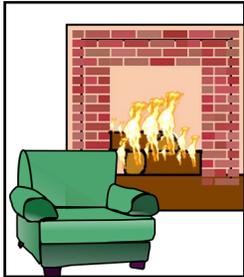


# Kentuckiana Herbal Thymes

“For Use and For Delight”



## From the Chair

Well, the marmot certainly was spot on in his prediction for six more weeks of winter. Seems that we have had snow, sleet rain, and ice for the past three weeks. I also suspected that winter was not over when the crocus, hellebore, aconite and snowdrops had not started blooming. Usually by the first week in February I have begun seeing flowers, but not this year.

Our KHS Unit has been ‘Zooming’ along. Over half of our members have attended the January and February meetings and I am so pleased that so many participated in our Herbal Challenge for making soups and designing Valentines using the Language of Flowers. This is one bunch of creative, talented members.

The March and April program challenges will be to make a herbal cosmetic and an herbal household product to share with the group respectively. I am also pleased that so many members are learning to use technology whether we want to or not.

Our Parsley Study group has been wonderful. At our first session, Barbara Peppers did an excellent presentation on Lore as did Cynthia

Hardy on Cultivars. Jo Ann Hughes presented a very professionally done Power Point presentation on the uses of parsley, culinary and other at the second session. Our first of two classes in March will cover Health properties by Cindy Gnau and Books by Deb Slentz and the second March class, Joan Burton will discuss growing. We have been averaging ten members and guests in attendance and do hope that more of our membership will join us. As a bonus, Gina Anderson has been approving our programs for Master Gardener advanced training.

I would be remiss if I did not mention that normally our unit would be preparing for our Spring Education Day at the end of March. We can only hope that the virus will be under control by Spring of next year and that we will be highlighting Violets as the Herb of the Year, 2022.

Spring arrives in just a few weeks and soon we will all be visiting nurseries, sewing seeds and plants and looking forward to all of our fresh herbs. Hang in there and be safe!

**Joan Burton, Chair**  
(&Catnip lady)



Joan's growing window-sill parsley

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**We welcome three new members:** Dionne Adams, Jeanette Griffin, and Kathy Peterson. We are looking forward to getting to know you and are delighted that you have joined our KHS unit. We hope that you will learn a lot about the Use and Delight of Herbs!



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/)

## Upcoming Meetings

**March 9 @ 1 PM - Home Body**

*At home on ZOOM*

**Program challenge:** Make a body care product using herbal ingredients.

*Herb of the month:* **Elderberry** - Jo Ann Hughes

*Book of the month:* **"Common Herbs for Natural Health"** - Millie Chapala

*Refreshments:* Gerri Crawford, Lorraine Hughes, Juanita Popp

HSA Webinar: **"How to Grow and Use Lavender for Health and Beauty"**

**April 13 @ 1 PM - Better Homes**

*At home on ZOOM*

**Program challenge:** Develop a household cleaner, laundry product, or air freshener using botanicals.

*Herb of the month:* **Lemon grass** - Cynthia Hardy

*Book of the month:* **"The Creative Herbal Home"**- Jan Jacobi

*Refreshments:* Cindy Gnau, Jan Jacobi, Donna Poe

HSA Webinar: **"The Secrets of Saffron"**

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## Elderberry Tea

*from Brenda Triall, January Hostess*

2 cups water

2 tablespoons elderberry syrup or

one heaping tablespoon of dried

berries (or to taste)

1 cinnamon stick

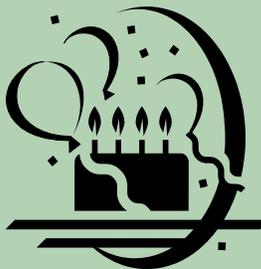
2 cardamom pods

2 whole cloves

Honey (optional, to taste)



