

PIONEER PATHS

Newsletter of the Herb Society of America
Pioneer Unit

January 2022

Volume 29, Number 5



January 1

New Year's Day

—

January 5

Twelfth Night

—

January 12

Board Meeting

—

January 17

Wolf Full Moon



MONTHLY UNIT MEETING

Time: 9:30 a.m. Meet and Greet
10:00 a.m. Presentation and Meeting

Location: St. John's Church of Christ
Burton, Texas

Directions: [from the east] Exit Highway 290 onto Texas Spur 125 north into Burton. At North Brazos Street, turn right and continue to East Texas Street. Turn right and go one block to North Colorado Street. The church will be on your left.

[from the west] Exit Highway 290 onto Texas 390 going northeast into Burton. At the intersection of 390 (Washington Street) and Main Street, continue straight into Burton on East Washington Street. At North Colorado Street, the church will be on your right.

Program: Bountiful Basils, a Study

Speaker: Horticulture Study Group of the Pioneer Unit

Hosts: Susan Bame, Esther Hartman, Cindy Nash, and
Diana Reed

Lunch: Boxed Lunch Exchange [for those who wish to participate]



MESSAGE FROM THE CHAIR

Brrrr!! My plants are in – how about yours? Or maybe it will have warmed by the time you are reading this.

The beginning of the year is when we begin to think and gear up for our fund raising event of the year 2022 – the Plant Sale. This will include making items for the Time Well Spent Shoppe as well as, I hope, items for the Gazebo! Just think if each one of us made a single steppingstone to sell. It is simple to do. Or possibly make two – because the Sensory Garden needs new ones, and we will be discussing that at our next Board meeting.

We will also talk at the Board meeting about our group gatherings and the buffets which I am surely missing. I am looking forward to 2022 and our every movement not being dictated by Covid.

As for more news, Jana Rhinehart will be out of commission for a bit (but she will be at the sale working side by side with Susan Yancey), but Pat Cox and Noreen Barker have stepped up to look over the McAshan gardens, and I am sure they will appreciate any help available

This month we are putting an announcement in the local news about our meetings and may draw in some new members that way. As I have researched, we did this many years ago. Don't let that discourage you from asking friends.

Okay all for now. Stay warm.

Best,
Kathe Forrest
Unit Chair



FROM THE PROGRAMS CHAIR

Our first blue norther has blown in! Record breaking warm weather and then a 50 degree plus drop in temperature over night! The origin of the term blue norther is unclear, but the explanation I like is that you turn "blue" from the cold that came in from the north!

The bonus of our warm fall has been a bumper crop of tomatoes and peppers! Pictured below are my tomatoes picked just before the blue norther blew in.

Warm weather will return, and in the spring we will look forward to our warm weather herbs. Top of the list is certainly basil which is our topic for our January meeting.

The Horticulture Study Group will present the findings of their study of basil (twelve varieties!).

Best of all, there will be taste testing of pestos made from different basil!

We will meet at St John's UCC in Burton on Thursday, January 13. As usual, meet and greet will be from 9:30-10:00 and our presentation will begin promptly at 10.

If you'd like to bring a packed lunch to exchange, please do so. Those of us who did so at the last meeting had fun! You may also bring a packed lunch and not exchange.

We all look forward to being together again at our first meeting of 2022!

Phoebe Lake
Programs Chair



Phoebe's Nativity Tomatoes

MEMBERSHIP INFORMATION

Happy New Year!! I wish everyone a joyful and blessed upcoming year.

The Pioneer Unit is starting the new year with a new member. Caroll Edwards completed the joining requirements and submitted her application for membership at the December meeting. In her introductory information, Caroll stated that she has been a Master Gardener since 2016 and loves to cook and create food using herbs for family and friends. She also said that "making new friends makes her happy." There will be many friend-making opportunities as a member of the Pioneer Unit. Caroll's address is 2205 Creekwood Lane, Brenham, Texas 77833. Her cell number is 361-648-0331 and email address is caroll.edwards@outlook.com. Caroll's birthday is September 8th. Thanks to Euphanel Goad for introducing Caroll to the Pioneer Unit. We welcome you to the Pioneer Unit, Caroll.

