

# The Northeast Wisconsin Unit of the Herb Society of America



## the Herbal Thymes



4 July 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

Petals mixed with honey have been used for weak hearts - Some folks still put honey with calendula tea for healthy heart maintenance.

If taken into court, it seems to help with favorable verdicts/results!

If one puts it in either a mattress or under their bed, it is said that you will have dreams about catching thieves if you have been robbed.

If you rub your eyelids with calendula water, it will help you to see fairies.

Our ancestors hung garlands of calendula around their doors to keep evil from entering.

### NORTHEAST WISCONSIN UNIT OFFICERS & CHAIRS

Chairman: Cori Johnson 920-504-4093  
Vice Chair GB: Yvonne Haworth 920-366-0664  
Vice Chair FC: Kristi Sawyer 920-915-6878  
Secretary GB: Sandy Jacques 920-465-3487  
Treasurer: Jackie Johnson 920-246-7377  
Past Chair: Jackie Johnson 920-246-7377

Board GB: Bernie Stein 920-494-8244  
Jeri James 920-608-4093  
Tracy Forbes 920-435-1766  
Kristin Urban 920-863-8253  
Cindy Hermsen - 920-434-6866

Board FV: Mary Learman 920-739-9496  
Shirley Martin 920-733-3135

Membership Chair: Bernie Stein 920-94-8244

Historian/Book Club: Yvonne Haworth 366-0664  
Crafts Chair: Mary Vvalther 869-3354  
Events Coordinator: Jeri James 608-658-4064  
PR Coordinator: Rodney Webster 435-1772  
Editor: Jackie Johnson  
scentedgardens@msn.com  
Frontier Coordinator: Cori Johnson 504-4093  
HerbFest 09: Cori Johnson/Tracy Forbes  
Herb Day 08: Jackie/Lynn/Yvonne/Sandy  
Website: Tracy Forbes 435-1766  
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

## From the Past Chair Jackie Johnson

I would like to thank those who gave me warm thoughts, and wonderful gifts and cards at the June meeting. It was a true surprise. This group has offered such a conducive atmosphere for learning since its inception about 9 years ago.

As you've all heard (and probably are getting tired of hearing) we started with Cori, Kristin, and I plus two others (who have moved on to other adventures). Cori's daughter, Amber, came up with our name - Scented Gardens since she said we were always smelling plants. I've noticed that you can always tell the herbalists in a group - we're the ones who rub and sniff, not just look at our plants!

Six years ago we agreed to approach the Herb Society of America about affiliation. We jumped thru the hoops of bylaws, interviews, paperwork and HSA Board approval, and got the affiliation. From there, we've grown to our current membership of near 40. Kristin, Cori and I are very pleased with the success of our "little" group.

NEWHSA is unique in many ways. One of our best characteristics is that we've never had any strife - we've always worked together. I always look forward to the meetings because there is such a positive atmosphere. In most organizations, unfortunately, there are a few who splinter off and cause problems. Our goal when we started was to bring it to the table, and that's what we've done. Knowing that we all have different ideas, we've brought those ideas

to the membership and they have always been involved in all decision making and everyone is invited to participate.

We've created quite a team environment. It's how we came up with a book club, our sister club in Scotland (and our trip), craft days, a monthly newsletter (that people write and ask for), working at GBBG, etc. It's been great. We've not always agreed with each other, and honestly, some of us probably wouldn't be friends on the outside, but the NEW HSA encourages us to notice the positive traits of others. Quite frankly, at times people have joined us and I have gritted my teeth! But no one is too old to learn, and I've found that every one has their good points. I can honestly say that those I've had problems with have gained my respect once I've become better acquainted.

Thanks for 9 years of great learning and friendship! I hope you all give Cori the same support I had during this time. The role of a chair is to remain tactful, impartial and objective and bring everyone's ideas out in the open for discussion and positive resolution. Please encourage one another to continue to bring questions, concerns, ideas and thoughts to the table for a vote by the entire membership. Let's get even better each year!

Oh, and P.S. now that I'm not chair anymore, I'll be the opinionated one in the back of the room! I have six years of opinions to ~~vent~~ share!

## Green Bay Muses Update

Thanks to Jeri James for hosting the June meeting. As always, Jeri was the perfect hostess.

Welcome to guest Patty who became a new member!

We now have a book for attendance at functions and meetings (for dues reduction). Please insure you sign it each time you participate.

MARK DOWN AUGUST 3<sup>rd</sup> as the day we'll go to Bristol Faire. Carpooling decisions and meeting places will be finalized at the July meeting. If you didn't buy a ticket go online for better prices.

Some of the plants suggested to be put on our Herb of the Month list include: Pumpkin, Hawthorne, Lavender, Edible Flowers, Borage, Love-in-a-Mist, Anise Hyssop, Cup Plant and Culvers Root. If you have more suggestions, please let Cori know.

