



PIONEER PATHS

Newsletter of the Herb Society of America
Pioneer Unit

June 2023

Volume 30, Number 10

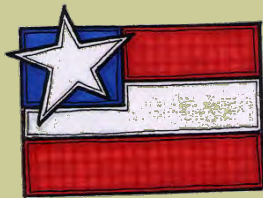
June 3

Strawberry Full Moon



June 14

Flag Day



June 18

Fathers' Day

June 21

Summer Solstice



Date: June 8, 2023

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

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: Emily Dickinson: The Poet as Gardener and Cook

Speaker: Linda L. Rowlett

Angel: Madeline Johnson

Host Team: Joanna Hagler, Bonnie Lout, and Phoebe and Rob Lake

Lunch: Chilled and Refreshing

Note: Susan Yancey looks forward to meeting with the Plant Sale Committee after lunch.



The Homestead — Emily Dickinson's home

MESSAGE FROM THE CHAIR

I would say that Summer has hit, with plants blooming, tomatoes pushing the limits of their cages – some of us have been eating tomatoes already from the gardens (I still have green ones).

Mowing never ends with all the rain, and butterflies and bees are flying and buzzing.

June brings us to the end of the business year and so we shall have a rather more in-depth business meeting with reports from all the Unit chairs. Those reports will be online soon after if not before the meeting.

I will present in this newsletter a short review of the Education Conference in Baton Rouge, and at the meeting I will have available some of the plants that we learned about and a short video of the trip.

There will also be a discussion on Green Bridges – what that is and how to apply. Ann Lugg will take us through the HSA website with an emphasis on the Green Bridges area.

Also, I will take a survey of the members at this June meeting regarding our meetings. By that, I mean to say that there are units that do not meet all summer – they take off some or all 3 months (June, July, and August).

During this time, they may take a field trip, meet up just to get together at a local restaurant or take a walk in someone's gardens. I know that it has been mentioned before that members would like to see other people's gardens as a field trip. Think about it.

So, in closing yes this will be a bit of a longer meeting which happens every June but please come to enjoy our very own Linda Rowlett talking about the gardens and cooking of Emily Dickinson.

Best,
Kathe Forrest
Chair

FROM YOUR PROGRAMS CHAIR

We all thoroughly enjoyed Diana's presentation on lavender. I learned a great deal and now know not to water them so excessively. This explains my previous lack of success! This May has been a great gardening month, and I hope you have enjoyed this fabulous weather. My salvias and day lilies are remarkably happy.

June brings us a great program—Linda Rowlett will bring us Emily Dickinson as Gardener and Cook. She will present in costume and promises that we will have less poetry and more gardening. Emily Dickinson was an avid gardener and even took botany courses at Amherst Academy and Mount Holyoke Female Seminary in Massachusetts. In 2010, the New York Botanical Garden actually created facades of the two Dickinson homes and installed the plants that Dickinson had in her gardens as part of a major exhibition.

Join us at Brenham Presbyterian Church on June 8th!

Tess Hartman
Programs Chair



MEMBERSHIP INFORMATION

May Meeting

Yours truly provided the presentation for the May meeting. The presentation was all about the lovely herb lavender. The title of the presentation was *Lavender - Alluring and Beguiling: A Brief Sketch of the History and Uses - Gardening, Culinary, Medicinal and Crafts*. Lavender is a very sensual herb, and the scent of lavender wafted through the air to stimulate the nasal senses; several tasty lavender snacks and beverages were served to stimulate the tastebuds. I enjoyed giving the presentation. The audience kindly listened to all I had to say. This presentation was made possible by the Pioneer Unit and its membership scholarship program which gives members a stipend to study a herbal topic of their choice for a year, then present what they learned to the Unit. I believe this is a generous program to encourage us members to pursue learning and sharing the knowledge we've gained!! I wish to thank all the Hostesses. They were extremely helpful in setting up and bringing the goodies – Betty Pior, Sally Reynolds, and Joann Reichle. Of course, Patty Mills is also always there helping to do everything. Also thanks to Tess Hartman and Kathe Forrest for making all the arrangements.

This was an evening meeting with 31 members and nine guests in attendance. I think that was a great number for our first ever evening meeting.

New Members

The Pioneer Unit will have two new members joining at the June meeting – Shawn Helm and Michael Perkins. They have both completed all their joining requirements. I don't have all their information at this point but will include it in the July Membership Article. We look forward to having them as members.

Membership Renewal Time is Here and Almost Gone

The annual membership renewal process is close to ending. As of the writing of this article, 31 members have submitted their renewal applications and fees. That's about 50%. Thanks to all who have renewed. While it is preferred that members renew by the end of May, we will accept renewals until June 30th. After that time, members who have not renewed will be removed from the membership roll. We don't want that to happen to anyone, so please don't delay. Submit those renewal forms and fees right away. You have three options for renewing, and all three are acceptable:

Submit the renewal form and money online (several members have renewed using the online option and found it to be very easy and quick)

Print the renewal form; complete and send it and a check to the Pioneer Unit PO Box

Print the renewal form; complete and give it to me during the June meeting.

