

The Northeast Wisconsin Unit of the Herb Society of America



the Herbal Thymes



January 2009

www.newhsa.org

Year 9

Post Office Box 277 - Seymour WI 54165



HERB OF THE YEAR 2009 Bay Laurel or *Laurus nobilis* Trivia

Aromatic evergreen tree or large shrub

Native to the Mediterranean area.

Family: Lauraceae

Great for cooking - can be used in the beginning and removed prior to eating.

Herb used in Bouquet Garni - the herbs used for most French dishes.

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 608-658-0463
Tracy Forbes 920-435-1766
Dixie Bellin 920-339-0665
Cindy Hermsen - 920-434-6866

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Membership Chair: Bernie Stein 920-494-8244
Book Club: Yvonne Haworth 366-0664

Historian:
Crafts Chair:
Events Coordinator:
PR Coordinator
Editor:

Frontier Coordinator:
HerbFest 09:
Website:
GBBG Gardens:
Fairy Fest:
New Member Tea:
Education Outreach:

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Meeting Updates

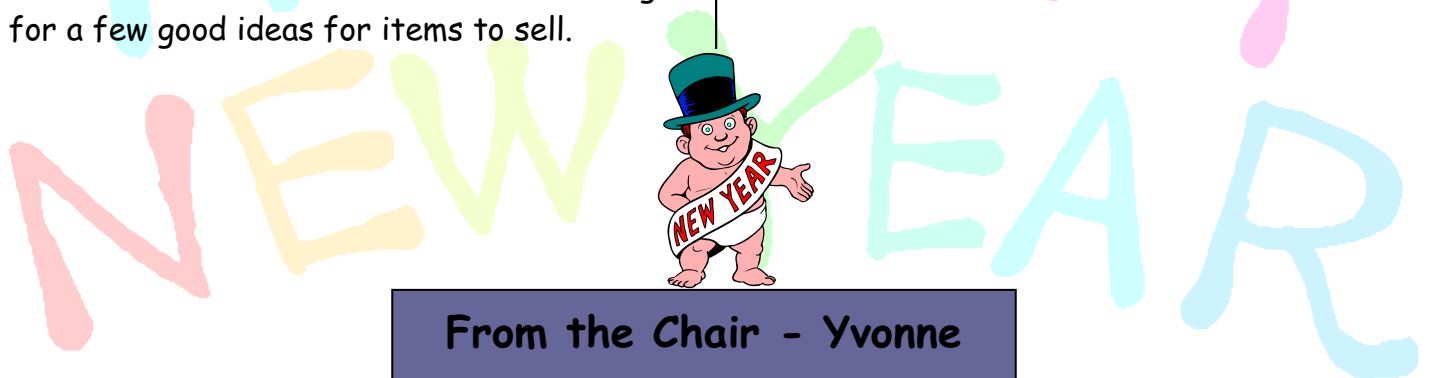
Big thanks to Jeri and Dan Gokey for hosting our Annual Christmas Party. This year we enjoyed a beer tasting, and enjoyed beers and ales from around the world and the State.

Kristin will be looking for vendors starting in January for HerbFest - if you have any ideas, please give them to her by the January meeting. Tracy will also be soliciting ideas for the purchase of our plants for the HerbFest sale, and for the Garden Fair sale. This is the first year we will be a vendor at the Green Bay Botanical Garden Annual Garden Fair. We are looking for a few good ideas for items to sell.

Please give all ideas to Yvonne.

Book Thymes will meet on the third Sunday of every other month (next one is February). February's discussion will be at Yvonne's, however, after that, we will meet at Barnes and Noble at 1:00 p.m. to discuss our books. The February book is Ladies of Liberty by Cockie Roberts.

Weather permitting (and that is a huge statement this year) we will meet on January 3rd at Jackie's to make syrups and lozenges for the winter. RSVPs required. Bring small bottles for syrup samples.



From the Chair - Yvonne

The flurry of the Christmas season is over and we are settling into our cold weather routines.

