

# Kentuckiana Herbal Thymes

“For Use and For Delight”

## Through the Garden Gate

By Jo Ann Hughes, KHS Vice Chair



The global pandemic has brought about many changes in how we experience the two public gardens maintained by KHS. Our work patterns have changed. No large group field trip, complete with lunch at a local restaurant, to buy new plants in the spring. Instead, individual and small group contributions to add interest and diversity. No massive work-days to plant and clean-up kicking off the gardening season. Instead, a steady trickle of dedicated volunteers (at times with husbands as well) assessing and tackling the chores at hand with the aid of cell phones, e-mails and group texts. The garden visitors, our audience, has changed. No noisy bus tours of grade schoolers exploring the herbs and snickering about how lamb's ear was the Charmin of the past. No Orientation/mobility instructors pointing out the

and breaks from more solitary work. A young family, with both parents now working from home, use the playground adjacent to the sensory garden for daily exercise with their small children.

While different, our gardens are no less important during this unsettled and unsettling time. Thank you to all the faithful volunteers who tend them. **Kentucky School for the Blind Sensory Garden:** Susan & Ray Hart, Linda Miller, Mary Hamilton, Cynthia & David Hardy, Deb & Greg Slenz, Millie Chapala, Joan Burton, and myself. **Old Capitol Herb Garden:** Joan & Bruce Burton, Judy Cato, Marjo Howe, Robin Meridith, Edith Davis, Clovis Hayse, Donna Poe, Susan & Ray Hart and Ken Tingle (from Harrison County Master Gardeners.) To anyone I may have left out, your service may be anonymous, but it is no less appreciated.

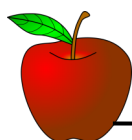
diversity of fragrances, textures and sounds to educate young blind and visually impaired students. Instead, neighbors and employees stroll the paths and peruse the plants on their daily walks

I have heard it said that planting a garden is the ultimate expression of hope. This, I believe, holds true on both the personal and communal levels. Carry on!



Left: Basils in half barrel at KSB. Right: New water hydrant at OCHG. Photos: Joan Burton

INSIDE THIS ISSUE:	
Garden Gate	1
Meeting Info	2
Chair Letter	3
Lost Ingredient	4
From a Pain	5
Tumeric	6
OCHG	7
Memorial	8



Even if I knew that tomorrow the world would go to pieces,  
I would still plant my apple trees.

- Martin Luther

## Fairmont Garden

By Donna Poe, KHS Member



The new herb garden at Fairmont Children's Garden. This year we are trying a spiral herb garden. We have, basil, chamomile, anise hyssop, rosemary, lemon and lime thyme, curry, parsley, dill, sage, and chives. It's going to be fun to watch it grow. HERBS MAKE GOOD SCENTS!

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## Upcoming Meetings

**July 14 @ 6 PM - Berry Good Sauces, Syrups & Such**

*Park Christian Church (cancelled)*

Donna Poe will present a program on making herbal sauces.

*Herb of the month: Turmeric* - Mary Harper

*Book of the month: "Death by Darjeeling"* - Mary Harper

*Refreshments:* Kim Davis, Clovis Hayse

**August 11 @ 1 PM - Berry Hydrate (pending)**

*Park Christian Church*

Jo Ann Hughes will talk about making herbal infused water.

*Herb of the month: Coriander* - Susan Hart

*Book of the month: "Flowering Herbs" by M. Oster* - Una Turley

*Refreshments:* Jo Ann Hughes, Jo Ann Luecke

Connect with us on our Social Media pages! Post your thoughts, photos and info and take advantage of all the knowledge shared!

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

[The Kentuckiana Herb Society on Facebook](#)

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



## Happy Birthday!

### July

Marjo Howe  
Julia Warf  
Barbara Peppers  
Judy Cato  
Linda Pahner

### August

Edith Davis  
Jett Rose  
Cynthia Johnson  
Deb Knight  
Linda Miller

### September

Janet Jacobi

## From the Chair

### *From the Swing*

Today would have been our July meeting. Normally I would have been scurrying around making sure that I have all the items that I need for the meeting in the car and checking the meeting agenda to see if I have forgotten anything. But "normal" is different now.



