



PIONEER PATHS

Newsletter of the Herb Society of America
Pioneer Unit

September 2024

Volume 32, Number 1

September 2
Labor Day

September 17
Harvest Full Moon



September 22
Autumnal Equinox

MONTHLY UNIT MEETING

- Date: September 12, 2024
- 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: Mints
- Speaker: Horticulture Study Group of the Pioneer Unit
- Lunch: Back to School Favorites
- Host Team: Linda Rowlett, Ann Lugg, Leona Marshall, and Cindy Nash



Back to School Fun: If you have a school picture of yourself from those elementary days, send a copy to Ann Lugg by Tuesday, September 10th: alugg@rice.edu

MESSAGE FROM THE CHAIR

Fall is Coming. Hallelujah, fall is just around the corner!! I look forward to fall every year. For me, it means new beginnings – the start of a new school year, shorter days, trees turning colors, and cooler air (eventually). I am still in Colorado as I write this article. Signs of Fall are evident everywhere – the willows are quickly turning yellow and twirling to the ground, Aspens are starting to turn golden, the mountainside bushes are turning orange. This is also the time of the year up here when the cowboys start rounding up the cattle that have been grazing in the mountains all summer. We frequently must stop on the roads now to allow the cows to cross over. It's fun to watch the cowboys and the cow dogs herding the cows down the mountain passes. For the Pioneer Unit, Fall means we return from our summer break, visit with our herbie friends, and attend delightful programs which expose us to wonderful new ideas. I look forward to being with you again.

Volunteer Needs. I apologize for being repetitious, but we continue to have a desperate need for someone to volunteer to be the Chair for the Sensory Garden. Deb Meschwitz has taken on the task of being the liaison with the Brenham Elementary principal and teachers to provide education for the students. We need someone to oversee the garden itself to make sure that it receives the care it needs. In addition, we need volunteers to spend a little time working in the garden. Just think, with 75 members, if each member spent one hour in the Sensory Garden each year, that would be 75 hours of tender loving care. Think about what you might be able to do. I know many of us can't weed, but maybe there is something you could help with. If we can't fill the Chair position, then we may have to step away from caring for the Sensory Garden.

I would like to mention that I know the thought of assuming responsibility to oversee a particular job can be overwhelming and scary. Often, though, the scariest job becomes the biggest blessing of our lives. When Georgia Sowers first approached me about becoming the Membership Chair, I couldn't imagine that I could do a job like that. Who was I to think I could be a Membership Chair. It turned out to be one of the most fun and rewarding things I have done. I came to know all the members – I recognized their faces and learned each person's name. I had the same reaction, however, when I thought about becoming the Unit Chair. How could I possibly be the Chair of this Unit. I decided that I needed to accept the challenge and do the best I could.

Herbs of the Year. As we traveled through Colorado this summer, I became aware that Yarrow grows everywhere. It is abundant along river streams and on the mountainsides. A couple of weeks ago we drove over Wolf Mountain Pass between Pagosa Springs and South Fork. There at the Summit of the pass, at 10,857 feet, Yarrow was happily growing everywhere. A few days later, a friend pointed out a patch of Chamomile growing where we were staying, elevation around 9,700 feet. I looked it up in my Wildflowers of Colorado book and this is what it had to say:

Chamomile was introduced by Europeans and can be seen growing in large numbers along Colorado roads. . . . A tea can be made from the dried flowers. Efforts are being made to stop the spread of Scentsless Chamomile, which has been listed as a noxious weed in Colorado.

See my photos of these two herbs on the next page.

I look forward to seeing you in September and am hoping Fall will be in Texas soon.

Diana Sellers
Pioneer Unit Chair

FROM THE PROGRAMS CHAIR

Greetings Herbies!

I hope everyone survived the above 100-degree temperature. I did . . . barely.

I don't know about you, but I am ready for the crisp of fall. I know we don't get much of a fall, but I appreciate the little bit we get.

In Programs we are getting ready to kick off our monthly meetings with the Horticulture Study Group. They will enlighten us with the knowledge they gathered from their time spent studying mint.

Although most of the year is planned with programs, if any of you have any program requests, I am open to hearing your suggestions, and I will do my best to make them happen in the future.

I am looking forward to seeing all of you at the Brenham Presbyterian Church on September 12th!

Tory Farley
Programs Chair



Yarrow, Wolf Mountain Pass Summit
10,857 feet
Diana Sellers



Chamomile, Conejos Canyon
9,700 feet
Diana Sellers

MEMBERSHIP NEWS

Hello fellow herbies!

The first Pioneer Unit meeting with our new board members will take place soon, and I'm very excited about the possibilities! We have a good number of people interested in exploring the Pioneer Unit, so be watching for new faces, and say Hi and welcome them. We also have some anniversary pins to award.

