

PIONEER PATHS

Newsletter of the Herb Society of America
Pioneer Unit

March 2025

Volume 32, Number 7

March 9
Daylight Savings
Time Begins



March 14
Crow Full Moon



March 20
Vernal Equinox

MONTHLY UNIT MEETING

Date: March 6, 2025

Time: 9:30 a.m. Meet and Greet
10:00 a.m. Work on Thyme Well Spent Projects or
Grounds Maintenance

Location: Service Building
Festival Hill
248 Jaster Road, Round Top

Directions: From Highway 290, take Texas 237 south 6.6 miles to
Jaster Road. Turn right on Jaster Road. Turn left into the
parking lot and find the Service Building across from the
Hall.

Host Team: Jill Wilson, Noreen Barker, Tess Hartman, Bonnie Lout,
and Jo Ann Reichle

Lunch: The usual breakfast items will be supplemented with some
sandwiches. You may also bring your own lunch to eat in
the building or on the grounds.



MESSAGE FROM THE CHAIR

The February Pioneer Unit Meeting was fabulous! Everyone had a great time. So much energy, it felt like we were having a party. The Horticulture Study Group presented information from their year-long study of Rosemaries. Lots of interesting information was shared. Speaking of the Horticulture Study Group.....

Congratulations to Madeline and Phoebe!! Each year in February, HSA announces the recipients of their various awards. This year, Madeline Johnson and Phoebe Lake were each recipients of the Certificate of Achievement Award. This award honors those who have made significant contributions in various ways to the work of the Society or the world of herbs. Madeline and Phoebe are certainly worthy of receiving this award. They created and have led the Horticulture Study Group for the past 5 years. Each year, an herb is chosen and studied intensely for a year. So far, the group has studied Oregano, Thyme, Basil, Mint, and Rosemary. The study involves researching how 6-8 varieties of the herb for that year grow in different conditions. The members also research information about aspects related to culinary uses, history and folklore, harvesting, medicinal uses, and crafts. The HSG has so much fun learning. This year the HSG has selected Lavender for their study herb.

Forum, Plant Sale, and Thyme Well Spent Shop: It's upon us. By the time you read this newsletter, we will have just two more weeks to get ready. Forum, Plant Sale, and Thyme Well Spent Shop preparations continue. The planning committee will hold its 3rd planning meeting next week, February 25, to work on a few more details. Much work has been accomplished, but there are many things still to do.

TWO IMPORTANT NOTES:

1st - the March Unit Meeting will be held on March 6th at Festival Hill. We will be preparing for the Forum, Plant Sale, and TWSS that will be held the following week.

2nd – the semi-annual Daylight Savings Time Change occurs on March 9th, the week of our event.

Forum: Due to unexpected issues, Autumn Schulze will not be able to present "The Healing Chemicals of Herbs." Gayle Engels from the American Botanical Council will be presenting this topic. Gayle is an outstanding speaker. She has presented at several Forums in the past.

Plant Sale: Julia Johnson, Madeline, and Phoebe will be leading a group to build 10 new tabletops for displaying the sale plants. The current tops are falling apart after serving their time for several years.

TWSS: A butterfly painting workshop was recently held at Cammie Beierle's house to make those beautiful plant butterflies that we sell at the TWSS. Pat Cox sent out an email about two upcoming workshops to make lotions for us to sell at the shop. Join the fun and learn how to make great items with herbs.

Volunteering: Sign-up sheets were posted at the January and February Unit meetings. A huge thank you to all who have signed up. We can use everyone's help.

Ice Cream Scoopers Needed: One job I forgot to mention at the February meeting is that of scooping ice cream. Billi Parus and Henry Flowers are going to do a stage presentation at the end of the Forum. The presentation is based on the December program Henry did about Peter Rabbit. On stage, ice cream will be served, and a couple of ice cream scoopers are needed to dish out the ice cream. Let me know if you are interested. Thanks so much!

Looking forward to seeing you all at the March meeting,
Diana Sellers
Chair, Pioneer Unit

FROM THE PROGRAMS CHAIR

The Pioneer Unit will not have a regular program for the March meeting. We are meeting in Service Building Rooms #1, #2, and #9, at Festival Hill on March 6, 2025, at 9:30 a.m. This is a planning/prep meeting for the Plant Sale, TWSS, and Forum.

