

# Kentuckiana Herbal Thymes

“For Use and For Delight”

## From the Chair



Greetings fellow KHS members! I have one meeting under my belt as the new chair person, and this is my first newsletter since taking the reins from Joan. I am over-whelmed with well-wishes and offers of assistance. This is truly a warm and supportive group and I appreciate it all so much.

The program committee has been hard at work planning our upcoming year. Dee Dee Adams, Joan Burton, Cindy Gnau, Cynthia Hardy, Barbara Lusco-Peppers, Deb Slentz and myself make up this year’s committee. We owe a debt of gratitude to Dee Dee for recommending a terrific location for our lunch meetings. The Club House at Covered Bridge Golf Club in Sellersburg has been perfect. Plenty of covered outdoor seating, a great menu and no pressure to move along. The theme we came up with for this year’s programs is “We’re Back ...to Basics.” It is both a nod to the disruption caused by the pandemic and an acknowledgement of our newer members. Our group has become a marvelous mix of long-time members, mid-rangers and newcomers. We felt it would be good to focus on foundational topics such as herbal lore, baking, crafting, and growing herbs. January’s topic will be a review of all that HSA offers us as members. HSA is in the middle of re-doing the website and it should be ready for us to explore together by then. After all, about 88% of our annual dues goes to our national organization. They have so much to

offer us that we should be taking advantage of.

Speaking of HSA, I received my membership card just this week, as I hope you all did as well. Anniversary pins should also have been sent to three of our members. Deb Knight is celebrating 10 years, Joan Burton and Edith Davis have both reached their 30 year milestone. Congratulations to all of you!

Hot off the presses: Jett Rose just informed me that the cookbooks are in transit. She is expecting a delivery of 8 boxes of books in the next day or so. Come to the September meeting with your checkbook. Cookbooks are \$10 each. Please take note of the program change for the September meeting. Clovis Hayse will be demonstrating how to make herbal wreaths. I hear there will be door prizes. You may want to bring a tote bag, as Kim Davis is working her magic on the Program Books and is planning to have them ready for us at that meeting also. Thanks so much, Kim for all of your expertise, hard work and patience. Special thanks also to all members who signed up to present programs, herb and/or book reports and to provide refreshments. Our meetings depend on all of us. And though we all wish the pandemic was behind us, I look forward to a year of exploration and social interaction. We may need to make modifications, but we will carry on. Like the herbs in our gardens, we persist.

**Jo Ann Hughes, Chair**

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

## Upcoming Meetings

### September 14 @ 1 PM - Harvest Home

*Park Christian Church grove (weather permitting)*

**Program:** Clovis Hayse will teach us how to make herbal wreaths.

*Herb of the month:* **Pineapple sage** - Cynthia Johnson

*Book of the month:* **"Gifts and Crafts from the Garden"** - Cindy Gnau

*Refreshments:* Clovis Hayse, Marjo Howe, Cynthia Johnsos



### October 12 @ 1 PM - It's Basic Knowledge... Or Is It?

*Park Christian Church grove (weather permitting)*

**Program:** An herbal folklore game with Deb Slentz and Jo Ann Hughes

*Herb of the month:* **Witch hazel** - Mike McKinley

*Book of the month:* **"The Herb Book"** - Donna Poo

*Refreshments:* Joan Burton, Kathy Peterson, Davey Dabney

### 2021-2022

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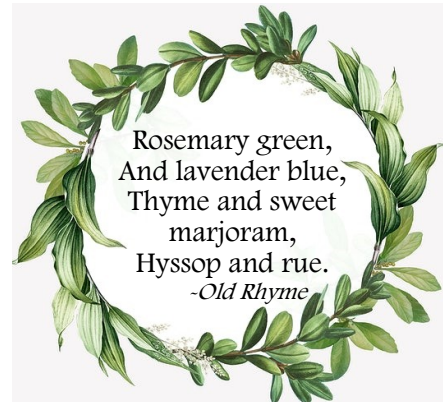
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## Thank You!

