

# The Northeast Wisconsin Unit of the Herb Society of America



## the Herbal Thymes



December 2008

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

Year 9

Post Office Box 277 - Seymour WI 54165



### HERB OF THE YEAR 2008 Calendula officinalis Trivia

Hardy Annual - easily reseeds itself - but you can throw seeds in garden in spring thru summer.

Member of the Aster family - native to Europe and North Africa.

Other names: Mary's Gold, Pot Marigold, Poor Man's Saffron,

Flourishes in cool, temperate climates. Plants grow 9 - 20" tall and has a long flowering period - to late fall in Wisconsin. Will survive early frosts and evens some early snows. Has been harvested as late as mid-November in Green Bay area.

The petals have a pungent, spicy flavor but the leaves have a bitter aftertaste.

### NORTHEAST WISCONSIN UNIT OFFICERS & CHAIRS

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

Board GB: Bernie Stein 920-494-8244  
Jeri James 608-658-4064  
Tracy Forbes 920-435-1766  
Dixie Bellin 920-  
Cindy Hermsen - 920-434-6866

Past Chair: Jackie Johnson  
Membership Chair: Bernie Stein 920-94-8244  
Book Club: Yvonne Haworth 366-0664

Historian: Kristin Urban 920-863-8253  
Crafts Chair: Yvonne Haworth/Mary Vvalther  
Events Coordinator: Jeri James 608-658-4064  
PR Coordinator: Rodney Webster 435-1772  
Editor: Jackie Johnson  
scentedgardens@msn.com  
Frontier Coordinator: Jackie Johnson 920-246-7377  
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

## MEETING NOTES

We have changed our meeting date to the 2<sup>ND</sup> TUESDAY OF EACH MONTH. The meetings will be held in the lower level of the Visitor's Center at the Green Bay Botanical Garden. Please make note of the change.

Yvonne presented the nominees for the officers that occurred with Cori's resignation. Vice President - Jackie Johnson, (which opened the treasurer job), Treasurer - Sandy Jacques (which opened the Secretary job), Secretary Kristin Urban (which opened a Board position), Board - Dixie Bellin. The club unanimously approved. Yvonne would like the Board and Officers to meet at 6:30 before each meeting. This should keep our regular business meetings a little shorter and plan the agenda for the following month.

Jackie will be doing the Frontier ordering. The date for orders will be the 3rd of the month - this will allow us to have the product for distribution at the meeting. Please pay Sandy (the new treasurer) for your orders as soon as possible. The Sales Catalog is now available by email - so it will be sent out as soon as it is received. When our website is back up, we'll put it on there as a members only.

The next Book Thymes will be the 21<sup>st</sup> of December at 11:00 a.m. at Barnes and Noble. The book is Mistletoe Man by Susan Wittag Alberts. Take some time from the rushing around, and join us in a relaxed setting (NO ONE has to cook or clean & add more stress to their holiday season).

We've planned a Craft day in January - January 3<sup>rd</sup> at Jackie's for making cough drops and syrups for the cold and flu season. Time is from 12:00 - 4:00. We'll start with a potluck lunch. Our weather date is the following week - January 10<sup>th</sup>. Please bring small jars for samples of the syrups.

We discussed having aprons made with the club logo for our plant sales, HerbFest and other events in which we participate. Jackie will check prices at the Tribe's alternations department. Anyone who has a source for canvas type aprons, or can get a deal on the embroidery or silk screening, please get prices for the next meeting.

If anyone has any table linens they would like to donate to the club, please bring them to any meeting.

Our Christmas meeting will be held at Gokeys Wine Shop on Main Street in east Green Bay. We will begin at 1:00 with Dan leading us in sampling beer and wines. This is a potluck - Jeri sent out an email - if you didn't get a copy - please email or call her. No pressure - bring whatever you like best. Also we'll be having our annual "White Elephant" gift exchange, so if you want to participate, please bring one along.

