

Kentuckiana Herbal Thymes

"For Use and For Delight"

From the Chair



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While pondering what to write for this newsletter which will be my last as unit chair, I was amazed that I really did not know how many years that I have done this last stint. So I riffled back through some of my boxes of papers. Had it been three, four or five? Yikes, it has been six years. My, how thyme flies! So thanks for putting up with me for all of these years. It has really been an honor and a privilege, not to mention fun! (and a bit of work).

It is really a delight to be with people who have the same interest learning about and growing herbs. The success of the unit is not just the chair. It is all of the officers who give of your thyme to fulfill the duties of their position. It is the person who invites a guest to the meeting who becomes a member. It is the members who show up for the meetings, whether in person or on Zoom and who shares their experience with herbs. It is the member who volunteers to serve on a committee. It is the member who is hostess that prepares food and decorates the room. It is those who submit photos and articles to Kim, who is the talented editor of our newsletter. It is all who come prepared with the herb of the month or the book report. It is those who take responsibility for a special project like a cookbook. It is those who will give the program at a monthly meeting. It is all of the members who work on our Spring Education Day to

share our love of herbs with the public. It is the members who plant, weed, water and care for our two public gardens on these hot days when you could be sitting at home in the AC. It is because of you that we have the most members that we have had - thirty-nine - since I have been in KHS. The success of the unit is due to YOU and your involvement and enthusiasm and I really do THANK YOU.

The Chair position is happily being turned over to Jo Ann Hughes. She is enthusiastic, energetic, intelligent, fun, well organized, creative and has a lot of good ideas. She has shown leadership in caring for the Kentucky School for the Blind Garden. She served on the program committee and came up with the idea to have the "herbal challenge" for our programs this past year. It was the perfect solution when we had to go to Zoom meetings during the pandemic. And she loves herbs! I know that everyone will be helpful and supportive of her during her first year as chair and beyond. I certainly will.

Now as historian, I need to go back to that box of papers and binders to see what other years I was chair and I will let you know one of these days. I will see you at the next meeting. Thanks again for everything!

Sunflowers & Catnip
Joan Burton, Chair

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
The Kentuckiana Herb Society on Facebook
www.herbsociety.org/

Upcoming Meetings

July 13 @ 1 PM - A Toast to Home

Park Christian Church grove (weather permitting)

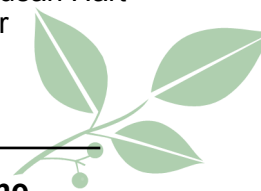
Program: "Salts, Syrups, & Such". Donna Poe will demonstrate how to make salts, syrups, and such.

Herb of the month: **Mojito mint** - Marjo Howe

Book of the month: "**Tips for the Lazy Gardener**" - Susan Hart

Refreshments: Susan Hart, Linda Miller, Pat Ostrander

HSA Webinar: "**For Us and Them**" - Dan Jaffe



August 10 @ 1 PM - Hot at Home

Park Christian Church grove (weather permitting)

Program: Bring a recipe for dishes using "spicy herbs" to exchange.

Herb of the month: **Summer Savory** - Una Turley

Book of the month: "**Chili Fever: A Celebration of Peppers**" - Judy Cato

Refreshments: Deb Knight, Jo Anne Luecke, Maggie Oster

HSA Webinar: "**A Taste for Herbs**" - Sue Goetz

2021-2022

Officers

Jo Ann Hughes
Chair

(502) 889-7077
jahot55@aol.com

Mary Harper
Vice-Chair

(502) 693-5608
dancing.mary52@gmail.com

Jett Rose
Treasurer

(812) 590-4604
Jettellen@yahoo.com

Susan Hart
Recording Secretary

(502) 767-8504
raysue222@att.net

Barbara Peppers
Corresponding Secretary

(713) 208-5383
Balusco@aol.com

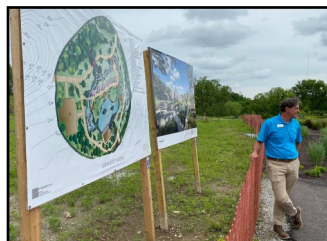
Joan Burton
Historian

(812) 738-8352
joanandbruce@twc.com

Kim Davis
Newsletter Editor

(812) 347-0050
gardenelf3@aol.com

Botanical Gardens Tour



Jamie Burghardt gives a tour to our KHS members at the Louisville Botanical Gardens.



Happy Birthday!

