

# Northeast Wisconsin Unit of the Herb Society of America



## the Herbal Thymes



March/April 2010

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

Year 10

Post Office Box 277 - Seymour WI 54165

### NORTHEAST WISCONSIN UNIT OFFICERS & CHAIRS

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  
Patty Bellin  
Jeri James

Past Chair: Jackie Johnson  
Membership Chair: Bernie Stein  
Book Club: Sandy Jacques

Historian:  
Crafts Chair:  
PR Coordinator  
Editor:

Frontier Coordinator:  
GBBG Gardens:  
Website:  
Garden Fair 2010  
Harvest Tea:  
Spring Tea 2010  
Education Outreach:

Kristin Urban  
Marlene Garvey  
Rodney Webster  
Jackie Johnson  
scentedgardens@msn.com  
Patty Bellin - 920-339-0665  
Sandy Jacques  
Tracy Forbes  
Jackie Johnson  
Mary Cattern  
Kristin/Yvonne  
Jackie Johnson

### Meeting Notes

May is our annual meeting. Following are proposed changes to the bylaws to vote on (in May):

Article III - Section 1 - Change from prospective members **may** attend three meetings prior to joining to they **must** attend three meetings prior to joining.

Article V, Section 1. Change one board member per **10** members, to one board member per **15** members.

Section 2 - change the **two year term** for officers to a **one year** term for officers

Section 3 - Define competing herb clubs as within the same city or working in the same garden or using the same membership base.

Section 3 - Add that board members must attend at least 75% meetings **and/or events** to be elected to the board

Section 4 - Add the Board of Directors shall establish policies and transact business of the unit.

Section 5 - Add - the Executive Committee shall fill vacancies on the board until the next election of officers.

Section 6 - Add members who move away, etc. will become Members at Large with the Herb Society of America and renew their memberships thru the Herb Society.

Nominations for officers and board members are as follows (nominations will be accepted from the floor at the April and May meetings).

Co-Chairs: Yvonne Haworth and Sandy Jacques

Vice Chair: Jackie Johnson

Secretary: Marlene Garvey

Treasurer: Patty Bellin

Board: Erin O'Connell  
Nancy Helbick  
Bernie Stein

Other things discussed at the Board meeting were - the possibility of canceling the January meeting, and having the Feb meeting at Barnes and Noble open to the public to answer herb related questions, having each committee chair put any committee reports in the newsletter prior to the meetings (to help keep the business part of the meeting to a minimum).

Marlene and committee will be working on a booklet all about teas, recipes of foods to have with teas, etc. to sell at the May 1 Tea. Please see Marlene if you can help. A tentative date for assembling them is April 19<sup>th</sup> at Harmony Café (west side) at 4:00.

Our Spring Walk in the Woods at Kristin's will be in May - depending on the plants' schedule.

APRIL 11<sup>th</sup> - at Marlene's for hypertufa making. Bring pots (Pringle containers, milk cartons, oatmeal boxes).

Book Thymes - April 18<sup>th</sup> at a Taste of India for their noon buffet. The book is Three Cups of Tea by Greg Mortenson. You can come for the buffet even if you haven't read the book.

[www.blueoceanihhs.com](http://www.blueoceanihhs.com)

The Blue Ocean website has now had articles posted from the U.S, Scotland, England, Spain, Australia and Canada with interest from six additional countries. We currently get approx 10 hits a day, and were featured on Susan Weed's website this month.

