



# PIONEER PATHS

Newsletter of the Herb Society of America  
Pioneer Unit

January 2023

Volume 30, Number 5



January 1  
New Year's Day

—  
January 5  
Twelfth Night



January 6  
Wolf Full Moon

—  
January 9  
Board Meeting

## MONTHLY UNIT MEETING

Date: January 12, 2023

Time: 9:30 a.m. Meet and Greet  
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: A Thymely Talk

Speaker: Horticulture Study Group of the Pioneer Unit

Hosts: Janie Cornelius, Carroll Edwards, Tory Farley, and Ginger Heath

Lunch: Food for Health



## MESSAGE FROM THE CHAIR

Happy New Year to all!

Linda has needed to prompt me as I feel like I am still on vacation from all things business- like.

There are some changes happening, and one is the Pharmacy Garden. Supervisor Jana Rinehart, who has done so much to build those gardens up at Festival Hill by pulling weeds and planting, must now bow out of her responsibilities for personal reasons. Jana will continue to be a member and help Susan Yancey and all of us at the Herb Sale in March. Thank you, Jana, for all your hard work.

Speaking of work, we do need members out at Festival Hill and probably the Sensory Garden to clean up the damaged plants. Henry Flowers has said that there is no urgency, but ideally by mid-February barring another freeze. Please clean your garden bed at Festival Hill as time permits.

Take notes of your own garden, because at our meeting we will discuss ways to help when frost and cold temperatures are expected. What did you cover up? How did you help protect your herbs, etc.? Straw, pots, burlap, etc.? What survived?

By the time we meet next week, we will have had a Forum Meeting and Board Meeting so there will be news to present.

Thank you,

Kathe Forrest  
Unit Chair



## FROM THE PROGRAMS CHAIR

Looking at this spectacular weather, it is hard to believe that last week temperatures were in the teens! At the last minute, I ran out to pick these winter tomatoes and some flowers. Sadly, my garden and my herbs have seen better days . . .

We will gather at Brenham Presbyterian Church for our January 12th meeting and learn about thyme from our outstanding Horticulture Study Group. They always do such a great job! Making soups and stews this fall, I realized how much thyme I use in the kitchen, and I am looking forward to learning about the best varieties for our area.

See you all on January 12th!

Tess Hartman  
Programs Chair



## MEMBERSHIP INFORMATION

Happy New Year to All!! I'm starting the New Year off with a brand-new granddaughter born the day after Christmas. She's adorable, of course (aren't they all).

We had another super meeting in December. So fun to visit with each other while having lunch at Festival Hill in the Menke House. I want to send out a round of applause to Tess Hartman. She is doing a fantastic job as our new Programs Chair. Henry Flowers' delightful Ginger presentation was full of great information. He's so entertaining and makes learning about herbs lots of fun. I can't wait until the Plant Sale in March to buy some ginger.

**December Meeting Attendance** - Forty-nine members attended the December meeting, along with 9 Guests: Kathy Milenki (Phoebe Lake), Debra O'Quinn (Phoebe Lake), Cathy Cominsky, Vicki Wiste (Irene Spurrier), Cathy Moore (Julie Johnson), Courtney Kieke (Julie Johnson), Elisa Henderson (Jan Hughes), Jason Beierle (Cammie Beierle), and Virginia Caneleo (Susan Wood). The Hostesses served a delicious array of Christmasy breakfast items. Thank you, Hostesses!!

**Please welcome our newest member** – Debi Meschwitz. She joined us in November. Debi is joining as an Affiliate. Before she became a member, Debi had already started doing some volunteer work embroidering tea towels for sale at the Thyme Well Spent Shoppe during the March Forum. Thanks, Debi!

Debi's contact information: 5400 FM 332, Brenham, Texas 77833; Cell # 979-203-9482; email [debimeschwitz@yahoo.com](mailto:debimeschwitz@yahoo.com). Her birthday is October 9th. Debi wrote the following in her bio: "I am a retired home economics teacher and have used herbs in cooking for many years. I have also been active in a garden club where we used herbs in the Butterfly Garden." Debi says she is interested in serving as a Hostess and in leadership positions. I can tell Debi will be a great asset to the Pioneer Unit. We're so glad to have you join us, Debi!

**Recognition Pins** – Connie Gwyn and Cathy Nitsch received their 5-year Recognition Pins. Congratulations to both of you.

