

The Northeast Wisconsin Unit of the Herb Society of America



the Herbal Thymes



September 2008

www.newhsa.org

Year 9

Post Office Box 277 - Seymour WI 54165

HERB OF THE YEAR 2008 Calendula officinalis Trivia

RECENT RESEARCH:

While scientists are still determining which constituents of calendula do what, in 2005 researchers in Japan isolated and identified alcohol constituents from calendula flowers that showed anti-inflammatory activity. Research is continuing.

To get the full benefits of Calendula, it needs to be tinctured in 80% alcohol. It then becomes what herbalists call "liquid sunshine".

Results of a study published in 2002 suggest that low concentrations of calendula may have chemo-protective properties.

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Herb Day 08: Jackie/Lynn/Yvonne/Sandy
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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

Fox City Divas Update

The Divas had a great time making vinegars before the meeting. With such an assortment of fresh plants, many experiments are sure to be successful!

Upcoming functions include: September - making silk scarves. October - making horse radish. November - Spa night. December - Christmas Potluck. If you want to participate in the extras, they will begin at 6:00 and the meeting about 6:30.

We discussed making some design changes in the herb garden - we will make a culinary bed in the middle of the thyme, and a medicinal bed in the Artemisia. Please bring suggestions for plants you would like to see included to the next couple of meetings.

If anyone has any overgrown plants they would like placed in a good home, we will be having a plant exchange at the September meeting. Dig them up and put them in Walmart-type bags - tagged with what they are and if they like sun or shade.

We decided that for our first book we will read for the 30th of September is *Witches Bane* by Susan Wittig Albert. Let Cori know if you plan on attending.

We'll be meeting in September sometimes to plan a series (in singles) of children's herb classes. Have your ideas ready. We were contacted by the Gardens and asked if we participate with a children's activity for the Fall Harvest Fest on October 11th. If you have any great, inexpensive ideas, please let Cori know

Green Bay Muses Update

GB Muses also had a great time making vinegars!

Welcome new member Mark Garvey! Mark's been visiting us for awhile and decided to join - glad to have you aboard! Mark lives in Oneida and has a wonderful Edible Landscape in his yard, which he claims you won't be able to get in soon if he doesn't prune down a bit.

Sandy scheduled November 15th as the day to make decorations for Heritage Hill this year. We will probably be decorating Tank Cottage - so bring books with period Christmas decorations to the September meeting. Diana is a long time Heritage Hill worker and volunteered to help with ideas.

Our October Book Thymes date is changed by one day - to Saturday October 25th. This will be held at Jackie's so be ready for some Halloween tricks.... The book for October is *Clan of the Cave Bear*. The December book is *Mistletoe Man* by Susan Wittig Alberts, and *Lady's of Liberty* by Cocky Roberts is scheduled for February.

Herb Day (October 4th) is fast approaching - if you are interested in attending, please contact Cori or Jackie. We will also feature a display of different tea pots. If you have an unusual one, please bring it along for us to see.

If you can bake a loaf or two of bread (banana, zucchini, etc) for the Romp in the Swamp and have not signed up, please call Cori. The Romp is at Bubolz and scheduled for October 18th.

Reminder for September Meetings

For tea dying scarves - bring any plant material you have that is useful as a dye plant. Other things that might be useful would be old tea bags (all flavors but especially those with Hibiscus, berries etc), old red whines, old spices you were going to toss anyway, purple berries, grapes, cherries. Use your imagination! See DYE plants listing. The club has left over vinegars from August but will purchase bags and BBs and split the price among those participating.



Hello from Scotland From Cath McGregor



I'd love to write hello from sunny Scotland but once again the rain has spoiled big plans for doing some serious tidying up in the garden. We have had a prolonged period of wet weather and it's starting to feel like autumn. Not to worry the sun will be back again soon and we'll be raving about autumn colour... won't we!