This is our fourth month not to have an in-person meeting and I do not foresee that we will be meeting face to face for some thyme. With this new normal it is so important for us to continue keeping in touch. While not seeing each other

our herbal lives do continue. As am I, most of you are growing herbs in containers or in the ground, you are cooking with herbs, and if like me, you are reading something about herbs almost daily. While we cannot share in person it would be really nice if you see or read something of herbal interest that you would email it to Kim, Jett or me and we could send it out to all of the members. Kinda like a Blog!

I attended the virtual annual Herb Society of America meeting with 237 other HSA members. New officers were inducted, the financial statement was covered, members were recognized and the new HSA staffers were introduced. It was like being at the actual meeting but we weren't. The meeting was recorded and is on the HSA website. If you have never attended an HSA annual meeting, I highly recommend that you view this as it will give you a better understanding of the working of our organization. If you do not listen to the entire meeting, at least listen to Susan Belsinger, who presents words of inspiration at the beginning of the meeting. I was delighted with her beautiful photographs and with her speaking about "passing along the green spark".

From talking to some of the owners and employees of local garden centers, they tell me that they have had their best year ever. Apparently, there are many new gardeners out there ready to observe, learn, and work in the soil. Many of our members have continued to care for public gardens. Donna Poe has been working at the Fairview School Garden with 'Lettuce Grow'. The Kentucky School for the Blind Garden has been well cared for and the Old Capi-

tol Herb Garden looks lovely and is welcoming masked tourists. A BIG thank you to the members who have been helping in the gardens and who are "passing along the green spark".

I also attended the HSA Unit Chairs virtual meeting. At that time no units were having in person, indoor meetings. Several units had outdoor field trips and some units have met virtually. HSA insurance coverage was discussed and the HSA is offering to set up a Go to Meeting virtual software for units. Different unit chairs talked about how they were fundraising. I also found out that our unit dues were the lowest of all the units present. I have the written meeting minutes if there are any questions or if anyone would like to see them.

I would like to thank Marjo Howe for working as the nominating committee. There being no nominations for office from anyone and no volunteers, she contacted our current officers to see if they would be willing to stay in office another year and all agreed if voted in. This will help to keep us sane during this time of transition.

Kim Davis has been a big help by sending out a second request for input from our membership on important issues, decisions and reminders. Please, please respond when an email is sent out requesting YOUR input. We really do need your suggestions as how to continue on during these not so normal thymes. I hope that all of us are learning to be creative and flexible. I know that Kim appreciates all of you who have sent in items for this newsletter.

I would like to have more members volunteer for the program committee and more suggestions from members as to how you think that we can keep the "green spark" lit during this next year.

Our new normal is going to be a challenge but we are so blessed to have an interest in herbs and the ability to pass along "the green spark" even during these strange thymes. Our July meeting would have been a good one! Wear your mask, keep your distance, wash your hands and be Healthy and Herbal Happy!

*Joan Burton, Chair*





Contact Donna Poe to borrow this or any books in the library.

## Book Report

By Mary Harper, KHS Member

### **“Death by Darjeeling”**

The book is written by Laura Childs and it was a pleasant read. The main character left a high pressure job to open a tea shop in Charleston. She has three very different employees that give the story some extra depth and, of course, there are references to tea and

what they represent or do for you. There is a death and Theodosia, the main character, gets involved to trying to solve the murder. As with any good mystery, there are several people who could be involved. I very much enjoyed it and will probably read more in the series.

## Lost Ingredient

By Linda Miller, KHS Member

Mandarin oranges—check. Slivered almonds—check. Tarragon vinegar—getting low—add to grocery list. These are some of the ingredients for the spinach salad and dressing that my family just loves. Joan Burton gave me the recipe many years ago, and I make it for all our family gatherings.

On my next trip to Kroger’s, I reached for a bottle of tarragon vinegar. It wasn’t there. I checked online, and Kroger no longer carried it. Thus began my journey to find the vinegar. I looked in other grocery stores and specialty shops. My family and friends looked in states as far away as California. No luck! What was I going to do? Thanksgiving was coming and not having the spinach salad would not make for happy family campers.