Thank you! The bag of "Cat Who" books are going to be fun to read now that I have a little extra thyme. I am going to organize them by dates that they were published in case the stories are progressive. Reading them will be a nice break from my usual diet of garden and herb books. And, the kitty tote bag is just precious and larger than any of my other cat totes. It will be perfect for carrying my catnip mouse making accoutrements to meetings as I often do. Gotta get those kitty toys made! Thank you for both the books and the tote and the privilege of being your chair for the last six years.

Sunflowers & Catnip,  
Joan



Rosemary green,  
And lavender blue,  
Thyme and sweet  
marjoram,  
Hyssop and rue.  
*-Old Rhyme*

from Joan Burton



## Happy Birthday!

September  
Kathy Peterson

October  
Cynthia Hardy  
Gerri Crawford  
Cincy Gnau

## Pineapple Sage

By Cynthia Johnson, KHS Member

Pineapple sage should be called 'Hummingbird Highway'. Its profuse bright red tubular flowers and its attraction to hummingbirds are reason enough to plant this late season bloomer. Because pineapple sage does grow quickly, it makes a suitable annual.

Pineapple sage (*Salvia elegans*), belongs to the mint family Labiatae and is absolutely one of the prettiest and easiest to grow herbs around. Its fragrant leaves smell like fresh pineapple, so you can use them to flavor drinks the same way you'd use mint. Typically you start in spring with a small potted plant. Give it sun, good soil, and reasonably moist soil and it grows fast. It begins blooming in September and continues all the way through October until a hard freeze. It will be a large, rangy bush 4 to 5 feet high crowned with wands of scarlet flowers. Pinch it back every now and then through summer to make more stems and, hence, more flowers. After blooming, cut it back to the ground where it will rest for winter. It will emerge from the ground in spring. This plant does not suffer from any serious pests or disease. Including pineapple sage in your garden will allow you to enjoy butterflies and humming birds visiting this fragrant plant.

In the kitchen, fruit salads are enhanced by the fruity, piquant flavor of the fresh flowers and leaves. This flavor is very

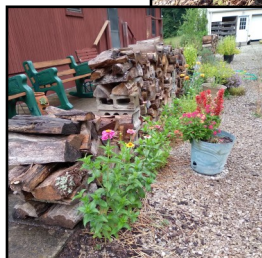
different from that of garden sage; although there is a sage-y element, it's very subtle, and pineapple sage doesn't substitute for other culinary sages. The flowers add visual sparkle as well. Even without flowers, a fresh leafy stem of pineapple sage is the perfect garnish for tall summer drinks.

Try mixing the minced leaves and flowers in cream cheese for a delightfully fruity spread, or knead a handful or two of chopped leaves into raisin bread dough. Steeping the leaves in hot apple juice and using the juice to make jelly is an easy way to preserve the pineapple sage flavor. You can preserve the sweetness in herbal sugar too by layering the leaves in sugar and allowing to infuse for a day or 5.

The purported health benefits of this herb include calming the nervous system, serving as a general tonic, improving the digestive health and treating heartburn. Pineapple sage is extensively used in Mexican traditional medicine, especially for the treatment of anxiety, and also for lowering of blood pressure. Although scientific information about these medicinal properties is scarce, a preliminary study on mice found support for the plant potentially having anti-depressant and anti-anxiety properties.



Photo: North Carolina State Extension



## Easy Garden

by Una Turley, KHS Member

I ordered seeds from Burpees, mixed them with cosmos and sunflowers. Added potting soil and spread all to the south of the wood pile that rests on the concrete patio. I sprinkled a few twigs of straw to keep the rain from bothering the seeds until they sprouted. The zinnias are beginning to bloom after 8 weeks. The cosmos are still growing. The bigger zinnia to the back was a volunteer from last year's volunteers.

The lemon balm and oregano in between came from plants seed I had in pots several years ago.

# Summer Savory

By Una Turnley, KHS Member



*Satureja hortensis*, summer savory. Photo: HSA, July 2021 Herb of the Month

Summer savory is less bitter than its cousin Winter Savory. Summer Savory is an annual whereas Winter Savory is a perennial.

Summer savory is used like sage in dressings with many fous, in stews, and in meat pies. Marian K. Towne in her "Midwest Gardener's Cookbook 1996", uses summer savory in her bean soup, tomato sauce for grilling, and rice stuffing. The author reports that summer savory has a sharp, spicy flavor, and is commonly used dried, but may be used fresh as well. And she says it is particularly good combined with other herbs in poultry dressings.

