

# PIONEER PATHS

Newsletter of the Herb Society of America  
Pioneer Unit

August 2022

Volume 29, Number 12

August 11-13  
Perseid Meteor Shower  
(peak)

—  
August 11  
Green Corn Full Moon



Editor's Note: Kathe Forrest, Chair of the Pioneer Unit, is currently enjoying a vacation. Many of you are aware that the Pioneer Unit Board presented Kathe with a gift at the June meeting, but she deferred opening it because of all the guests we had at the meeting. I thought you might like to see the gift and Kathe's pleased smile when she opened it.

## FROM THE PROGRAMS CHAIR

With the help of some wonderful and wise advisors, I am completing the programs for our upcoming calendar year. Good news: We will enjoy our November meeting in Winedale, and we plan to return to our Christmas gathering at Festival Hill.

Some clues for the upcoming year:

Butterflies.

Chocolate.

Lavender.

Ginger.

Thyme.

Poetry.

Mediterranean cuisine.

Stay tuned for more details! Looking forward to our September meeting!

Tess Hartman  
Programs Chair



## MINUTES OF UNIT MEETING HERB SOCIETY OF AMERICA PIONEER UNIT

July 14, 2022

Kathe Forrest, Chair, welcomed the attending members and turned the meeting over to Phoebe Lake, former Programs Chair. Phoebe introduced the Pastor of the Brenham Presbyterian Church, Reverend Ed Wolf, and thanked him for allowing us to meet here. She also mentioned the wonderful Galilee Garden which is supported by the Pioneer Unit with the payment made to the church for use of the facility for meetings.

Phoebe introduced Ann Wheeler of Log House Herb Farm. Ann is a consultant at The Arbor Gate in Tomball. Ann displayed her wealth of knowledge of herbs as she presented "Herbs in Pots: A Moveable Feast." Ann gave Madalene Hill credit for developing enthusiasm for herbs in the area and further. Ann is a delightful speaker!

Kathe called the business meeting to order and mentioned the sign-up sheets for hospitality at meetings and working the Sensory and Pharmacy gardens.

Kathe asked for volunteers to lead and help with the Forum and talked briefly about the recent quarterly meeting of the Pioneer Unit Board. She reminded the members that Henry Flowers will spray the walkways at the Pharmacy Garden for weeds.

Kathe pointed out that the number of active members is smaller than in past years. There was a discussion of ways we might reach out to the community to expose the Unit to those who might be interested in joining. The possibility of evening meetings and promoting recordings of meetings on the website was discussed along with the possibility of adding a link to the Chamber of Commerce website. Kathe asked for a show of hands of those who might be interested in pursuing these possibilities.

Kathe reported that efforts are being made to investigate the possibility of meeting at Winedale and celebrating the Unit at Festival Hill in December. A discussion was held about other locations possible for meetings. Tess Hartmann, Programs Chair, will follow up on this.

Diana Sellers, Membership Chair, introduced Tory Farley as a new member. Guests were Deb Pruitt, Nina Linder, and Lara Fehrle. Diana reported about the current number of members and said that she had sent in the annual report to the Herb Society of America. The following members received recognition pins for membership:

Madeline Johnson—5 years, Patty Mills—5 years, and Linda Hartson—20 years.

Madeline Johnson then explained the purpose of the Horticulture Study Group and mentioned that the Basil booklet from the 2021 study was available for members.

There was a drawing for 5 door prizes, after which Kathe closed meeting.

Respectfully submitted,  
Cammie Beierle  
Membership Chair

## PIONEER UNIT BOARD MEETING SUMMARY

### July 13, 2022, Zoom

Present: Kathe Forrest-Chair, Debi Thomas-Treasurer, Tess Hartman-Programs, Patty Mills-Hospitality, Diana Sellers-Membership, Pat Cox-Education, Barbara Solis-Scholarship, Jana Rinehart-Festival Hill Garden, Cathy Kietlinski-Sensory Garden, Ann Lugg-Communications, Cathy Nitsch-TWSS, Linda Rowlett-Past Chair, Cammie Beierle-Secretary.

Website: Ann Lugg reported that the Unit website revision is in progress and coming along. She reported that no money had been spent on web development.

