

The Northeast Wisconsin Unit of the Herb Society of America



the Herbal Thymes



August 2008

www.newhsa.org

Year 9

Post Office Box 277 - Seymour WI 54165

HERB OF THE YEAR 2008 Calendula officinalis Trivia



Calendula is in bloom and will stay blooming until the end of September or October.

You can dry flower heads with a dehydrator, on a paper towel, or in a brown paper bag in your car parked in the sun for a couple of days.

During the American Civil War, battlefield doctors used the leaves to treat open wounds.

Golden Garlic Mashed Potatoes: Add a handful of chopped calendula petals and 5 cloves of garlic when heating milk and butter for mashed potatoes.

When making soups or stews, add some calendula petals to make a rich golden color - especially nice with chicken and dumplings or cream of mushroom soup.

NORTHEAST WISCONSIN UNIT OFFICERS & CHAIRS

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Vice Chair FC: Kristi Sawyer 920-915-6878
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Herb Day 08: Jackie/Lynn/Yvonne/Sandy
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GBBG Gardens: Sandy Jacques 465-3487
GFC Gardens: Mary Learman/Jackie Johnson
Fairy Fest: Tracy Forbes 435-1766
New Member Tea: Kristin/Yvonne
Education Outreach: Jackie Johnson 246-7377
Website: Tracy Forbes 435-1766

Fox City Divas Update

We talked about starting a book club with nine members interested. We will have book club meetings on the 5th Tuesday of months with five Tuesdays (Sep 30, Dec 30, Mar 31 and July 29). Our first book will be the Sunday Philosophy Club by Alexander McCall Smith. We'll invite the GFC members to join us; we'll sponsor the tea.

Jessica, Shirley, Kristi, Jackie and Mel volunteered to work with Anne from GFC to design a children's herb class. After that, the Committee will work on a series of children's herb/garden classes. Save any information you see on this subject.

We talked about making some changes in the herb garden next year and will come up with some designs for approval by GFC in the next couple months.

Kristi, Terri, Karen, June and Judy all volunteered to participate in the Romp in the Swamp on 18 October at Bubolz Nature Preserve. The NEWHSA will be serving hot mulled cider and breads at our booth.

Mel volunteered to lead us in a spa class/meeting at a winter meeting.

We will be making herbal vinegars at the August meeting - members should bring pint size jars and any herbs they have to share so we can make some interesting combinations. The vinegars (white and apple cider) will be purchased and the cost of them split among those participating.

Keep on the lookout for activities we can do at the meetings. Emily has the Phyllis Shaudys book which has some great ideas.

Green Bay Muses Update

Bristol Fair day is set for August 3. Please email Cori for car pooling information, times, locations, etc. There are several extra tickets available to purchase at the special \$10 rate.

Kristin brought up several herbal authors and several members volunteered to do some research on them and review their books at upcoming meetings. Kristin is taking Rosemary Gladstar, Lynn is taking Susan Weed, and Jackie is taking David Hoffman. These will also be published in the newsletter together with a list of books they have published. If anyone else is interested in participating, please contact Cori.

The next Book Thymes will be held at Kristin's home in Maribel - please call her for directions (phone number is on the newly published membership list).

The GBBG is not interested in resurrecting the Renaissance Faire. We have been approached by several members of the SCA to see if we had any interest. Several members will get more information and report back.

We will be making herbal vinegars at the August meeting - members should bring pint size jars and any herbs they have to share so we can make some interesting combinations. The vinegars (white and apple cider) will be purchased and the cost of them split among those participating.

Jackie passed around an information sheet she made for the home/medicinal garden bed. This was by plant order (there are 29 different species), with both the common and Latin name and the historical uses for each. We decided to include the logo and pass on. Sandy and Yvonne have already completed the Butterfly Garden

brochure. In 2009, we will make another for the Herb of the Year (Bay).

Due to the noise of the garden club in the lower level of the GBBG, we discussed requesting use of the Volunteer Center for our meetings. Cori will

be following up on this and will email us with any changes.

Due to soaring gas prices, keep on the lookout for craft type activities we can do before the meetings.