"Among Mennonites with a German background it is called *Pepar Krut* (to purists, *Bohnenkraut*), but in Bible times it was know as hyssop." This I found in other references which made it confusing to locate information on Summer Savory.

According to the book BROTHER CADFAEL'S HERB GARDEN', Savory, Garden or Summer ruling planet is Mercury. It was mentioned in one of the tales. Medicinal uses include for stomach and bowel complaints, intestinal disorders and flatulence. A hot peppery-flavored herb, savory was added to most food dishes, especially bean dishes to help prevent gas, flatulence.

Order: Lamiales

Family: Lamiaceae

Binomial name: *Satureja hortensis*

## Book Report

By Judy Cato, KHS Member



### **Chile Fever: A Celebration of Peppers, by Elizabeth King**

This is a delightful little book that is as much a travelogue about Hatch, New Mexico as it is about chile peppers.

Hatch is in the southwestern part of the state, near the Rio Grande, know as the Chile Capitol. In late summer, all along the roadside, bright red chile peppers are ready to be harvested. Some can be seen on rooftops, drying in the sun.

The Hatch Chile Festival is held each year. (I looked up to see if it is still being held since the book was published in 1995. And yes, in 2021, it will be Sept. 4 and 5. In 2022, they will hold the 50<sup>th</sup> anniversary of the festival.) A parade has often featured Native Americans in full dress. There is a chile eating contest, contests for recipes, the Ballet Folkloric performs, a fiddling contest, and a Dr. Bosland from New Mexico State University judges the best shaped chile peppers. (He grows hundreds of varieties, and develops them for their beauty). There is, of course, all kinds of food made from chile peppers.

Chiles are also used for decorations. Every home, church, restaurant and store is festooned with garlands of red chiles called ristras. Ristras are considered a sign of welcome and indicate that

food can be found inside. Chiles are everywhere: there are Christmas ornaments, jewelry, lights, ceramics, pinatas and dolls.

The book also talks about the growing cycle of chiles which is the same as bell peppers. They are planted in late February or early March; the pods appear in July, and turn colors in August. Some are harvested while still green. They belong to the nightshade family which includes eggplant and tomatoes.

There is a discussion of capsaicin, which is a chemical in the walls of chile peppers. The human body reacts to capsaicin by releasing a painkilling chemical.

Chile peppers were a common crop in America in 1492 when Columbus arrived. Europeans took them back to Europe and from there, they spread around the world. They originated in Brazil.

There are images of chile peppers on Nazca pottery. The Aztec used them to pay taxes.

The book also includes a pronunciation guide for types of chiles and a table of heat scores for various types of chiles. Habenero is by far the hottest. There is also a recipe for green chile rollups.

VIVA LOS CHILES!

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



# Who We Are: Mary Harper

By: Barbara Lusco-Peppers, KHS Member



Mary Harper was born at Ft. Knox, Kentucky. As Mary would say, she was an “Army Brat” and travelled the world. What experiences and stories she could tell! Mary is married, has 3 children and a dog. Currently, she is retired; having an interesting career as a photo journalist in the Navy, Xerox tech, teacher’s assistant, Bellarmine University Assistant Coordinator.

Let me go back to the Navy. I thought I read the questionnaire correctly, made a call to confirm and sure enough! Her father had retired by the time that she graduated from high school and she was looking for “another ad-

venture”, so she liked the uniform and off she went for 2 years. Wow, what a career! She belongs to The Louisville Ethnic Dancers and Bookish Babe’s Book Club (don’t you love the name?).

Mary has been a member of our Unit since 2018, joining after hearing about our group from Joan Burton, and what an asset she has been to us! Her favorite herb is thyme. Gardening, watercolor painting, ukulele, dance, reading and quilting are her hobbies. Mary has been many places during her life, but Germany, Italy, India, Taiwan and Ireland are her favorites.

We are lucky to have Mary as a member of our Unit and my hope is that you will get to know her better after reading about her life.

