

# Kentuckiana Herbal Thymes

"For Use and For Delight"

## From the Chair



I cannot remember when we have had a lovelier Spring. Seems like the bulbs have bloomed in abundance and the trees and flowering shrubs have really been competing to see who can have the most color and flowers. We have had our share of warmer days already and my perennial herbs are emerging. My whole back yard is scented with the smell of the viburnum bushes. I have found eggs in bird nests and have seen my neighbors honey bees out foraging. I have even seen several butterflies and moths. What a delight for the senses.

Many members participated in the March herbal challenge to make an herbal body care product. Our April meeting will be our first in person meeting since last October. I hope that many members will accept the challenge of making an herbal household cleaner, laundry or air freshener. Our May challenge will be to discover how to use herbs to enhance plant health and productivity, deter pests, or repel insects. For our June meeting we are planning to go on a field trip to the Waterfront Botanical Garden in Louisville. If you have not been there, you are in for a treat.

Our Parsley study group was fun and informative for those who participated. I learned a lot and hope that others did so as well. I hope that members will try some of the interesting varieties of this herb and will let other members know about their experience with it.

Jett Rose and committee are continuing work on our cook book and it will soon be ready to submit it for publishing. Can't wait!

Since warmer weather is now here and pesky weed are emerging we must begin regular work in our two public gardens, The Kentucky School for the Blind and the Old Capitol Herb Garden. We will continue to be Covid careful and we encourage ALL members to come to our work sessions. This is just another way to learn about herbs, share your own knowledge and enjoy the company of our members.

May and June are wonderful months for gardening before the weather becomes too warm and humid, and the biting insects are out in force. I look forward to seeing all at our meetings and in the gardens.

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

### INSIDE THIS ISSUE:

|                |     |
|----------------|-----|
| From the Chair | 1   |
| Meeting Info   | 2   |
| Parsley Study  | 3   |
| Herb of Month  | 4   |
| Book Report    | 5   |
| Minutes        | 6-7 |
| Who We Are     | 7   |
| Potpourri      | 8   |

## Potpourri

- We welcome new members Maribeth Kelly and Mike McKinley.
- Welcome home Qudisia Davis.
- Opal Early, a former KHS member for many years, passed away March 25, 2021. Her family is in our thoughts.

**- Rosemary for Remembrance -**



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.

## Upcoming Meetings

### May 11 @ 1 PM - At Home in the Garden

*Park Christian Church grove (weather permitting)*

**Program challenge:** Use herbs to enhance plant health and productivity, deter pests, or repel insects.

*Herb of the month:* **Sunflowers** - Donna Poe

*Book of the month:* **"The Rose Book"** - Jo Ann Luecke

*Refreshments:* Robin Meredith, Barbara Peppers

HSA Webinar: **"The Chakra System Displayed in Your Garden"**

*Time for dues!*

### June 8 @ 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"**

*Time for dues!*

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## Foot Soak Recipe

*By Jett Rose, March Zoom meeting*

1/4 cup Listerine (blue stains your feet and nails)

1/4 cup vinegar (I used white vinegar)

1/2 cup warm water

You may need to double the ingredients depending on how deep the container is that you plan to use. Soak your feet for 10 minutes and when you take them out of the solution the dead skin will practically wipe off.



## Happy Birthday!

### May

Kim Davis  
Deb Slentz  
Barbara Warf

### June

Mary harper  
Martha Ritz  
Donna Poe  
Brenda Traill

## Parsley Study Group - Cultivars

By: Cynthia Hardy, KHS Member

The ubiquitous Parsley is that vibrant curly green garnish that brightens up the omelet or the meatloaf plate, albeit more pleasing to the eye than to the palate. Parsley is a true biennial, taking a full two years to grow from seed to fruition before dying. The plant is of South European and Eastern Mediterranean origin. If we, as passionate gardeners and herbarists, decide to introduce parsley (*Petroselinum crispum*) in our garden, it is likely we will plant not just one but two cultivars:

The **flat-leafed variety**, (*P. crispum* var. *neapolitanum*) also known as Italian variety, is the preferred variety for cooks as it imparts a stronger and refreshing flavor. This is also easier to grow. There are cultivars that are hardy enough to survive the frigid months, giving us a fresh harvest for our winter soups.