I believe this year is going to be rich in growing in the knowledge of herbs and experiencing great ways to grow and use them, learning new faces, and getting to know familiar faces better through belonging to different groups, attending monthly Unit meetings, and working together to involve our communities in various activities and events.

I look forward to seeing you for our first meeting of the 2024-25 Pioneer Unit year!!

Cammie Beierle
Membership Chair



Our Scholarship committee administers Unit Scholarships (now known as Herbal Scholars) to our members and College Scholarships to deserving students.

In addition, this committee advises the board on charitable giving from our Plant Sale income.

If you have interest in helping with this group (we usually communicate via email and hold occasional in-person meetings), please contact Phoebe Lake at PVLake@gmail.com or 281-660-6071.

SEPTEMBER BIRTHDAYS

- September 5 — Noreen Barker
- September 7 — Irene Spurrier
- September 8 — Caroll Edwards and Debbie Pruitt
- September 12 — Debi Thomas
- September 13 — Janie Plummer
- September 14 — Joanna Hagler
- September 15 — Pat Cox and Sue Edmundson
- September 22 — Linda Hartson and Michael Perkins
- September 27 — Connie Gwyn
- September 30 — Georgetta Welch



Noreen Barker (September 5) sent the following thoughtful quote and the cute photo adjacent: "The most wonderful places to be in the world are: In someone's thoughts; in someone's prayers; and in someone's heart. "



Irene Spurrier (September 7) sent the photo of wild morning glory flowers and this birthday message: "Like a kid, I still love celebrating my birthday! It's fun to give yourself a special day to enjoy, and focus of those who have enriched my life. As Frank Lloyd Wright said, 'The longer I live more beautiful life becomes.' That sums it up well. With many thanks and gratitude to all my herbie friends."

Caroll Edwards (September 8) sent a poem which she entitled "Tick Tock":

Sometimes thoughts of my value and worth,
 make me wonder the plan for being on earth.....
 What shall I contribute as my time is waning;
 what joy can I bring to life that is fading.....
 Now, mind you, I have a lot left to give;
 but what shall I do to complete how I live.....
 I remember the times in my much younger years;
 when life just flew by with no time for tears.....

No time for this, and no time for that;
 no time for him and no time for her;
 then all of a sudden; life is a blur.....
 So, things do slow down and thoughts will occur.....
 Thoughts of regret that he or she needed care;
 a moment of time to say and to share.....
 Tell someone you love them before it's too late;
 because family and friends are what make life so great.....
 Now that I've thought of the things I shall do
 with the time I have left, and TIME is the clue.....
 I shall smile and garden; and smile and cook;
 and smile and share with the ones that I can,
 the joy of the time I have left on this land.....
 For some day I hope to smile down from above;
 with no thoughts of TIME, only with love.....

Pat Cox (September 15) wrote: "I've been told by people who've already celebrated the BIG birthday coming up for me this month that the anticipation is worse than the reality, and of course it is just a number (even if a huge one). Life will still be good with family, friends, and many more years of learning and fun with the great people of the Pioneer Unit."



Sue Edmundson (September 15) sent the adjacent photo and the following message: "My September birthday usually means the weather will be cooling and my garden gets its 'second-wind' bloom! It's also time to start making basil salt and Mexican Mint Marigold vinegars."

HORTICULTURE STUDY GROUP

Rosemary - Medicinal Uses

Susan Bame, Royceanna Kendall, Linda Rowlett, and Irene Spurrier presented the program on the historical and current uses of rosemary for health. They began by crowning each of us with a ring of rosemary. Rosemary is great for helping with concentration and relieving stress. It must have worked because they had our full attention! We also learned that Rosemary sprigs can be combined with olive oil over a low heat to create an antibacterial and anti-fungal lotion to apply to the skin. If you are wanting a soothing footbath, add rosemary sprigs and Epson salts to boiling water. After 30 minutes, you can remove the rosemary and warm your feet. Finally, did you know that rosemary serum can stimulate hair growth for a receding hairline?

Our delightful presenters gave each of us small bottle of the rosemary infused olive oil, a small bottle of rosemary serum to stimulate hair growth, a rosemary tea bag, and a rosemary salve for inflammation. We left eager to try Rosemary for its medicinal properties. The photos show us wearing our rosemary crowns and the collection of Rosemary for Health.

During our Round Robin discussion of the rosemaries, we learned that most are doing well. Madeline provided some data on the growth of our rosemaries showing that although rosemaries will grow in large pots, they seem to prefer a flowerbed.

Text by Madeline Johnson
Photos by Phoebe Lake



HOSPITALITY REPORT

September brings "Back to School" to mind, and this was chosen to be the theme for our September 12th luncheon/meeting at Brenham Presbyterian Church. If you're bringing a dish to share, "Back to School Favorites" is the suggestion (not sure if that means PB&J)!! We look forward to seeing you at the meeting!