Then in September 2019, Maggie Oster gave a presentation on Herbal Vinegars. I talked to her, and Maggie suggested I use dry herbs and make my own vinegar. I went to Penzey’s Spices and bought French Tarragon. I made my own tar-

ragon vinegar, and Thanksgiving was saved.

Fast forward to this quarantine. In April, I saw a plant on my deck. Susan Hart had found a French tarragon plant. Right away I put it in one of my herb boxes. Then on a day when I just needed to get out of the house, I went to Paul’s Fruit Market. I found my way to the shelves containing everything but fruits or vegetables. And there—right there on the bottom shelf—was a bottle of Heinz Tarragon Vinegar. Did you hear me squeal that day? I bought two bottles.

A few weeks ago, I had a quarantine dinner and made the spinach salad—only this time with blueberries instead of mandarin oranges (added to my grocery list now). I love adventures like this and finding this lost ingredient made it all the more fun. Thank you, Kentuckiana Herb Society!!



### Spinach Salad

2 pkg. fresh spinach - cut off stems, rinse, and drain well (a salad spinner works the best) **OR** 2 large pre-packaged bags of spinach  
2 large cans mandarin oranges, drained well  
2 pkg. almond slivers, toasted

To toast almond slivers: Heat oven to 300°. In an ovenproof pan, melt 1-2 tbsp. butter. Stir in almonds and coat them with the melted butter. Bake for about 5-8 minutes or until brown enough. Then spread onto a paper towel to drain and cool.

In a large salad bowl, layer half of spinach, mandarin oranges, and almonds. Repeat layer.



My family loves this dressing, so I doubled the ingredients a long time ago. The original recipe called for half of each ingredient below.

### Dressing

1/2 cup tarragon vinegar  
1/2 cup sugar  
1 cup oil  
1 tsp. salt  
1/4 tsp. pepper

Mix well, chill, and pour over salad about 10 minutes before serving. (You can make this salad the day before. Just remember to add the dressing about 10 minutes before serving.)

## From a Pain in my A\*\* to a Drink in my Glass

By Jo Ann Hughes, KHS Member



“Know your enemy” is a quote that came to mind as I battled the weeds in my garden. Fueled by curiosity, I searched my library for information. The Herb Society of America’s “New Encyclopedia of Herbs and Their Uses” states that Creeping Charlie (*Glechoma hederacea*) is also known as ground ivy, gill-over-ground, or cat’s foot, among other common names. A member of the mint family, it was frequently used as a ground cover and a trailing plant for window boxes and hanging baskets. It is now considered to be an invasive nuisance, but was once important in brewing prior to the 16th century. At that time, it was commonly called “alehoof” (“hoof” referring to herb.) When hops came on the scene, *Glechoma hederacea* lost its job. This herb was also made into a cough medicine known as “gill tea”, from the French *guiller*, “to

ferment”. A bitter, aromatic and astringent herb, it is said to have a tonic effect on the bronchial, digestive and urinary systems. It is both a diuretic and expectorant.

Emboldened by this information, I headed into the kitchen. According to Deborah Madison’s book “Local Flavors, Cooking and Eating from America’s Farmers’ Markets”, a tisane is an herb tea made with fresh green herbs steeped in boiling water. Following her instructions, I took several clean sprigs of Creeping Charlie and placed them in a heat proof glass 2 cup measuring cup. I then poured over freshly boiled water and steeped the herb for 5 minutes. I removed the herb and sampled the warm infusion: not my cup of tea. I placed the remaining tisane in the refrigerator to chill well. Served over ice with a fresh curl of orange rind, it was surprisingly refreshing. Bottoms up!



## Terrestrial Plant Rule

The Indiana Department of Natural Resources Entomology & Plant Pathology (<https://www.in.gov/dnr/entomolo/>) would like to remind everyone that the Terrestrial Plant Rule (312 IAC 18-3-25) went into effect April 18, 2020. This rule prohibits the sale, trade, or distribution of 44 species of plants. The rule ([https://www.in.gov/nrc/files/lisa18316\\_proposed.pdf](https://www.in.gov/nrc/files/lisa18316_proposed.pdf)) and a full list of the species regulated (<https://www.in.gov/dnr/6351.htm>) can be found online. And yes, they are enforcing it throughout the nursery and greenhouse industry.