It seems a long time since our herbie outing and garden party in June. We had a fantastic day out to Dumfries which is situated in the Scottish Borders. As the name suggests, The Garden of Cosmic Speculation conjures up the unexpected and it certainly didn't disappoint. Portrack House is a Georgian Farmhouse built in 1815 and is now the home of Charles Jencks who designed the garden with his late wife Maggie Keswick. The garden has been completely redesigned over the last 10 years.

In his book The Garden of Cosmic Speculation Charles Jencks describes it as a landscape of waves, twists and folds. A landscape pattern designed to relate us to nature through new metaphors presented to the senses. Wow! Herbs were growing in abundance in what was called the DNA garden, an area of the garden representing

the senses. It was one of those gardens that held your attention and the last thing you wanted to do was leave.

Our weather hasn't favoured the Mediterranean herbs so much this summer but in my garden the real star has been Lemon Verbena. This is a big surprise, after 10 years of trying to get a decent plant it is bigger and healthier looking than ever. The scent is delightful and it dries well. In the vegetable garden the only thing that seems to be suffering are courgettes. Usually we are knee deep in them by now and I rather miss that.

Water levels in Loch Tay are well up for this time of the year. Interestingly the wild plants in what I call my medicine chest on the shore are thriving. Those are comfrey, coltsfoot, meadowsweet, horsetail, yarrow and elder. It amazes me that they get well and truly drowned each winter and there they are in spring, back again.

Enjoy the rest of your summer and have a happy Labour Day weekend in September hopefully next year at the same time some of us will be enjoying it with you.

Lemon Balm Pound Cake From August meeting

1/3 cup fresh lemon balm (about 6 leaves)	1 t. baking powder
1 cup milk	2 ½ cups sugar
1 cup butter	3 cup flour
¼ t. salt	5 eggs
Grated zest of 1 lemon	

Preheat oven to 350. Wash and finely chop lemon balm leaves. Steep leaves in hot milk for 5 minutes.

Cream butter and sugar, add milk and balm.

Sift together flour, salt and baking powder and add to creamed mixture. Add zest and eggs and mix thoroughly.

Pour into greased and floured loaf pans. Bake 25-35 minutes until toothpick comes out clean.

DUES REDUCTION PROGRAM

HerbFest4 Setup: Jackie/J, Tracy, Cori, Hillaire
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: Bernie(2), Hilaire(2), Jeri, Cori
Garden 4:Yvonne
Garden5:
FairyFest: Tracy, Cori, Jackie, Mary C., Erin, Cindy, Jess
HerbDay (10/4):Jackie, Lynn, Yvonne, Sandy, Doreen,
Newsletter Articles (need 6):
GBBG 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:
Education Outreach Coordinator: Jackie
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

Dividing Iris - To divide iris dig up clumps after blooming and discard any rhizomes (roots) that are soft or have many holes. Cut rhizomes into sections with a 6-inch tall fan of leaves. Replant so 1/3rd of the rhizome is above ground.

Stop Pruning Shrubs - Pruning now can cause plants to develop new growth which may not have time to harden off before winter comes. Begin pruning deciduous shrubs again when leaves turn in fall.

Artemisia falling over - 'Silver King' is a bushy perennial to 3 1/2' high. You can cut the woody stems back to encourage production of soft, new growth from the base of the

plant or from the remaining pieces of stems. You can also pinch out the growing tips during the season to keep the plant looking neat and tidy. Unless flower production is important to you, pinch the tips of all the stems early in the spring and then throughout the growing season. If you'd like your plant to produce flowers, stop pinching about mid-summer. Regular pinching will keep the stems short and sturdy making them less likely to fall over. You can totally renovate your Silver King by cutting all the stems and foliage down in autumn. New growth will appear the following spring and your plants will be renewed.

