

# Northeast Wisconsin Unit of the Herb Society of America



## the Herbal Thymes



April 2009

[www.newhsa.org](http://www.newhsa.org)

Year 9

Post Office Box 277 - Seymour WI 54165



### HERB OF THE YEAR Bay Trivia

Bay is strong enough to add to strong flavored beef, lamb, liver and ham. Rule of thumb is if it simmers, you can use bay.

In Turkey, fish on skewers are alternated with bay leaves.

The Bedouins put bay in their coffee.

In a book from 1526, it is suggested that a paste made of bay and honey would help with blemishes.



### NORTHEAST WISCONSIN UNIT OFFICERS & CHAIRS

Co-Chairman: Yvonne Haworth 920-336-0664  
Vice Chair: Jackie Johnson 920-246-7377  
Secretary: Kristin Urban 920-863-8253  
Treasurer: Sandy Jacques 920-465-3487

Board: Bernie Stein 920-494-8244  
Jeri James 608-658-0463  
Tracy Forbes 920-435-1766  
Dixie Bellin 920-339-0665  
Cindy Hermsen - 920-434-6866

Past Chair: Jackie Johnson  
Membership Chair: Bernie Stein 920-494-8244  
Book Club: Yvonne Haworth 366-0664  
Historian: Kristin Urban 920-863-8253

Crafts Chair: Yvonne Haworth  
Events Coordinator: Jeri James 608-658-0463  
PR Coordinator: Rodney Webster 435-1772  
Editor: Jackie Johnson  
scentedgardens@msn.com  
Frontier Coordinator: Patty Bellin - 920-339-0665  
HerbFest 09: Jackie Johnson/Tracy Forbes  
Website: Tracy Forbes 435-1766  
GBBG Gardens: Sandy Jacques 465-3487  
Fairy Fest: Tracy Forbes 435-1766  
New Member Tea: Kristin/Yvonne  
Education Outreach: Jackie Johnson 246-7377

## March Meeting Minutes

After a short business meeting, during which the main piece of business was a review of the proposed club By-Law changes, the April meeting concerned a program on membership and tea.

People attending introduced themselves and explained what drew them to the group. Chairman Yvonne Haworth and Secretary Kristin Urban gave a presentation on the history of tea, the proper way to brew a good "cuppa," and tea and literature. Several people expressed an interest in joining the group; and tea, savories, and sweets were enjoyed by all.

**From 4/28/09: The work schedule for HerbFest is:**

Friday setup - 5:30 - 7:00: Yvonne, Kristin, Tracy, Hilaire, Jackie

Help Vendors: Jeri and Mary C.

Saturday Main Table 8 - 11: Mary C and Diana  
11 - 2: Lynn, Rodney and Erin (during Lynn's program)  
2 - 5 Yvonne, Jackie

FOOD TABLE: 11 - 1 Mary C. - NEED more help

Plant Stand 8 - 11: Tracy and Jeri  
11 - 2: Linda Schoen, Jeri, Bernie  
2 - 5 Tracy, Erin, Nancy E

We priced the plants at \$3.00 each. The \$3 price will also be for members until Noon when it will be dropped to \$2.50 for members who work at HerbFest. About 3:00 members who work will be able to purchase what's left at \$2:00. Members attending, but not working will pay what customers pay.

Please bring any boxes or bags for customers to carry away their plants.

We will have a planting day at the Botanical Garden on Thursday, May 28th at 5:00 to prepare the beds for the Garden Fair. Please plan on attending.

Proposed bylaw changes will be voted on at the May meeting. Suggested changes include: 1. Allowing for either a chair or co-chairs, with co-chairs running as a team. 2. Terms of office changes from two years to one year. 3. Housekeeping changes.

Come to the meeting to pick a day for a Maribel Walk - days available include May 13, 14 or 15 in the evening and could include stopping for a sandwich.

We also need to pick a date for our Book Thymes to discuss the Alchemyst.

### From the Chair - Yvonne

I need to take time to thank the entire club for all your help at our very successful Spring Herbal Tea! I had some very favorable comments from attendees. I know that we acquired at least one new member, so that is a good thing.