Please make a note - that as of the JANUARY meeting, we will be meeting on the 2<sup>ND</sup> TUESDAY of each month in the lower level of the Visitor's Center at the Green Bay Botanical Garden. The Chair will make the final determination in the event of adverse weather. She will attempt to do this by noon and send out an email. **It is the responsibility of each member, however, to contact the Chair if there is any question.**

Bernie suggested a sauerkraut making craft day. Kristin Urban volunteered her expertise and home for this purpose in September. Start looking for small crocks!

## From the Chair Yvonne

I would like to begin a regular article for the newsletter, using it to say special thanks and thoughts to the club.

I will begin with a "big thanks" to those members who helped with decorations and decorating Tank Cottage at Heritage Hill. So THANK YOU, Sandy, Bernie, Hilaire, Dixie, and Lynn (Jackie, Cindy, and Kristin for supplies)! If you didn't have a chance to help with the decorations, you might enjoy taking a tour to see our club's lovely work (we will have pictures at the January meeting). Christmas Past at Heritage Hill will continue until December 20.

I hope I will see many of you at the Christmas Party at Gokey's Wine Market, if not I wish you all the best in this festive season.

## HERBS FOR COLD AND FLU Immune Enhancing Rice Taken from: Herbal Antibiotics By Stephen Buhner Submitted by Jackie

8 slices dried astragalus root  
2 cups brown rice

4 cups water

Add astragalus to water, bring to boil and simmer for 2 hours, covered. Remove from heat, and let stand overnight. Remove astragalus, add water to bring back up to 4 cups. Add rice and bring to a boil. Reduce heat and simmer until done, approximately 1 hour. Use this rice as you would any rice, as a base for meals throughout the week.

Astragalus roots look like tongue depressors. I make a big batch of rice and utilize it a couple times a week. Powdered herbs lose their potency quickly, so while any is better than nothing in most cases, a whole root slice is much better. Throw a few into your stews or soups. (Remove roots before eating.)

Astragalus is an immune boosting herb. For this cold season, make sure you get lots of rest, keep your nutritional requirements what they should be, and avoid white sugar products (which deplete your immune system). If your immune system is in working order, your natural defenses don't allow stray viruses or bacteria to take hold.

## 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, Kristi -2, Linda S., Mary C., Barb S., Kathy W., Mary H.  
**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  
**Garden 5:** Nancy,  
**FairyFest:** Tracy, Cori, Jackie, Mary C., Erin, Cindy, Jess  
**HerbDay (10/4):** Jackie, Lynn, Yvonne, Sandy,  
**Newsletter Articles** (need 6): Kristin  
**GBBG Event:**  
**Bubolz Romp:** Cori, Erin, Kristin, Sandy, Yvonne, Jackie/J,  
**Navarino Nature Center Event:**  
**Make decorations for Heritage Hill:** Sandy, Yvonne, Bernie, Dixie, Lynn, Hilaire

**Decorate for Heritage Hill:** Sandy, Yvonne, Bernie, Dixie, Hilaire  
**Take down decorations:**  
**Perfect Attendance:**  
**Misc Donations:** Jeri  
**HerbFest 5 Vendors:** Kristin Urban  
**Recruit a new member:**  
**Special Donation:**  
**Education Outreach Coordinator:** Jackie  
**Events Coordinator:** Jeri  
**PR Coordinator:** Rodney  
**Historian:** Yvonne  
**Crafts Chair:** Mary V.  
**Membership:** Bernie  
**Website:** Tracy  
**Frontier:** Cori/Jackie  
**Newsletter:** Jackie  
**New Member Function GB:** 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!

