensive list of gardening task possibilities for the month. Most of those are still applicable to November as well. If you haven't sown the seeds or planted the plants, then do so as soon as possible this month in order to give the plants time to either germinate or settle in before the true cold settles in (if it does).

Weeds – now's the time that winter weeds such as chickweed, henbit, cleavers and the like are starting to come up. If you don't want them taking over your beds, be diligent about weeding them out and preventing them from making more seeds. Yes, they can certainly be eaten as well, but don't let them get big and tough; only let them mature and go to seed if you find that you like to eat them and want more in the future. Melissa loves dandelion leaves in salads (and they help with digestive upsets) so we allow many of them to spread in our garden and remove the ones that aren't in a good location. A young girl across the street loves to pluck the seed heads and blow them into the air – I guess then that we're populating the neighborhood with more – sorry neighbors ;-)

Seeds – there is still time to sow many of the seeds I mentioned last month, but do so soon. Larkspur, poppies and nigella are some of my favorite seed-started annuals, and dill and cilantro are especial favorite herbs to start this time of year.

Spring-blooming Bulbs- If you haven't already planted any desired spring-blooming bulbs, now is the time to do so. Daffodils, grape hyacinths, and Dutch iris are some of my favorite long-lasting bulbs, but if you desire tulips and Dutch hyacinths you should purchase them ASAP. In order to bloom well they need to be chilled, and this can be achieved by refrigerating them at 45 degrees F or below (but preferably above freezing) for at least 45 days before planting outside – usually in mid-December if possible. They are certainly pretty when blooming, but most likely won't return for another show the next year. If you are interested in some more unusual bulbs that aren't expensive and are fun to grow, try ranunculus, anemones, or freesia. I love to plant all of those this time of year, and they will be pretty in spring. Sometimes a few return the next year, but not reliably, so I purchase more (thankfully they aren't usually very expensive).



Annual color – now that it is getting cooler, now is the time to get violas, dianthus, pansies, snapdragons, and ornamental kale and cabbage planted. To save a bit of money you can sow seeds of violas, Johnny Jump Ups and even snapdragons now directly in a bed or container, but they will, of course, take more time to provide flowers than already started plants.

Hardy Herbs – now is a great time to plant hardy herbs if you need to add some to the garden. Parsley, dill, chervil, lovage, chamomile, leaf celery, and cilantro are all cool season



annuals to plant now. Oregano, chives, thyme, sage, and lavender (most, but not all varieties) are all hardy perennials to plant now. After last winter I'd personally hold off on planting rosemary until spring, and I find that mint does better for me if planted in spring as well, because planting now may not give it time to get well-established before dormancy.

Spring-blooming Perennials – if any of these need to be thinned or divided, now is the time to do so in order to give them time to get reestablished for blooming in spring.

Outdoor Potted Plants – If you are planning to protect potted plants indoors this winter, stop fertilizing them now and inspect them for insect issues and treat, if needed. If necessary trim them back so that they won't be too large when moved.

Cuttings- now is a good time to take cuttings on tender plants or for ones you want more of. Just recently I took cuttings on my scented geraniums, a few tender Salvias, a tender lavender I love, and a few tropical plants that I grow in the ground and will leave to the not-so-tender mercies of winter. After last winter's lesson I'm planning to take cuttings on all of my newly replanted rosemary plants as well. If it turns out that I don't need them I can share them with others or find a spot to squeeze them in.

Plants that are great bloomers this time of year – I love the autumn and enjoy the plants that bloom and create a beautiful show after persevering through the summer. Some of my favorites are: 'Country Girl' mums, fall asters, Mexican mint marigold, Mexican bush sage (*Salvia leucantha*), Gulf Coast muhly grass (aka pink or purple muhly), and the fragrant mist flower. My almond verbena is also in great bloom now and scents the whole of the front yard – its aroma is divine!

Have a splendid autumn!
Henry Flowers





48TH ANNUAL

HERB FAIR

Saturday Nov. 6, 2021
9am - 3pm

*Huge variety of HERB PLANTS
Herbal Gifts, Jellies, Teas,
and Culinary Blends*

Presented by

The Herb Society of America, South Texas Unit

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Southside Place Clubhouse

3743 Gamet Street, Houston, TX 77005



November 2021

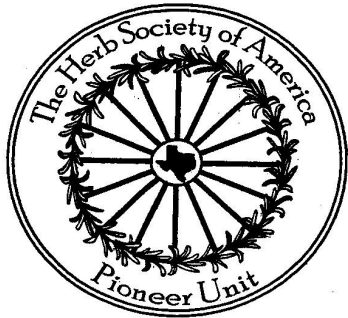


Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 CG 10:00 Menke House	4	5	6 Hypertufa Workshop STU Herb Fair
7	8	9	10	11 Pioneer Unit Meeting	12	13
14	15	16	17	18 HG 10:00-noon HB 9:30	19	20
21 Newsletter deadline Email to the editor Irowlett@gmail.com	22	23	24	25 	26	27
28	29	30			CG = Culinary Group FH = Festival Hill SG = Sensory Garden	HG = Horticulture Study Group HB = Herbal Blends Garden

December 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
CG = Culinary Group FH = Festival Hill SG = Sensory Garden	HG = Horticulture Study Group HB = Herbal Blends		1 CG 10:00 Menke House	2	3	4
5	6	7	8	9 Pioneer Unit Meeting	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25 
26 Newsletter deadline Email to the editor Irowlett@gmail.com	27	28	29	30	31 	



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Volume 29

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

Vice Chair Membership—Diana Sellers

Secretary—Lori Yeats

Treasurer—Debi Thomas