I also want to thank you all for the kind thoughts and wonderful hypertuffa planter that you sent in honor of the passing of my father. He lived a very long life (101 years old) and during that time planted many pots to add to the beauty of our home, so he would have enjoyed your remembrance.

Now we finally have the wonderful sun and warmer temperatures that will get us all out in our gardens for the pleasure of planning and planting the herbs that bring us all together. We have the Herb Fest to look forward to so please check the News Letter for the times and work areas that you signed up for. I am looking forward to seeing many of you on Saturday!

### Arca Max Gardening Tips



**Sprinkler Amounts:** Measure the amount of water from your sprinkler: Either put a rain gauge or a wide, container—empty tuna cans work wonderfully—on the outside edge of the area being watered. Let the sprinkler run until 1 inch of water has accumulated.

**Raised beds:** Are simply garden beds where the soil surface is built up so that it sits higher than the surrounding area. You can make a raised be by raking garden soil into broad, flat-topped areas. Or, you can create a low box from materials such as brick, fieldstone, or wood -- or specially made raised beds -- and fill the box with topsoil. Raised beds help soil drain -- and warm up -- in the spring. They permanently define a garden area so that you can focus your soil amendments, such as compost, on that area, and also refrain from walking on it and

compacting the soil. They aren't appropriate for every garden situation, though. For example, in hot, dry climates a raised bed may dry out too quickly, especially if the soil is sandy.

**Soil for Raised Beds:** A mix of about half topsoil and half compost should be fine. First, loosen the native soil and then combine it with the soil and compost add to create a transition between the different soil types.

**Seed Leaves Vs. True Leaves:** The first set of leaves that appear when a seed germinates are called, strangely enough, 'seed leaves'. These serve to nourish the new sprout until it can photosynthesize its own food. A plant's seed leaves usually don't look much like the leaves that emerge later and are considered "true leaves." (Consider a bean plant: the first leaves resemble a bean seed split in half, while the true leaves are heart-shaped.) There is no need to remove the seed leaves. Once they've done their job, they'll shrivel up on their own.

**Renovate A Chive Patch:** If your chive patch is starting to look ragged renovate it by digging out the chives, dividing the clump into 3 or 4 sections, and replanting each clump in slightly acidic soil, amended with compost.

**Plant Lettuce:** To harvest a continuous lettuce crop all summer, each week sow 3 feet of bed with seeds or transplant 6 plants. Continue weekly until the end of the bed and when you harvest the first crop, start another.

## Dues Reduction Program

**HerbFest4 Setup:** Jackie/J, Tracy, Cori, Hilaire  
**HerbFest 4:** Cori -2, Jackie/J-2, Hilaire -2, Tracy-2, Dixie, Bernie, Sandy -2, Jeri -2, Melissa, Linda S., Mary C.  
**HerbEdDay:** Yvonne, Sandy, Jackie, Hilaire, Lynn  
**Garden 1 (3 out of 5):** Sandy, Yvonne, Hilaire  
**Garden 2:** Tracy, Yvonne, Sandy, Jeri, Jackie, Cori, Mary V, Hilaire, Bernie, Nancy  
**Garden 3:** Bernie(2), Hilaire(2), Jeri, Cori, Nancy  
**Garden 4:** Yvonne  
**Garden5:** Nancy,  
**FairyFest Setup:** Tracy, Cori, Jackie/J  
**FairyFest:** Tracy, Cori, Jackie/J, Mary C., Erin, Cindy,  
**HerbDay (10/4):** Jackie, Lynn, Yvonne, Sandy, Hilaire  
**Newsletter Articles (need 6):** Kristin  
**GBBG Event:**  
**Bubolz Romp:** Cori, Erin, Kristin, Sandy, Yvonne, Jackie/J,  
**Make decorations for Heritage Hill:** Sandy, Yvonne, Bernie, Dixie, Lynn, Hilaire  
**Decorate Heritage Hill:** Sandy, Yvonne, Bernie, Dixie, Hilaire