## 10 Most Common Trees in the United States

A United States Forest Service report called the Check List of Native and Naturalized Trees suggests that there may be more than 865 different species of trees in the United States. Here are the 10 most common native tree species in the United States, based on several Federal surveys of tree stem count, and are listed with the most common first:

Red Maple or (Acer rubrum)  
Loblolly Pine or (Pinus taeda)  
Sweetgum or (Liquidambar styraciflua)  
Douglas Fir or (Pseudotsuga menziesii)  
Quaking Aspen or (Populus tremuloides)  
Sugar Maple (Acer saccharum)  
Balsam Fir (Abies balsamea)  
Flowering Dogwood (Cornus florida)  
Lodgepole Pine (Pinus contorta)  
White Oak (Quercus alba)

## Herb of the Month Pumpkin



- Latin Name: Cucurbita      Zone: Annual here      Family: Cucurbitaceae  
Other names: French - pompon, British - popion and later American colonists - pumpkin
- Native: North America - Oldest evidence dates between 7000-5000 BC from Mexico  
French explorer Jacques Cartier discovered the "gros melons" in the St. Lawrence River region around 1584. (Name was Pumpions later changed to Pumpkin)
- Propagation: Seed  
Location: Sunny location  
Name from: Greek word "pepon" meaning large melon      Cucurbita - Latin name for gourd  
Parts to use: Flowers, meat, seeds (Pumpkin is a fruit)
- Myths/Legends: Took the place of turnips for Jack-O-Lanterns. Halloween Jacks ward off demons
- Historical Uses: Poultice of meat for burns. Roasted seeds used for worms. Known as a warming plant and a diuretic. Believed to help get rid of freckles.
- Medicinal Uses: Pumpkin seed oil has been successful with benign prostatic. Pumpkin seeds are high in protein, zinc, magnesium, manganese, phosphorus and phytosterols all of which may benefit the liver and increase immune system response. Research into lowering cholesterol. One gram of pumpkin seed protein contains as much tryptophan as a full glass of milk.
- Chemical compounds in pumpkin promote regeneration of pancreatic cells, resulting in increased bloodstream insulin levels. Some researchers say pumpkin extract may be a for pre-diabetics as well as those who already have diabetics. Pumpkin seed oil has a robust flavor & is used in European cooking. Due to their essential fatty acids, they help maintain healthy blood vessels, nerves & tissues.
- Cosmetic Uses: Some facial and anti-wrinkle creams contain pumpkin
- Culinary Uses: Many! (Zero cholesterol, low in salt, high in both alpha and beta carotene, rich in lutein - generates Vit A)
- Notes: Pumpkins are monoecious - both male and female flowers. Of the 7 continents, only Antarctica cannot grow pumpkins.

### Recipe: **Pumpkin Bread Pudding - from Martha Stewart**

6 T dark brown sugar	1 cup raisens	1/3 cup hot water
1 - 15oz can pumpkin	4 large eggs	1 cup sugar
1 1/2 cups milk	2 t. vanilla	1 tsp cinnamon
1 tsp ginger	1/4 tsp allspice	pinch of salt
1 12-oz loaf brioche or challah bread, cut into 3/4" cubes.		Powdered sugar for dusting

---Preheat oven to 350. Butter 6 10oz ramekins or custard cups and sprinkle with brown sugar. Put raisins in small bowl and cover with hot water and let set about 20 minutes. Drain, set aside.

---Whisk together pumpkin, eggs, sugar, milk, vanilla, spices and salt. Toss in bread cubes, stir gently. Let stand a few minutes. Fold in raisins. Divide among ramekins and press down slightly to make level.

---Bake until custard is set in the center and top is golden - about 40 minutes. To serve - unmold onto plates, and dust with powdered sugar. Can also be made in 8 x 8" baking pan.

## Christmas in Wisconsin Thru the Ages Research by Jackie

Wisconsin made Christmas "legal" in 1860.

1800's: Holly was hung on doors to repel evil spirits and protect the house from lightning. If the husband was the first to bring it in the house, he would rule the household. If the wife did, she ruled.

Between 1840 - 1860 the most popular Christmas gift throughout America was the Christmas Annual, a book of stories, poems and pictures that was read aloud by the family. During this time there were over sixty different versions in print a year.

At Christmas of 1863, an orange cost \$5.00 in Wisconsin!

Between 1832 - 1851 decorating trees became popular and many states, Wisconsin included, claimed they were the first to have them.

In 1868 the Scandinavians would set out sheaves of wheat on Christmas Eve for the birds.

Yule logs were popular.