### Dues Reduction Program

**HerbFest5 Setup:** Jackie, Yvonne, Kristin, Tracy, NancyE, PattyB, Jeri,

**HerbFest TV Spots:** Jackie2, Kristin

**HerbFest 4:** Tracy2, Yvonne3, Jackie3, Lynn, Kristin3, PattyB, LindaS,

**Garden Fair Set up:** Yvonne, Sandy, Jackie, PattyB, Jeri, Tracy, Hilaire, Kristin, NancyE

**Garden Fair Worked:** Yvonne, Sandy, Kristin(2), Tracy2, Jackie, Marlene, Hilaire3, PattyB2, Erin, NancyE

**Garden 1 (3 out of 5):** Yvonne, Sandy, Hilare, Jeri, Jackie, Erin, Nancy

**Garden 2:** Yvonne, Jeri, Jackie, Nancy, PattyB, Erin

**Garden 3:**

**Garden 4:** Yvonne, Sandy, Hilaire, Jackie

**Garden5:** Sandy, Yvonne, Jackie, Hilaire, Nancy

**Heritage Hill Garden Work 1 (3 out 5):** Hilaire (2), Marlene, Bernie

**Harvest Tea:** Lynn, Jackie, Patty, MaryC, Sandy, Hilare, LoriR, NancyH, LindaS, Yvonne

**Heritage Hill Garden Work 2:** Hilaire

**Heritage Hill Garden Work 3:** Marlene (2)

**Heritage Hill Garden Work 4:** Tracy Hilaire, Tracy Hilaire

**Newsletter Articles (need 6):**

**Make decorations for Heritage Hill:** PattyB, Sandy, Tracy, Hilaire, Yvonne, Patty N.

**Decorate Heritage Hill:** PattyB, Sandy, Tracy, Hilaire, Yvonne, PattyN, Bernie

**Take down decorations:** Hilaire, PattyB, Jackie, Bernie

**Perfect Attendance:**

**Misc Donations:**

**Garden Fair 2010 Chair:** Jackie

**Recruit a new member:**

**PR Coordinator:** Rodney

**Membership:** Bernie

**Frontier:** Dixie

**Harvest Tea:** Mary C.,

**Newsletter:** Jackie

**Spring Tea:** Kristin



# Agenda

Welcome & Introductions

Reports - Secretary and Treasurer

**Committee Reports**

Spring Tea - Kristin  
Plant Sale/Garden Fair - Jackie  
Crafts - Marlene  
Fairy Fest - Tracy  
Butterfly Garden - Sandy  
Medicinal Garden - Jackie  
Herb of Year Garden - Yvonne  
Christmas at Heritage Hill - Sandy  
Frontier - Patty B.  
Membership - Bernie

**Old Business:**

**New Business:**

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:**

April - Nettle  
May - Annual Meeting  
June - Hibiscus  
July - Stevia,  
August - Mallow (*Althea officinalis*)

**TREATS:**

April - Hilaire  
May - PattyB  
June Potluck at Marlene's home  
July - Potluck - Erin or Yvonne or road trip to visit gardens  
August - Potluck at Kristin's home

"What we think or what we believe is, in the end, of little consequence. The only thing of consequence is what we do." - John Ruskin

## COOK'S CORNER

### **Kristin's Hummus**

2 cans chickpeas (garbanzos), drained, retain liquid from one can  
1 clove garlic, crushed  
1/4 cup lemon juice  
1/4 cup olive oil  
1 tsp ground cumin

In a blender or food processor, blend the chickpeas and crushed garlic until smooth, adding a bit of the retained liquid if necessary. Add the cumin and lemon juice, and drizzle the olive oil through the feeder tube while continuing to blend. Season with salt and pepper to taste. Chill. Serve with water crackers, pita chips, or sliced veggies, such as celery and carrot sticks, or wedges of green or red bell pepper or zucchini slices.

### **Shaker Recipes from Book Thymes Meeting From Shaker Cookbook**

#### **Ohio Lemon Pie (pg 173)**

2 lemons  
2 cups sugar  
Pastry for 2 crusts  
4 eggs

This is yet another very old lemon pie recipe which the early Ohio Shakers fashioned frequently. Slice two lemons as thin as paper, rind and all. Place them in a bowl (original recipe states yellow bowl) and pour over them 2 cups of sugar. Mix well and let stand for 2 hours or better. Then make your best pastry crust. Line a pie dish with same. Beat 4 eggs together and pour over lemons. Fill unbaked pieshell with this and add top crust and small vents cuts to let out steam. Place in hot oven at 450 degrees for 15 minutes and then cut down heat and bake until a silver knife comes out clean when inserted.