Thank you for all your hard work and support in making this a great, successful Plant Sale and Forum.

Kindly,
Tory Farley
Programs Chair

BUTTERFLY PAINTING WORKSHOP

The day was so fun! Dawn Wilson, Noreen Barker, Pat Cox, Deb Pruitt, and I strolled down memory lane recalling the books we have read. It was such a sweet time together!! We made a big, colorful mess, ate some biscuits with homemade jam, and drank a home-blended tea.

Cammie Beierle



MINUTES OF UNIT MEETING HERB SOCIETY OF AMERICA PIONEER UNIT

February 13, 2025

The February meeting was held at Bethlehem Lutheran Church, Round Top, Texas.

Diana Sellers, Unit Chair, introduced the presenters, Madeline Johnson and Phoebe Lake, leaders of the Horticulture Study Group. Phoebe began by inviting everyone to join the upcoming study of lavender. Madeline presented an overview and the results of the group's yearlong study of rosemary (*Salvia Rosmarinus*). Several members of the horticultural group highlighted what the group learned about rosemary during their study. Diana gave culinary tips. For sweet dishes, soak in milk, stock, water or butter to prevent rosemary from getting brittle. Tuscan Blue is thought to be the best for cooking. Gorizia and Spice Island are good for pesto. Barbecue and Gorizia are excellent for kabobs. Irene Spurrier shared that rosemary is thought to shield against ultraviolet rays. It has long been used by the cosmetic industry to treat wrinkles and oily skin. Royceanna Kendall gave a personal testimony of rosemary stimulating hair follicles and promoting hair growth. Linda Rowlett presented possible health benefits including antioxidant and anti-inflammatory properties. Some members have used a rosemary salve for pain relief. Wendy Matthews led us through our olfactory system showing how at least 16 chemical compounds move from our nose to our brain. Rosemary is thought to increase memory and may help with anxiety, depression, and sleep disorders. Madeline showed us which plants make good companions for rosemary in the garden and which don't. Phoebe reviewed the best cultivation practices, including good air circulation, good drainage, and at least 6 hours of sun. Some growers had to fight southern purple mint moth larvae on their rosemary. The easiest solution is to simply remove and dispose of the affected stem. The growth habits of each variety of rosemary studied and which did best in the study were illustrated in graphs. The full presentation can be found on the Pioneer Unit website under the Reports tab.

Diana announced that Madeline and Phoebe have received the Herb Society of America Certificate of Achievement Award. Because of the vision, leadership, and hard work of these ladies, the horticultural group has grown into a tight-knit group who enjoy experimenting and learning.

Royceanna Kendall, Treasurer, reported that as of January 31, 2025, the bank balance is \$57,172.43. Festival Hill was paid \$ 1,450.00 for the Christmas lunch.

Cammie Bierle, Membership Chair, welcomed 51 members and 4 guests. Rhonda Herzog, Georgia Sowers, and Bob Sowers reached their 15th year of membership in the Herb Society of America. Sherry Machie has completed her requirements and is now a member.

Pat Cox, Education Chair, reminded members of upcoming workshops on butterfly stakes and lotions.

Diana reminded members they can receive national HSA news by choosing the "Opt In" on the HSA website.

Erica Menconi, Time Well Spent Chair, needs volunteers to sign up for set up, retail, and teardown.

Julia Johnson, Pharmacy Garden Chair, reminded members of the Pharmacy Garden plant research project.

Serena Speaker, Sensory Garden Chair, encouraged members to attend the fruit tree pruning workshop.

Connie Gwyn, Hospitality Chair, asked for volunteers to sign up to bring sandwiches for Plant Sale workdays. She thanked Betty Pior, Courtney Kieke, Susan Bame, Cindy Nash, Phoebe Lake, and Diana Reed for our wonderful breakfast and lunch. As an extra special treat, Julia Johnson and her children sewed a heart for each member.