DUES REDUCTION PROGRAM

HerbFest4 Setup: Jackie/J, Tracy, Cori, Hilaire

HerbFest 4: Cori -2, Jackie/J-2, Hilaire -2, Tracy-2, Dixie, Bernie, Jim, Sandy -2, Jeri -2, Melissa, Kristi -2, Linda S., Mary C., Barb S., Kathy W., Mary H.

HerbEdDay: Yvonne, Sandy, Jackie, Hilaire, Lynn

GFC GardenFest: Kristi, Cori, Kathy W., Barb, Jackie/J

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

Garden 4:

Garden5:

FairyFest: Tracy, Cori, Jackie, Mary C., Erin, Cindy, Jess

HerbDay (10/4): Jackie, Lynn, Yvonne, Sandy, Doreen,

Newsletter Articles (need 6):

GBBG Event:

Bubolz Romp:

Navarino Nature Center Event:

Make decorations for Heritage Hill:

Decorate for Heritage Hill:

Take down decorations:

Perfect Attendance:

Misc Donations:

HerbFest 5 Vendors:

Recruit a new member:

Special Donation:

Events Coordinator: Jeri

PR Coordinator: Rodney

Historian: Yvonne

Crafts Chair: Mary V.

Membership: Bernie

Website: Tracy

Frontier: Cori

Newsletter: Jackie

New Member Function: Kristin, Yvonne

Fundraiser Chair: Open

Note: If your name is missed and you worked an event, etc. please let Jackie know, and don't forget to sign the book!

Reminder for August Meetings

We'll be making vinegars both in Appleton and Green Bay. Please bring a pint sized jar or two to make your vinegar and any plant material you would like to try and share. See Mary's article in the July issue for some ideas - others include garlic, lemons, tarragon, mints, Monarda. What's in YOUR garden?

Don't forget to order and pay for scarves by the August meeting for the September tea dying (before the meeting).



Arca Max Gardening Tips

Growing mint indoors: In a very bright sunny window they should do fairly well, although they will do better if allowed to summer outdoors. Mint prefers a moist, well-drained soil with a good fertility level. Keeping the room temperature fairly cool and maintain good humidity and air circulation. Pinch them back to keep them compact; otherwise they'll get leggy and spill over the edge of their pots. Their aromatic oils tend to develop best when the plants are grown outdoors, where they have a good living soil and are subjected to the elements. Some varieties are stronger-scented than others. Enjoy your mints!

Deadheading simply means removing spent blooms. The main reasons for deadheading are to prevent seed formation and thereby conserve the plant's energy, and also to make the plants look tidier in the garden. Some perennials and most annual flowers will have extended bloom periods if you are diligent about removing blossoms before they go to seed. For petunias, pinch or snip off the flower, cutting back to just above a

set of leaves. Don't just remove the petals--you need to remove the developing seed pod too. Daylilies can be deadheaded either daily by removing the individual spent flowers, or you may wait until all the buds on that scape have opened and then remove the scape at the base.

Anvil or Bypass pruners: Anvil pruners cut by pushing a sharp blade against an "anvil" -- a broad flat surface. By-pass pruners work more like scissors, slicing the stem between two sharp blades. The choice is a matter of personal preference. However, in general by-pass shears and by-pass loppers are recommended by pruning experts over the anvil type. They tend to make a cleaner cut, which promotes faster healing. Anvil pruners crush the stem, leave a ragged cut that will be slow to heal. However, they are useful for cutting back dead plant material, as when you're cleaning up your perennials at the end of the season. If the branches over one quarter inch in diameter, use loppers for a cleaner cut.

Green Bay Botanical Garden 2008 Garden Walk By Kristin Urban

I took advantage of the beautiful sunny (though windy) weather Sunday July 13, to go on my first GBBG Garden Walk. It was, however, the 20th year for the annual celebration, and it was well organized and worth the \$15.00 "admission" fee. I could have saved three dollars by buying my ticket in advance or purchasing it online, but uncertain of the weather and my weekend plans, I didn't plan to go until Saturday evening. I'll put the event on my calendar earlier next year. The visits were well worth the effort and the price of admission.