**Did you ever think you'd read this in Our lifetime?  
Let's see if it is really true!**

FOR IMMEDIATE RELEASE

McDonald's to debut Earth Shake  
OAK BROOK (IL)

Keeping the tradition of the St. Patrick's Day Shamrock Shake alive a little longer, McDonald's has announced that it will launch another "green" shake called "Earth Shake."

"The Earth Shake will contain all natural and much healthier ingredients than our normal spring green shake," says McDonald's spokesperson Cynthia Russell, "We felt the food coloring was not enough and wanted to add "real" green ingredients. And by "real" we mean "actual" and not "real" as in "reel butter" at the movie theaters."

The Earth Shake will contain a banana and soy base, 10% filtered apple juice, and a variety of green plants to provide what Russell called "actual green coloring." Plants include chickweed, nettle, and wheatgrass. Russell continues, "Our extensive research shows that not only do these plants provide natural coloring, but they also contain a fair amount of nutrition. People in the U.S. will be amazed when they find out what is in the common nettle plant. When combined with other flavors in the shake, they really compliment the quarter pounder."

According to McDonald's website, the Earth Shake allows people who have dairy intolerances can now enjoy the tradition of McDonald's shakes. Russell commented, "In the past we found that vegans visiting our restaurant felt left out since all of the shakes had a dairy base. Though we tirelessly explain that there is no actual dairy in our shakes, that did not help. We believe our new shakes will attract all vegans and other dairy intolerant customers back to McDonald's for the shakes they all enjoyed as kids." The "Earth Shake" will debut on Earth Day, April 22, 2010. This celebrates the 40th anniversary of Earth Day as well as McDonald's original Shamrock Shake. It will only be available in U.S. McDonald's restaurants until market research is complete.

Contact: McDonald's Corp. 2111 McDonald's Drive, Oak Brook, IL 60523

## CHOCOLATE TRIVIA

From: 1,001 Reasons to Love Chocolate

Annual chocolate consumption in pounds per year:

Switzerland	22.36	United Kingdom	17.49
Austria	20.13	Belgium	13.16
Ireland	19.47	Australia	12.99
Germany	18.04	Sweden	12.90
Norway	17.93	United States	11.64
Denmark	17.66	France	11.38

Chocolate is the #1 food craved by women, especially during the evening and night. 65% of women reported they ate chocolate weekly!

Thomas Jefferson was a big fan of hot chocolate. He hoped it would take the place of coffee and tea.

During the Civil War and WW II, the US government recognized that in addition to providing nourishment, chocolate kept up the spirits of the troops. During WW II, 500,000 chocolate bars were produced every DAY for the U.S. Army. Chocolate even flew into space as comfort food for the astronauts.

Brownies are classified as a bar cookie and are a cross between cake and cookie. No one knows the exact origin of brownies, but one popular story credits Mildred Schrumpp a Home Econ teacher from Main for accidentally creating brownies when she forgot to add baking powder to a cake she was making for her class. The first known recipe for brownies appeared in the Sears catalog in 1897.

Americans prefer milk chocolate; Europeans prefer dark chocolate.