July

Marjo Howe
Julia Warf
Barbara Peppers
Judy Cato
Linda Pahner

August

Edith Davis
Jett Rose
Cynthia Johnson
Deb Knight
Linda Miller
Maribeth Kelly

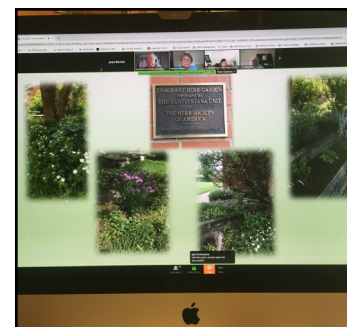
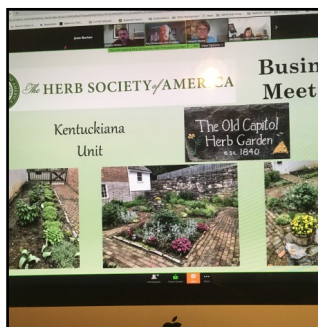
HSA Annual Meeting

By Joan Burton, Chair

Joan Burton, Chair and Jo Ann Hughes, soon to be Chair and current Vice Chair attended the three day virtual annual meeting of The Herb Society of America. We were delighted when two of the first frames of the business meeting Power Point showed photos of The Kentuckiana Unit's two gardens. Members and others attending were from all over the USA and the world. The programs and featured speakers were most enjoyable and knowledgeable. I especially enjoyed Deni Baun, author of "The Encyclopedia of Herbs" who was speaking from Southern Spain and presented the keynote address. All the speakers were excellent and fun.

Jo Ann and I also attended the virtual Unit Chairs meeting and I attended the Central District meeting. Handouts were sent and some of the programs will be available as HSA webinars. Hopefully, next year's annual meeting will be in Charleston, SC April 25 -26, 2022.

Screenshots of KHS gardens



Potpourri



- We wish Edith, Qudsia and any other member who are having health issues well.
- The Central District HSA has a Facebook account and any Central District member may request to be added. Jackie Johnson is our Central District Delegate.
- Thank you to Mary Harper, Deb Slentz and Judy Cato for serving on the Nominating Committee. Your dues and volunteer hours are due.
- Please submit dues to Jett Rose and volunteer hours to Joan or Jett.
- The program committee will be meeting over the Summer months. If you have a particular topic or speaker, a special herb or any herbal topic that you would like to learn more about please send an email off to Jo

Ann Hughes or one of the members who volunteered for the program committee. (See the June minutes for names). If you were not at the June meeting and would like to join the Program Committee please let Jo Ann Hughes know. Also, be thinking and let us know if there is a particular month that you would like to be hostess/host, what month and herb that you would like to present for Herb of the Month or a book that you would like to report.

- If you had not heard, The Kentucky School for the Blind Garden is to be moved to a much sunnier location. Most of the plants in the garden are shade loving and members are welcome to come and dig out, adopt or foster a plant. The whiskey barrels, sign and hose box will be moved to the new location.



*Hot July brings cooling showers
Apricots and gillyflowers.
August brings the sheaves of corn,
Then the harvest home is borne.
- Sara Coleridge*





Meeting Minutes



MAY by Linda Miller, Recording Co-Secretary

- Our May 11 meeting was held outdoors at Park Christian Church Grove.
- Our hostesses were Robin Meredith and Barbara Peppers. The food was yummy!
- Members in attendance: Joan Burton, Judy Cato, Kim Davis, Qudsia Davis, Cynthia Hardy, Mary Harper, Susan Hart, Jo Ann Hughes, Lorraine Hughes, Mari-beth Kelly, Jo Ann Luecke, Mike McKinley, Robin Meredith, Linda Miller, Barbara Peppers, Kathy Peterson, Donna Poe, Jett Rose, and guest Gia Ricketts.
- Joan Burton called the meeting to order at 1:10 pm. Donna Poe reported on the Herb of the Month: Sunflowers. Jo Ann Luecke reported on the Book of the Month: *The Rose Book*.
- At Home in the Garden - Program Challenge of the Month: use herbs to enhance plant health and productivity, deter pests, or repel insects. The results were wonderful: Joan Burton-Comfrey Compost; Jo Ann Hughes-Citrus Vinegar pest deterrent; Kim Davis - bags of dried mint to deter insects; and Cynthia Hardy - poison ivy spray.