Herb of the Month Mints

Latin Name:	Menthe
Zone:	Various - peppermint & spearmint Zone 4
Family:	Lamiaceae 25-30 species with up to 600 varieties - easily cross-breed - difficult to tell one from another when this happens
Native:	Mediterranean
Propagation:	Division, stem cuttings Peppermint is considered a sterile hybrid - a cross between Spearmint and Water Mint. Should be replanted every 3-5 years for healthier crops.
Name from:	Latin menta or menth, Greek minthe and Germanic minta
Parts to use:	Leaves
Garden Use:	Grow near roses to deter aphids
Problems:	Can be invasive - and they like clay soil.
Myths/Legends:	Pluto was fooling around with the nymph Menthe when his wife Persephone came upon them. Infuriated, she turned Menthe into a small plant forever to be walked on. Pluto couldn't do anything except turn Menthe into a sweet smelling plant.
Historical Medicinal Uses:	Romans believed consumption would increase intelligence. Mint thought to cure mouth sores, indigestion, hiccoughs, and whiten teeth. In tea form, it is considered a stimulant, cure for gas and research is ongoing about Possible antiseptic properties.
Culinary Uses:	Many
Cosmetic Use:	Add 5 T of peppermint to 1 pint water and 1 pint ACV for a wonderful hair rinse for greasy hair
Other Uses:	Ants and mice hate mint. Use leaves or oil to deter them. (Oil may work better)
Notes:	Oil put in carrier makes great massage oil. NOT FOR BABIES

Recipe: **Mint and Yogurt Refresher**

1 whole cucumber	24 oz plain yogurt
24 oz plain yogurt (regular or fat free)	1 tsp. chopped green onion
1 /2 tsp. ground cumin	1/2 t. ground coriander
1 t fresh mint (ginger or spearmint)	1 smashed clove garlic
1 dash pepper	1/4 tsp salt
1/4 t grated lemon peel	4 tsp lemon juice
Fresh mint sprigs	nasturtium leaves

Pull all ingredients in a blender and puree until smooth. Refrigerate until well chilled. Garnish with fresh mint and sprinkle with freshly chopped nasturtium leaves. Serve as first course for light summer meal, or as an afternoon refresher in a chilled glass.

Recipe from Linda Gilbert of Sonoma Catering Company

News from Gaia

Elderberries are ripening now - - but wait until they are completely ripe before gathering.

Rosehips are forming - they'll be ready to harvest after the first frost - - if you haven't used any chemicals on them. Some of the hybrids are questionable.

When seeds are ready, gather and save for next year. Mark them so you remember what they are. And don't put them in plastic.

Time to plant garlic for next year - Don't break bulbs apart until ready to plant; plant only the large cloves pointing end facing up, about 2 - 3 inches deep about 6" apart. The garlic from the store doesn't work real well - purchase specific garlic for our area.

Another tasty honey treat: Put up to 4 cinnamon basil leaves in a cup of honey and let sit for a month.



PEST ALERT

It has been confirmed by the DNR of the Emerald Ash Borer (EAB) presence in Wisconsin. The EAB is an invasive insect pest of ash trees and is responsible for the destruction of over 25 million ash trees in nine regional states and a province in Canada. In Wisconsin the discovery was made in a private woodlot in Ozaukee County near the village of Newburg, but this is not necessarily the origin of the infestation. Wisconsin officials have quarantined Ozaukee, and adjacent counties to restrict the movement of hardwood and ash nursery stock out of infested area.

The USDA/APHIS (Animal & Plant Health Inspection Service) has been monitoring for their presence since 2006. Staff will continue with the monitoring program and report any EAB finding to APHIS for confirmation. Residents and visitors are encouraged to use local sources of firewood,

here or at any travel destination, to help control the spread of the EAB.

From May to August, metallic green adults only a half inch long lay eggs on ash bark that hatch into larvae and tunnel into the tree. August to October, the larvae feed under bark, creating "S" shaped galleries. EAB larvae over winter under bark emerging in May to June as adults leaving "D" shaped exit holes. After summer mating the cycle starts again.

For more information or to report any suspected presence of EAB contact/or visit the following resources:

WI DNR - www.wdnr.state.wi.us

Wisconsin EAB Resource -

www.emeraldashborer.wi.gov

Michigan Multi Agency EAB website -

www.emeraldashborer.info

USDA Forest Service - www.na.fs.fed.us/spfo/eab

Wort From Remedies for Life

Prior to the 17th century, many plants used for food or medicine were called "wort" - similar to the way we now use the word "herb". Although through time the "wort" usage has been replaced, the name still lingers on some of our common botanicals - i.e. Motherwort, St. Johns Wort, Soldier Wort.