Sign up for email bulletins, programs, and other resources at the Indiana DNR <https://www.in.gov/dnr/>



Japanese honeysuckle.  
Charles T. Bryson, USDA  
Agricultural Research Service,  
[Bugwood.org](http://Bugwood.org)



*Sweet is the breath of Morn, her rising sweet  
With charm of earliest birds; pleasant the Sun  
When first on this delightful land he spreads  
His orient beams on herb, tree, fruit and flower.*  
- John Milton



The Herb Society of America

The HSA Website has a wealth of information. Forgot your login? It is your email address as user name and HSA1933 for password.



## Turmeric

By Mary Harper, KHS Member

Turmeric is a plant in the ginger family and is native to Asia. Its rhizome is used as a culinary spice, dye and as traditional medicine. Side note: In India I noticed many household doors had yellow doorways. I was told the yellow was from turmeric and it discouraged insects from entering the house.

Turmeric is the main spice in curry and is often used to flavor mustards, butters, and cheese. It contains a yellow-colored chemical called curcumin and will stain. It has a warm, bitter taste and will add a little interest to any food. I have added it to soups and egg salad. You can also sprinkle the leaves over greens or use to steam fish.

Turmeric has a variety of interesting biological activities and there has been research but the health effects remain uncertain because it contains more substances than expected and is difficult to understand. Even so it is promoted for a variety of conditions, including inflammation, arthritis, digestive disorders, respiratory infections, allergies, liver disease, depression, skin rashes, ringworm, diabetes, high cholesterol

and irritable bowel to name a few. It is not recommended to take supplements (just what you digest in food is fine) when you are pregnant. I also want to add not all supplements are good; be careful with your sources. It is best to use in food, in the powdered spice form or liquid. I am taking it in liquid form from Costco as recommended by a nutritionist for inflammation and I use the spice often in cooking.

If you are interested in growing turmeric, you will need a 14 to 18 inch planter for each 6 to 8 inches of rhizome and soil to fill it. You may start them in smaller containers and transplant once they have a few leaves. It will take about 10 months to grow before harvesting. Check out this site for more detailed information.

<https://www.goodhousekeeping.com/home/gardening/a20706465/how-to-grow-turmeric/#:~:text=You%20will%20need%20a%2014,leaves%20and%20are%20growing%20well.>

### Sources:

Webmd.com, National Center for Complementary and Integrative Health, Rxlist.com, Dr. Andrew Weil (books), Goodhousekeeping.com

## Potpourri

- Wanting to learn more about herbs but stuck at home? Go to The Herb Society of America website. Select 'Members log in'. User name is your email address and password HSA1933. There are numerous past webinars, some with PDFs that you can print if you do not like to sit at the computer. Having trouble logging in? Call HSA headquarters during business hours 440-256-0514.
- One of Marty Thomas's sons delivered a box of her herb papers to Clovis. As Historian, Joan Burton is going to sort through the papers and see if there is information enough to compile a notebook for our historical library.
- Richard Rose is recovering from knee replacement surgery. Greg Slentz is at home with Deb. Jim Popp is starting radiation again. He and Juanita will celebrate their 63rd wedding anniversary.
- Jett Rose is considering having a September meeting in her back yard. She thinks it would be fun to have a Plant Exchange and a Marketplace for us to sell and buy items that you might have made for the Spring Education Day Marketplace or items that you have crafted over the summer months. It would raise some funds for our unit and you could get some early holiday shopping in. We would social distance and wear masks. Are you interested?
- Parsley will be the Herb of the Year 2021 as designated by The International Herb Association. As you grow, cook, or use parsley in some other way, make notes about it so that we may share our *Petroselinum crispum* experience.
- For Helen Sajko's funeral, Jett took a rosemary plant and sprigs of herbs for the floral arrangements and casket from KHS.





## Old Capitol Herb Garden

The Old Capitol Herb Garden is settling into Summer mode. Much of the Spring verdant growth has been cut back and some herbs harvested. Brittany Miller is the new curator at the state historical site and she is getting things done. We now have a new water hydrant and no longer have to submerge our hand down into a water filled hole to turn off the faucet. The Carriage House will soon sport a new gutter and the entry garden should not be flooded when it rains. Denver is giving tours again to masked visitors.