The five small herb gardens we adopted at Heritage Hill are progressing nicely. Seven more

people signed up to help with those gardens - watch the website for dates and times. This has to be coordinated, since there is only one key to the side gate near Lazarre Street. If you would like to work in the herb gardens, you must fill out a waiver and place it on file at Heritage Hill.

Dates for working in the herb beds at Green Bay Botanical Garden are July 8<sup>th</sup> and 22<sup>nd</sup> at 6:00. Please join us if you can.

The Neville Museum may offer historic tea parties again. Cindy will get more details and report to Cori, and at the next meeting. This may be something we might like to participate in.

Since our regular meeting date for the December meeting is 24 December, Jeri graciously offered Gokeys' Wine Mart as a location for this year's Christmas party on Sunday afternoon, December 7<sup>th</sup>. More info later, but mark your calendars!

Get well soon to Cori who spent her first meeting as Chair in the hospital!

## Fox Cites Divas Update

Welcome to Heather, a new guest.

The Divas talked about Basil and then walked through the herb and butterfly gardens at the Gardens of the Fox Cities. We have some great ideas for next year's herb garden - including removing some of the thyme and replacing with a culinary bed and removing some of the Wormwood and replacing with a medicinal bed. We also talked about signage that gives historical uses for the plants. Some of got together and harvested some of the comfrey, chamomile and thyme.

Thanks to Shirley for volunteering to be on the Board for the Fox Cities branch. We're still looking for a secretary.

We discussed several interesting herb books. It was a suggestion that Tracy include a Books page on the website - with a section for fiction and non-fiction and a short description of why we liked it. We may join with the GFC and form a book club - we'll talk more in July.

## Basil Experiment By Sandy Jacques

THE NASA CINNAMON BASIL SEEDS: On Mother's Day weekend, I planted the control group cinnamon basil seeds and the NASA cinnamon basil seeds that went into outer space. The control group seeds were balck, and the outer space seeds had some white areas on them.

Now the control group seeds have 14 plants that are 5" tall and 5 plants that are 1/2" tall. The outer space seeds have one that is 5" tall and 4 that are 1/4" tall!!! The plants look the same in appearance.

At our June herb meeting, I brought a pasta salad made with the control group basil. The basil tasted great. Next we will try the outer space group!

## Making Herbal Vinegars By Mary Learman

*Wine, rice or apple cider vinegars are recommended. Use wooden, not metal, spoons.*

1 cup fresh herbs of your choice (minimum)  
3 cups vinegar  
Wide mouth jar is easiest

Wash herbs and dry thoroughly before chopping; water will make the vinegar cloudy, although it will not affect the flavor. Fill jar with herbs. Add vinegar to 1" of top, making sure the herbs are covered. Push down and bruise the herbs, stirring to release any bubbles. Cover tightly, using plastic wrap first if the lid is metal. Store in dark cupboard at room temperature for 3 to 4 weeks.

Shake the mixture every few days. Taste - if mixture too strong, add a little more vinegar; if weak, repeat procedure with fresh herbs. Strain out the herbs using a plastic colander, then strain through paper coffee filters until all herbal debris is gone and vinegar is clear. Pour vinegar into fancy bottles.

Add a sprig or two of herbs for decoration, poking it down so it is suspended in the liquid.

### *Herb Blends for Vinegars:*

Dill/chive/peppercorn  
Basil/garlic  
Basil/chive  
Garlic/chive  
Sage/caraway ~ for pork  
Mint/rosemary ~ lamb  
Basil/savory ~ beef  
Sage/lovage ~ poultry

Fennel/bay ~ fish

Basil, bay leaf and garlic with cider vinegar (marinade for fish or chicken)

Cilantro, dried hot chili pepper and garlic with white wine (dipping sauce)

*Bouquet Garni Vinegar* ~1 c. parsley, 1/2 c. each thyme, bay and rosemary

*Mixed Herb Vinegar* ~  $\frac{3}{4}$  c. each chopped basil and marjoram, plus  $\frac{1}{2}$  c. each chopped rosemary, thyme and savory

## From the Chair

Hello everyone,

I just wanted to start out by giving a huge THANKS to Jackie for all of her dedication to the herb club during these past years. As you all know, the club started out with five members sitting around a kitchen table at each other's homes sharing information about the herbs we all wanted to learn more about. Those evenings are some of my favorite memories, especially in the winter where we would sip tea or mulled cider, enjoy our favorite foods, books in tow, talking about herbs. I remember myself as a new neighbor, Jackie taking me through her herb garden, telling me about each herb, smelling them, and it was then I fell in love with these wonderful plants and wanted to learn more; and during that time, the herbal study club 'Scented Gardens' was born.