Agenda for September Meetings

16 Sep - 6:00 Scarves, 6:30 Meeting

Treats - Judy S, Terri and Karen

October - Shirley and Heather, November - Jessica and Jackie

December - Potluck

24 - September Green Bay Botanical Garden - 6:00 Garden, 6:30 Scarves, 7:00 Meeting

September treats - Dixie and Tracy

October - Sandy and Doreen, November - Diana M and Mark G

December - Pot Luck at Gokeys Wine Mart

January -

February - Erin and Yvonne

Herb of the Month - Rosemary

Welcome & Introductions

Secretary's Report & Treasurer's Report Highlights

Old Business:

Sign book for dues reduction

Book Thymes GB and FV

Zen Day - Sandy/Yvonne

FV - Herb Garden Designs

FV - Kids Harvest Fest - 10/11

HerbDay 08 - Jackie/Lynn/Sandy/Yvonne

Romp in the Swamp - Cori

Anything else?

New Business

Crafts - Mary V. - Looking for ideas!

HerbFest 2009 - Cori/Tracy/Jackie

**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

October - Love in a Mist

November - Pumpkin

January - BAY - Herb of the Year 2009

February - Artemesias

Save energy - Weatherize your home with caulk and weather stripping to prevent energy loss and insulate your water heater. (It also saves you money.)

**Book Thymes - The Sunday Philosophy Club
by Alexander McCall Smith
Review by Kristin Urban**

The Sunday Philosophy Club, as envisioned by Isabel Dalhousie, the main character in the book by the same name, is a group of friends gathered to discuss such issues as moral responsibility.

"If I could get the club together," she said. "Yes, if I could get the club to meet." "Sunday's not an easy day," said Jaime (Isabel's young male friend).

So Yvonne and I discovered at our last Book Thymes discussion, that Sunday was not an easy day to get the club to meet....which is not to say we didn't enjoy ourselves tremendously, discussing various philosophical (and therefore, moral) dilemmas encountered by the main character.

In addition to pondering such profundities as to whether there really are evil people or only people who do evil things and whether or not a distinction can/should be made; whether lying is ever ethically correct; why the sudden or accidental death of beautiful people seems more tragic than the death of plain or homely sorts; whether a sociopath can be held responsible for his/her actions if science tells us that such behavior is chemically determined and therefore the offender is destined by his/her chemistry to behave in ways detrimental to the health of the community (all issues discussed in the course of the book), we spent quite a bit of time talking about the cultural references McCall Smith includes in the development of the narrative. We looked at art by Blackadder, Peploe, and Vettriano. We read about the composer Stockhausen. We consulted maps and admired architecture (notably Usher Hall, the setting for the opening tragedy which prompts the action of the rest of the story).

Isabel is at a concert hall when a young man falls off a balcony (the upper circle designated as "the gods"), passing her on his head-first plunge to his death. The man was quite handsome, which leads Isabel to thoughts that perhaps such a loss is sad "because we love the beautiful more; or because Death's momentary victory is all the greater." As she reviews the details of the young man's life,

Isabel ponders the sobering possibility that someone pushed him over the edge.

Interesting characters include Isabel's lost love, John Larimor, who abandoned Isabel for a younger student and an escape to California; Grace, Isabel's full time housekeeper and "the embodiment of traditional Edinburgh propriety and all its peremptory assessments of human behavior"; Cat, Isabel's niece, who runs a delicatessen and seems determined to get herself engaged to the wrong young man; Jaime, a bassoonist who has been rejected as a suitor by Cat but whom Isabel hopes will eventually find favor after all. And Edinburgh itself, a "city of dark nights and candlelight, and intellect."