Old Business

- **Recording Co-Secretary:** Linda Miller sent May minutes to Kim Davis to be included in the newsletter.
- **Treasurer's Report:** Jett Rose reported on the balances in the checking and savings accounts.
- **Garden Reports:** Kentucky School for the Blind-Jo Ann Hughes reported that the garden will be moving starting in June in order to expand the school's playground. Susan Hart sent everyone pictures of the new area for the garden. KHS will work in conjunction with the KSB Charitable Foundation to plan the new garden. Old Capital Herb Garden-There will be a work day on Thursday. Joan Burton planted many new and colorful plants.
- **Newsletter:** Kim Davis will let us know when submissions are due.
- **Library:** Donna Poe reported that Kathy Peterson will keep the library books on shelves at her home. Donna will make arrangements to get books to members.
- **Historian:** Joan Burton reported when she joined KHS in 1991 that there were 30 members. The by-laws stated there was a limit of 100 members, which was changed. Currently, there are 39 members!
- **Corresponding Secretary:** Barbara Peppers reported birthday cards were sent to members with May birthdays. She suggested that members do a "card shower" for Barbara Warf for her birthday. Her mailing information is in KHS member booklet.
- **Website:** Lorraine Hughes and Jo Ann Hughes are asking that you send them pictures of your herb garden.
- **Facebook:** Lorraine Hughes will take pictures of the gardens when the plants are in bloom.

- Lorraine will post Judy Cato's poem for the cookbook on Facebook when the cookbooks are available. Judy, your poem was excellent! Thank you!
- **Central District:** There is a gathering online on Saturday, May 15.
- **HSA:** The annual meeting will be held *via Zoom*. Registration and some fees are required. HSA is still holding its Herbal Fiction Book Club.
- **Tax Status:** A discussion was held regarding our tax status. KHS has to do this individually and decide whether it should be in Kentucky or Indiana.

Special Committees

- **Nomination Committee:** Joan Burton will send an email concerning this committee.
- **Cookbook:** Jett Rose reported on the cost of ordering 400 cookbooks. As of now, members have requested 118 cookbooks. **Judy Cato** read the poem she wrote for the cookbook. Members just loved it!!

New Business

- A field trip is planned for May 19 to visit Thieneman's Greenhouse in Cox's Creek, KY, with lunch to follow at Mammy's Kitchen in Bardstown, KY.
- The field trip to Stream Cliff will be announced at a later date.
- **Garden Planning:** It is safe to plant your basil plants after May 15.
- **Garden Events:** Crescent Hill Garden Tour on June 15.
- The June 8 KHS meeting will be held at the Waterfront Botanical Garden in Louisville, KY, at 1 pm.
- Master Gardeners may claim 45 minutes of training credit for today.

JUNE by Susan Hart, Recording Co-Secretary

- June 8 meeting was held at Louisville Botanical Gardens after an 11 am tour of the gardens.
- Hostesses were Mary Harper, Jo Ann Hughes, Linda Pahnner
- Members in attendance were Dionne Adams, Joan Burton, Judy Cato, Millie Chapala, Cindy Gnau, Cynthia Hardy with guest Anna Parker, Mary Harper, Susan Hart, Marjo Howe, Jo Ann Hughes, Lorraine Hughes, Jeanette Griffin, Jo Ann Luecke, Mike McKinley, Barbara Peppers, Donna Poe, Jett Rose.
- Joan called the meeting to order at 12:14 pm. Joan pointed out club donations to the Botanical Gardens: a bench, an inscribed post, and \$125 donation.

Old Business

- **Recording Secretary:** Susan Hart sent the June minutes to Kim Davis for the newsletter.
- **Treasurer's Report** was read by Jett Rose.
- **Garden Reports:** **KSB** - Jo Ann Hughes announced the KSB Charitable Foundation will supply \$6,500 for design, plant purchases, labor, and an irrigation system for creation of a new herb and fragrance garden
(continued page 7)

Parsley Pesto

By Jo Ann Hughes, KHS Member



Parsley is the most frequently used herb in Italy. Here is a nice variation on traditional Basil Pesto.

Using a food processor, blend together the following: 3 cups loosely packed fresh parsley, 2 cloves garlic, chopped; 1/2 cup olive oil; 2 heaping tablespoons nuts (walnuts or pine nuts);

1/4 cup freshly grated parmesan cheese.