Years later, now look at us, the club has grown and now more people can share in all of the wonderful things the club does from herbal education, crafts, to our annual events such as Herbfest, Fairy Fest, and the newest event National Herb Day - Educational Event.

I'm really looking forward to the next two years as Chair. This is my first time doing anything like this, but I am up for the challenge as this club has always been near and dear to my heart. Please feel free to share any suggestions, ideas, etc, with me as I want this club to continue to be as successful as it has been and to keep up the great job Jackie has already done towards the promotion of herbal education within our community.



## Fairy Fest

Thistledown reports there were approximately 700 paying attendees (this does not include vendors and kids under 5). Thanks to Cori and Tracy for chairing, and Rodney and Jackie for the advertising! Apparently it works. This number is nearly double the attendance from last year. And big thanks to Erin for designing and painting the great signs!

Tracy's daughter, Chloe was one of the two costume winners! Congratulations to Chloe (and to Grandma Carlene for the great costumes for daughter Tracy and granddaughter Chole!). Plans are already underway for next year. We would like to sponsor the children's tea party, and Jackie volunteered to be the storyteller. If you have any ideas, please talk to Cori and Tracy.

## 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:**

**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:**

**GFC 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!

## Arca Max Gardening Tips

**Do climbing plants damage siding:** Research has shown that ivies and perennial vines that cling to brick or wood with sticky pads do not cause damage. In some cases dampness can be a problem, especially with wood siding, if the vine holds a good deal of moisture against the wall. Since your exposure is east, the morning sun should dry things out enough to prevent problems. To be on the safe side, though, you

might consider erecting a trellis and planting a vine that climbs by twining.

**Measure the amount of water your sprinkler is applying,** take 6 empty tuna fish cans and place them at various distances around the sprinkler. Time how long it takes for the cans to accumulate 1 inch of water.

**BOOK REVIEW by Kristin Urban**  
**Herbal Tea Gardens**  
**22 Plans for Your Enjoyment & Well Being**  
**By Marietta Marshall Marcin**

This delightful paperback produced by Storey Publishing "contains everything you need to know to grow, blend, and brew healthful and delicious herbal teas." So says the modest claim on the back cover of this informative and well-illustrated book.

The book consists of seven chapters: an introduction to herbal teas, recommendations for brewing, a list of tea herbs, garden designs for special health needs, specialty gardens according to geographic location and landscape demands, starting and caring for the tea garden, and suggestions for gathering, cleaning, storing and using tea herbs. There is also a very useful reference chart for growing herbal teas at the end of the book, as well as a list of mail order resources.

The body of the book is devoted to the listing of each tea herb, complete with Latin tag, a background paragraph providing alternative names, history of the herb's use, its place in mythology, and its purported "powers." Factual information is provided about the plant's growth, height, soil and light demands, propagation, care, and parts used for tea. Each plant listing also includes a clear drawing and additional side-bars, sometimes of recipes, sometimes of cautions regarding the plant's use. Close to 100 herbs suitable for tea are discussed, from Agrimony to Yerba Mata.

Garden designs include diagrams suggesting layout and lists of herbs appropriate for treating particular health needs, such as a garden for relaxation, or cold care, or headache relief. Tub gardens are suggested for aphrodisiacs and liver care. Other specialty gardens provide for arthritis care, immunity boosters, and pain relief.

The writer also makes suggestions regarding shade gardens, dry-soil gardens, and moist-soil gardens, or grouping plants by color.

Garden basics are provided, such as protecting the herb garden in winter and watering the indoor garden. There are also some esoteric suggestions, such as lunar cycle planning. There's good solid information provided about maintaining the herb garden's health.

The last chapter includes the usual information about storage: avoid excess moisture, too much light, and improper sealing of containers. This chapter also includes some suggestions for tea blends, brewing, and combining herbs with fruit, spices, liquor, and other teas.

All in all, this is a readable book, pulling together much information in a useful format. I bought my copy at The Flying Pig, Gallery & Greenspace south of Algoma. You can also purchase the book online at [www.storey.com](http://www.storey.com).

## Herb of the Month Basil

Latin Name: Ocimum Basilicum  
Zone: Annual 150 different varieties, not all are edible  
Family: Labiatae  
Native: Europe, Mediterranean  
Propagation: Seed  
Other names: Sweet Basil, St. Joseph Wort

Name from: Greek Mythology - Creature Basilisk - half dragon half snake who could kill plants and Who's stare was fatal to those unlucky enough to land in his presence.

Parts to use: Leaves, flower ok, but pinch back to get more leaves  
Garden Use: Will deter flies if placed in pot in the house

Myths/Legends: Greek Mythology: Basilisk was the terrifying king of the dragon snakes with breath and a stare so strong it was fatal to those unlucky enough to land in its presence.