*Members have expressed how much they have missed getting together. Keeping in touch and learning about each other has been a popular goal, and so Barbara is doing member profiles for the newsletter.*

## Through the Garden Gate



**KSB Garden** - This picture shows one side of the new garden. The entire site consists of borders along the foundation in the front and along the right side of the building. These borders are mostly in full sun, with very shaded areas on either side of the entry door. The combined square footage for these beds is approximately 850 square feet. There will also be two curved raised beds on either side of the circular patio at the entry to the building (in front of the table in the picture, with a matching one on the right side of the walkway). Together these beds will consist of another 230 square feet. Needless to say, we have our work cut out for us! Luckily, the school will be taking care of building the raised beds, tilling, hauling in and depositing the soil and mulch. The KSB Charitable Foundation has \$6,500.00 currently to fund the garden. Our role is to design the gardens, choose the plants, plant and maintain the gardens. I do think we can expect some assistance from the school staff with the planting. Fun times ahead!!! ~ Jo Ann Hughes



What was the KSB Garden

**Old Capitol Herb Garden** - The garden is looking fairly well for this hot thyme of year thanks to our twice weekly 2nd and 4th Thursday maintenance crew and the members who have stopped by to water on the days when the temperatures have edged up to 90 F. Cynthia Johnson painted several new name slates and they have been placed in the garden; they are lovely. Visitors continue to frequent the garden and one of the guys told Marjo that an average of 60 people come through the garden on tour monthly. In addition, there are many locals and visitors who do not do the tour but stop in to visit the herbs. I am very pleased that Maribeth Kelly has agreed to co-chair the garden with me. She has faithfully been coming to help in the garden. September 1 the chair people will be meeting with Britany Miller to update her on the garden. As fall approaches and the growing season wanes we will be adding some mums to the landscape to keep the pumpkin vine company. All members are welcome to come spend some thyme with us around 10:30 am on garden day! ~ Joan Burton





## Meeting Minutes



### **JULY** by *Susan Hart, Recording Co-Secretary*

- Our July 13 meeting was held indoors at Park Christian Church.
- Hostesses were Susan Hart, Linda Miller, and Patricia Ostrander. Food served as a bag lunch.
- Members in attendance: Dionne Adams, Joan Burton, Judy Cato, Edith Davis, Kim Davis, Qudsia Davis, Cindy Gnau, Cynthia Hardy, Mary Harper, Clovis Hayse, Marjo Howe, Bridgett Howe (daughter of Marjo), Jo Ann Hughes, Lorraine Hughes, Jeanette Griffin, Mike McKinley, Barbara Peppers, Donna Poe, Juanita Popp, Jett Rose, Deb Slentz, Julia Warf.
- Juanita Popp thanked club members for cards and heartfelt wishes on the passing of her husband.

### **Business Meeting**

- Joan Burton opened the meeting at 1:16 with the poem "In My Garden".
- Marjo Howe reported on the herb of the month "Mojito Mint", a descendant of spearmint.
- Susan Hart reviewed the book of the month "Tips for the Lazy Gardener" by Lisa Tilgner.
- Program by Donna Poe: "Herbal Salts, Syrups & Such" - preparation, recipes and uses. Donna prepared two herbal drinks for all and gave away samples of the products she presented. Lots of delighted recipients!

### **Old Business**

- **Recording Co-Secretary:** Susan Hart sent 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. Half the money (\$938.30) is sent in for 400 copies of the cookbook. Donation to Waterfront Botanical Gardens of \$125. Dues of \$62 and \$7 due now.
- **Garden Reports:** KSB Garden-Jo Ann Hughes. Raised beds ready for demolition; stop watering. Meeting in August with Charitable Foundation for new garden planning. Old Capital Herb Garden-Marjo Howe. Continue to water and weed.
- **Newsletter:** Kim Davis. Summarize book reports for newsletter. Send in submissions at any time.
- **Library:** Donna Poe. Bookshelves moving to Kathy Peterson's home. Donna will continue as librarian.
- **Historian:** Joan Burton. Located a diagram of the club's garden at Floyd Memorial Hospital, ca 2010(?), along with a list of plants. She also asked for a list of club chairs from 2009 to 2014.
- **Corresponding Secretary:** Barbara Peppers. Cards sent to Rita Day, Juanita Popp, and Clovis Hayse.
- **Website & Facebook:** Lorraine Hughes. Please send photos of member gardens.
- **HSA:** Joan Burton and Jo Ann Hughes attended Ed-Con. Next HSA unit chair meeting July 15.