The **curly-leafed variety**, (*P. crispum* var. *crispum*) also known as the French variety is primarily used for garnish, although one recipe for tabbouleh prefers the use of the curly-leaf variety. There is a third type, a less common variety

grown in Southern Italy. It resembles celery because of its thick leafed stems.

We in the United States are less familiar with the **Hamburg root parsley** (*P. crispum* var. *tuberosum*). It is commonly used in Central and Eastern Europe in soups and stews or eaten raw like a carrot. It may resemble a parsnip but has its own distinct taste.

It's worth noting that there is an obscure but noteworthy variety known as *Cicilian parsley* that imparts a citrus after-taste. This author has ordered some seeds which she will gladly share with those interested. If you are up to the challenge, you will also have an opportunity to plant root parsley.

An addendum to this brief topic - the Asian culture does not utilize parsley in their ethnic dishes; rather they use cilantro or coriander which is NOT in the Parsley Family.



Flat-leafed parsley



Curly-leafed parsley



## Parsley Study Group - Books

By: Deb Slentz, KHS Member

- *Better Homes and Gardens Herb Gardening*. Des Moines IA, Wiley Publishing, 2012. (Amazon)
- Bremness, Lesley. *Eyewitness Handbook – Herbs*. Dorling Kindersley Publishing, 1994. (Amazon)
- Castleman, Michael. *The New Healing Herbs*. Bantam, 1995. (Amazon)
- Creasy, Rosalind. *The Edible Herb Garden*. North clarendon, VT, Tuttle Publishing, 1999. (Amazon)
- Gladstar, Rosemary. *Herbal Recipes for Vibrant Health*. Storey Publishing, 2008. (Amazon)
- Goetz, Sue. *Complete Container Herb Gardening: Design and Grow Beautiful, Bountiful Herb-Filled Pots*. Cool Springs Press, 2020. (Amazon)
- Harding, Deborah C. *The Green Guide to Herb Gardening*. St. Paul, MN Llewellyn Publications, 2000. (New Albany Library)
- Kowalchik, Claire and William H. Hylton, ed. *Rodale's Illustrated Encyclopedia of Herbs*. Emmaus, PA, Rodale Press, 1987 (Amazon)
- McVicar, Jekka. *Jekka's Herb Cookbook*. Buffalo, New York, Firefly Books, 2012. (Amazon)
- Miliradovich, Milo. *Cooking with Herbs and Spices*.
- Pleasant, Barbara. *The Whole Herb*. (New Albany Library)
- Roth, Sally. *The Successful Herb Gardener: Growing and Using Herbs – Quickly and Easily*. (New Albany Library)
- Smith, Charles W.G. *The Beginner's Guide to Edible Herbs*. North Adams, MA, Storey Publishing, 2010. (New Albany Library/Amazon)
- Tucker, Arthur O. and Thomas Debaggio. *The Big Book of Herbs*. Loveland, Colorado, Interweave Press, 2000. (New Albany Library/Amazon)

## Herb of the Month: Elder

By Jo Ann Hughes, KHS Member



Sambucus (Elder) is a genus of about 25 species of small deciduous trees and shrubs that is native to North America, Europe, western Asia and northern Africa. It is a member of the *Caprifoliaceae* (Honeysuckle) family. Elder is one of our earliest plant companions, having been found in Stone Age archeologic sites. Elder has been called “the medicine chest of the people,” and was a favorite remedy of European gypsies. Another common ancient use of elder is in fact, the origin of its name. *Sambucus*, is from the Greek *sambuke* “a musical pipe” for which the hollowed-out shoots of elder bushes were used. Myth and superstition have always surrounded elder. It was believed that Jesus was crucified on a cross of elder wood. Many European cultures used the wood to drive off evil spirits and it was often cultivated as a protection against witches. Traditionally, the cutting of elder required an apology to the Elder Mother, and her permission. Shakespeare called it “stinking elder.” In fact, the leaves and stems give off a strong, unpleasant odor when cut or bruised. This characteristic can be used to differentiate it from similar looking plants in the wild.

For all of its usefulness, caution must be exercised, as the leaves, stems and roots contain cyanogenic glucosides – substances that release cyanide. The raw berries contain sambunegrin which may cause vomiting and severe diarrhea.