We have not had a formal work day for a few weeks, but those of us who have

gone down to water also weed and deadhead while we are there. Our main tasks now in this summer heat are to keep the garden weeded and watered. At this point we are bringing our own hose or jugs to water but we will discuss with the Harrison County MG and Brittany the option of leaving a hose there. Whatever we do, it needs to look esthetic and historical.

Joan Burton has compiled a list of all of the plants in the garden with botanical name, date planted, whether an annual, perennial or bulb. The list was shared with Ken Tingler of the Harrison County Master Gardeners and a copy given to Brittany Miller who is going to keep it on file for the State. A BIG thank you to all who have helped in the garden this spring and summer!

## Magazine Article on OCHC

A lovely article on the Old Capitol Herb Garden is featured in The Southern Indiana Living Magazine's July/ August 2020 issue. Judy Cato wrote the delightful, well written and informative article that is sprinkled with a bit of humor. She focuses on the gardens history and how the pandemic has changed some of our gardening practice. She describes the garden as an outdoor sanctuary and a symbol of hope. Many thanks to Judy for

sharing her writing talent.

Lorraine Hughes furnished the beautiful photography with three photos inside and a beautiful full page front cover photo of the Japanese Iris blooming in the garden this past spring. The photos really show off the garden and her skill as a photographer. Thank you Lorraine!

If you have not picked up the magazine, Joan Burton has extra copies for anyone who wants one.

*Editor: The magazine is available online at:*

<https://www.yumpu.com/en/document/read/63585439/sil-july-august-2020>

## What to Do Now in the Herb Garden

- It is thyme to cut back the blooming lemon balm before it seeds all over your garden.
- After garlic chives blooms during August and September, behead the blooms before they go to seed.
- Harvest basil and make pesto and freeze, or you may also hang to dry.
- Harvest parsley, sage, mint, thyme, oregano, rosemary, lemon balm, lemon verbena, dill, and catnip. Plants should be cut back to no more than a 1/3. Hang small bundles to dry or chop and freeze in ice cubes.





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*The Herb Society of America*

Postage

kentuckianaherbsociety.org



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You haven't really lived until you have tasted fresh basil with tomatoes. - Louise Riotte

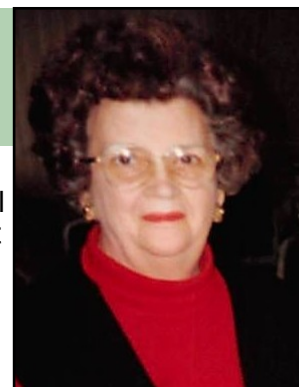
## Memorial Tribute

*By Joan Burton, Chair*

Helen Sajko, one of the founding members of the Kentuckiana Herb Society passed away on July 16, 2020 at age 96. She was a member of our unit for all 37 years. Until illness prevented her from doing many things, Helen was a very active member of the herb society and so much fun to be around. She served in the past as unit chair and was the editor of our newsletter for years. She and husband Stan would always help with our booth at Chautauqua at Madison. Over the years she hosted numerous meetings and gatherings at her lovely home. She loved nature and initiated our units involvement in caring for the Bird & Butterfly Garden at The Falls of the Ohio. I can see her out there working among the plants.

She would go all out when being a hostess for our monthly meeting. One October, she and

daughter Cara adorned the room with the most wonderful Halloween decorations. That was a really fun meeting that I will never forget. Also, at Halloween she would send out Halloween cards with the return address name, "Helen Psycho". She would smile and laugh about that. It seemed that even as she grew weary she stayed curious, interested in life and wanted to shared her love for herbs. We are so grateful that Cara, her devoted daughter, continued to bring her to our meetings as recently as this year. She has now joined her husband Stan. While she will be missed by her family and herb friends, we say well done, and have a good rest.



*The Herb Society of America is a non-profit, educational organization dedicated to promoting the knowledge, use and delight of herbs through educational programs, research, and sharing the experience of members with the community. Since we are not medical practitioners, it is the policy of The Herb Society of America not to advise, recommend, or prescribe herbs for medicinal use. Information and links are provided as an educational service, and The Herb Society of America can not be held liable for the content included in these resources. Please consult a health care provider before pursuing any herbal treatments.*