Treasurer: Debi Thomas reported on the Unit's financial status. She reported that we are financially healthy. She reported that the plant sale netted about \$27,000. Diana Sellers reported that credit card fees had cost the unit \$180. The Board took action to increase the credit card budget. Kathe reported that storage cost had increased. Kathe asked for reimbursement for traveling expenses to and from monthly meetings and Forum. The Board passed a motion for round-trip reimbursement at the IRS mileage rates, minus commute mileage of 10 miles each way.

Gardens: Cathy Kietlinski (Sensory Garden) reported that repairs to irrigation were working well. She mentioned that some hoses needed to be repaired. Kathe asked her to research cost and get back with the Board. There was discussion on chemical used on gardens, including safety and efficacy. There was a question about spraying at the Sensory Garden and whether the costs would come out of the Sensory Garden budget. Cathy Kietlinski wanted to confirm with the school that chemical spraying was allowed.

Gardens: Jana Rinehart (Pharmacy Garden) reported that the Pharmacy Garden in good condition.

After discussion the Board voted to hold quarterly Board meetings on the Monday before the Unit meeting.

Archive and Rosemary: Tess Hartman recommended that the budget be increased to cover the cost of postage and cards. She reported that she is working with Susan Bame, the new chair.

Programs: Tess reported that September and October programs are set. Tess and Patty will visit Winedale about meeting there.

Hospitality: Patty Mills said that she would provide sign-up sheets for Hospitality at the July monthly meeting.

Membership: Diana Sellers made a motion to accept Irene Spurrier as a new member because she has fulfilled the requirements for membership. The motion passed. Diana also moved to approve Tory Farley as a new member as she had fulfilled volunteer hours and would fulfill the meetings requirement at her next meeting. This motion passed subject to Tory attending the meeting.

Education: Pat Cox asked what the education budget specifically covered. Ann offered to set up registration for workshops on the Unit website.

Scholarships: Barbara Solis reported on the scholarship donations.

Respectfully submitted,  
Cammie Beierle, Secretary

## MEMBERSHIP INFORMATION

Summer continues to be a scorcher, but at least it has been raining here and there the past couple of weeks. The town of Round Top has mostly watched as the rain goes around us. But as I hear thunder and see the lovely dark clouds full of moisture releasing sheets of rain in the distance, I tell my garden, "It will rain here again someday. I promise."

We had another superb, informative presentation at the July meeting – "A Moveable Feast: Herbs in Pots" by Ann Wheeler. It was a very time-sensitive instruction for me as I have converted most of my gardening to growing plants in pots or raised garden beds laid out close together. The watering chore is so much easier when all the plants are close. I can move them around to chase or run from the sun as it changes position during the course of the year. Three guests attended the July meeting. Lara Fehrle and Nina Linder were first time visitors. Deb Pruitt attended for her 2nd meeting. All three indicated they are interested in becoming Pioneer Unit members.

The Pioneer Unit welcomed new member Tory Farley in July. Tory completed the joining requirements and became our first member for the new fiscal year. Her contact information is 110 E. Fayette StREET, Fayetteville, Texas 78940; cell number is 979-451-9199; email address – tdolly10@hotmail.com. Tory is also working on becoming a Master Gardener. Welcome to the Pioneer Unit, Tory!!

### Recognition Pins

Congratulations to the following members for achieving another 5 years as members of the Herb Society of American and the Pioneer Unit. They were presented with the HSA Recognition Pin for their service during the July meeting:

Linda Hartson – 20 years  
Madeline Johnson – 5 years  
Patty Mills – 5 years

### Pioneer Unit Membership Update

The annual membership renewal process is complete. Thanks to everyone!! Seventy-eight members renewed their membership for the coming year. Of the 78, 15 are Affiliate Members. Six members from the previous year resigned for a variety of reasons, and we've had 7 great new members join our Pioneer Unit since July 1, 2021.

### Volunteer Hours

July 1st marked the beginning of the new fiscal year which means Active members start over with completing the required annual 20 volunteer hours. See the Guide for Reporting Volunteer Hours included in the newsletter. There are many fun ways to earn volunteer hours: serve as a Hostess or Speaker Angel for the presenters during our monthly meetings; join Kay Scanapico and her group to collect herb leaves used to make herb seasonings for sale at the Thyme Well Spent Shoppe (TWSS); write an article for Pioneer Paths; make jellies, honey, or soaps for the TWSS; sew hand work for the TWSS; water or pull weeds in the Festival Hill Garden or the Sensory Garden.