Elderberry syrup, tinctures, gummies and teas have become quite popular in recent years as an immune-building tonic and cold and flu remedy. There is some evidence that taking elderberry can reduce the duration of cold and flu. As a matter of fact, New Albany is home to the Elderberry Company. According to an article in the News and Tribune on March 8, 2020, Jenny Watson started her business a few years ago by making batches of elderberry syrup in her kitchen at home. Her business now occupies 2 storefronts in downtown New Albany. At that time, she had 10 employees and filled 200-400 orders per day. About 70-80% of her business are on-line orders. Just imagine how much her business may have grown this past year.

Elderberries are used for jams, jellies, pies, cordials and wine. They were notoriously added to cheap, inferior port for several centuries to make it look and taste more expensive. In Portugal, the practice reached such scandalous proportions, that it was outlawed and became illegal to even grow elderberries.

Elderflowers, often called elder-blow, seem to have taken a back seat to the berries in recent years. However, they have a rich history and many interesting uses of their own. Elderflower water was an elegance that belonged on a lady’s dressing table along with potpourris, lace-edged handkerchiefs and tortoiseshell combs. Elderflower water, also known as ‘Aqua Sambuci’ is still available today and is purported to soften the skin. Elderflowers are also used commercially in skin lotions, oils and ointments. An infusion of dried elderflowers is used to soothe irritated skin. Herbal baths with elderflower infusion were used traditionally to calm nervous or anxious people. Elderflower tea is said to induce perspiration and was used in cases of influenza and for treating sore throats and colds.

Elderflower heads are fried in batter to make elderflower fritters, the crowning glory of a summertime tea. It is also used to flavor jams and jellies, and pairs particularly well with gooseberries. Elderflower tea is said to have a hearty but gentle, slightly sweet flavor. These honey-scented flowers also make delicious cordials and a fizzy summertime “champagne”. In fact, commercial culinary use of elderflower is probably most prominent in the beverage industry where liqueurs, gins, and sparkling drinks abound.

Another useful bonus is that the leaves of the elder are boiled and strained to make a natural insecticidal spray. The leaves and bark make colorfast dyes. The berries, while creating beautiful violets and purples, are not colorfast.

Apart from the many useful products supplied by *Sambucus*, this genus offers several interesting and useful cultivars for the garden. *Sambucus nigra* (common or black elder) is attractive in woodlands and hedgerows but is seldom used in borders. It is native to Europe, western Asia and northern Africa. This species can grow to 30 feet tall. Our native *Sambucus canadensis*, often called American Elder grows 4-10 feet high. It is found growing in rich moist soil along waterways, ditches and fence rows from Minnesota to Texas and east to Florida. The northern edge of its range extends through Ontario and Quebec to Maine and New Brunswick. There are other varieties that grow wild across western North America, including

(continued, page 5)



## Book Report

By Millie Chapala, KHS Member



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

While "Common Herbs for Natural Health" by Juliette de Bairacli Levy is not exactly a book you would curl up with in front of the fireplace, it does have some interesting, albeit odd, uses for herbs. First published in 1966, the author gives information for gathering, preparing, and preserving herbs. She then lists herbs, their uses, and doses. Some that I found interesting were valerian root, sphagnum moss (who would have thought?), maidenhair fern, and pumpkin and watermelon seeds. Since valerian root has an unpleasant odor, she suggests using it for rat bait. Sphagnum moss was used by native Americans as sanitary pads and to line baby cribs. Maidenhair ferns were made into a tea to be used as hair tonic and to grow hair. Pumpkin seeds have "remarkable

powers for expelling tapeworms." Arabian camel drivers chewed watermelon seeds to increase endurance and to keep from getting thirsty.

She also has a section of odd recipes, some of which were fun to read but not very appetizing. One suggestion was making herbal tobacco for pipe use. Another was to burn a slice of bread and pound into a fine powder. Flavor this with a few drops of peppermint oil and brush your teeth with it. She followed that with a recipe for removing stains from teeth, which one might need after brushing with blackened toast powder.

She ends by saying, "Every family with a bit of land should plant a herb garden. It will bring them closer to Nature, and that is always a good thing for Everyman."