**Take down decorations:** Dixie, Hilaire, Bernie  
**Perfect Attendance:** Jackie  
**Misc Donations:** Jeri  
**HerbFest 5 Chairs:** Jackie, Yvonne, Tracy  
**HerbFest 5 Vendors:** Kristin  
**Recruit a new member:** May V.  
**Special Donation:** Jeri  
**Education Outreach Coordinator:** Jackie  
**Events Coordinator:** Jeri  
**PR Coordinator:** Rodney  
**Historian:** Yvonne/Kristin  
**Crafts Chair:** Yvonne  
**Membership:** Bernie  
**Website:** Tracy  
**Frontier:** Cori/Jackie/Dixie  
**Newsletter:** Jackie  
**New Member Function GB:** Kristin, Yvonne  
**Fundraiser Chair:** Open  
**Work Day Feb -** Sandy, PattyB, Yvonne  
**Work Day Mar -** Jeri, Cindy, Hilaire, Mary, PattyB, Sandy Yvonne

This is the final Dues Reduction for 2008. Dues amounts for 2009-2010 are as follows: (This is the amount to pay the treasurer at the May meeting:

Bernie \$30  
Jackie/J \$20  
Cori \$20  
Hilaire \$20  
Patty B \$20  
Sandy \$20  
Melissa \$50  
Linda S \$50  
Mary C \$40

Lynn/Rodney \$50  
Mary V \$50  
Nancy \$50  
Erin \$45  
Cindy \$45  
Krisitin \$25  
Tracy \$20  
Yvonne \$20  
Jeri \$20

This year we had EIGHT members work enough to pay the minimum amount of \$20! Congratulations!

REMINDER: Dues are due at the May meeting.

## SCOTTISH VISIT

Our Scottish friends will be arriving on Friday 28 August. Our tentative schedule is:

**Saturday - Herb Society of America Central District meeting at the Green Bay Botanical Garden. Our schedule is great - we have award winning photographer Eileen Heerling teaching a digital photography class in the morning. After lunch Chuck Stangel from Vande Hey Landscapers will present "Landscaping for the Lazy Person". Our final class will be Tea Dying Silk scarves. We're requesting everyone bring some plant material from their gardens, so the Scottish people will have a Wisconsin keepsake.**

**Sunday - We will have a Door County Day - visiting the Dunes, the Ridges, lunch at Al Johnsons and Dinner will be a fish boil. To get a group rate, please let Yvonne know if you will be attending by the May meeting. The cost with beverage will be around \$20.00. They require reservations.**

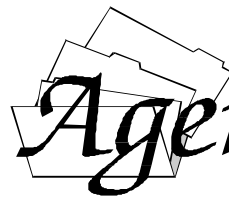
**Monday - We will tour the Green Bay area - Heritage Hill, Lunch at Curly's Pub at the Stadium, the Oneida Museum where we will make a cornhusk doll. Dinner will be Indian Tacos at Jackie's.**

**Tuesday - We will be going up to Laona for a train ride thru the Lumberjack camp. Sandy is checking lunch places for us. If possible we would like to get a tour of the sustainable yield forest on the Menominee Reservation. This forest was seen by the astronauts in space, and the Menomonee have been invited the United Nations explaining how they keep it healthy.**

**Wednesday -Pottery shop tour, Lunch in Algoma, the Algoma winery tour and taste and a cook out at Dixies.**

All members are invited to attend as many events as they can.

Dixie and Jackie will have a list of things for members to bring for the two dinners by the June meeting.



# Agenda

Tuesday, 12 May 2009 - Green Bay Botanical Garden - 7:00  
6:30 Board Meeting  
April Treats - Cindy and Jeri

Herb of the Month - Hawthorne

Welcome & Introductions

Old Business:

Final Report - Spring Tea - Yvonne

Final report - HerbFest - Yvonne, Jackie

Upcoming - Garden Fair - Please sign up to work - Yvonne

Upcoming - Faery Fest - Tracy

Scottish visit - Jackie/Yvonne/Sandy

New Business

Annual Meeting

Bylaw changes - Jackie

Vote for Dues Reduction Events for 2009

Vote for Dues Reduction Amount for 2009

Herb of the Months: October, November, January, February, March, April

Set dates for working in the garden

**Please bring agenda to the meeting - only a limited number will be available.  
Go Green - bring a mug for tea!**

## Herbs of the Month Coming Up:

June - Anise Hyssop

July - Cup Plant

August - Borage

September Edible Flowers

## TREATS:

June - Dixie

July - Hilaire

August - Nancy

September-October-November - OPEN

## March Herb of the Month Lavender



Latin Name	Lavendula - has approximately 28 species
Family	Labiata
Zone:	5-11 (some 4's in sheltered out of the wind locations)
Other names:	None found
Native:	Mediterranean
Description:	Aromatic perennial - 12 - 18" tall
Propagation:	Cuttings and seed (seeds have short shelf life and are slow to germinate)
Location:	Sunny sheltered locations - full sun
Name from:	Lavare means to wash
Parts to use:	Flowers
Garden Use:	In proper climate - as a low growing hedge
Myths/Legends:	Some believe Spikenard from the Bible is Lavendula Spica (others believe Spikenard was Valerian) Said that if you carried it - you would be able to see ghosts
Historical Medicinal Uses:	To calm and sooth, as a compress for sore joints, burns, sprains
Culinary Uses:	Many - has been used as a substitution for Rosemary in some recipes
Cosmetic Uses:	Carried for tension headaches
Notes/Research:	Most used essential oil in the world

### Recipe: LAVENDER FUDGE BROWNIES from The Herb Companion 7-04

½ CUP BUTTER  
1/3 CUP MAPLE SYRUP  
1 CUP CHOCOLATE CHIPS  
2 EGGS  
½ CUP SUGAR  
1 TSP VANILLA

¾ CUP FLOUR  
1/3 CUP COCOA  
¼ TSP SALT  
1 ½ TBSP DRIED LAVENDER FLOWERS  
½ CUP CHOPPED ROASTED CASHEWS

PREHEAT OVEN TO 340 DEGREES.

COMBINE BUTTER AND MAPLE SYRUP, MELT IN MICROWAVE, THEN STIR IN CHOCOLATE CHIPS UNTIL MELTED. ADD EGGS AND SUGAR; BEAT UNTIL LIGHT AND FLUFFY. MIX IN VANILLA. STIR IN FLOUR, COCOA, SALT AND LAVENDER, BLENDING WELL. MIX IN CASHEWS.

STIR BATTER INTO GREASED AND FLOURED 9X13 PAN FOR 30-35 MIN. OR UNTIL THE BROWNIES PULL AWAY FROM THE PAN.

## COOK'S CORNER

### Spring treats

#### Lovage Soup

1oz. butter  
2 medium onions, finely chopped  
4T lovage leaves, finely chopped  
3T all-purpose flour  
2 cups chicken broth  
1 cup milk  
Salt and white pepper to taste  
Melt butter in a saucepan and gently sauté the onions for 5 minutes or until tender. Add the lovage; whisk in the flour and cook at medium heat for one minute, stirring constantly.

Gradually whisk in the broth, cover and simmer gently for 15 minutes. Add the milk, salt and pepper, then bring to a gentle simmer. Do not boil the soup or it will curdle.

#### Nettle Soup Makes 6 servings

Before they're cooked, nettle has an irritating chemical in tiny needles on the underside of the leaves. Once cooked, those chemicals are harmless. When gathering nettles, be sure to wear gloves. Nettle

soup can be thickened with potatoes or rice or wild rice.

3 tablespoons butter  
3 tablespoons olive oil  
1 medium onion, peeled and thinly sliced  
 $\frac{1}{2}$  cup uncooked rice  
4 quarts stinging nettle tips, loosely packed  
2 teaspoons chopped garlic  
6 cups chicken broth  
1 teaspoon kosher salt, or to taste  
 $\frac{1}{2}$  teaspoon freshly ground black pepper, or to taste

Wash them after picking. Wearing rubber gloves, plunge them into a sink of water, then lift them out of the water.

Cook the rice and hold on the side to be added at the end.

In a soup kettle over medium-high heat, melt the butter in the olive oil. Stir in the onion and sauté until the onions are soft and just beginning to brown, about 8 minutes.

Put the nettles, the garlic and the broth and bring the soup to a full, rolling boil. Reduce heat to low and simmer about 20 minutes. Transfer the soup in small batches to a blender and purée until smooth (or use an immersion blender). Add the rice, salt and pepper and serve hot.