So before we move on too far, I want to say THANK YOU to Jeri and Dan (Gokey's Wine Market) for hosting the Christmas Party. We all had such a wonderful time, enjoying the information, beverages, food, hospitality, and most of all the friendship and good cheer.

Another THANK YOU goes to Bernie, Dixie, and Hillarie for taking down the decorations at Tank Cottage. They were able to save much of what we made and Dixie has graciously offered to store every thing in her basement. We appreciate all your efforts!

I am now looking forward to spending some time in planning for club activities and our plots in the GBBG Herb garden. Enjoy the time inside and keep warm!

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
Garden5: 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: Dixie, Hilaire, Bernie
Perfect Attendance:
Misc Donations: Jeri
HerbFest 5 Chairs: Jackie, Yvonne, Tracy
HerbFest 5 Vendors: Kristin
Recruit a new member: May V.
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!

FRONTIER NEWS

All Frontier shipments are not cushioned in 100% biodegradable, starch-based packing material. John R. Cull, Manager of Distribution at Frontier stated "As our volume grew, it was imperative of us to find the most environmentally-friendly packing material." The new FrontierPak product will cushion shipments as well as polystyrene product they are replacing.

Customers who receive packages containing the static-free FrontierPak may re-use them or dispose of them by composting or recycling. If you recycle, let your recycler know these are 100% biodegradable and should not be missed with petroleum-based peanuts.

CALENDAR

13 January Regular meeting - 7:00. Board meeting 6:30. Downstairs in the main building.
Herb of the Month: Bay - Herb of the Year 2009 - Treats by everyone since we can't find the list of who signed up for when.

January Meeting Agenda

13 January 2009 - Green Bay Botanical Garden -7:00 Meeting
January Treats - EVERYONE
February - Erin and Yvonne

Herb of the Month -- Bay

Welcome & Introductions

Secretary's Report & Treasurer's Report Highlights

Old Business:

Sign book for dues reduction

Book Thymes - Yvonne

Herb Garden Designs for 2009 - Sandy (Butterfly, Herb of Year)

HerbFest -Vendors - Kristin, Plants - Tracy, Updates - Jackie

Anything else?

New Business

Crafts - Yvonne

Green Bay Garden Fair

**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:

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

Arca Max Gardening Tips

Start a Garden Journal: Now is a good time to start a garden journal for next year's garden. In a notebook include areas for sample garden plans, weather information, planting, fertilizing, watering and harvesting dates, and the amount of money spent on garden purchases. Cut pictures from magazines of plants and/or garden plans you like and put in your journal.

Use Salt Alternatives: Road salt used to melt ice in streets, driveways, and sidewalks can harm plants if it accumulates in the soil. Use alternatives to common road salt (sodium chloride) such as sand, calcium chloride, garden fertilizer, and even kitty litter.

Propagating Christmas Cactus: Christmas cactus propagates quite readily from cuttings or from root divisions. It's best to divide in the spring, or take cuttings in the summer, when the plant has finished its resting period and is growing well.

Propagate by simply unpotting and cutting the root mass into several sections, repotting each section in moistened potting soil, or by taking stem cuttings. Remove the leaf 'pads' from the stem and allow the exposed ends to dry and callus over for a few days, then place them, callus side down, in moistened potting soil, in individual pots. Bury only the bottom 1/3 of each leaf pad in the soil. Roots will develop and new growth will appear on the top surface of the leaf in a few weeks. Don't try to root your cuttings in water - they'll turn into a slimy mess!

Book Review - Mystery Fiction

Mistletoe Man

Author: Susan Wittig Albert

Reviewer: Kristin Urban

"Mistletoe Man" is the ninth in the series by Susan Albert featuring China Bayles, a former criminal lawyer, now and the proud owner of an herb shop in Pecan Springs, Texas. For a

number of years, China struggled to make ends meet with her life long dream, but the addition of Thyme for Tea, a lovely tearoom in the back of the century-old stone building that she

shares with friend Ruby Wilcox, has been a tremendous financial success.