### (Herb of the Month: Elder cont'd)

the Blue Elderberry, Mexican Elderberry, and Red Elderberry (*Sambucus racemosa*.) It is commonly written that red elderberries are inedible and even poisonous, even though it is well documented that they were an important food source for First Nations in the Pacific Northwest. They should always be cooked. If you are gathering elderberries or especially flowers in the wild, know what you are looking for and be very careful of similar appearing, but deadly plants such as the water hemlock whose flowers can fool you.

Other smaller, more ornamental varieties do make excellent additions to the home garden where their showy foliage, flowers and berries add color and interest. Because of its love of moist soils, elder is a good specimen for rain gardens. It grows well in sun and partial shade. Elder shrubs can sucker relentlessly and may become a problem. It will withstand severe pruning, but understand that you will be sacrificing berries the following summer. The ornamental varieties are often pruned back to the ground in the fall. All of the elders provide food for many different species of birds and butterflies.

So, from the wilds to the garden, and the medicine chest to the kitchen, elder has so much to offer. Its utility, tenacity and resilience give new meaning to the admonition "Respect your elders."

Check it out. There are many good books and on-line resources to help you. The following are the ones I used in preparing this report.

#### Sources:

- Growing and Using the Healing Herbs, Gaea and Shandor Weiss
- The HSAmerica New Encyclopedia of Herbs and Their Uses, Deni Brown, Revised edition
- Nature's Garden, a Guide to Identifying, Harvesting and Preparing Edible Wild Plants, Samuel Thayer
- Rodale's Illustrated Encyclopedia of Herbs, Claire Kowalchik and William H. Hylton

#### On-line resources:

- [10 ways to use elderflower water in skincare | Field Fresh Skincare](#)
- [Elderflower Guide: Foraging, Harvesting, Drinking and Eating \(countryliving.com\)](#)
- [7 Top Elderberry Varieties to Grow in Your Backyard | Gardener's Path](#)
- [Elderflower & Elderberries - the use of these botanicals in qin \(ginfoundry.com\)](#)
- [The Chemistry of Elderflowers & Elderberries: Aroma, Colour, & Toxicity – Compound Interest \(compoundchem.com\)](#)
- [The Elderberry Co. in New Albany to expand into former Longboard's location | News | newsandtribune.com](#)



## Meeting Minutes



### MARCH by Susan Hart, Recording Co-Secretary

- Our **March 9** meeting was held *via Zoom*.
- Hostesses were Lorraine Hughes (discussed rhubarb custard pie), Gerri Crawford, and Juanita Popp.
- **Attending** were Dionne Adams, Bruce Burton, Joan Burton, Edith Davis, Kim Davis, Jeanette Griffin, Cynthia Hardy, Susan Hart, Marjo Howe, Jo Ann Hughes, Lorraine Hughes, Maribeth Kelly, Mike McKinley, Deb Knight, Donna Poe, Barbara Lusco Peppers, Jett Rose, Una Turley.
- **Joan Burton** called the meeting to order at 1:03 pm. Jo Ann Hughes reported on Elder, herb of the month, and included a slide show. No book report.
- **Hearth and Home - Program Challenge of the Month:** Homemade Herbal Body Care. Susan Hart - lavender/rosemary sugar hand scrub, Cynthia Hardy - rice flour scrub, Jo Ann Hughes - body butter, Donna Poe - lemon balm oil (repellent), Marjo Howe - a collection of body products that could be gifted, Cynthia Hardy - oatmeal eczema treatment, Kim Davis - summer body powder, Jett Rose - Listerine/vinegar foot soak, Joan Burton - parsley face freshener and brown spot remover. Please send recipes to Kim.