Historical Uses: Strewing herbs, touted as an aphrodisiac, fertility plant to Romans

Historical

Medicinal Uses: Tea said to help nausea, dysentery, gas, headaches, and as a mouthwash.

Culinary Uses: Many culinary uses - it's not just for pesto anymore!

Cosmetic Use: None located

Notes: Doesn't dry well, but can be frozen.

Recipe: **Cinnamon Basil Sorbet** 4 - 6 servings

3 cups apple juice

4 large springs cinnamon basil

Grated rind of 1 lemon

2 cups sugar

Juice of 1 lemon

Combine apple juice and sugar in saucepan and heat until sugar is dissolved. Add cinnamon basil and cover and steep for 30 minutes. Strain out basil. Add lemon juice and rind. Chill thoroughly. Prepare in ice cream maker OR pour into a shallow dish and place in freezer stirring every 30 minutes until frozen.

### Basil Butter

1-1/2 cups packed basil leaves - stemmed

1 lb. salted butter softened

Freshly ground pepper to taste

Chop basil leaves and add to softened butter. Mix well and season to taste. Drop by tablespoons onto foil and freeze. When completely frozen, place each tablespoon of butter in small sandwich bags and place in heavy duty freezer bags. Keeps 6- 8 months. Thaw to room temperature. Good on lamb, steak, chicken or veggies.

## National HerbDay 2008

Plans are underway already for National HerbDay 2008. We will be celebrating on October 4 at the Gardens of the Fox Cities with classes offered to the public, similar to HerbEd Day. The Committee (Jackie, Yvonne, Sandy, Lynn and Doreen) is planning the following:

First at 9:00 we will have Tea Tasting and presentation. At 10:10, the Winter Uses of Herbs that will include how to use your herbs, salves, tinctures etc. At 11:15 we will talk about the top ten culinary herbs and serve a light herbal lunch.

### Pet Tick Home Remedy From Care2 Submitted by Mary Learman

I dug deep in my herbal formula books for this recipe - out of desperation, given that I live in the epicenter of the tick-generated Lyme disease epidemic. I tested the essential oil that is recommended for ticks, Rose Geranium, by putting a few drops - no more! - on our dogs collars, to see if it would repel ticks. Lo and behold, we went from 20 ticks a day on each dog to none. The second best essential oil for repelling ticks is American Pennyroyal (also called Tickweed).

#### Ingredients:

2 T. vegetable or nut oil (almost oil contains sulfur, a repellent in its own right)  
10 - 25 drops Rose Geranium essential oil  
Combine ingredients in a glass jar, shake to blend. Makes 2 tablespoons - and has a shelf life of about six months.

Dab a few drops on your skin or clothing - making sure to avoid your eyes.

## News from Gaia

If you have old style roses (not the new hybrids) and you haven't used any chemicals on or near them, make some rose petal honey. Pluck a few petals and remove the small white part at the base of the petal. Next place the petals in a jar and cover completely with honey, cover and let sit for a few weeks. The honey will be delicious! You can do the same thing with your lavender flowers that are just opening. Lavender and rose honeys are extra nutritious.

## AGENDA FOR July Meetings

July 15 - Appleton - 6:30 - Bring tools to clean up garden  
Treats Appleton - Jackie and Cori

July 22 - Lynn and Rodney's - 6:30  
**Potluck**  
(August treats - Mary C and )

**Herb of the Month - Oregano**

Welcome & Introductions  
Secretary's Report & Treasurer's Report Highlights

### Old Business:

Sign book for dues reduction  
Bristol Ren Faire Meeting location, carpoolers  
Mentor Program - Cori  
Vinegar in August - Jackie  
Anything else?

### New Business

Crafts - Mary V. - Masks  
Neville Tea Parties - Cindy  
Zen Day - Sandy/Yvonne/Jackie  
GBBG Signage - Sandy  
HerbDay 2009 - Jackie/Lynn/Yvonne/Sandy

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

July - Oregano  
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

July 8 - Work in garden at GBBG 6:00

July 15 - Fox Cities Meeting 6:30 - Oregon

July 22 - Work in garden at GBBG 6:00

July 23 - Green Bay Meeting - Lynn/Rodney's Oregon

August 3 - Bristol Ren Faire Trip - Meet at \_\_\_\_\_ at \_\_\_\_\_ a.m.

Aug 16/17 - Practical Herbalism 102 with Author Philip Fritchey - Ramada, Green Bay (\$200)

Contact [www.cnhp.org](http://www.cnhp.org) or call 800-321-1005 for reservations. This is a very informative class about herbs and practical uses for them.

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

Aug 24 - Book Thymes - Kristin's home in Maribel

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.

Oct 4 - National Herb Day - Gardens of Fox Cities



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