The earliest ornaments in stores were lead flat stars, crosses, butterflies and diamonds (1870's).

Mid-Late 1800's - Popular Christmas decorations included pewter bowls filled with greens, holly berries and pinecones. Another was pyramids: Apples, pears and those expensive oranges were built into pyramid form to show off how wealthy you were. Baked breads and rolls were also fashioned into a pyramid to grace the tables.

In 1875 celluloid ornaments were popular even though they were a big fire hazard.

In 1880 stockings hung for Santa were liable to be elastic, thus allowing for more "stuff".

Around 1880 angel hair was invented.

The 1st silver foil icicles (made of lead until 1960) were seen; they became popular very quickly.

In 1892 hooks were invented.

The 1890's also saw tinsel garlands and GE starting to sell Christmas tree lights. Sears added ornaments to their mail order catalog in 1910.

## Arca Max Gardening Tips

**OVERWINTERING ROSEMARY:** Rosemary likes cool (60F), moist conditions in winter. Unfortunately, most homes are too hot and dry for rosemary to grow, so the plants tend to dry out after a few months. Here's what I do: Dig

the plant from the garden in October. Trim off any damaged roots, and prune off one-third of the new growth. Then pot the plant in a soilless mix. Leave the potted rosemary in the garden for two to three weeks to acclimate to the pot.

As long as the temperatures don't get below 30F, it will be safe outside. After the potted rosemary is accustomed to the pot, bring it indoors and place it in a cool, south-facing window away from any heat source. Mist the plant every couple of days, and water it just enough to keep the soil moist. Rosemary doesn't

really grow much in the winter indoors; you just want to keep the plant alive. In spring, once you see signs of new growth, begin to give the plant more water mixed with a dilute, complete fertilizer. Transplant rosemary into the garden after all danger of frost has passed.

## Mistletoe

Mistletoe is a small green shrub-like plant with yellow, green or white flowers and yellowy-white waxy poisonous berries. It is a semi-parasitic plant that attaches itself to a tree and sends out roots to penetrate the tree and take up nutrients. It can cause deformities, but rarely kills its host.

It can be found on apple trees, elms, firs, pines, ash hazels, maples, oak, willow and hawthorns but rarely on pear trees.

There are two kinds of mistletoe: The European variety, *Viscum album*, and the American variety, *Phoradendron falvescens*. The European common name is a derivative of the Anglo Saxon word meaning "dung on a twig" due to its propagation method. The American version's name means "thief of a tree". Both are propagated by birds.

The lore of Mistletoe comes from many cultures. Earliest and most related to Christmas are the Druids, who cut the herb using a golden sickle on the fifth day after the new moon after the winter solstice. It was considered bad luck if it touched the ground, therefore, it was caught in white cloth. The Druids held the plant sacred as it never set down roots in the earth.

The Greeks believed it was a mystical plant. The Romans believed it held the key to the supernatural world and used it for fertility.

The Celts considered it and called it "heal all" with healing properties that could make poisons harmless, keep one safe from witchcraft, and keep houses safe from ghosts!

In Scandinavia mistletoe was thought to be the sacred plant of Frigga, goddess of love and beauty and mother Balder, god of the summer sun. In order to assure her son's safety after his dream of dying, she extracted a promise from all things that grew in the ground, or birds of the air or animals on earth. Jealous Loki found loophole and made an arrow of mistletoe (which sets no roots in the earth) that ultimately killed Balder

In her grief, Frigga turned the red berries whites and they later became known to represent the tears she shed upon hearing of her son's death. She mourned so, that the gods took pity on her and restored her son to life. She decreed that thereafter, mistletoe would be a plant of peace and all who passed beneath it should exchange a kiss.

Many ancient tribes would lay down their arms to fight another day if they found themselves in a grove with mistletoe.