I bought my ticket at Bellevue Gardens, not wishing to start at the other end of Green Bay at

the Botanical Gardens. With map, tickets, and driving directions in hand, I retreated to the nearest Mickey D's, ate my breakfast burrito, drank my coffee, and charted my route. The majority of the gardens this year were on the east and south sides of GB. I was already on the east side, so started with my first pair of gardens on Beth Drive.

My first garden tour was most impressive: shapely garden plots, beautifully balanced in color, height, leaf variety, decorative element. Interestingly enough, the north side of the back yard fronted onto a corn field, with the corn stalks already much higher than the "knee high by

the fourth of July" musical refrain. Some visitors thought the vegetation incongruous, but I found that the high corn field disrupted the wind that would have beset the yard otherwise....and the song birds were loud...much more numerous than they would have been had there been bare field behind the house. There was an impressive water feature, and the sound of running water over rocks was a pleasant backdrop to the visitors' ooh's and aah's.

The second garden was immediately across the street and very much a family affair. Children's footprints and hand prints in concrete formed stepping stones, laminated homemade placards dedicated plantings to special relatives. There was a hammock, and a fire pit, and an elevated deck off the back of the house with cushioned chairs and a gas grill. And trellises and clematis and hostas and tidy manicured grassy areas.

My next stop was on the most scenic Wildwood Drive area. This home featured a large prairie garden, in addition to more traditional floral plantings around the house, and a bark path took one meandering around the periphery of the property through all those "weeds" that I recognize but don't know. I wished I had Jackie there to tell me the names. I did recognize milkweed! The site is a horticulturally recognized area for butterflies, monarchs on their migration route. There was a natural pond complete with cattails and frogs, and in season, nesting mallards and wood ducks.

After that, sites, places, and plants become a bit jumbled in my memory. One of the places on Merlin Drive had a wonderful bench swing that I sat in for a few minutes while I conversed with one of the docents. It boasted a lovely miniature garden with tiny hosta and mosses, and a water feature with brightly colored Koi.

I got lost finding the place on St. Francis Drive.... but I would recommend such a wandering. It's an older residential area with palatial houses, many boasting landscaping worthy of a Garden Walk. The road is narrow and sometimes boulevarded.... houses set well back from the road and smell of money (or debt....depending upon your point of view). I think this was the place that had the spectacular mounded corner lot with huge rock, orange yarrow, and an enormous deck with water feature. (Water

features were standard at most places, as you probably have guessed.)

After I visited six of the seven sites on the Walk, I made the obligatory trip to the Botanical Gardens, where the English Cottage Garden is spectacular, as is the foliage garden that leads to the Herb Garden. Our butterfly planting is also impressive. One of the visitors in front of me read the Herb of the Year sign and asked, "What is that, the herb of the year?" I told her that the HSA designated an herb each year for study and then DID remember that those yellow flowers that look like spindly marigolds are calendula, which I identified for the woman. She was delighted with her own personal "tour guide."

The herb garden looks good, though I thought that some of those tall woody stemmed plants in the medicinal garden should have been tied up. I also thought that the signage for that particular part of the garden looked tired and needed replacing.

I managed to get out of GBBG without making any purchase in the gift shop, and since it was on my way home, visited the last of the seven sites, which is south of DePere. The Apple Creek Inn has gardens and reception hall available for weddings and other gala events. The landscaping provides two sites: one with a white pergola and another, more natural setting under huge willows for wedding ceremonies. A rose-covered trellis into the first site was in full bloom the end of June and must have provided a spectacular entrance for blushing bride and terrified groom. One of the directors on hand was explaining to another visitor that they have 40 events booked for this year....so the facility obviously is in demand.

Over all impressions: water features and Koi are in. Petunias, marigolds, moss roses and the nasturiums of my childhood are out. Hostas are big (and tiny), yarrow comes in an unexpected varieties of color, and bergamot can be used to impressive effect in borders. Ground covers are used sparingly, this year's gardeners preferring to use densely planted varieties or bark (sometimes rock, though not often) to cover bare soil.