Place all ingredients except for honey in a sauce pan. Bring mixture to simmer and allow to simmer for at least 30 minutes. Strain through strainer into tea cup. Sweeten with honey or other sweetener if you wish. The syrup is slightly sweet already so this drink really doesn't need much more sweetener. *Note: I like to make this tea in the morning in triple batches or larger and drink it throughout the day. If you make larger batches you probably only need to double the mulling spices and just allow your tea to simmer a little longer for a full flavor.*



## Happy Birthday!

**March**

Lorraine Hughes

**April**

Maggie Oster

Juanita Popp

## Parsley Study Group - Lore

By: Barbara Lusco Peppers

Parsley has been cultivated and developed over so many centuries that its precise origins are difficult to pinpoint. The botanical name *Petroselinum Crispum* comes from the Greek word for stone, which is *petro*, given to parsley because it was found growing on rocky hillsides.

Medieval Europeans believed that you could cause a person's death by plucking a sprig of parsley while speaking their name. Parsley was associated with death; it was scattered over graves at funerals.

It was believed that virgins should never plant parsley, lest they became impregnated by the devil. It is said that only pregnant women and witches can grow parsley well. Hippocrates wrote of women using parsley to terminate pregnancies, and it was one of the most commonly used herbs for this purpose during the Middle Ages.

Parsley should be only planted on Good Friday. It is said that parsley was so difficult to

grow, because each seed had to go down to the devil nine times before it could germinate. Those seeds the devil did not keep were the ones that grew.

In Germany and the US, it was thought that if parsley will not grow in the garden, the woman of the household will soon die.

Uprooting parsley will bring bad luck to your household. It does not like to be transplanted.

Romans wore garlands of parsley to ward off intoxication, especially during feasts. They would also place it on their plates to protect the food from contamination. Brides may have carried or worn parsley wreaths to ward off evil spirits.

These are just a few examples of "Lore". Parsley wasn't the most popular Herb in ancient times, but we recognize it on sight because it is the most-used herb in the United States.



Flat-leaved parsley



Curly-leaved parsley



## Parsley Persillade

By Jo Ann Hughes, KHS Member

This sauce originates in France and is wonderful on fish, chicken, pasta and many vegetables. It freezes well in ice cube trays.

Combine the following in a food processor: 2 cups fresh parsley (or 1 cup parsley and 1 cup cilantro) chopped, 1/3 cup olive oil, 2 cloves garlic, chopped, a generous pinch of lemon zest. Yields 10 tablespoons.

## Lotion Bars

By Deb Knight, KHS Member

- 1/2 cup melted coconut oil
- 2 1/2 cup grated cocoa butter, loosely packed
- 1/2 cup grated beeswax, tightly packed
- 1-1/2 teaspoons organic essential oil (I use lavender, but you can use any you like).
- Silicone molds (Amazon or craft stores)

Use a double-boiler or fill a medium pot with 2 inches of water, bring to a boil, and place a smaller stainless steel pot down inside bigger pot. Add coconut oil, beeswax and coconut butter to the top pot. Stir until fully melted. Remove from heat, let cool just a little. Add your essential oils and stir well. Pour into your silicone molds. Let it cool completely before removing your bars from the mold (you can refrigerate to speed up process). Label and store bars in decorative tin containers, away from heat and sunlight.

Uses: Rub bar between hands, on elbows, feet, knees and massage into your skin, good for dry or cracked skin issues. Will last up to one year! Reference: [mommypotamus.com](http://mommypotamus.com)





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

## Book Report

By Mary Harper, KHS Member

### “Kate Greenaway’s Language of Flowers”

I don’t know what I was expecting but it wasn’t a book with a list of plants and the emotion associated with it. If you are interested in finding out things like the *Garden Marigold* is associated with *Uneasiness*, this book is for you.

The illustrations were nice, but the book only held my interest for about five

minutes as I looked up a few of my plants to see what they represented. After that I found it handy when looking up flowers for friendship and affection to use in my valentine for our meeting.

After the February zoom meeting, I realized that knowing the sentiment along with some history of the flowers and plants is fun. Kate’s book, however, doesn’t go into details.