### Old Business

- **Recording secretary:** Susan Hart sent March minutes to Kim Davis for the newsletter.
- **Treasurer's Report:** Jett Rose reported the balances in the checking and savings accounts.
- **Garden Reports:** **KSB** - Jo Ann Hughes showed pictures of early spring hellebore poking up and witch hazel blossoming. Recommended digging out the overgrown sections and planting more annuals. **OCHG** - Joan Burton reported one of the large signs needs to be replaced, shoots are appearing, and weeding schedule needs to start.
- **Library:** Donna Poe will continue to contact the monthly presenter to get your book.
- **Historian:** Joan Burton noted the cancellations of Spring Herb Education Programs for 2020 and 2021 because of Covid-19 restrictions. Discussion of reservations with Huber's now for the 2022 program.
- **Newsletter:** Kim Davis sent the current newsletter via email. She was pleased that many members sent in articles and will use them in upcoming months.
- **Corresponding Secretary:** Barbara Lusco Peppers: Lorraine Hughes received a March birthday card. Juanita Popp sent a lovely note of thanks in response to our commemoration card for her husband.
- **Central District:** Jackie Johnson is the new delegate representing the Central District at HSA. Pat Greathead resigned from the membership board. A new Herbal Book Club begins this month. Check the website to join. The March HSA webinar on Violets (2022 herb of the year) is March 23.
- **Website:** Kim Davis has updated information on the website about club meetings and the cancellation

of Spring Education Day this year. Jo Ann Hughes and Lorraine Hughes will take over maintenance of the website.

- **Facebook:** Lorraine Hughes has posted new pictures of the Old Capital Herb Garden.

### Special Committees

- **Cookbook:** Jett Rose reorganized sets in the categories of the cookbook. A motion made by Barbara Lusco Peppers and seconded by Donna Poe to order 400 cookbooks, use provided dividers, and create custom covers passed by unanimous vote.
- Discussed a **virtual program** for non-members as a substitute for the Spring Education program and for recruiting purposes. Jo Ann Hughes could contribute virtual program skills and consult with Kim Davis for web connections.
- **Parsley Study Group:** March 18 at 1 pm on Zoom: Growing Parsley from Seeds ordered from Adaptive Seed Company. Text Cynthia Hardy to share seeds.

### New Business

- **New member:** Maribeth Kelly
- **Openings:** Yew Dell Gardens open March 27, Waterfront Botanical Gardens open now.
- **Garden Planning:** Order seeds for indoor starts. Work on garden design. Plant after last frost date.
- **April Herbal Challenge:** Develop a household cleaner, laundry product, or air freshener using botanicals.
- **April Meeting:** In person at Park Christian Church (weather permitting) or continue using Zoom - to be decided.
- The meeting adjourned at 3 pm.

### APRIL by Susan Hart, Recording Co-Secretary

- Our April meeting was held outdoors in the grove at Park Christian Church
- Our hostesses, Cindy, Jan, and Donna, prepared cucumber/cream cheese, and pimento cheese sandwiches, and lavender and cardamom cookies.
- **Attending:** Dionne Adams, Joan Burton, Judy Cato, Millie Chapala, Cincy Gnau, Cynthia Hardy, Mary Harper, Susan Hart, Jo Ann Hughes, Lorraine Hughes, Janet Jacobi, Maribeth Kelly, Mike McKinley, Robin Meredith, Linda Miller, Donna Poe, Juanita Popp, Kathy Peterson, Jett Rose, Deb Slentz, Julia Warf.
- Joan called the meeting to order at 1:16 with a poem by Christina Rossetti.
- **Herbal Challenge:** Botanical cleaning products or air fresheners. Joan - carpet deodorizer, Donna - fresh produce anti-viral cleaner, Jo Ann Hughes - orange rind vinegar air freshener, Dionne Adams - cleaner, Robin - orange rind rosemary vinegar cleaner, Susan - wonder cleaning spray, Deb S. - vodka basil air freshener, Marieth - air freshener of pine, bay leaf, nutmeg, Cindy - coffee baking soda trash can freshener.

(continued page 7)

## Who We Are: Juanita Popp

By: Barbara Lusco Peppers, KHS Member

In 1999, Juanita was reading the newspaper and saw that the Kentuckiana Herb Society was having an event at Hanover College. She couldn't find anyone to go with her, so "off she went". There she met Joan Burton, Marty Thomas, and Barb Warf and immediately fell in love with the small group and the knowledge that she received at the meeting. In the early days, you had to attend two meetings before you could join. She is also a Master Gardener.