I also found out that the lamb's ear I have planted is *Stachys olympica*, not *Stachys officinalis*, and while it looks like the GBBG version (which was

labeled cottoneaster, I think, unless I was looking at the wrong tag), and it looks like the drawing in the Time/Life Herb book, it doesn't match the description, being taller, more vigorous and darker bloomed.

It was a lovely day, all in all. I will definitely put the potential date on my calendar for 2009.

P.S. The admission packet includes discount coupons to area greenhouses and nurseries: Shade Today in Appleton; Scenic View Landscapes in Suamico; Schroeder's on Webster in Green Bay; and Mayflower Greenhouse on west Hwy 172. Most give you until the end of September to redeem them.

Book Thymes Book Review Year of Wonders by Geraldine Brooks

Our last book was a fictional account of the plague in the village of Eyam, England in 1666. It is written from the perspective of Anna Frith, a housemaid whose husband is killed in a mining accident just prior to the advent of the plague, and whose two young sons are among the first to perish. While it is fictional, it is based on fact which gives it a definite authentic flavor.

Story Line: Eyam is a small mining town in the mountains of northern England. The plague comes to them via flea infested fabric sent from London to their tailor. He is the first to succumb. When it becomes apparent they have been infested by the plague, the town minister garners the promise from all families, except one (the powerful and wealthy Colonel) to not flee, but stay in Eyam on self quarantine. This allows the plague to run its course, and contain the disease. He arranges with a neighboring hamlet to have food and other life staples left at the village edge until the disease plays itself out.

It is the story of not only the plague - complete with various and some futile attempts at curing people - remedies from herbs and leeches to dead frogs hung above the bed - but also the story of denial, personalities and emotions during this ultimate sacrifice made by the villagers.

Religious fantasism leads to townspeople accusing an herbalist and a midwife of witchcraft and bringing the plague to Eyam, and executing them. Some engage in flagellation in desperate attempts to eradicate the disease. Others burn their possessions and retreat to live apart from people. No one knows the cause of the plague and in fear, grasp at anything, including sorcery, as means to rid themselves of it. All this amid the full spectrum of human emotions.

Book Thymes readers enjoyed the thought provoking Year of Wonders and definitely recommend it for a good read.

Dandelion Flower Cookies From Kimberly Gallagher

½ cup vegetable oil
½ cup honey
1 cup flour
2 eggs

½ cup honey
1 tsp. vanilla
1 cup oatmeal
½ cup dandelion flowers - only yellow parts of flower

Mix oil & honey and beat in eggs and vanilla. Stir in flour, oatmeal and dandelions. Drop by tablespoon on greased cookie sheet. Bake at 375° for 10 - 15 minutes. Enjoy.

Herb of the Month Oregano

Latin Name: Origanum vulgare (+others) Exact identity of oreganos problematic for centuries
Zone: 5
Family: Mint family
Native: Mediterranean
Propagation: Should be divided every 2-3 years, also from stem cuttings - late spring/early summer
Other names: Approx 44 accepted species of Oregano
Name from: "Joy of the Mountain" - where it first grew.

Parts to use: Leaves
Garden Use: Companion plant to beans
Problems: Root rot fungus can occur if soil is poorly drained, and poor air circulation can cause powdery mildew, but insect pests are rare.

Myths/Legends: King of Cyprus' servant Amarakos dropped a jar of perfume - as punishment he was turned into a plant, but out of pity, it was sweet smelling oregano. Offers protection against witches spells. Believed it had the power to drive off ghosts. Thrown over the threshold of your home, it is said to keep the devil away!

Venus was the first to grow oregano in her garden on Mount Olympus.

Historical Medicinal Uses: Singers would mix with honey for voices, used for dropsy, convulsion, coughs, asthma, headaches, hair restorer, worms, convulsions
Culinary Uses: Add in last 30 minutes of cooking or it will turn bitter. Great with tomato, egg, cheese, lamb, pork or beef dishes.
Cosmetic Use: Breath sweetener
Other Uses: Makes a red dye
Notes: Flavor improves after flower buds begin to form

Recipe: Skillet Balsamic Chicken

4 T olive oil	4 skinless boneless chicken breasts cut to bite size
4 lg onions quartered	½ cup balsamic vinegar
¼ cup red wine vinegar	2 T dried oregano
2 T flour	

In large skillet, heat oil and sauté chick strips over high heat until no longer pink and juices run clear. Remove chicken and place on plate.