**March Forum, Plant Sale, and Thyme Well Spent Shoppe** – March will be here before you know it, and there is much to be done to prepare. Please keep bringing me your seeds. Seed packets were in high demand at this past year's sale. Also, start bringing any books and magazines that you would like to donate to the sale. We would like any books and/or magazines having to do with herbs, plants, gardening in general, and cooking. FYI - the books that shoppers particularly seemed to want at the last sale were small books that could be given to friends and family as thank-you gifts. Shoppers were also interested in fiction books that had something to do with herbs. Also needed are jams, lotions, dried herb packets, and handmade items. You earn volunteer hours while preparing any of these items. You need 20 hours of volunteer hours to maintain your active membership status, and this is a **perfect** way to obtain those hours. Contact Cathy Nitsch for more information.

Herbally yours,  
Diana Sellers  
Membership Chair



MINUTES OF UNIT MEETING  
PIONEER UNIT  
DECEMBER 8, 2022

The December meet and greet was held in the Chapel basement at Festival Hill with lovely breakfast appetizers provided by Cathy Nitsch, Cathy Kietlinski, Sally Reynolds, Patty Royal, and Connie Gwyn. We then walked to the Chapel to hear Henry Flowers present "The Many Joys of Ginger." Henry was introduced by Tess Hartman, Programs Chair.

Kathe Forrest, Chair, welcomed members to the December meeting at 11:43 a.m.

Kathe mentioned the December birthdays: Beverly Green, Linda Rowlett, Becky Nichols, and Phoebe Lake.

Diana Sellers, Membership, stated that there were 49 members present and 9 guests: Kathy Milenki, Debra O'Quinn, Jason Beierle, Cathy Cominskey, Vicki Wiste, Cathy Moore, Courtney Kieke, Elisa Henderson, and Virginia Caneleo. Cathy Nitsch and Connie Gwyn were recognized and awarded pins for their length of active membership.

Cathy Nitsch offered gourds to decorate for the Thyme Well Spent Shop and jars for jams and jellies. Connie provided acorns for all guests to decorate or plant.

Ann Lugg is working on the website and provided printed photos of members.

Kathe announced that the Agreement with Festival Hill is being signed. She invited all to see Henry's display on ginger.

The meeting was adjourned at 11:51, after which we moved to the Menke House for a fabulous meal provided by the staff at Festival Hill.

Respectfully submitted,

Cammie Beierle  
Secretary



## PLANT SALE 2023

Where do you want to volunteer and on which days do you want to volunteer for the 2023 Plant Sale? Opportunity abounds!

Set up will begin Monday, March 13th at 9 a.m., and run for four days from 9 a.m. until noon through Thursday, March 16th.

Friday, March 17th sale hours are 8:00 a.m. - 5:00 p.m. (St. Patrick's Day!)  
Saturday sale hours are 8:00 a.m. - 3:00 p.m.

Tear down 3:00 p.m. until we're torn down.

Sign up sheets will be in the registration area at our January meeting.

A Plant Sale organizational meeting will be held on Thursday, January 26th at noon in Room 9 of the Service Building at Festival Hill. (The same room as the Thyme Well Spent Shoppe.) Bring your lunch and help map out a new Native Plant sale area, get the scoop on the Planting Shed ideas, and score volunteer hours!

Questions, comments? Contact Susan Yancey at 832.867.9617  
or [susan.yancey@gmail.com](mailto:susan.yancey@gmail.com)

## CULINARY GROUP



The Culinary Group traditionally uses the January meeting to make mustard for TWSS. Ninjas and Vitamixes will be running full speed producing jars of lovely mustard. We will be enjoying Sara Holland's minestrone when we're done. Be ready to purchase during Forum! Happy New Year!!

Belinda Weatherly

## HORTICULTURE STUDY GROUP

### Mint – It's not just for dogs!

Did you know that mint was used in 'toothpaste' as early as the 14th century? Its breath freshening properties are popular today in all brands of dental sticks for dogs. It is my dogs' favorite flavor! The Horticulture Study Group will study mint in 2023, and WE invite you to join the group.

### Who are we and what do we do?

Our purposes are as follows:

1. Improve our knowledge and skills in the cultivation of herbs.
2. Learn how different varieties of the same herb perform in our geographic area under different growing conditions.
3. Build fellowship within the Pioneer Unit by sharing the love of herb cultivation.

Our monthly meetings on the 4th Thursdays from 10-noon include an educational program followed by a round robin discussion of how our study herbs are growing. In past years, we studied oregano, basil, and thyme. In 2023, each HSG member will receive 8 different varieties of mint to grow. For more information, talk to Phoebe Lake or Madeline Johnson at the January meeting of the Pioneer Unit.

If you like gardening and love talking about gardening, then you will enjoy this interest group. Our first meeting is **January 26, 10 – noon in School Building #9, Festival Hill**. If you have any questions, then call Madeline Johnson (979-249-6211). We have fun at every meeting, even when the weather makes gardening tough. Whether you are new to the cultivation of herbs or an expert, you will be glad that you chose to participate.