Juanita was born at home on the family farm near St Joe Hill. She met her husband, Jim, and they were married for 63 years. They had 4 children in 5 years. Needless to say, she didn't work outside of the home as she had enough to do there! Sadly, her beloved hus-

band passed away after a 3-1/2 year battle with cancer in January. Her family and faithful dog, Buddy, keep her company now.

Rosemary and Lavender are her favorite herbs. She is a calligrapher, collects jokes to put in cards she sends to friends, and works in her garden. Alaska and Montana are her favorite places to travel.

One of Juanita's fondest memories of volunteering with handicap children was the day the teacher asked the class why Mrs. Popp was there everyday. A little boy raised his hand and said "because she loves us". Juanita's Motto: "GO MAKE A DIFFERENCE".



*Members have expressed how much they have missed getting together these past several months. 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.*

## Meeting Minutes - cont'd

- **Book of Month:** Herbal Treasures
- **Herb of Month:** Cynthia H's reported on lemon grass.

### Old Business

- **Recording Secretary:** Susan sent April minutes to Kim for newsletter
- **Treasury report:** check to HSA for new members
- **Garden Reports:** KSB - Jo Ann Hughes asked members to sign up for watering through the season. Workdays will be set up bi-monthly for planting and maintenance. OCHG - Joan reported bulbs are blooming, parsley and violas are set in. She asked that members sign up for work days online.
- **Library:** Donna passed out books for reports for the next three months. She requested that members look for a new home for the books in our library.
- **Newsletter:** Joan requested that members continue to send articles for the May and June newsletter.
- **Facebook:** Lorraine has posted pictures of OCHG from past seasons.
- **Website:** Lorraine and Jo Anne Hughes are planning for a program about home gardens of club members.
- **Historian:** permission asked to use a poem from a previous cookbook to use in our new book, but the author, Rob Proctor, has not responded. Judy Cato has offered to write a new poem for the book.
- **Central district:** Jackie Johnson, our delegate, lives in Wisconsin. She posts info every week for us to stay informed.

- **National:** Check out the Herbal Book Club Zoom meetings and HSA webinars. Password is HSA1933.

### Special Committees

- **Cookbook:** Jett is finalizing, she asked for a vote on 4 pages and received votes on: 1. Who we are, 2. history and work of our club, 3. how to order cookbook or an e-version, 4. a club poem written by Judy. Sample cookbooks were door prizes to 5 members.
- **Parsley Study Group:** meetings are completed. Parsley seedlings are available from Jo Ann Hughes. Plan to hold another study group next winter.

### New Business

- **New Members:** Welcome to Maribeth Kelly, Mike McKinley, Robin Meredith, Kathy Peterson, and Dionne Adams.
- **Nominating Committee:** volunteers for all Executive positions
- **Change of personal info:** send info to Joan or Kim
- **Spring Education Day:** Jett reported that Hubers has penciled in March 26, 2022 for our workshop.
- **Upcoming events:** trips to Thienemans, Stream Cliff. Harrison Co. MG Spring Workshop on Saturday, April 24.
- **Garden Planning:** too early for tender plants; voer to protect from cold. Lorraine asked that we take the seed packets not used for Spring Ed day.
- **May Meeting:** in person, Park Christian Church
- **Meeting adjourned** 2:58 pm



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*The Herb Society of America*

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It's Spring again. The earth is like a child that knows poems by heart. - *Rainer Marla Rilke*

## Through the Garden Gate

**KSB Garden** - It's spring time and the anemones are brightening up the garden at the Kentucky School for the Blind. Join us on the first and third Wednesdays of each month this season to keep this legacy garden blooming. We will start at 9:00 a.m. Bring any tools you like to work with to weed, trim, prune, etc. For information on how to get to the garden and where to park, contact Jo Ann Hughes (502-889-7077) or Susan Hart (502-767-8504.)



**Old Capitol Herb Garden** - The OCHG clean-up commenced several weeks ago. Thirty two yellow violas were planted along the sidewalk and Parsley seeds have been planted in the culinary quadrant. Ken Tinger has scheduled regular work days the second and fourth Thursday mornings of the months, 10:30 - noon. Several more herbs will be planted during May when it is evident what herbs did not survive the winter. The historical narcissus bulbs bloomed and the tulips and hyacinths have been beautiful. The herbs and flowers want you to please stop by for a visit.

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/)

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