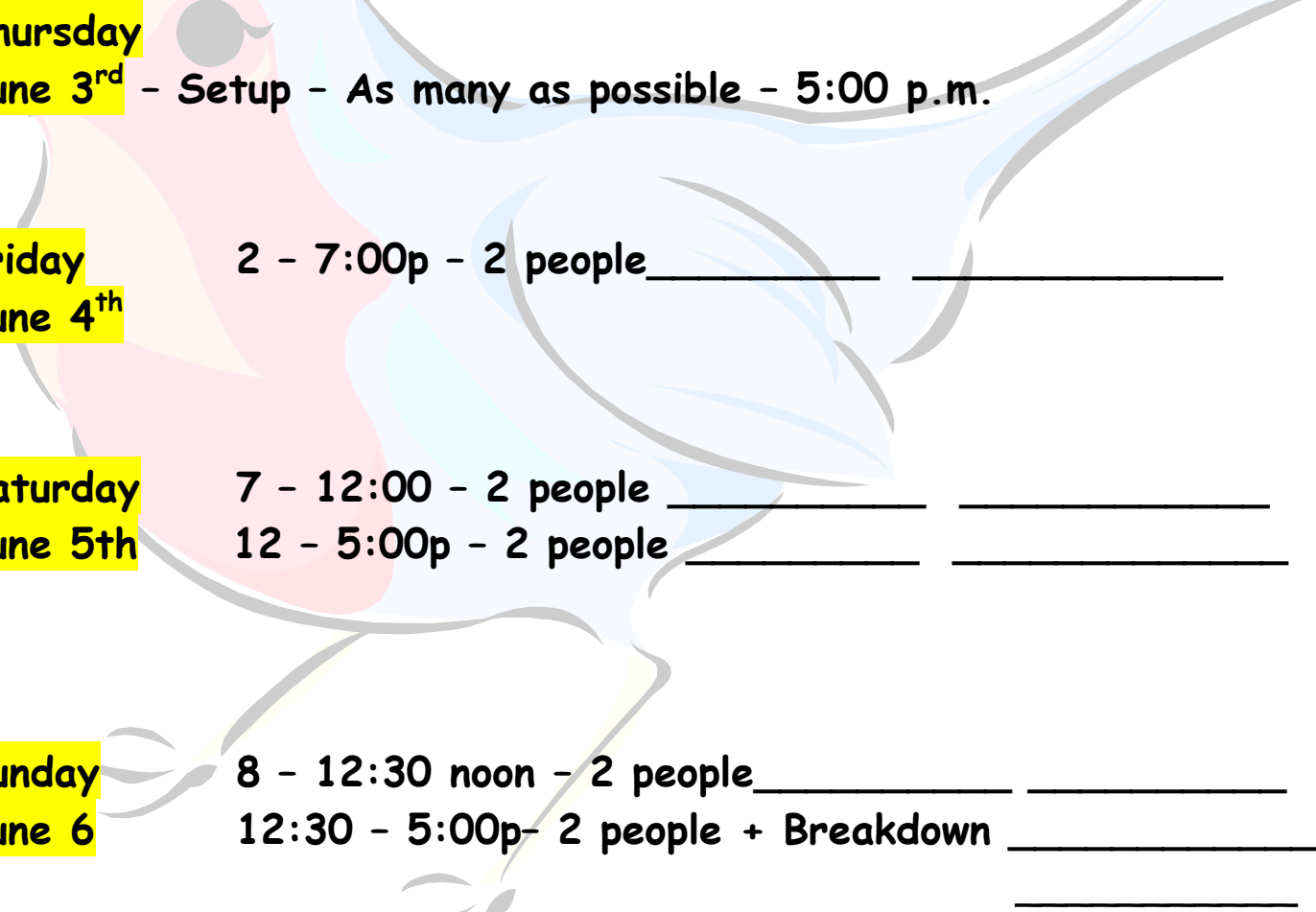
It is said that a chocolatier who can make it in Belgium can make it anywhere else in the world. There are more than 2,100 chocolate shops in tiny Belgium.

The world's largest chocolate chip cookie, from North Carolina, weighed 37,000 pounds & was 107 feet across. The largest chocolate heart, from Spain, weighed nearly 8 tons.

**2010 Garden Fair  
June 4 - 6**

**We are in Booth Number 90.**

**Schedule for Workers:**



**Thursday  
June 3<sup>rd</sup>** - Setup - As many as possible - 5:00 p.m.

**Friday  
June 4<sup>th</sup>**            2 - 7:00p - 2 people \_\_\_\_\_

**Saturday  
June 5<sup>th</sup>**            7 - 12:00 - 2 people \_\_\_\_\_  
                          12 - 5:00p - 2 people \_\_\_\_\_

**Sunday  
June 6**            8 - 12:30 noon - 2 people \_\_\_\_\_  
                          12:30 - 5:00p- 2 people + Breakdown \_\_\_\_\_

(For each shift you work, you can pick a plant from those left over, and a Dues Reduction Point)