## JANUARY BIRTHDAYS

January 1 — Carolyn Thomas  
 January 7 — Mary Doebbeling  
 January 13 — Leah Pearce  
 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



**Kathe Forrest** (January 19) sent the following: "Birthday #72. As I rock around the clock entering my 73rd year, I'm in pretty good shape. I have gotten a membership to the YMCA where I have been swimming and taking a Enerchi (Tai Chi) class which centers me and helps my brain. Most of the members in the class are my age or a bit younger. I hope to continue traveling this year to perhaps Arizona to visit a friend and Colorado. My accomplishments for 2022 were seeing my son after 3 years in Australia and learning to make delicious sourdough bread! Cheers!"

**Cammie Beierle** (January 20) sent the adjacent picture and the following message: "Oh, the weather outside was frightful, yes it was, and it redeemed itself the last week of 2022 with the beautiful sunny, warm temps! Here is a picture of a Fava Bean plant that was about to bloom before the freezing weather. I dug it up and it is now (still alive) in a pot inside until further notice. Looking forward to spring already and all the seeds I plan to start with the knowledge I've gained in the last nearly 3 years!"





## JANUARY BIRTHDAYS — continued

**Cindy Nash** (January 27) wrote the following: " It's New Year's Eve, the last day of 2022, as I write this. The Christmas tree is down, decorations stored, and the cookie tins have been put away until next year. I am keeping the nativity sets out until Epiphany.

"The approach of a New Year brings reflection of the past year and looking ahead to new possibilities going forward. 2023 will hold important milestones for me. I will celebrate my 75th birthday on January 27th. I am going to embrace it! It will also mark ten years in the Pioneer Unit in the summer. I love being part of this group. I treasure the friendships and being around people with so many interests, knowledge and passions.

"I am not the best gardener, but I love learning about herbs and how to use them. Every meeting brings inspiration in some way.

"I read somewhere to approach resolutions as intentions. As 2023 starts, I will write down my intentions. Ask me in June how I'm doing! On the list will be to grow more herbs, plant more cardinal basil (I love that plant!), don't forget to make herb butters, and to keep trying new recipes that use herbs.

"Happy New Year to all of you!!"



*Save the Date!*

THE HERB SOCIETY OF AMERICA  
ANNUAL MEETING *and*  
EDUCATIONAL CONFERENCE

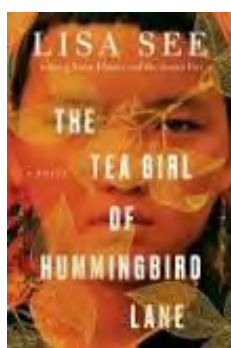
APRIL 27-29, 2023  
*Hosted by*  
*The Herb Society of America Baton Rouge Unit*

## HERBAL BOOK CLUBS

The Herb Society of America book clubs continue to flourish. If you are interested in joining one of the book clubs, you can find information at the website [herbsociety.org](http://herbsociety.org). The clubs meet on Zoom and are a good way to meet members of other units.

At the end of 2022, the book clubs voted on their favorite books for the year. Here are the top-choice winners for your reading pleasure:

### Fiction



The Tea Girl of Hummingbird Lane by Lisa See (2017): Author Lisa See explores the lives of a Chinese mother and her daughter who has been adopted by an American couple. In a remote village bypassed by the Cultural Revolution, Li-yan and her family align their lives around the seasons and the farming of tea. Their rituals and routines are interrupted by a foreign visitor seeking the special Pu'er tea grown in the region.

### Nonfiction



The Plant Hunter: A Scientist's Quest for Nature's Next Medicines by Cassandra Leah Quave (2022): Dr. Quave weaves together science, botany, and memoir to tell us the extraordinary story of her own journey. A leading medical ethnobotanist tells the story of her quest to develop new ways to fight illness and disease through the healing powers of plants .


# January 2023



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



# February 2023

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 at FH	2	3	4
5	6	7	8	9 Pioneer Unit Meeting	10	11
12	13	14 	15	16	17	18
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26	27	28				



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Volume 30

Editor: Linda L. Rowlett, Ph.D.

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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

I know a bank where the wild thyme blows,  
Where oxlips and the nodding violet grows,  
Quite overcanopied with luscious woodbine,  
With sweet muskroses, and with eglantine.

Spoken by Oberon in William Shakespeare's A Midsummer Night's Dream  
Act 2, scene 1, lines 257–60



Fairies live in thyme beds, wild or cultivated