- **Program Committee:** Group will meet at The Exchange on Main to begin planning for 2021-22 program. Turn in suggestions to committee.
- **Cookbook:** Jett Rose. Book is sent to publisher. Link to PDF text is available, and volunteers needed to review text. 415 books will arrive in early fall.
- **Volunteer Hours:** Jo Ann, Jett and Joan meet the last week in July to send in annual report. Send in your volunteer hours. Send new pictures to Kim Davis for Program Book.
- **Welcome new officers:** Chair - Jo Ann Hughes, Vice Chair - Mary Harper, Recording Secretary - Susan Hart, Treasurer - Jett Rose, Corresponding Secretary - Barbara Peppers, Historian - Joan Burton.

### **New Business**

- **Outgoing Chair:** Joan Burton concludes her 6th term of office. Jett Rose presented Joan with a cat tote bag full of cat books!
- **Garden Planning:** Dead-head and gravest herbs to dry or freeze.
- **Garden Events:** Enjoy a tour in Knob Stone Garden and/or Yollie's Gardens in Scottsburg.
- **Next Meeting:** Park Christian church. Bring recipes for spicy dishes using spicy herbs.

### **AUGUST** by *Susan Hart, Recording Secretary*

- The meeting began at 6:00 and was held indoors at Park Christian Church.
- **Hostesses:** Deb Knight, Jo Ann Luecke, and Maggie Oster served a bag lunch.
- **Members in Attendance:** Dionne Adams, Joan Burton, Judy Cato, Edith Davis, Kim Davis, Qudsia Davis, Mary Harper, Susan Hart, Jo Ann Hughes, Lorraine Hughes, Deb Knight, Jo Ann Luecke, Barbara Peppers, Kathy Peterson, Dona Poe, Jett Rose, Deb Slentz, and guest Denise Perez.
- **Program:** Recipe Exchange for dishes using spicy (hot) herbs. Presenters submitted copies of recipes to Lorraine Hughes who will post the recipes online.

### **Business Meeting**

- Jo Ann Hughes opened business at 6:30 with a fun fact. The origin of the phrase, "Dog Days" is a reference to Sirius, the Dog Star, which is in the sky at this time of year and is not a reference to August weather.
- **Herb of the Month:** Una Turley not present.
- **Book Report:** Judy Cato – Chili Fever: A Celebration of Hutch, New Mexico.

### **Standing Committees**

- **Recording Secretary:** Susan Hart sent August minutes to Kim Davis to be included in the newsletter.
- **Treasurer's Report:** Jett Rose reported. Yearly dues not deposited yet. deposit to Huber's for Spring Education program.
- **Garden Reports:** KSB Garden – Jo Ann Hughes. Demolition has begun. Raised beds, shrubs and

(continued page 7)

## Potpourri

- **HSA's Fuzzy Butts Observation Day**, Saturday, September 11, from 2 - 3 pm. For info, go to the members only page at the HSA website.
- **HSA Virtual Educational Conference**, in the 'Members Only' section on the HSA website.
- **Online Learning:**
  1. **Herb Society of America** - webinars, fact sheets, blog, etc. - [www.herbsociety.org/](http://www.herbsociety.org/)
  2. **American Horticultural Society** - podcasts, videos and more - <https://ahsgardening.org/>
- **HerbRally** - Articles, podcasts, listing of herb events around the country - [herbrally.com](http://herbrally.com)
- **Yew Dell Botanical Gardens:**
  1. History of Cultivation in Kentucky, September 9. Register at: [www.yewdellgardens.org/classes-events/](http://www.yewdellgardens.org/classes-events/)
  2. Fall Tool Maintenance & Storage Virtual Workshop, September 25, 10 am. Registration required.



