

Northeast Wisconsin Unit of the Herb Society of America



the Herbal Thymes



May 2010

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

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

Crafts Chair: Marlene Garvey
PR Coordinator: Rodney Webster
Editor: Jackie Johnson
scentedgardens@msn.com
Frontier Coordinator: Patty Bellin - 920-339-0665
GBBG Gardens: Sandy Jacques
Website: Tracy Forbes
Garden Fair 2010: Jackie Johnson
Harvest Tea: Mary Cattern
Spring Tea 2010: Kristin/Yvonne
Education Outreach: Jackie Johnson

Meeting Notes

Final touches were discussed about the Spring Tea on 1 May. We are sold out at 24 guests three weeks early!

A sign up sheet was passed around working at the Garden Fair. It is posted later in the newsletter. We still have a few spots open to fill. If you ordered plants, please be at the Setup on Thursday from 5:30 - 6:30 to pick up your plants.

We discussed proposed bylaws and will vote on them at the May meeting. They are an attachment to this newsletter. Please review them carefully. Members requested the main

focus to be an attempt to cut down on the business part of the meetings. Other Unit bylaws were read and several of their bylaws have been incorporated. Be sure to read the "comment" field by each highlighted area to understand the reasoning behind the changes.

Dues are due at the May meeting. Please check what your amount is after the Dues Reduction Program. The spreadsheet used is taken from the monthly accounting in the newsletter. We started over with Dues Reduction this month with the Herb Day Tea. We will publish one Membership Directory this year which will be available at the June meeting. To be included, please pay your dues on time, since we have to send them to the Herb Society in June. If you are having economic problems which make this difficult at this time, please see Chair Yvonne to work out a payment plan.

One of the proposals to cut down on the business at meetings is to have an annual meeting year topic proposal at the May meeting. It is included in this newsletter. Some areas will need volunteers as discussion leaders, and hostesses.

We will also be discussing goals and objectives at the May meeting, so be prepared to participate in what direction you would like to see us taking in the future. Past comments are reflected in the bylaw proposals for this year.



Message from the Chair

I am so happy that the April frost didn't harm any of my herbs and out door plants. I hope you all escaped as well!

Soon we will be having our celebration of National Herb Day with our formal Spring Tea. It sounds like the community is really ready for this kind of activity. I want to especially thank some members who spent extra time and money to make our table decorations very special. THANK YOU, Hilaire, Nancy H., Marlene, Patty N., and Yvonne. The teacups are looking fine with the bright green grass growing in them.

Our next meeting is the May Annual Meeting. We will have a business meeting only since we have many items to discuss with our bylaws and election of officers. It is a very important meeting and I hope I will see you all there on Tuesday May 11th at 7:00PM in the Visitor Center of GBBG.

Yvonne

Dues Reduction Program DUES DUE AT MAY MEETING

This past year was the most successful for the Dues Reduction Program yet. We had a total of 124 units that we accumulated. The \$500 we put aside for this purpose was divided by 124 units which gave us a total of \$4.03 a unit, which was rounded to \$4.00 a unit. This \$4 was multiplied by the number of individual units, and that was subtracted from the total dues amount of \$55. We had seven people reach the max of only owing \$20 on their dues this year, more than ever before, and four with perfect attendance at meetings!

Following is what you will owe for dues at the MAY meeting: (If your name is not on the list, your dues are \$55)

Bernie	\$39	MaryC	\$39
Erin	\$47	NancyE	\$39
Hilaire	\$20	NancyHe	\$31
Jackie	\$20	PattyB	\$20
Kristin	\$20	Sandy	\$20
LindaS	\$51	Tracy	\$20
Lynn/Rodney (double)	\$56	Yvonne	\$20
MarleneG	\$35	LoriR	\$51

Congratulations to all who participated. We're already off to a great start with the successful Spring Tea 1 May.