Respectfully Submitted,
Joanna Hagler, Secretary



Photo from Noreen Barker

MEMBERSHIP INFORMATION

Oh, my goodness, are we going to enjoy the sunshine!! Let the hard work (of planting, watering, fertilizing, pampering, talking to, and in general enjoying our spring gardens!) begin!!!

Speaking of fertilizing, last fall I grew comfrey for salves and fertilizer. I make a comfrey tea to fertilize my gardens and the plants respond beautifully. So easy: just stuff a 5-gallon bucket with comfrey leaves, fill the bucket with water, cover and let steep for 4 weeks. You will notice a pretty rank smell when it is ready! Bon appetite (to your plants)!!

Please remember to record all those hours you have worked on Track It Forward app. If you need help, please let me know.

What fun our February meeting was!! Thank you, Julia Johnson and kids, for the fabulous heart ornaments!! And thank you for the Rosemary wreaths and all the WONDERFUL door prizes!!! It was very exciting handing out all the door prize tickets!

The meeting was full of wonderful energy and excitement, and the presentation was so fun! Great work, Horticulture Group!! We had 51 members and four guests: Earl Mills (Patty's husband who is working on becoming a member), Swee-Leng Rapatz who came with Belinda Weatherly, and Amber and Bryce Bartek. Welcome!!

We welcomed Sherry Michie as our newest member. Please add her contact information to your directory for easy access:

Sherry Michie (husband George)
740 E. F.M. 1291
Round Top, Texas 78954
281-989-4904
SLMichie@gmail.com

Cammie Beierle
HSA, Pioneer Unit
Membership Chair

CULINARY GROUP



The Culinary Group will be using the March meeting to help set up the Thyme Well Spent Shop.

The Group's April program will be a time of sharing a "heritage" dish we grew up with — herbal of course!

Belinda Weatherly

FORUM NOTICES

Cookies for Closing

Wouldn't it be nice to have some cookies to share at the close of the Forum, a way to invite attendees out to the Plant Sale area and perhaps generate some plant purchases? If you are willing to make cookies for Saturday, March 15, please sign up at the meeting. Cookies with a herbal twist would be great, but please feel free to use your imagination and make whatever you think would be pleasing.

Diana Sellers

Notes from Hospitality

We're short on snacks for the Wednesday Forum set-up crew. If anyone would like to provide cookies or fruit, or anything people would need for an energy boost, please let me know.

Also regarding the Potting Shed – A friendly reminder that lightly used garden pots, tools, decorations (such as wreaths, signs and garden "doo-dads") will be greatly appreciated to sell in the Shed.

Thank you,
Caroll Edwards

Calling All Cardboard Flat Collectors!

Please bring any cardboard flats you can to our next meeting, Thursday March 6th, for use during the Plant Sale. At this meeting we will work to set up the Thyme Well Spent Shop, go over Plant Sale protocol, bag tubers of turmeric, ginger, and galangal for sale, and perhaps harvest bamboo to sell in our Potting Shed area!

If you are new to our Herbal Forum, Plant Sale, and Thyme Well Spent Shop, we will connect you with a buddy to help you learn how you can help out!

Julia Johnson



HORTICULTURE STUDY GROUP

Raising the Bed for Lavender

It's time to start playing in the dirt! Lavenders will be arriving in just a few weeks. Phoebe Lake provided more details about bed preparation for the lavender study. She emphasized that creating good drainage for the lavender beds is crucial. Incorporating expanded shale into the soil where the lavenders will be planted in the ground (not in a raised bed) helps ensure that the bed will drain. The raised bed has the advantage of draining well because it is raised. However, the lavenders planted in our native soil, which can range from sandy to clay, need help. Phoebe also explained that although we normally love mulching our flowerbeds and vegetable gardens with a bark or leaf mulch, these just don't work well with lavenders. You don't want to trap moisture on the lavender roots. Mulching is important, but use a pea gravel or crushed granite mulch for lavenders.

The group watched Madeline Johnson build a raise bed and were fantastic at pitching in when unloading the 3-way soil mix from the bed of her truck. We applied a layer of builders paper between the native soil and the 3-way soil mix to slow down the growth of weeds in the bed. We discussed the usefulness of applying the paper because it is expected to degrade relatively quickly. However, given the limited depth of the raised bed, cardboard was not an option because it takes much longer to degrade. Then there was Shadow, the energetic German Shepherd, who amused the group by constantly bringing her dirty ball and dropping it in the new bed. It is clear that she has Madeline well-trained to throw the ball endlessly.