Volunteering for the Host/Hostess teams is a wonderful way for all members to get to know each other as well as earn hours. The lead host contacts the members, coordinates the table decorations and brunch. All team members contribute to table decorating, brunch dishes, setting up brunch and lunch, and clean up.

Caroll Edwards and Connie Gwyn
Hospitality Co Chairs



UPDATE ON THE SENSORY GARDEN AT BRENHAM ELEMENTARY

Diana Sellers asked me to report on the current status of the garden at Brenham Elementary. As a reminder, the following is what Deb Meschwitz reported at the meeting in June.

As Garden Education representative, Deb Meschwitz met with Sara Borghart, the Executive Director of Leadership and Learning, and with the principal at Brenham Elementary. These items were discussed:

1. The Pioneer Unit will work with the second grade.
2. Deb will aid teachers in study materials or game/objectives.
3. The Unit will help three times a year with the second grade - September, October or November, and possibly April.
4. Brenham Elementary is going to help with expenses.
5. Maintenance at the school will help the Unit, such as by removing piles of branches and weeds and possibly spraying for weeds. Deb suggested we give them cookies when they do.
6. We need a written agreement.

The idea has been put forth that members of the Pioneer Unit and parents of students will come together on a Saturday to weed and cut and mow, but also to enjoy watermelon, cold drinks, and cookies.

Deb will communicate to Sara Borghart and ask that the parents of the second grade help with the upkeep or at least the recovery of the garden. (By recovery, I mean that the weeds have taken over.)

Here's a bit of history of the Sensory Garden. As far as I can tell, it was constructed in 2008. In July 2011, the garden was one of the outdoor learning centers statewide to be featured at the annual Texas Wildlife Association meeting. The learning centers received recognition for their commitment to connecting children to the outdoors. Former First Lady Laura Bush served as the keynote speaker for the event where she stressed the importance of education and connecting children to the outdoors so that they may become good stewards of the land. We were recognized as one of the entities that is furthering this mission.

I was reminded by talking to a couple of the board members that teachers are under a lot of pressure these days, and we all know that the arts and things like gardening are being left by the wayside. I would hope that we could continue this (bringing kids outdoors) as we have for the past 16 years.


The Unit needs people to step forward who can help with this project. Just as the first Fridays are working well with Julia Johnson and the volunteer group at Festival Hill, the same could happen at Brenham Elementary: inspecting the garden one time a month for just a couple of hours and then enjoying food and camaraderie afterwards.

Give it a thought and if interested, please call or email me.
Kathe Forrest




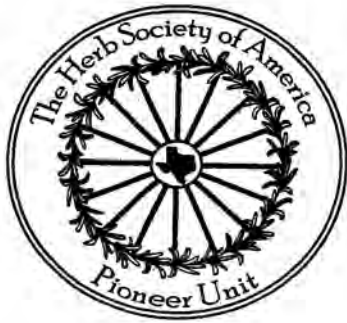
September 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6 FH Work Day	7
8	9	10	11	12 Pioneer Unit Meeting	13	14
15	16	17	18	19	20	21
22	23	24	25	26 HSG 10:00	27	28
29	30				CG = Culinary Group FH = Festival Hill SG = Sensory Garden	HSG = Horticulture Study Group HB = Herbal Blends

October 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 CG Menke House	3	4	5
6	7	8	9	10 Pioneer Unit Meeting	11	12
13	14	15	16	17	18	19 HSA Webinar noon
20	21	22	23	24 HSG 10:00	25	26
27	28	29	30	31 	CG = Culinary Group FH = Festival Hill SG = Sensory Garden	HSG = Horticulture Study Group HB = Herbal Blends



PIONEER PATHS

Volume 32

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—Diana Sellers

Vice Chair Programs—Tory Farley

Vice Chair Membership—Cammie Beierle

Secretary—Joanna Hagler

Treasurer—Royceanna Kendall



HERB SOCIETY OF AMERICA

Did you know the Herb Society of America has a webinar most months? To sign up, go to herbsociety.org and click on the LEARN tab and then on Herb Education. There is no cost for members of HSA to attend the webinars. In addition, you can check out the past webinars and watch them at your leisure. The following are the webinars scheduled through the end of the year:

9/19/24 Jessicka Nebesni from Mountain Rose Herbs will present Herbal Skin Care

10/15/24 Kristin Graves, author, will tackle Garlic, based on her new book [The Garlic Companion](#)

11/12/24 HSA's Honorary President and nursery owner, Jason Powell, will present Unusual and Non Traditional Herbs

12/12/24 Kathleen Hale, the Section Leader of the Historic Rose Collection of the Western Reserve Herb Society, will share her knowledge of historic roses