MAY ELECTIONS

The following will be voted on at the May meeting:

Co-Chairs: Yvonne Haworth and Sandy Jacques
Vice Chair: Jackie Johnson
Secretary: Erin O'Connell
Treasurer:

Board members (2): Marlene Garvey and Nancy Helbick

Dues Reduction Program 2010-2011

Herb Day Event	Marlene, Yvonne, Sandy, MaryC, PattyN, Hilaire, Kristin, NancyE, Tracy, Jackie, NancyH, PattyB
Garden Fair Setup	
Garden Fair	
Fairy Fest	
Garden Work 1 (3of5)	
Garden work 2	
Garden work 3	
Garden work 4	
Garden work 5	
Fall Event	
6 newsletter articles	
Heritage Hill decorations	
Decorate HH	
Take down HH	
Frontier Orders	
4 of 6 Book Thymes	
Crafts Chair	
Crafts 1	
Crafts 2	
Perfect meeting attendance	
Sponsor new member	
PR Coordinator	
Newsletter Editor	
Website	
Officer	
Board member	

If you participated in one of the above events and your name is not on the list, please contact Jackie ASAP to be added. This list determines dues reduction amount at year end.

Agenda

Annual Meeting

Welcome & Introductions

Reports - Secretary and Treasurer

Committee Reports

Spring Tea Final Report - 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:

Annual Meeting:

Bylaw changes (bring copy of proposed changes with you)

Elections

Goals and Objectives for 2010

Dues Reductions additions, if any

2010-2011 Proposed Program Schedule

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:

May - Annual Meeting

June - Hibiscus

July - Stevia,

August - Mallow (*Althea officinalis*)

TREATS:

May - PattyB

June Potluck at Marlene's home

July - Potluck - Erin or road trip to visit gardens

August - Potluck at Kristin's home

COOK'S CORNER

Sister Letties Beet Salad From The Shaker Cookbook

2 T sugar
1 t salt
1 t mustard
 $\frac{1}{2}$ cup vinegar
6 cooked beets sliced
4 hard boil eggs
4 small onions
2 green peppers



Make dressing by combining salt, sugar, mustard and vinegar. Heat and pour over sliced beets. When cool add the whole (shells removed) and let stand overnight. Arrange slice beets in center of dish and surround with rings of sliced onions and garnish with slices of pickled egg. Dress with lettuce and slices of green peppers. Pour some of the dressing over the salad and serve. Serves 6

Baked Asparagus From Jackie's Trial and Errors

1 bundle asparagus
2 or 3 cloves garlic (how much do you like garlic?)
Olive oil
Salt and pepper

Cut fresh spears above woody end.

Lay spears on cookie sheet. Mix olive oil, finely chopped garlic and salt and pepper

together and drizzle over the spears. Bake at 325 degrees until tender.

Lovage Soup

1oz. butter
2 medium onions, finely chopped
4T lovage leaves, finely chopped
3T all-purpose flour
2 cups chicken broth
1 cup milk
salt and white pepper to taste

Melt butter in a saucepan and gently sauté the onions for 5 minutes or until tender. Add the lovage; whisk in the flour and cook at medium heat for one minute, stirring constantly.

Gradually whisk in the broth, cover and simmer gently for 15 minutes. Add the milk, salt and pepper, and bring to a gentle simmer. Do not boil or soup will curdle.

Lemon Balm Spice Tea

6 cloves
12 sprigs fresh lemon balm
2 cups boiling water
2 t. honey (more or less to taste)

Place 1st 3 ingredients in a teapot. Pour in the boiling water. Steep, covered for 10 minutes. Strain. Add honey. Enjoy!

2010 Garden Fair
June 4 - 6

We are in Booth Number 90.

Schedule for Workers:

Thursday

June 3rd - Setup - As many as possible - 5:00 p.m.

JackieJ, HilaireT, KristinU, PattyB, NancyE, TracyF,
Lynn&Rodney, Bernie, PattyN,

Friday

2 - 7:00p - 2 people: NancyE, MarleneG,

June 4th

Saturday

7 - 12:00 - 2 people: MaryC, Erin _____

June 5th

12 - 5:00p - 2 people: Yvonne and Sandy

Sunday

8 - 12:30 noon - 2 people: Hilaire and Tracy

June 6

12:30 - 5:00p: NancyE, MaryC, PattyN

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

REMINDER: IF YOU ORDERED PLANTS, PLEASE PICK THEM UP AT THE SETUP ON THURSDAY. ANYTHING LEFT WILL BE PUT IN THE SALE UNLESS PICKED UP OR ARRANGEMENTS MADE.