Peel onion layers apart and add to skillet.

Sauté over low heat about 15 minutes, until translucent.

Add chicken strips, balsamic vinegar, red wine vinegar and oregano and cook for 5 more minutes.

Add the flour and stir in to thicken. Heat 2 minutes longer, remove from heat, and serve.

News from Gaia

Time to gather Monarda for marinades (in apple cider vinegar) and teas (dried) for use this winter.

Put all dried mints in glass containers as soon as dry to avoid re-absorbing moisture.

The winter aids - Elder and meadowsweet are blooming now. Meadowsweet and Willow have salicylic acid and were the first anti-inflammatories. (Hippocrates used a tincture of Willow bark!) In the 1800's a French chemist isolated and extracted it and soon it was manufactured as common aspirin. However, Nature gave Willow and

Meadowsweet other components that work together synergistically. As a result, these natural anti-inflammatories don't hurt the stomach as does aspirin (isolated salicylic acid). Mother Nature knows best....

Lemon balm tea made into ice cubes adds a new dimension to lemonade. Kids love the lemon balm tea made into popsicles too and it's good for them.

Don't forget to dry the peels (minus pith) from your summer lemons to use in your winter teas!

Odd Folk Remedies Research by Jackie

Wearing Buttercups in a bag around the neck cures insanity. (The problem here is getting it around some of your friends, relatives and boss' necks....)



Too late for this year, but St. John's Wort was effective for curing fever if found by accident, especially on Midsummer's Eve. But be very careful -- It is said that whosoever treads on St. John's Wort after sunset will be swept up onto the back of a magic horse that will charge around the heavens until sunrise and then deposit the exhausted rider to the ground.

Eating Nettles mixed with egg white were thought to cure insomnia.

Headache cure: Boil heather in water and apply warm to the top of the head.

To cure cataracts a leech applied to the eye lid should do the trick.

Swallowing a spider wrapped in a raisin was believed to help reduce a fever.

Quick cure for baldness - rub goose droppings over the affected area.

For Cramps - Tie an eel skin around the knee.

For Toothaches - touch a dead man's tooth.

AGENDA FOR July Meetings

Aug 19 - Appleton - 6:30 - **Bring pint jars and herbs for vinegars**

Treats Appleton - June and Kristi

Sep - Judy S, Terri and Karen

October - Shirley and Heather

November - Jessica

August 27 - Green Bay Botanical Garden - 7:00

Bring pint jars and herbs for vinegars

(August treats - Mary C and Linda S)

Herb of the Month - MINTS

Welcome & Introductions

Secretary's Report & Treasurer's Report Highlights

Old Business:

Sign book for dues reduction

Book Thymes

Neville Tea Parties

Zen Day - Sandy/Yvonne

FV - Herb Garden Designs

HerbDay 08 - Jackie/Lynn/Sandy/Yvonne

Romp in the Swamp - Cori/Jackie

Anything else?

New Business

Crafts - Mary V. - Masks

Silk Scarves - September

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

August - Mints

September - Rosemary

October - Love in a Mist

November - Pumpkin

January - BAY - Herb of the Year 2009

Please submit GOING GREEN TIPS to Editor

CALENDAR

Aug 16/17 - Practical Herbalism 102 with author Philip Fritchey - Ramada, Green Bay (\$200)
Contact www.cnhp.org or call 800-321-1005 for reservations. This is a very informative class about herbs and practical uses for them. You will learn a lot, guaranteed!