## Herb of the Month: Bay Laurel

By Lorraine Hughes, KHS Member

### Climate

- Sweet bay, or bay laurel, is an evergreen tree which may grow to 40 feet in its native Mediterranean regions, though in Zones 8-10 in the U.S., it can grow from 6 to 25 feet if protected from winter winds.
- It is adaptable to pot growing in colder climates, grown outdoors in summer and as an ordinary houseplant in winter.

### Description

- The tree or woody potted shrub bears dense, pointed, elliptical leaves, rather leathery in texture, bright green when young and darker green when mature.
- Leaves may have smooth or crenate margins; there is a variegated form.
- The aroma of the leaves is not free; leaves have to be rubbed to release it. Pot-grown bays seldom flower and fruit.

### Not an easy start

- Seeds take up to a year to germinate.

- Cuttings can take up to three months to root!
- Reason plants are hard to find and expensive.

### Care

- Keep in appropriate size pot.
- Fertilize in spring.
- Remove scale with horticultural oil or alcohol on q-tip.
- Take outside in spring, making sure to limit direct sun exposure.

### Dry for use

- Cut leaf at node and dry on paper towel for two weeks.
- May be stored in a tight glass jar.

### Uses

- Great in soups, stews and beef dishes.
- Discard at the end of cooking.
- Never buy bay at the grocery again!

### Where to buy

- Stream Cliff, Thieneman’s



## Raspberry Almond Shortbread Thumbprints

By Millie Chapala, January Hostess

1 cup butter, softened

2/3 cup sugar

1/2 teaspoon almond extract

2 cups flour

1/2 cup raspberry jam

Glaze:

1 cup powdered sugar

2-3 teaspoons water

1 1/2 teaspoons almond extract



Combine butter, sugar, and 1/2 teaspoon almond extract. Beat until creamy. Add flour; beat at low speed until well mixed. Cover and chill at least one hour. Shape dough into one-inch balls. Place two inches apart on ungreased cookie sheet. Make indentation with thumb. Fill indentation with about 1/4 teaspoon jam. Bake at 350 degrees for 14-18 minutes or until edges are lightly browned. Cool completely. Combine glaze ingredients; whisk until smooth. Drizzle over cookies.

## Who We Are: Kim Davis

By: Barbara Lusco Peppers, KHS Member

Members have expressed how much they have missed getting together these past several months. While discussing ideas for programming in the midst of the pandemic, keeping in touch and learning more about each other appeared to be popular goals. Therefore, it was decided to do member profiles for the newsletter.

Kim was born in Omaha, Nebraska. She went to school in Louisville and received an Associates Degree in Graphics from U of K. Education is ongoing and she tries to learn something new everyday. Kim is retired, last having worked for Floyd County Extension Office. Kim lives with her husband of 32 years, Jeff, and their 7 cats in New Salisbury, Indiana.

Kim is a member of The Sunnyside Master Gardeners. She joined the Kentuckiana Herb Society in 2008. Always interested in herbs, Marty Thomas and Joan Burton were responsible for encouraging her to join KHS. Her favorite herb is lemon verbena and she freezes it for use in the winter.

Kim loves to read and some of her favorites are the China Bayles Mysteries by Susan Wittig Albert and the Outlander Series by Diana Gabaldon. She suggests reading the Outlander books instead of watching the Starz's Series because the book is a lot more in-depth, and the main character, Claire, describes using herbs

(Claire is a nurse, and eventually becomes a doctor). One of those books that you can't put down!

One of Kim's favorite places to go is Stream Cliff Farm, but a trip to the Indiana Medical History Museum & Garden might be in her future. She loves the gardens & vineyards in California when she visits her sister there.

One last question that I asked Kim: Do you have any suggestions to make the Kentuckiana Herb Society better? Her reply was that since we have several new members, Kim feels that we all need to make an effort to welcome them, and encourage them to ask questions and get involved.