You don't earn volunteer hours for attending meetings or driving to or from meetings. Consult the guide, and contact me or anyone else on the Board if you have a question about whether an activity counts toward volunteer hours.

Herbally Yours,  
Diana Sellers  
Membership Chair

## Guidelines for Reporting Hours

### Gardens:

Time spent watering, pulling weeds, and providing other support of Festival Hill, the Sensory Garden, or "other" gardens (those designated by Pioneer Unit Board).

### Host Team Coordinator:

Coordinate host team to set up for Monthly Unit meetings. 5 hours

### Hostess:

Support Host Team at Monthly Unit meetings. 4 hours

### Speaker Angel:

Support Monthly Unit meeting speaker.

### Educational:

#### Share With Community:

Sharing knowledge *outside* of the Pioneer Unit (Ex: a non-formal presentation at a booth or a fair or during an herb day or at the Bee Festival or for a school or other group not affiliated with the Pioneer Unit.)

#### Presentation:

Sharing knowledge *within* the Pioneer Unit or another HSA unit.

Articles for Unit Newsletter - up to 4 hours

Participating in Board-approved activities – hours vary

### Study or other Sub-Groups:

#### What counts toward hours:

Any activity that results in an article for the newsletter.

Any activity that involves a presentation to the Unit as a whole.

#### What does NOT count toward hours:

Attendance at group meetings or other group assignments, unless you are *presenting* or *sharing with the community* your personal results or knowledge.

### Herbal FORUM (Round Top) Prep Activities:

Any activity preparing for FORUM during the year

**Herbal FORUM (Round Top) Activities:****Hospitality:**

Support Thyme Well Spent Shoppe, Guests, and Presenters with refreshments during the days of FORUM, and possibly set-up and cleanup.

**Registration:**

Greet registered Guests at front door of auditorium, give out registration packets and badges, answer questions from all attenders. Hours per shift – 8+ possible

**Plant Sale:**

Care for plants during Forum. Please ask Membership Committee if unsure.

**Plant Sale Holding Area:**

Watch over plants for Guests and Members before the plants are paid for. Up to 8 hours.

**Plant Sale Cashier:**

Receive payments for plants. Hours per shift.

**Plant Sale Watering:**

Water plants pre/during Forum. 8+ hours possible.

**Gazebo:**

Support sale of items made by Members. Hours per shift.

**Thyme Well Spent Shoppe:**

Work inside at sale. Hours per shift.

**Setup/Break Down Team:**

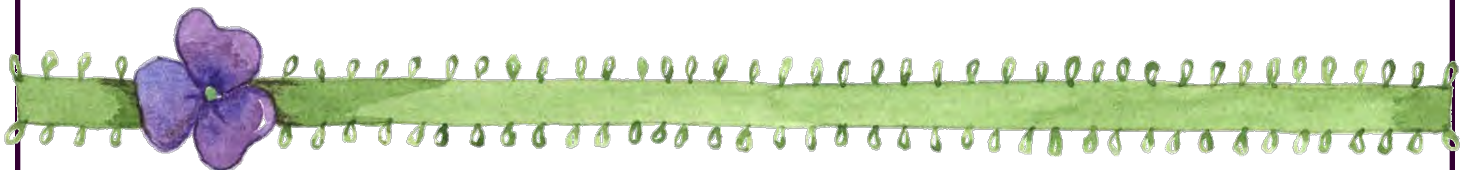
Support Setup Committee. Prepare for lunches at Menke House and various areas for Presenters during Forum.

**Unit Admin:**

Time spent administering duties as Chair of a Committee or Pioneer Unit Board of Directors Member. For example, editing the Yearbook, organizing special events or groups, sending cards.

**Hours NOT applicable:**

Travel time to/from any activity. Attending Monthly Unit meetings (except March preparation for FORUM meeting). Preparing a dish for breakfast/lunch at Monthly Unit meeting.