Aug 19 - Fox Cities Meeting Mints - Bring jars and plant material for vinegar

Aug 24 - Book Thymes - Kristin's home in Maribel - Sunday Philosophy Club

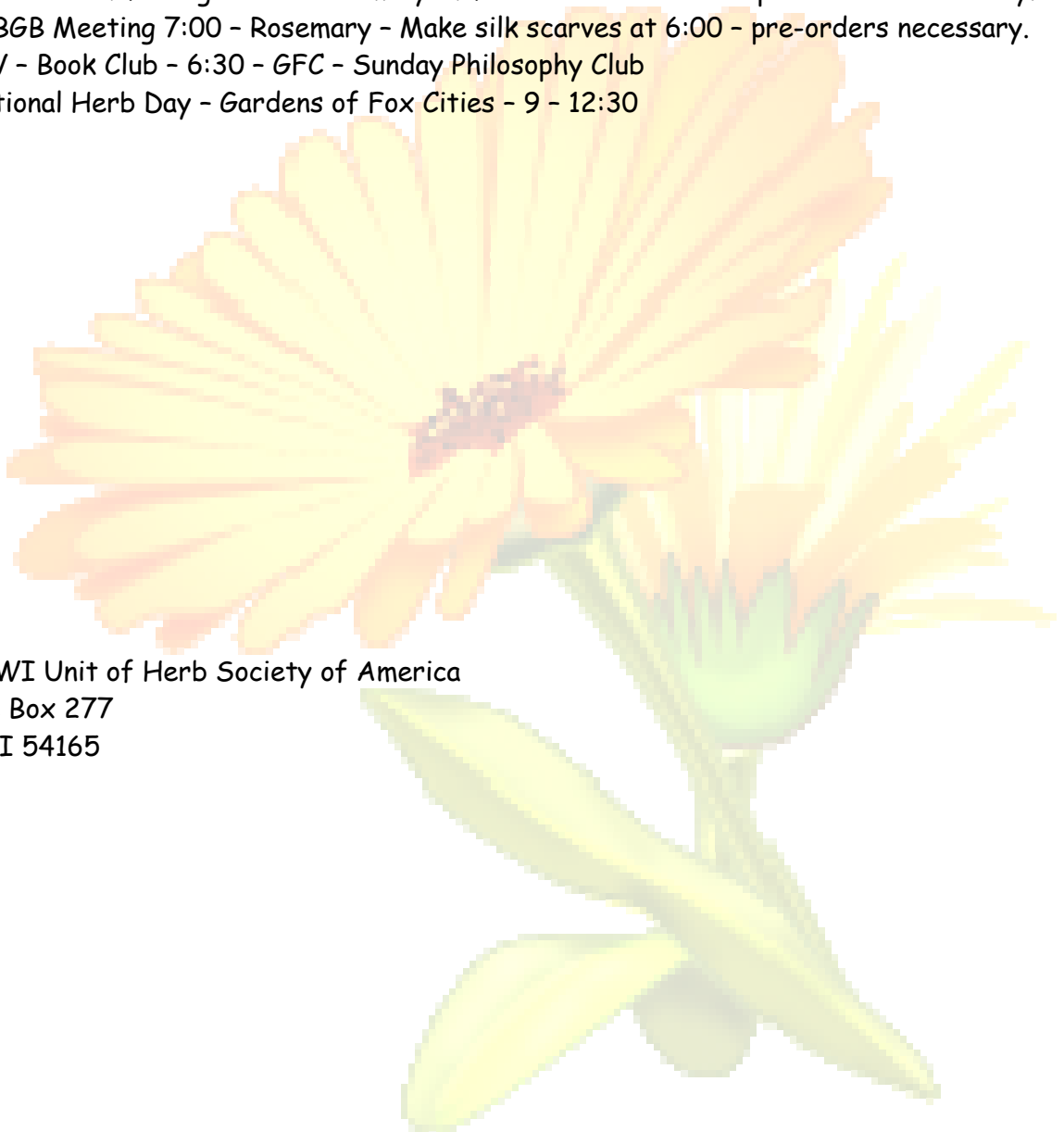
Aug 27 - GB Meeting - Mints - 6:00 to work in garden, bring jars and plant material for vinegar.

Sep 16 - Fox Cities Meeting 6:30 - Rosemary - Make silk scarves at 6 - pre-orders necessary.

Sep 24 - GBGB Meeting 7:00 - Rosemary - Make silk scarves at 6:00 - pre-orders necessary.

Sep 30 - FV - Book Club - 6:30 - GFC - Sunday Philosophy Club

Oct 4 - National Herb Day - Gardens of Fox Cities - 9 - 12:30



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