Three guests were in attendance at the December meeting. Joanie Havlik attended as a guest of Pat Cox, and Wanda Hubbard brought her husband Norman. Pam Traylor brought guest Tiffany Eckhardt. After the meeting, Tiffany said that she really enjoyed the meeting and was very interested in becoming a member of the Pioneer Unit.

After a long absence, it was exciting to see Mary Reeves and Cathy Comiskey at the December meeting. It's always great to see old friends.

The new 2021-2022 yearbook was distributed to those members who were present. My eyes have been opened as to what it takes to update the yearbook – it takes an amazing amount of work. The information is in constant motion. Over the past year, Bylaws, Rules, and Procedures were revised; Hosting and Speaker Angel Responsibilities were revised; Guidelines for Reporting Hours were revised; programs were arranged and disarranged; a few members retired and new members joined. Lots of change and activity. I would like to recognize and thank those who were instrumental in helping with this year's yearbook – Esther Hartman for typing the new Bylaws, Rules, and Procedures in a format for the book, Phoebe Lake for helping get the Program Calendar in order, Phoebe and Patty Mills for reviewing and revising the Hosting and Speaker Angel Responsibilities, and Kathe Forrest for assisting to update the Guidelines for Reporting Hours.

The new yearbook was barely in everyone's hands before changes were identified. Please make the following changes to your yearbook:

- Add Caroll Edwards' information to your book (see first paragraph).
- Draw a line through Susan Yancey's home phone #. She only has a cell number now.
- Change Debi Thomas's cell number to 731-252-3033.
- Add Cathy Comiskey's information to the Affiliate Members - 9751 FM 390 Road West, Burton, Texas 77835-5437, 979-289-2012, cjcomiskey42@gmail.com, birthday December 13th.

Herbally yours,
Diana Sellers
Membership Chair

MINUTES OF UNIT MEETING PIONEER UNIT DECEMBER 9, 2021

Kathe Forrest opened the meeting at St. John's Church of Christ in Burton, Texas.

Phoebe Lake, Programs Chair, introduced Henry Flowers who then presented "Loving Thoughts: The Genus Viola, Herb of the Year. 2022." Henry gave a fabulous presentation with numerous power point slides, beautiful Viola specimens, violet liquors, foods, and great information as he spoke from his vast knowledge.

After the talk, there were door prizes of different Violas Henry had supplied. There were also flats of Violas/Pansies to purchase.

Kathe then opened the business meeting. She presented pins to Tony Scanapico and Jana Rinehart for all their amazing devotion and help in the gardens at Festival Hill. In addition, Joyce Cadell received her five-year membership pin.

Diana Sellers, Membership Chair, welcomed guests and new member Carol Edwards.

Phoebe read the letter from Prairie View A & M thanking the Unit for a contribution to a garden at the university.

Patty Mills thanked the Hostess Team as they also did a beautiful job of decorating the tables for us and made our meeting feel quite a bit back to the normal.

Respectfully submitted,

Lori Yeats
Secretary



THYME WELL SPENT SHOP

JAMS & JELLIES NEEDED

We need your help to stock the THYME WELL SPENT SHOP for our March sale with all of your favorite jams and jellies. We provide the jars and will reimburse you for the ingredients if you turn in your receipts.

Please call or email me if you are willing to make any jams or jellies this year. Thanks so much for considering this request.

Cathy Kietlinski
979-203-7433
cathy.kietlinski@gmail.com

2022 Plant Sale is March 18-19th Viola is the Herb of the Year!!

We are hopeful that Covid will not be an issue in the Spring.

Plants for the sale are usually delivered on the Tuesday through Thursday before the sale. We do not yet have the specifics. We will post those as soon as we have them.