## HORTICULTURE STUDY GROUP

We did not meet in July, so our next meeting summary will be found in the September newsletter. This provides an opportunity to provide information about gardening thyme in extreme heat. Because we all water, it doesn't seem that drought is causing our thymes a great deal of problems. Certainly rain is better than watering, and we have talked about the difficulty of keeping the thymes planted in pots moist. The extreme heat is taking its toll. The variety Lemonade Cascade seems to be suffering the most. It leads in plant deaths, and most growers are reporting that the plants that are still alive are struggling. June and July saw the most plant deaths among all the varieties. The number dying is small, but the overall health of the thymes declined as the long hot summer continued. Based on numbers for June, Lemon Thyme seems to be handling the heat slightly better than other varieties. In general, the heat has shut down flowering and has caused some of the thymes to die back and others to simply stop growing. We hope our coping mechanisms will keep them alive until the weather cools down.

Madeline Johnson



White-flowered creeping thyme — June



White-flowered creeping thyme — July

## SENSORY GARDEN

Please join me on Tuesday, August 16th, from 8:00 a.m. till 10:00 a.m., to spruce up the garden. School starts on the next day and we need to make the Garden look better.

Also, sincere thanks to all our fabulous volunteers who have been watering. Each one of you has made a tremendous difference and is appreciated.

Thanks, in advance, for adding our work morning to your calendar.

Kind regards,  
Cathy Kietlinski





## AUGUST BIRTHDAYS

August 11 — Leona Marshall

August 14 — Susan Yancey



**Susan Yancey** (August 14) sent the adjacent picture and a wish that I imagine many of us share: "My birthday wish is for rain - and lots of it please! Our cows are chomping on the bales of hay which were meant to be served in the winter. We are enjoying a small batch of honey from Yancey Ranch bees and large batches of tomatoes and cucumbers from the garden. Salsa! Spaghetti sauce! Pickles! We are well stocked. I have used up all my dill. Now if it would just rain..."



## THYME WELL SPENT

Calling All Jam/Jelly Makers, Hand Good Makers, and generally, all crafters! Start making plans for what you wish to make for TWSS. We are completely without items to sell as **EVERYTHING** sold in March. We hope to repeat our success, but it will only happen if our members help. We are especially in need of hand made goods such as aprons, dish towels, bonnets, pot holders, etc., Also start saving your herbal books, cookbooks, and magazines for our scholarship table. If anyone has new recipes for jams, jellies, or chutneys, contact Cathy Kietlinski. In general, March successes begin with September projects!

Cathy Nitsch  
TWSS

# August 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 No CG Meeting	4	5	6
7	8	9	10	11 No Pioneer Unit Meeting	12	13
14	15	16 SG 8:00-10:00	17	18	19	20
21	22	23	24	25 HG 10:00-noon FH	26	27
28 Newsletter deadline Email to the editor	29	30	31		CG = Culinary Group FH = Festival Hill SG = Sensory Garden	HG = Horticulture Study Group HB = Herbal Blends

# September 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	6	7	8 Pioneer Unit Meeting	9	10
11	12	13	14	15	16	17
18	19	20	21	22 HG 10:00-noon FH	23	24
25 Newsletter deadline Email to the editor lrowlett@gmail.com	26	27	28	29	30	



## PIONEER PATHS

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—Tess Hartman  
Secretary—Cammie Beierle

Vice Chair Membership—Diana Sellers  
Treasurer—Debi Thomas

### KATUK SWEET LEAF BUSH

Katuk is a perennial plant grown for its edible leaves and young shoots. It is a fast-growing plant. Ann Lugg planted a four-inch pot from our Forum in the Health Food bed at the Pharmacy Garden in March. The accompanying picture was taken on July 17, showing that the plant is well over five feet high. Katuk can survive well in heat and humidity, so it was a perfect plant for this summer. It is supposed to be easily propagated by cuttings. I intend to give that a try and will let you know the results.

The plant is popular in South and Southeast Asia where the shoot tips have been sold as tropical asparagus. Cooks in Vietnam use katuk in soups, and in Malaysia it is used in stir-fries with eggs or dried anchovies. The plant also produces flowers and small fruits which are said to taste like peas, but the katuk at the Pharmacy Garden has not yet fruited.

Caution: There is some controversy about consumption of the plant. Excessive consumption can be problematic. It contains the compound Papaverine which lowers blood pressure. If consumed in large quantities, the plant can cause problems with small blood vessels. Lung transplants were required for some persons who ate huge quantities as a weight-loss plan.

Linda L. Rowlett, Ph.D.