Kim is a valuable member of our unit and spends countless hours producing our newsletter, membership directory, Spring Event brochures and many unnamed projects for us! Thank you Kim for all you do!



## Bread Pudding w/Hot Butter Rum Sauce

from Brenda Triall, January Hostess

7-8 cups torn or cubed French bread  
3/4 cup dark brown sugar  
3 cups milk  
4 tablespoons butter

1 teaspoon cinnamon  
1 teaspoon vanilla  
2/3 cup raisins  
1/4 cup rum, divided  
4 beaten eggs

### Sauce

1/3 cup heavy cream  
1 cup white sugar  
1/2 cup butter  
1-1/2 tablespoons rum



For the bread pudding, cut or tear bread into pieces and place in a large bowl. In a medium saucepan over low heat, melt brown sugar, milk, butter, cinnamon, vanilla, raisins, and 2-1/2 tablespoons rum. Stir constantly until sugar is dissolved. Pour over bread and allow to soak for 30 minutes.

Preheat oven to 350 degrees. Add 4 beaten eggs to the soaked bread mixture and stir gently. The bread should be completely saturated with the egg and milk mixture. Pour into a buttered 9-inch square baking dish and bake for 40-50 minutes until the top is browned and the middle is set. Do not overbake or the bread pudding will become dry.

**For the sauce**, melt the heavy cream, white sugar, and butter in a medium saucepan over low heat. Do not boil or the mixture will start to crystallize. When sugar has dissolved, add 1-1/2 tablespoons rum. Pour the warm sauce over each slice of bread pudding before serving.



## Meeting Minutes



### **JANUARY** by Linda Miller, Recording Co-Secretary

- Our **January 12** meeting was held *via* Zoom.
- Our **hostesses** were Una Turley, Brenda Traill, and Millie Chapala.
- **Members in attendance** were Joan Burton, Cindy Gnau, Kim Davis, Cynthia Hardy, Mary Harper, Susan Hart, Marjo Howe, Jo Ann Hughes, Lorraine Hughes, Deb Knight, Linda Miller, Barbara Lusco Peppers, Donna Poe, Brenda Traill, Una Turley, and a big thank-you to our Zoom Master, Bruce Burton. Welcome to our guests from Master Gardeners-Dionne, Holly, Jeanette, and Kathy.
- **Joan Burton** called the meeting to order at 1:05 pm. Joan Burton reported on the HERB of the Month: winter savory. Deb Slentz sent her BOOK of the Month report to the newsletter: *Kiss My Aster*.
- **Hearth and Home: Program Challenge of the Month:** To concoct a warming soup using herbs/spices. There were lots of yummy soups: Susan Hart-split pea soup; Mary Harper-spicy Indonesian yam soup; Jo Ann Hughes-spiced chicken soup with dumplings; Barbara Lusco Peppers-chicken tortilla soup; Linda Miller-creamy roasted carrot soup; Donna Poe-creamy parsley soup; Cynthia Hardy=copycat Panera squash soup; Joan Burton-Covid-19 pantry soup.
- We would like to make a Soup Cookbook—please send your recipe to Kim Davis.

### **Old Business**

- **Recording Co-Secretary:** Linda Miller sent December minutes to Kim Davis for the newsletter.
- **Treasurer's Report:** Jett Rose reported on the current amounts in the Checking and Savings accounts.
- **Garden Reports:** Kentucky School for the Blind-Jo Ann Hughes reported the garden is sleeping for the winter. Old Capitol Herb Garden-Marjo Howe reported the garden is in good shape for the winter. Joan Burton removed the wreaths from the garden fences.
- **Newsletter:** Kim Davis sent the current newsletter *via* email. Joan Burton asked that Kim also send the current issue to HSA.
- **Library**-Donna Poe reported that all Book of the Month books have been pulled for the remainder of the year. Donna will contact you and make arrangements to get you the book.
- **Corresponding Secretary**-Barbara Lusco Peppers reported that she sent out January birthday cards and also sent cards to Maggie Oster and Millie Chapala.
- **Website**-Kim Davis will post a notice that there will be no Spring Education Day for 2021.
- **Facebook**-Lorraine Hughes is posting updates.
- **Central District**-There is a new person for the newsletter.
- **HSA**-Check out the upcoming webinars: January-Weird Herbs; March-Virtue of Violets; their webinar on chocolate is the same one as we had in December.
- **Thank You:** Harrison County Community Services

sent us a heartfelt thank-you note for our donation to their organization.