Volunteers are needed -- and lots of them -- to pull off a successful sale. **Please** help make this the best plant sale we have ever had. There are so many fun tasks to consider for the sale: set up, take down, greet customers and help them find plants, write tickets, work as a cashier, handle the gazebo or holding area, and many more.

If you already know what job/hours you'd like to volunteer for, please contact Susan Yancey or Jana Rinehart.

Jana Rinehart
rinehart.jana@gmail.com

Susan Yancey
susan.yancey@gmail.com

CULINARY GROUP

The Culinary Group makes mustards In January for sale at TWS during Forum. We apply our alchemy to create yummy condiments through mustard seeds and various herbs and spices. Be ready to purchase our creations in March.

The February meeting will continue our study of Mediterranean cuisines with a foray into the Provence area of France. This area has a cuisine quite distinct from the more familiar Parisian. All are welcome to attend meetings the first Wednesday of the month in Menke House at Festival Hill. For information, call Belinda Weatherly at 713-398-0994.



Culinary Group enjoying Israeli food in December

HORTICULTURE STUDY GROUP



Each year this group studies one herb in depth. So far we've studied oregano and basil, and our upcoming herb for 2022 is thyme. Each member of the group grows several varieties of our chosen herb and records growth rate, weather, etc.

At each monthly meeting of the Horticulture Study Group members present a particular aspect of that herb — for example culinary or medicinal uses or history or folklore.

If you have any interest in becoming part of this group for 2022, you still have Thyme!

We will begin the New Year by meeting Thursday, January 27, at Festival Hill, exact room to be determined. Our meeting will begin at 10:00 a.m. Our topic will be basic botany and cultivation of thyme.

For more information about our group, please contact Madeline Johnson at madeline@industryinet.com or Phoebe Lake at pvlake@gmail.com

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



Mary Doebbeling (January 7) sent this picture of her yard taken this last summer. She commented: "With the 20-degree weather the plants are brown. The agave is covered with frost cloth. All of you are invited to visit my garden this summer, when hopefully it will be green and growing again. I enjoy being a part of the Pioneer Unit. You are a great group."



JANUARY BIRTHDAYS — continued



Cathy Kietlinski (January 17) wrote: "Our Pioneer Unit is a blessing and I am happy to be involved with Sensory Garden. Another blessing, John Henry Ott, my great nephew, was born on New Year's Day! I continue to enjoy each day of my retirement: spending time with my husband, cooking, reading, exercising, yardwork, helping with my Mom, etc. My husband and I look forward to 2022 with hopes that we can safely travel again! This photo was taken in Breckenridge, Colorado, as we prepared for a 10-mile bike ride. "

Kathe Forrest (January 19) sent this picture of her cat Watson checking out the food in her kitchen. She noted: "Even though I have only been a member since 2017, I feel well integrated in this group. When ½ of my yoga class were absent every second Thursday of the month, I knew that I needed to change the day of yoga or join up. So glad that I did. This move to Taylor last April has brought joy and sadness. The sadness that I cannot just hop over to either garden to work side by side with members and friends. The joy – I have so many roses and 3 garden beds to grow. Here's to my 71st year!"



Cammie Beierle (January 20) sent the following: "Whew! It's moving toward midnight, I've finished in the kitchen and just saw the message from Linda [requesting a birthday message]. Gratefully, we have spent the last 2 days covering up and harvesting what might no longer exist after this cold front blows through. I made 5 recipes of basil pesto (saved the Tulsi for healthy tea), am steeping a large harvest of stinging nettle for (healthy) tea and will make several jars of salsa from the tomatoes, jalapeños, cilantro and shishito peppers we harvested. This once citified girl is looking forward to learning so much more from you this year!!! Oh and lesson learned: my dead bottle brush came back in October!! It is now heavily mulched."