It freezes well in ice cube trays. If freezing, you can leave out the cheese until ready to use. Thaw the pesto and blend in the grated cheese. I usually forget to do this and go ahead and put the cheese in before freezing without any ill effects. Yields about 14 TBS

August Chicken Salad

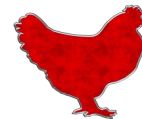
HSA Website

4 boneless chicken breasts
3 ripe peaches
3 ripe tomatoes
2 cucumbers

4 Tbsp. olive oil
3 Tbsp. white wine vinegar
4 Tbsp. Dijon honey mustard
1 Tbsp. fresh thyme leaves

3 peppermint leaves, chopped
Baby spinach, as a bed
1/4 tsp. sea salt
Cracked black pepper to taste

Coat chicken breasts with half the thyme leaves and grill until cooked through, about 20-25 minutes. Remove to a cutting board to cool. When cool, cut into 3/4-inch chunks. While the chicken is cooking, clean and chop the peaches, tomatoes, and cucumbers. Put into a large bowl for mixing. In a small bowl, combine olive oil, vinegar, and mustard. When fully blended, add the remaining thyme and the peppermint. Stir until uniform. Retain 2 tablespoons for later use. Add chicken to the fruit mixture, sprinkle with the remaining dressing and gently toss until mixture is evenly coated. Refrigerate 1 hour, or overnight. Form a bed of cleaned baby spinach leaves in a serving bowl; add the salad mixture, season with cracked black pepper and sea salt, and drizzle with the reserved 2 tablespoons of dressing. Garnish with pansies or nasturtiums.



Meeting Minutes - cont'd

at the entrance and along the front of the student dorm building. Part of the garden will be a memorial to Burt Bayn, designed around the theme of Dolly Parton's song "A Coat of Many Colors". **OCHG** - Joan Burton ordered new signage and slates to be painted for the garden. June 15 is a work day. Joan has placed new plant plugs in the garden beds.

- **Corresponding Secretary:** Barbara Peppers
- **Historian's Report:** Joan Burton
- **Cookbook:** Jett Rose asked for any changes or additions to be made within this week.
- **Nominating Committee:** Mary Harper announced candidates for new officers: Chair - Jo Ann Hughes, Vice Chair - Mary Harper, Secretary - Susan Hart, Corresponding Secretary - Barbara Peppers, Treasurer - Jett Rose, Historian - Joan Burton. Lorraine

Hughes motioned for acceptance of the slate of officers, Cynthia Hardy seconded motion. Motion passed by voice vote. New term begins August 1, 2021.

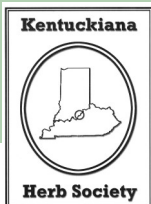
New Business

- **Dues:** KHS \$7, National dues \$55 due now.
- **Volunteer Hours:** send to Jett Rose or Joan Burton
- **Spring Education Day for 2022:** Herb of the year is violet. Search for speakers should begin in July.
- **Program Committee for 2021-22:** Jo Ann Hughes, chair, volunteers Cindy Gnau, Cynthia Hardy, Dionne Adams, Joan Burton.
- Book and herb reports sent to newsletter.
- Lunch venue for today changed to the Irish Rover.
- **Next meeting:** inside at Park Christian Church.
- Meeting adjourned at 1:35 pm.



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.



Kentuckiana Herb Society
545 W. Whiskey Run Road
New Salisbury, IN 47161



The Herb Society of America

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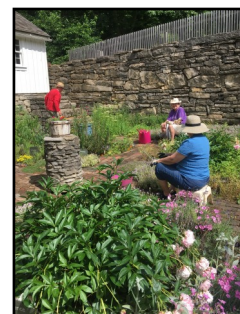
You haven't really lived until you have tasted fresh basil with tomatoes. - Louise Riotte



Through the Garden Gate

KSB Garden - Big changes are coming to the garden! The school will begin this summer on a major expansion and renovation of the playground adjacent to our Fragrant Herb Garden. This necessitates demolition of the garden. We have been invited by the Kentucky School for the Blind Charitable Foundation (KSBCF) to partner with them on a new garden in front of one of the dormitories. This space will be highly visible and traversed daily by students, staff and visitors. It is also a blank slate in full sun. Thanks to all of you who have come to rescue, foster and/or adopt the mostly shade plants that grace the current garden. As of June 16, no demolition nor construction has begun. We will continue to maintain what remains of the current garden until that time.

Old Capitol Herb Garden - The OCHG has a lot of herbs and flowers in bloom. There seems to be many visitors both locally and from out of town who are coming by. Many thanks to the members who have been helping on the 2nd and 4th Thursday of the month at around 10 am. We welcome all members to come by to help. We had some damage to some of the border plants and herbs by a certain Master Gardener who sprayed the sidewalk with chemicals. With four straight days of watering the damage was minimized, we hope. Stop by for a visit - the herbs would like to see you.



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.