### **Special Committees**

- **Cookbook**-Jett reported the cookbook is still on hold and will check on the cost of ordering cookbooks now.

### **New Business**

- **Parsley Study Group**-A Zoom meeting will be scheduled. Any member can join with the group.
- **Having a Special Event *via* Zoom:** Kim Davis suggested we have such an event. If you are interested in helping Kim with this project, please email her.
- **Garden Planning:** Keep your plants mulched. It's time to decide what seeds and plants you will need.
- The **February Herbal Challenge** is to design a Valentine based on the language of flowers. Send a picture to Lorraine Hughes so that she can share our Valentines on Facebook.
- The **meeting** was adjourned at 2:10 pm.
- **February meeting**-Home is Where the Heart Is-will be held on February 9 *via* Zoom.

### **FEBRUARY** by Linda Miller, Recording Co-Secretary

- Our **February 9** meeting was held *via* Zoom.
- Our hostesses were Edith Davis, Qudsia Davis, and Cynthia Johnson.
- **Attending** were Joan Burton, Dionne Adams, Edith Davis, Kim Davis, Cindy Gnau, Cynthia Hardy, Mary Harper, Susan Hart, Marjo Howe, Jo Ann Hughes, Lorraine Hughes, Deb Knight, Linda Miller, Barbara Lusco Peppers, Kathy Peterson, Donna Poe, Jett Rose, Deb Slentz, Una Turley, and a big thank-you to our Zoom Master Bruce Burton. Welcome to our guests Maribeth Kelly, Mike McKinley, and Erica Stemler.
- **Joan Burton** called the meeting to order at 1 pm. Lorraine Hughes reported on the HERB of the Month: Bay. Mary Harper reported on the BOOK of the Month: *The Language of Flowers* by Kate Greenaway.
- **Program Challenge of the Month:** To make a Valentine using the language of flowers. The Valentines were wonderful: Deb Slentz, pansies; Donna Poe, lucky heart vine surrounded by thyme; Barbara Lusco Peppers, roses, parsley, basil; Jo Ann Hughes, "A Valentine in the Time of Covid-19" using pictures of flowers and herbs and a key to reading the poem; Deb Knight, lavender heart sachets; Kathy Peterson, iris with a poem; Joan Burton, a poem entitled "Valentine in Covid Times."

### **Old Business**

- January minutes sent to Kim Davis for the newsletter.
- **Treasurer's Report:** Jett Rose reported on the income and dues added to the current amounts in the checking and savings accounts.
- **Garden Reports:** KSB - Jo Ann Hughes reported all is well. OCHG - there are still some green plants and small weeds in the garden.

*cont'd page 7*

## Through the Garden Gate

**KSB Garden** - It's that time of year . . . garden planning time. As a tribute to the herb of the year, I have ordered seeds for five different varieties of parsley to put in the barrel that housed annual herbs last season. I have also ordered seeds for Bunny Tail grass, Four O'Clocks, and old-fashioned vining Petunias. These will add texture and fragrance to the garden.

Our garden at the Kentucky School for the Blind has great bones, but there are some areas that need attention. One area that keeps calling

my name is the bed under the stairway up against the building. Part of that bed gets a lot of sun, a limited asset in the garden as a whole.

There are lots of things to consider, not least of which is whether or not we will be able to work as a group this spring. Put on your thinking caps and maybe we can share our thoughts and ideas at the next monthly meeting.