## Meeting Minutes - cont'd

river birch are removed. The barrels still need water. The ornamental grasses are cut down from the new site. Mulch at the base of the dormitory building is removed, and that soil needs amending. Meeting with the KSB Charitable Foundation is scheduled for Friday, August 20 at 11 am. Old Capital Garden – Workday August 15 at 10:30. Weeding needed. New signs are in place.

- **Newsletter:** Kim Davis – Send book report and program summaries to Kim. Articles always welcome.
- **Library:** Donna Poe – All books are now shelved in Kathy Peterson's home. Send requests to Donna.
- **Historian:** Joan Burton – Joan modeled a KHS tee shirt (yellow with rosemary design), circa 1995, from her archives. Should club design and sell an updated tee shirt?
- **Corresponding Secretary:** Barbara Peppers – Birthday greetings sent to Linda Miller, Cynthia Johnson, Jett Rose, Edith Davis, and Deb Knight.
- **Web Site and Facebook:** Lorraine Hughes – No report. Send garden and herb related pictures.
- **Program committee:** Jo Ann Hughes - Theme for 2021-2022 year is "Basics: Grow, Use, Appreciate Herbs". Coming year: 3 hostesses per meeting, choose an herb or book report, email program ideas to JoAnn. Future meetings in person or Zoom from Joan Burton's home. Club to pay fee for Zoom.
- **Cookbook:** Jett Rose- Book title, It's Time to Cook with Herbs. Lorraine Hughes provided pictures for front and back covers. Club paid publisher for color covers. Selling cost per book \$10.00. Digital copy available for each book; cost to be decided.
- **Spring Education Day:** Jo Ann Hughes – Club needs a program chair for the event.
- **New Business**
  - **New for 2021-2022:** Jo Ann Hughes – New members/old members send in self picture for new year's program book. Fill out "Getting to Know You" form for Barbara Peppers.
  - **Motion:** Keep meeting time 1 pm permanently, beginning September 2021, made by Barbara Peppers, seconded by Joan Burton. Passed unanimously.
  - **Three hostesses/meeting.** Keep bagged lunches indefinitely.
  - **Clothing Items:** Joan Burton - Check on the number of club aprons needed for events. Inquire into the cost and style for a new club tee shirt.
  - **Garden Plans:** Jo Ann Hughes – August, halfway between solstices. Water often; August is dry. Worst month for insects and mildew. Use of fungicides is toxic, so thin out plants in mid-summer and use baking soda solutions to help with mildew. Weed – weeds make seeds. Harvest fennel and coriander seeds. Dead head to send energy back to plants.
  - **Next Meeting:** September 14<sup>th</sup>, 1:00 pm. Program: Clovis Hayse – Herbal Wreaths.
  - **Meeting Adjourned:** 8:25 pm





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*The Herb Society of America*

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To sit in the shade on a fine day and look upon  
verdure is the most perfect refreshment.

~Jane Austen

Photo: Univ. of Georgia, Invasive.org

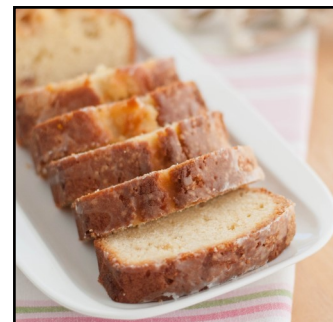


## Pineapple Sage Pound Cake

*From HSA Website*

- |  |   |
|--|---|
| 1 cup butter, room temperature   | 3 Tbsp. chopped pineapple sage flowers (opt.) |
| 1 cup sugar  | 1 tsp. grated lemon peel                      |
| 1/4 cup honey (light wildflower or sage preferred)                               | 4 Tbsp. well-squeezed, chopped pineapple      |
| 5 eggs   | 1 tsp. baking powder                          |
| 2 Tbsp chopped pineapple sage leaves (small,<br>new leaves have the most flavor) | 2 cups flour                                  |

Cream butter and sugar until light and fluffy. Beat in honey. Add eggs one at a time, making sure to beat one minute after each addition. Beat in sage leaves, flowers and lemon peel. Stir dry ingredients together and add to butter mixture. Fold these together gently until just blended. Pour into 4 mini loaf pans (6"x3"x2"). Bake at 350°F for 45 minutes. Cool 10 minutes before removing from pan.



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