Throughout Europe traditional uses included: warding off evil spirits and witches by hanging over a door or from the ceiling. Hung in the home it promoted happiness and symbolized purity and strength. Hung over cradles it kept fairies from stealing babies, and over beds to promote dreams and unlock the secrets of

immortality. Worn, it would keep demons and witches away as well as protect the wearer from fits, fever, poison and tremors. With the advent of Christianity, all associations with the pagan religions were banned and mistletoe was forbidden to have any place on alters at Christmas.

Eventually it found its way back into acceptance with the kissing ball. A young lady standing under the kissing ball could not refuse a kiss, for if she did, she would remain unmarried the following year.

Proper kissing ball etiquette demanded that each time a kiss was given, a berry was picked, when the plant had no more berries to offer, there would be no more kissing. European traditions surrounding mistletoe came to America with the settlers who discovered a similar parasitic plant on this side of the ocean.

Watch for cancer research out of Europe on mistletoe. Once used as a medicinal plant, it is finding its way back.



## December Christmas Party

**December 14<sup>th</sup> Gokeys Wine Market - 1 - 3:00 p.m. - Potluck - White Elephant**

### Herbs of the Month - Coming up

January - BAY - Herb of the Year 2009

February - Artemisia

March - Culvers Root

April - Hawthorn

May - Lavender

June - Anise Hyssop

July - Cup Plant

August - Borage

September Edible Flowers

## CALENDAR

- Dec 16 FV Christmas Party - 6:00 GFC - Potluck - Bring white elephant gift to exchange
- Dec 14 GB Christmas Party - 1 - 3 - Gokeys Wine Mart - bring a \$10.00 white elephant gift to Xchange. This is a Potluck - check with Jeri for what to bring, or just bring whatever!
- Jan 3<sup>rd</sup> Cough drops and syrups for the flu season - at Jackie's. 11 - 2 - bring a snack to pass and a couple small bottles for samples to take home. WEATHER DATE - January 10<sup>th</sup>
- Jan 13<sup>th</sup> SECOND TUESDAY REGULAR MEETING - Downstairs at Visitors Center at GBBG at 7:00.

## FRONTIER ORDERS

Frontier orders are due the 2<sup>nd</sup> of each month  
Email to Jackie ([scentedgardens@msn.com](mailto:scentedgardens@msn.com))

This is a change in order to accommodate the new meeting date of the 2<sup>nd</sup> Tuesday of each month.

Please make note of the date!

### Christmas Potpourri

1 cup of fir needles  
1 cup dried mixed citrus peels  
5 cinnamon sticks  
2 bay leaves  
1/4 c. whole cloves  
1 qt. water

To prepare, combine the ingredients in a medium saucepan and bring to a boil. Reduce heat and simmer for as long as desired, checking it often and adding water as needed. Mixture may be stored in refrigerator for one week for use again.

### Feeders for your Feathered Friends From the National Home Gardening Club

Increase bird sightings and keep your backyard visitors happy with these menu options and feeder styles:

#### Menu:

**Blue jay:** Peanut kernels and sunflower seeds

**Cardinal:** Sunflower seeds, safflower seeds, and raisins

**Chickadee:** Black-oil sunflower seeds, peanut kernels, and suet

**Finch:** Thistle seeds and black-oil sunflower seeds

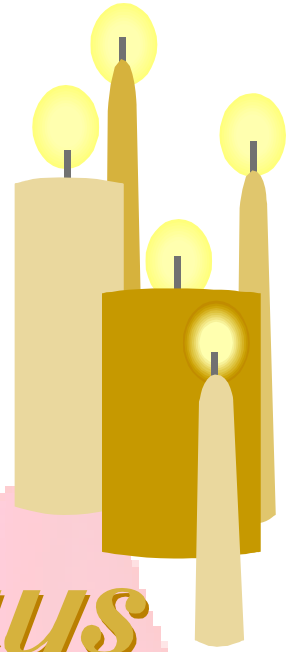
**Native sparrows:** Millet, black-oil sunflower seeds, and cracked corn

**Nuthatch:** Black-oil sunflower seeds and suet

**Robin:** Any type of fruit

**Woodpecker:** Suet and sunflower seeds

# Happy Holidays



Northeast WI Unit of Herb Society of America  
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