Make checks payable to HSA Pioneer Unit. If you have any questions regarding this process, please contact Diana Sellers at 512-461-7175 (text or call) or you can email me at sellers2000@yahoo.com.

Membership categories:

The categories are Active, Affiliate, and Life. Active and Affiliate Pioneer Unit members must be in good standing with the Herb Society of America, which means you must have paid their annual membership fee of \$55. Life members pay a one-time, life-time amount of money to be a member of HSA forever.

"What is the difference between Active and Affiliate?"

An Active member – must complete 20 hours of Unit volunteer time and attend at least 3 meetings per year. An Active member can vote on business issues and can hold an officer position.

An Affiliate member – does not have to complete volunteer time or attend the required number of meetings. An Affiliate member also cannot vote on issues or hold an officer position. Often, a person will choose to be an Affiliate because they are an Active member of another unit but want to maintain a tie to our Unit. The Pioneer Unit has many Affiliates in this position: they are Active members of other units but want to keep in touch with us. Others choose to be Affiliates because they want to participate as much as possible but are not able to complete the required volunteer hours or attend all the meetings.

Whether you choose the category of Active member or Affiliate member, the total amount you pay is still \$67 (single) or \$98 (joint), unless you are an Active member of another unit. Then you only pay the \$12 to be an Affiliate member of our Unit.

Herbally Yours,
Diana Sellers
Membership Chair



THYME WELL SPENT

YUM! It's time to pick and freeze fruit for jams and jellies. Also, if you see something you think would sell in the shop, please tell Cathy Nitsch, Belinda Weatherly or Cathy Kietlinski. We are always on the lookout for new items that would be popular and make \$\$\$ for our Unit. Hope everyone is enjoying the slower pace of summer and that you are sipping a herbal tea from the TWSS while sitting in the shade.

Cathy Nitsch

MINUTES OF UNIT MEETING
HERB SOCIETY OF AMERICA PIONEER UNIT
MAY 11, 2023

Kathe Forrest, Chair, welcomed members to the May meeting, our first evening meeting, held at St. John's United Church of Christ, Burton, Texas.

Tess Hartman, Vice Chair Programs, introduced the speaker Diana Sellers, Pioneer Unit member and Vice Chair of Membership. Diana had applied for and was awarded the HSA Pioneer Unit Scholarship and used those funds to research and learn about lavender and to present the evening's program, A Study in Lavender, an Overview. Diana passed out a handout of the program.

After the program, Diana and Patty Mills, Hospitality Chair, drew names for the door prizes of lavender items. The Speaker Angel was Joanna Hagler. The lunch hostesses were Betty Pior, Joann Reichle and Sally Reynolds.

Pat Cox and Noreen Barker filled in for Diana Sellers to check-in members. In attendance were 31 members and 9 guests, for a total of 40. Guests were Mike Perkins, Shawn Helm, Jason Beierle (Cammie's husband), David Mathis, Amber Bartek, and her son Bryce Bartek. Amber also brought three guests: Ann Little, Kim Keefer, and Mackenie Knutson.

Kathe asked for any announcements. Cathy Kietlinski responded with a request for help weeding the Sensory Garden. Cathy does not need to be there for members to work at the Sensory Garden. Just come when you can. Cathy had a scheduled workday which was rained out.

Julie Johnson announced that there is a workday at Festival Hill tomorrow, Friday, May 12, from 9 a.m. until 5 p.m. to weed and plant new plants.

Kathe took a poll of those in attendance and three (3) guests said they came because the meeting was in the evening.

Kathe announced that those who wanted could stay a little longer to enjoy the lavender snacks provided by the hostess team. There were no other announcements, and the meeting was adjourned.

Respectfully submitted,
Louise Rice
Secretary



HORTICULTURE STUDY GROUP April Rains Brought Rapid Growth

Our May meeting was the perfect time to learn about harvesting, drying, and storing mints. Mints love moist soil so the frequent rains in April provided the perfect growing conditions. Our presenters, Courtney Kieke, Martha Neva, and Julia Johnson, reminded us that the mint flavor is optimized if the leaves are harvested in early morning after the leaves have dried. Different drying methods for preservation were covered, including air drying (preferred), oven or microwave drying, and using a dehydrator.

There are several ways to air dry. Hanging a bundle of mint inside or laying the mint on top of a cover in your car or a guest bedroom are different ways to air dry. Just remember that the leaves should be crispy when you store them in airtight containers.

You can also store mint by creating mint syrups which will last for about 30 days in the refrigerator. Mint syrup is made by using a 1:1:1 ratio of water, sugar, and your favorite mint. Dissolve the sugar in the water, add the mint leaves, and boil for a couple of minutes. Let it cool. Strain the mint. Then use in beverages of all kinds. Martha brought small containers for the group to take home.

We also learned about Habak Mint from Henry Flowers. Habak is often referred to as the Bible Mint, but it lacks the fragrance that one typically associates with mint. It is used in herbal tisane (tea) for medicinal purposes primarily.