### **Old Capitol Herb Garden**

The garden is blanketed in snow.



## February Meeting Challenge

*Donna Poe, KHS Member*

My homemade Valentine is a growing one. The center is the Hoya Kerri succulent. You can see why I chose this plant, when I saw it at Grant Line Garden Center. It is also known as the Lucky-hearts vine, and has trailing heart-shaped leaves. The other plant is thyme, which is derived from the Greek word *thymus* which means courage. My daughter painted the pot, did some research, and painted the words, "it takes courage to love, again, and again". She also fashioned the beaded ornament with a heart-shaped locket, and a key. So, I guess I really didn't make the Valentine myself, but I helped!

## Meeting Minutes - continued

- **Newsletter:** Kim Davis will send an e-mail when materials are due for the next newsletter.
- **Library:** Donna Poe will arrange to get members their book report books.
- **Historian:** Joan Burton shared a Program Book from 1983-1984, for the meeting on February 14, Carol Spalding presented "Potpourri and Ingredients."
- **Corresponding Secretary:** Barbara Lusco Peppers reported that she sent February birthday cards and a sympathy card to Juanita Popp.
- **Website:** Kim reported the website is in progress.
- **Facebook:** Lorraine Hughes reported that according to the Grant Line Nursery, potted plants should no longer be potted with rocks in the bottom of the container. Instead, use a coffee filter or a paper towel.
- **Central District:** They are still searching for a representative for our area.
- **HSA:** HSA is planning a plant sale for the public. Also, there is a list of virtual speakers available now. The Annual Meeting from June 24-26 will be virtual.
- **KHS Virtual Meeting:** Kim Davis reported that the presentation for 2021 has been tabled.

### Special Committees

- **Cookbook:** Jett Rose presented the layout for the cookbook and reported on the cost of buying multiples of the cookbook. In order to have an estimate for how many cookbooks members will buy, Jett asked that we email her with that number. We will decide at the next meeting how many cookbooks to order. Thank you to Jett and her committee!!

### New Business

- **Parsley Study Group:** Barbara Lusco Peppers presented Parsley Lore. Cynthia Hardy presented Cultivators. The next Zoom meeting will be February 18 at 3 pm. Jo Ann Hughes will present Uses of Parsley.
- **Garden Planning:** It is supposed to be really cold this week, so cover any tender plants. Plan your herb garden and order seeds.
- The **March Herbal Challenge** is to make a body care product using herbal ingredients. Send pictures of your product to Lorraine Hughes so that she may post them on Facebook.
- The meeting was adjourned at 2:27 pm.
- **March 9 meeting** Home Body will be held *via* Zoom.



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.



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*The Herb Society of America*

Postage

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Parsley may take a long time to germinate, but it repays you for the wait with beauty, nutrients, and flavor. - Edward C. Smith



## Potpourri

- **Rosemary for Remembrance** - We were saddened to learn of the passing of Jim Popp, Juanita's husband of 63 years. Our thoughts are with you and your family. Jett Rose delivered an orchid to the visitation and Barbara Peppers sent a card to Juanita from the unit.
- The book "Parsley" is now available at the International Herb Association website. Our member, Davy Dabney, authored one of the chapters, "Parsley's History of Medicinal Uses". Good going Davy!
- We are proud of our members, Linda Pahner, who has been out giving Covid vaccinations in Floyd Co. and Donna Poe, who has been pre-



paring food with Feed Louisville. I know that many of you are helping others and we would like to know about your activities.

- Jett Rose would like to know how many cookbooks members will buy. Cost will be \$10. She hopes to determine how many cookbooks will be requested to try to determine how many to order from the printing company. They will make nice gifts!
- The Herb Society of America is launching a fiction book club. That might be fun to attend on GoToMeeting. Details will be announced.
- The next HSA Webinar will be presented by Kathy Schlosser and the topic will be "The Virtue of Violets". This is Free for HSA members.



*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.*