The group left ready to start their bed preparations.

Submitted by Madeline Johnson



NEW TABLES FOR THE PLANT SALE

This week, a crew of our lovely members and husbands joined me at Festival Hill to construct 11 new table tops for our Plant Sale. (You know how saggy those old ones have gotten!) Rob and Phoebe Lake came up with an excellent design, Diana and Louie Sellers arranged for the delivery of materials, and Courtney and David Kieke made great overseers! Madeline Johnson, my husband Chris, and I also teamed up to get them finished -- three hours, many hands, and 11 new plant table tops! Perfect!

Julia Johnson
Festival Hill Gardens Chair



PIC•COLLAGE

MARCH BIRTHDAYS

March 1 — Susan Wood

March 3 — Billi Parus

March 11 — Joan Jordan

March 14 — Bob Sowers

March 16 — Sandra Brown

March 30 — Robert Lake

March 31 — Madeline Johnson
Patty Mills

Susan Wood (March 1) wrote: "Greetings to all Pioneer members. I continue to be amazed at all the things you do and am proud to be an affiliate member. I hope to attend a meeting soon and look forward to seeing many of you in San Antonio next year. Congrats to Phoebe and Madeline for 2025 HSA Certificates of Achievement!"

HerbTV from American Botanical Council Officially Launches on YouTube

With nearly 1.4 million views already recorded, HerbTV is positioned to become the leading international online portal for videos on botanicals and herbal medicine


AUSTIN, Texas (February 24, 2025) – As part of its ongoing educational mission for consumers, academia, industry, media and government, the nonprofit American Botanical Council (ABC) is pleased to announce the official launch of ABC's YouTube channel, HerbTV.

HerbTV from the American Botanical Council on YouTube.com is the home of more than 180 educational videos on medicinal herbs and related health and wellbeing content and includes interviews and in-field tours with renown herbalists, botanists, and ethnobotanists. The channel already has more than 21,000 subscribers and nearly 1.4 million views.

To provide easy access to the educational content on the channel, HerbTV features playlists organized by category and health conditions, as well as ABC's new Adopt-an-Herb videos, videos and webinars on herbal sustainability, and sources outside of ABC, including the public television series Healing Quest, "The Medicine Hunter," and others. New content is being added weekly.

Submitted by Susan Wood
See details at www.herbalgram.org

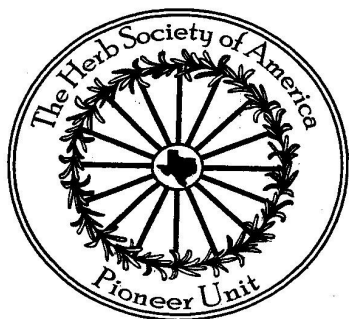
March 2025

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 Menke House	6 Pioneer Unit Meeting	7 FH Work Day 9-11	8
9	10	11	12	13	14 Herbal Forum	15 Herbal Forum
16	17 	18	19	20 SG Work Day 9-11	21	22
23	24	25	26	27 HSG at FH 10-noon	28	29
30	31					

April 2025



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



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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—Diana Sellers

Vice Chair Programs—Tory Farley
Secretary—Joanna Hagler

Vice Chair Membership—Cammie Beierle
Treasurer—Royceanna Kendall



LAVENDER HARMONY TEA

2 teaspoons lavender buds
1 tablespoon white rose petals
1 teaspoon violet petals
1 1/2 cups apple juice
1 cinnamon stick

Simmer all ingredients together for 5 to 10 minutes, then strain out the petals and cinnamon stick. Drink while visualizing love, harmony, and peace.

From A Kitchen Witch's World of Magical Plants & Herbs by Rachel Patterson

[Editor's Note: I came across this recipe recently during research for a presentation. I thought it might be a peaceful and relaxing drink once the Forum is over and we can all take a deep breath. Enjoy!]