One reviewer said that "McCall Smith's assessments of fellow humans is piercing and profound" and "memorable." In particular, reviewers were attracted to Grace, "Isabel's morally upright housekeeper, who serves up subversively terse assessments of society's reprobates: 'Cheat.' 'Drunkard.' 'Crook.'" Grace provides much of the humor also, albeit unintentionally: "Grace had once said, 'People who had metal piercing in their heads were asking for trouble. ...Metal piercings attracted lightning,' and she had read of a heavily pierced man who had been struck dead in an electric storm while those around him, unpierced, had survived." At one point, Grace also tells Jaime, "'Your trousers,' whispered Grace. 'They're very dull. You've got a great body... ..But you have ...you have to be a bit more sexy. That girl is, well, she's interested in that sort of thing.'"

According to another reviewer, The Sunday Philosophy Club is the kind of leisurely, atmospheric, epicurean book: and a "clear demonstration of Mr. McCall Smith's own philosophy: that there is wisdom in inviting readers into a world of kindness, gentility and creature comforts. Offer the literary equivalent of herbal tea and a cozy fire. They'll come back for more."

Yvonne and I didn't have the cozy fire, but we did enjoy a "cuppa," Earl Grey tea and scones with sweet butter and raspberry/apple jelly, and for savory, fresh cherry tomatoes from the garden, tastefully displayed on heirloom cutwork and served on Royal Worcester china and sterling. Gentility and creature comfort, indeed.

Other books in this series include Friends, Lovers, Chocolate (second in the series); The Right Attitude to Rain (#3); The Careful Use of Compliments (#4) and the latest, Comforts of a Muddy Saturday (#5), to be released in September. The books are also available unabridged on CD.

Zen Day



Zen Day has been scheduled for 1 November. We'll be introduced to Bach's Flower Remedies and Qi Gong. We had several GB members interested in attending. Please contact Sandy or Yvonne if interested.

Pepsi to Debut Stevia-Sweetened Drink

PepsiCo and Whole Earth Sweetener Company are partnering to introduce a zero-calorie, all-natural sweetener from the stevia plant. PureVia will debut in three SoBe Life beverage flavors and launch in Latin America, starting with Peru. PureVia tabletop sweetener will hit in the U.S. this fall before expanding into drink and food products around the world. PureVia will be available initially in Tropical Pomegranate, Strawberry-Kiwi, and Orange-Tangerine flavors.

In May, Whole Earth Sweetener Company, a subsidiary of Merisant Company focused solely on natural products, submitted a notification and supporting scientific data to the FDA that the ingredient is generally recognized as safe for use in beverages, foods, and tabletop sweeteners.

"PureVia is all natural. It's extracted from the stevia plant leaf and not synthetically produced."

Rocambale Garlic from Herb Companion 9/08 Submitted by Sandy Jacques

Many garlic enthusiasts think Rocambale cultivars are the best tasting of all. Rocambales have a rich, deep, complex flavor - sweet as opposed to aggressively sulfurous. These are favorites when raw garlic is called for, such as crushing and mixing with vinegar or lemon and olive oil for a salad. Rocambales also are among the best when garlic is prominently featured in the cuisine.

Rocambale garlics are at their juiciest just about the time fresh corn becomes available. Unfortunately, Rocambales store poorly and are fussy about growing conditions, requiring a period of winter cold to grow well. The peel exceptionally easily, part of the reason for their short storage life. Try these cultivars - Carpathian, Killarney Red, Russian Red or Spanish Roja

CALENDAR

- 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 6:30 - pre-orders necessary.
6:00 - Talk about decorating at Heritage Hill for Xmas - bring period books.
- Sep 30 - FV - Book Club - 6:30 - GFC - Witches Bane - Susan Wittig Alberts
- Oct 4 - National Herb Day - Gardens of Fox Cities - 9 - 12:30 Call 920-246-7377 for reservations
- Oct 11 - FC - Children's Harvest Faire
- Oct 18 - Bubolz Romp in the Swamp - Call Cori to sign up to bake breads!
- Oct 21 - FV Meeting - Herb: Love in a Mist (Nigella)
- Oct 22 - GB Meeting - Herb: Love in a Mist (Nigella)
- Oct 25 - Book Thymes - Clan of Cave Bear NOTE CHANGE BY 1 DAY!

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