PROPOSED PROGRAMS FOR June 2010 - May 2011

June 8	Hibiscus Discussion Leader:	Potluck	Marlene Garvey's West side
July 13	Stevia Discussion leader:	Potluck	Erin's or Road trip East side
August 10	Mallow (Althea officinalis) Discussion Leader:	Potluck	Kristin Urban's East side
September 14	Horse Radish - Herb of the Year 2011: Make fresh horse radish. Leader:	Treats: Last name A - L	Location GBBG?
October 2???	Make sauerkraut at Kristin's Saturday 10 -12 noon. Leader: Kristin	Lunch at Basils Discuss: Cruciferrae Family of plants (Cabbage etc)	Kristin Urban's East side
November 9	Mediterranean Diet Herb Class (from August GBBG) Kristin & Jackie	Healthy Foods Potluck. Recipes will be provided in Sep.	West side location Jackie's (for powerpoint setup)
December 14	Christmas Party	Potluck	West side location
	NO JANUARY MEETING		
February 8 ?? 6 - 8	Barnes and Noble Herb Discussion Open to the Public	Herbed treats By all for samples	Barnes and Noble across from Bay Park Square
March 8	Peppers - any/all of them Their uses/tastes/etc Discussion Leader:	Treats: Last name: M - Z	Yvonne's East side location
April 12	Soap Making Guest Instructor: Terri Walker from Heart of the Valley Unit	Treats: Last name: A - L	Jackie's West side location
May	Annual Meeting	Treats: Last Name M - Z	Green Bay Botanical Garden

Lists of what to bring will be provided in the newsletter.

Guests to September, October, November or April meetings will be charged \$5.00

Spring Tea Kristin Urban, Chair

Our Spring Tea in honor of National Herb Day has come and gone...with great success, I think I can say without reservation.

The event was sold out 3 weeks before the date. The new cups and saucers looked great, as did the GREEN wheatgrass centerpieces Yvonne grew in a variety of teacups.

I am always impressed by this group's culinary skills....but the Spring Tea wowed me. The platters of savories and sweets were absolutely impressive...beautiful variety, and tastefully laid out.

Patti Bellin decorated the "fireplace" mantel with an elegant silver tea service. Jackie's Power Point kept people involved as well as informed. And the elegant little booklet of recipes, tea lore, and sample teas designed and printed by Nancy H and Marlene was a wonderful idea and keepsake for the event. Thank you so much for the bright idea, well-executed.

Most impressive? Clean-up! I don't think I've ever seen a more efficient group of women.

My humble thanks to Patty B, Patti P, Mary Cattern, Nancy E, Tracy, Marlene, Yvonne, Nancy H, Sandy, Jackie, Hilaire for the wonderful goodies, the bringing of plates, platters, teapots, creamers, sugars, cutlery and for all the hard work done to make the event a success.

I'm proud to call you friends.



Herb of the Month - Nettle

Latin Name: Urtica dioica

Zone: Zone 2

Family: Urticaceae

Native: Europe, Mediterranean - naturalized world wide

Propagation: Seed, cutting, root division

Other names: Stinging Nettle (get in it and you'll find out why)

Name from: Latin - nassa meaning net - fish nets were made of nettle
Anglo Saxon - meaning needle, Urtica Latin word meaning sting

Parts to use: Aerial part (use gloves)

Garden Use: Good companion plant - increases flavors and essential oils of surrounding plants. Great as mulch.

Myths/Legends: To prevent evil spirits, carry it around. Romans said to have brought it to Britain because they heard it was so cold, they would need it to fight off chills!

Historical Uses: Used fiber for fishnets, paper and cloth since Bronze Age

Historical

Medicinal Uses: Gout, arthritis, lower blood sugar, increase lactation, skin disorders

Culinary Uses: Soup, tea, beer

Cosmetic Use: Stimulates hair growth - mix with cider vinegar as hair rinse

Notes: Nettles are high in iron, Vitamin C, Calcium, Chromium, Zinc, Magnesium, Cobalt, Manganese, Phosphorus, Vit A, Riboflavin. It's one of the first plants up in the spring and offers all these Vitamins and minerals after a long hard winter!



Recipe:

Creamy Nettle Soup

2 tablespoons of butter

2 tablespoons of white flour

1 onion, chopped

2 cloves garlic, chopped

A bowlful of freshly picked and washed young nettle

2 cups milk

1 cup water or chicken stock

salt and pepper to taste

Fry the onion and garlic in butter for a few minutes then stir in the nettles (no need to chop or remove stalks) until they soften. Stir in the flour and gradually add the milk and stock, stirring all the time. Add seasonings.

THOUGHT FOR THE MONTH:

**The greatest gift of the garden is
the restoration of the five senses.**

Hanna Rion

**Welcome New Member
Sue Ming**