Ruby's shop, the Crystal Cave, is a New Age shop where you can buy crystals, weird music, tarot cards, and books about Wicca or astrology or healthful living. China says of her own place: "Thyme and Seasons is small, which makes it easy to see at a glance what items we need to restock or reorder. Wooden shelves hold books, essential oils, and jars of bulk herbs, as well as the herb products I buy from local crafters: jellies, vinegars, seasoning blends, potpourris, soaps, and cosmetics. Baskets of dried strawflowers, poppy pods, statice, Artemisia, and baby's breath fill the corners, along with pots and buckets of Christmas herbs: rosemary, ivy, holly, lavender, thyme, mistletoe." Both buildings are surrounded by a maze of small gardens planned and cultivated by China for recreation, aesthetics, and practicality. Her gardens include an apothecary and culinary garden, a butterfly garden, a moon garden, and a Shakespeare garden, which China says appears "green and pretty even in winter."

The setting alone makes the reader wish for a similar place to visit, drink a cup of tea, and savor the aromas and flavors of the fresh and dried herbs that author Albert describes with such affection.

This particular episode begins at the start of the Christmas holidays, with China beset by the busy-ness of operating a business during this make-or-break shopping season, a personal life complicated with a recent marriage that came complete with stepchild, and a community life in which China volunteered to open her huge white Victorian house to the Christmas Tour of Homes.

In a plot that quickly escalates, as does the Christmas frenzy, with the introduction of new characters and developing complications involving more familiar ones (if you have read other books in the series), Albert spins out an entertaining mystery that relies on personal relationships and social history, past and present. Along the way, the reader learns such arcane things as that Goldthwaite, a small town in Mills County in West Central Texas, is "the mistletoe capital of the world"; that Norse mythology gives mistletoe a moral value, since Baldur, the sun god, is killed by a mistletoe dart"; that Italian folklore associates mistletoe with eternity; and that in the Victorian language of flowers, mistletoe symbolized "I overcome everything"; "I surmount difficulties"; and "I rise above all."

In addition to a great story, Susan Albert also provides a wonderful bibliography of recipes, references, and resources at the end of each book. And if you wish to be a bit more current than you will in print, you can check into her website at www.mysterypartners.com, where you will find a list of current writing and gardening projects and a month-long menu for delightful tea parties.

Well-written, fast paced, and packed with delightful detail and characters about whom you learn to care, the China Bayles series by Susan Wittig Albert should be on the shelves of any mystery reader who likes to dabble in gardening and herbs. A delightful way to enhance your herbal background with entertainment!



HERB OF THE MONTH Echinacea



Latin Name: Echinacea angustifolia, purpurea and pallida are the most common
Of the nine Echinacea's

Zone: Zones 3 - 9 Perennial in Wisconsin
Family: Compositae

Other names: Cone Flower, Snake Root, Black Sampson

Native: North American prairie from Texas to southern Canada

Propagation: By seed

Location: Full sun to partial shade

Name from: Greek word Echino which means "spinney"

Parts to use: Roots from plants more than 2 years old - harvested after frost

Garden Use: Beautiful plant - 24 - 48" high

Problems: Major pests are leaf spot and Japanese beetles

Myths/Legends: Said men could walk thru fire when using Echinacea

Historical

Medicinal Uses: Used by Native Americans topically for inflammatory skin conditions. Also used for toothaches and to dull pain prior to pulling a tooth. Thought to be good for rabies and snake bites.

Culinary Uses: None

Cosmetic Use: None

Other Uses: Attracts butterflies.

Notes: Top selling medicinal herb in the world today. Also one of the most Scientifically researched with over 400 studies done. Studies done on aerial parts show the aerial parts are not beneficial as an immune booster, however, those done on the roots do show benefits. Long term use is not recommended as it may interfere with the immune system.

Recipe: Used in tinctures and salves.

Note: We did not have an herb of the month at the Christmas party so don't start doubling your ginkgo if you don't remember discussing it.....



NEWS FROM SCOTLAND

From Cath McGregor



HAPPY NEW YEAR! From Perthshire, Scotland.