Cindy Nash (January 27) sent a picture and said: "Happy New Year! This picture is what I call "fireworks," a gorgeous sunset to end New Year's Day. I have been in the Pioneer Unit since 2013 and should be a better gardener by now! I just keep trying and enjoy being with people who bring so much knowledge to our group. I am a better reader than gardener and am happy with a stack of new books from Christmas. Wishing everyone good health, joy in every day, and hopes for garden successes. "

MORINGA

You may have seen the tall moringa tree at the back of the Pharmacy Garden at Festival Hill in the "Health" bed. The plant is somewhat gangly with lovely flowers that mature into long seed pods. Check out the pictures on the back page of this newsletter.

Moringa is native to parts of Africa and Asia and has long been used in those areas of the world, and the plant is becoming more widely known and appreciated. The plant grows fast and is drought-resistant. Some varieties have a more bushy form and others have a thick base, but the tree growing in the Pharmacy Garden is tall and slender.

Moringa is used as a dietary supplement and is said to be effective for boosting energy, detoxification, treating skin damage, curing ulcers, moderating blood pressure, lowering blood sugar, as well as many other uses. Moringa can also be used in water purification. The wood can be processed to make a blue dye used in Jamaica and Senegal. The byproduct of removing oil from the seeds has been used as a fertilizer. After reading [Moringa: Nature's Medicine Cabinet](#), I was convinced there was nothing this plant could not do! However, I also read that studies to date suggest that consuming parts of the plant may lead to only modest reductions in blood sugar and cholesterol. Many of the health benefits claimed for the plant have not yet been tested in this country in human studies.

The moringa plant can be a nutritious food. The leaves are said to be tasty in salads and can be cooked like spinach. They are said to be beneficial to people who lack essential nutrients. The leaves provide protein, vitamin B6, vitamin C, riboflavin, and iron. When young and tender, the seed pods can be eaten like green beans. Young seeds found in the pods can be prepared like peas, and the larger seeds from the more mature pods are said to taste like peanuts when cooked. The flowers are attractive to bees and thus help to produce honey, and they can also be fried, after which they are said to taste like mushrooms. [Here I must admit that I have not yet tried eating any parts of the plant.]

Plants can be started from cuttings and from mature seeds. I took a few plants sprouting in the Health bed, but they did not prosper in my garden. I have some seeds from a mature pod and am trying to get some plants going. If I am not successful this year [I started late], I will try again when the plant produces pods next year. I would love to get some plants growing to share with anyone who wants one.

Sources:

Numerous internet articles found when I googled "moringa."

Holst, Sanford. [Moringa: Nature's Medicine Cabinet](#). Sierra Sunrise Books. 2000.

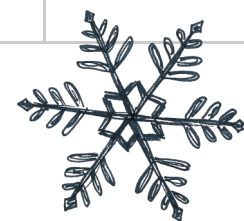
[Many thanks to Henry Flowers for lending me the book, which also includes glowing recommendations for using the plant along with numerous recipes for using all parts of the moringa plant.]

Linda L. Rowlett, Ph.D.

January 2022

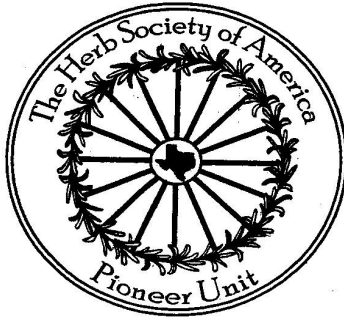


Sun	Mon	Tue	Wed	Thu	Fri	Sat
CG = Culinary Group FH = Festival Hill SG = Sensory Garden	HG = Horticulture Study Group HB = Herbal Blends					1
2	3	4	5 CG 10:00 Menke House	6	7	8
9	10	11	12	13 Pioneer Unit Meeting	14	15
16	17	18	19	20 HB 9:30 Kay Scanapico	21	22
23 Newsletter deadline Email to the editor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



February 2022

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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



The moringa tree in the Pharmacy Garden at Festival Hill with close-ups of a flower and a seed pod.