The Horticulture Study Group plans to harvest mint for the Thyme Well Spent Shop starting in June. It is a great way to share the abundance of mint that we have with the Unit. This end-of-May photo of Red-Stemmed Applemint, Mojito, Kentucky Colonel, and Orange mints (left to right) of Madeline's mint plants illustrates why harvesting is important this year! Remember that these were 4-inch pots when planted in late February.

Madeline Johnson



REPORT ON EDUCATION CONFERENCE Baton Rouge April 2023

Both active and at-large members traveled to Baton Rouge for the Herb Society of America Educational Conference 2023. There were presentations with various speakers and other educational activities as well as different meetings such as: Unit Leaders and District Gatherings.

This was the 90th anniversary of HSA, and the mayor of Baton Rouge as well as the Governor of Louisiana awarded Lin Lange with a proclamation saluting the society.



Thursday, many of the members went on a guided tour of the Houmas House and gardens – you will see a video of the conference at the June meeting with pictures of the garden.

There was a marketplace with vendors from the area, a raffle with items from the different units, and entertainment from two different bands.

Friday, we had speakers Gary Bachman on The Modern Victory Garden and John Sykes talking about the City of Flowers and history of Baton Rouge. Both men were well versed in their topics.

There was an Award Ceremony in the evening – see the winners here:

<https://www.herbsociety.org/about/award-winners.html>

Saturday we were shown a Cajun and Creole cooking demonstration by Anne Milneck with samples of the curry and taste of Yaupon tea. Some of us visited her shop, the Red Stick Spice Company. The other speaker for the morning was Olivia Stewart on rum distilling, a plant-based industry that is reviving.

The afternoon saw us listening to Mary Perrin and Beverly Fusilier on the *Traiteur* Healing tradition and the healing herbs of a *Traiteur* Garden. (*Traiteurs* have various stories about how they received their power. Some say it was inherited from a relative, some say they were born with it, and still others say they were apprenticed to a practicing *traiteur*.)

The day and event finished with dinner and a rockin' band where many of us danced and some played an instrument called a Frottoir.

The next conference will be in Philadelphia which is surrounded by a plethora of gardens, for example: The Gardens at Mill Fleurs, Bowman's Hill Wildflower Preserve, the Arboretum at Laurel Hills, and Bartram's Garden.

Kathe Forrest

CULINARY GROUP



The May Culinary meeting focused on the cuisine of the Pacific northwest. Thanks to Debi Thomas who led this study and to the members who brought examples of Pacific Northwest food to the meeting. The June meeting will focus on Floribbean cuisine, that has been influenced by the Caribbean, Latin America, Africa, Europe and Asia. This is a true fusion cuisine. Looking forward, the July meeting will be our annual herbal ice cream, sorbet, and sherbet social. All are welcome to our meetings. Please call Belinda Weatherly at 979-357-4599 for more information.

Belinda Weatherly

JUNE BIRTHDAYS

- June 1 — Henry Flowers
 June 5 — Esther Hartman
 June 9 — Martha Neva
 June 13 — Leah Pearce
 June 14 — Ronda Herzog
 June 19 — Diana Sellers



Leah Pearce (June 13) sent the three pictures below and the following message: "I appreciate each one of you for all you give to this Unit. It's a great year with prayers to my friends who are struggling. Wishing you comfort, peace and love."



Diana Sellers (June 19) shared the following: "I now have two grandchildren – a 2-year-old and 5-month-old. So much fun to watch as they explore the world around them. I hope to introduce them to the fascinating world of nature and gardening. The 2-year-old loves collecting rocks, leaves, and snails. He is keenly aware of birds. In fact, that was one of his words. He is mesmerized by ants crawling in a line and will lay down on the ground and watch them for long periods of time. I have a couple of books about kids and nature games. I would love to hear any ideas from you other grandparents."

June 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
CG = Culinary Group FH = Festival Hill SG = Sensory Garden	HSG = Horticulture Study Group HB = Herbal Blends			1	2	3
4	5	6	7 CG at FH	8 Pioneer Unit Meeting	9 FH Garden Work Day 9-noon	10
11	12	13	14	15	16	17
18 Fathers Day	19	20	21	22 HSG 10-noon	23	24
25	26	27	28	29	30	

July 2023



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



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Volume 30

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—Louise Rice

Vice Chair Membership—Diana Sellers
Treasurer—Debi Thomas

PIONEER UNIT FIELD TRIP

Seventeen members of the Pioneer Unit carpoled to the Leach Teaching Gardens at Texas A&M University on May 23. Dr. Mike Arnold, Director of the Gardens, was a great tour guide, and we saw some beautiful trees and flowers. The vegetable garden was loaded with tomatoes, kale, squash, strawberries, cantaloupe and more, and all the produce is donated to the local food bank. A&M is planning a \$40 million expansion of the gardens in the near future. Our group was curious and enthusiastic, and a good time was had by all. We ended our visit with lunch at a popular hamburger restaurant recommended by Dr. Arnold.

Pat Cox