We must have had the mildest Christmas weather here for years, no white Christmas for us. It makes travelling around so much easier but there's nothing like opening the curtains on Christmas Day and everything is snow clad. Well... maybe next year!

The turkey and Christmas pudding have been consumed, just got to work our way through the fruit cake, mincemeat pies, chocolates etc. and then we can go on a diet. At Hogmanay over here Black Bun is a great favourite; I wonder if the reason has anything to do with the fact that it tastes so much better with a glass of whisky? For the adventurous few the recipe is below. Trust mewell worth the effort!

BLACK BUN

Ingredients for Pastry Case:

12 oz plain flour (3 cups)
3 oz lard (6 tablespoons)
3 oz butter or margarine (6 tablespoons)
(Note that if you don't want to use lard, increase the butter/margarine by an equivalent amount)
Pinch of salt
Half teaspoon baking powder
Cold water

Ingredients for Filling:

1 lb seedless raisins ($2\frac{3}{4}$ cups)
1 lb cleaned currants ($2\frac{3}{4}$ cups)
2 oz chopped, blanched almonds (Third of a cup)
2 oz chopped mixed peel ($\frac{1}{4}$ cup)
6 oz plain flour ($1\frac{1}{2}$ cups)
3 oz soft brown sugar (Third of a cup)
One level teaspoon ground allspice
Half level teaspoon each of ground ginger, ground cinnamon, baking powder
Generous pinch of **black** pepper
One tablespoon brandy
One large, beaten egg
Milk to moisten

Method:

Grease an 8-inch loaf tin. Rub the fats into the flour and salt and then mix in enough cold water to make a stiff dough (remember, it is going to line the tin). Roll out the pastry and cut into six pieces, using the bottom, top and four sides of the tin as a rough guide. Press the bottom and four side pieces into the tin, pressing the overlaps to seal the pastry shell.

Mix the raisins, currants, almonds, peel and sugar together. Sift in the flour, all the spices and baking powder and bind them together using the brandy and almost all the egg and add enough milk to moisten.

Pack the filling into the lined tin and add the pastry lid, pinching the edges and using milk or egg to seal really well. Lightly prick the surface with a fork and make four holes to the bottom of the tin with a skewer. Depress the centre slightly (it will rise as it cooks). Brush the top with milk or the rest of the egg to create a glaze.

Bake in a pre-heated oven at 325F/160C/Gas Mark 3 for 2½ to 3 hours. Test with a skewer which should come out clean; if not, continue cooking. An uncooked cake sizzles if you listen closely! Cool in the tin and then turn onto a wire rack. Cool thoroughly before storing until Hogmanay.

Good health, good luck and happiness in the coming year to all our herbie friends in Wisconsin.

Cath McGregor

**Frontier Products
By Dixie**

Sweet Orange Essential Oil: I use this in the water oasis of my C-Pap machine. I love the smell of oranges, after reading about the healing effects of different scents; I was surprised to learn that orange helps in relaxation and breathing. I guess that is why the heart/Respiration Specialist in Florida said " I can tell you never smoked " to which I responded "I smoked for 25 years and just quit 2 years ago" I also use the sweet orange essential oil when making my lip balm.

Dried green peppers #2108 3/4" . I just add these to recipes or put them in a cup of water to rehydrate them. It's nice to have on hand for cooking. This month I'm trying the dried soup vegetables, onions, peas, carrots and spinach too.

Nag Champas incense #211141 100 grams \$4.13 - This has been a family favorite. My daughter says it comes from a special grass in India, that goats eat and the poop smells great! It is the traditional scent one thinks of when they think of India. I bought the Nag Champa's perfume, 3217763 and it is very nice, I will bring it to the next meeting. I also bought evening Gardenia roll on perfume, #213796, and it is nice just to keep in my purse.

Neti Pot: This is great for sinus cleansing. This time of the year it gets used a little more. My daughters and their families have used the Neti pot for years. It's great to recommend to a friend with sinus problems because it really helps!

A HAPPY
NEW YEAR

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