

Kentuckiana Herbal Thymes

"For Use and For Delight"

From the Chair



It really was nice after six months separation to have our first in-person meeting since the pandemic ascended upon us. Jett's beautiful backyard was the perfect venue. We were spread out in lawn chairs across the green. The marketplace, donation table, Maggie's calendar table and plant exchange areas were spread apart to allow the circulation of members and social distancing. I was so happy that so many members brought items for the marketplace, the donation table and the plant exchange. We took in a nice chunk of change! Members were really conscientious about wearing their masks, so I thank all of you for this.

Every bite of Jett's food was so delicious from the tomato salad, the crab salad, the chicken pasta salad and the delicious deserts. She took care to pre-package all but the tomato salad so there was no communal dipping. We all very much enjoyed it! Jett, you are the best!

Our meeting was longer than I had intended but we had a lot of discussion about how to proceed during the pandemic. Jo Ann Hughes presented some creative suggestions which the program committee will consider with input from the members. Two of the most important points are to continue learning and sharing information about herbs and MOST importantly staying CONNECTED with each other. We will continue to share the Herb of the Month and Book Reports in this newsletter and meetings whether in person or virtual. Staying connected cannot be assigned but it would be nice if you would give a member a call or send an email even if they are not your best buddy. This would be especially nice to our newer members from our "old-thymers". More details about this meeting should be in the minutes that Barbara Lusco has submitted to this newsletter.

We had so much fun at this September meeting that we decided to have our October meeting in person again in the grove that is behind the parking lot at Park CC. There are a few picnic tables but everyone is requested to bring their own chair, food and drink. This will be a 1 pm meeting. There was already talk that some members were going to stop by the Popeye's Chicken for take out. More details will be sent out nearer the October 13th date. There is a good chance that this October meeting will be our last in-person meeting until warm weather returns in the spring, so I hope that all who feel comfortable will come. If you cannot come to this meeting I hope that our November meeting will be a Zoom gathering which may be accessed by computer, smart phone or tablet.

Program book covers were handed out to the members who were at the meeting. Personally, I have been a bit perplexed as how to proceed this next year but with all of the good suggestions I do think that the program committee has enough direction now and that we will be able to construct a modified but interesting year. Therefore, you should eventually be receiving some content pages to fill those folder covers. Of course, with Kim sharing her typing and editing talents.

By the time we will have our October meeting we may have had our first frost and our active growing season will have ended. I encourage every good "herbie" to take notes about your herbal experiences this summer so you can share them with us. Others might learn from your experience. In the meanwhile, continue to wear those masks and keep a rake-handle distance away.

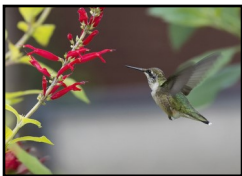
And Have a Happy Fall!

Joan Burton, Chair
(& Catnip lady)



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<https://plants.ces.ncsu.edu/plants/salvia-elegans/>

Upcoming Meetings

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October 13 @ 6 PM - Away From Home

Park Christian Church - OUTDOORS

Meeting at the back of the parking lot. Bring your own chair, food and drink. Dress warmly if cool! Share a herb that you must have when you travel away from home.

Herb of the month: Jiaogulan - Maggie Oster

Book of the month: TBA - Barbara Peppers

Refreshments: Cynthia Hardy (will bring a prepackaged Halloween treat and recipe of what she would have made)

November 10 @ 1 PM - Home Cooking

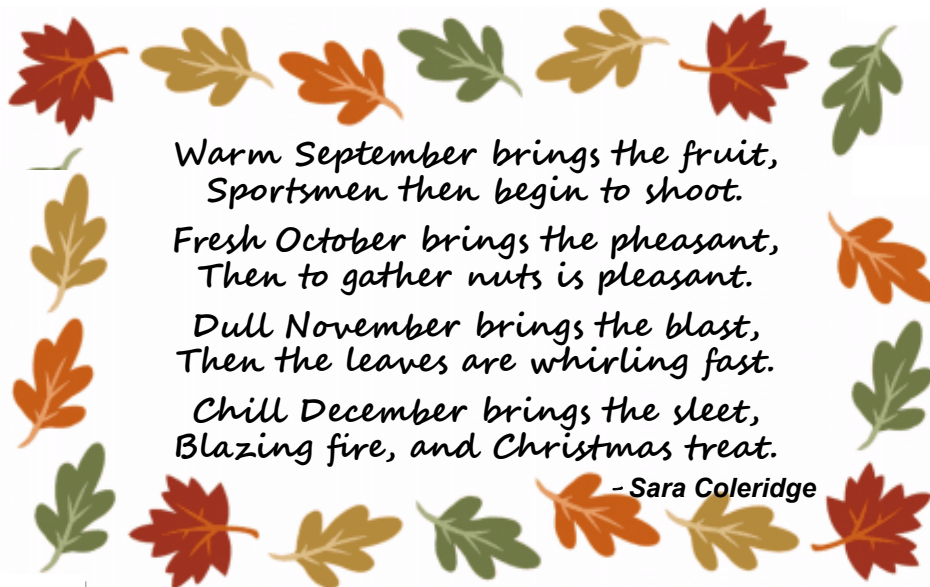
At home on ZOOM

Instructions on joining the meeting will be sent prior to meeting. Member challenge: a use for **sage** that is not dressing, and for **pumpkin pie spice** that is not pumpkin pie.

Herb of the month: TBA

Book of the month: TBA

Refreshments: Your choice!



Happy Birthday!

October

Cynthia Hardy
Gerri Crawford
Cindy Gnau

November

Millie Chapala

December

Pat Ostrander

Qudsia Davis
Clovis Hayse
Una Turley
Susan Hart
Joan Burton

Marjoram

By Kim Davis, KHS Member

Each year it seems I have an abundance of a particular herb, as if Mother Nature is telling me I'll need it - she may well be! Last year was thyme, and it turns out hubby and I both went through episodes of sinus drainage, coughing, and general heading-into-cold or -flu and I made thyme tea to combat infection. It worked well, and gently.

This year my bumper crop is marjoram (*Origanum majorana*), a member of the mint family. It is called a great antiseptic, antibacterial, antifungal, and antiviral, excellent for treating colds, flu, food poisoning, staph infection, mumps, measles, typhoid, malaria (although I strongly recommend medical treatment for the more serious illnesses!). It can enhance digestion by increasing digestive enzymes, improving appetite, calming the stomach, relieving nausea, diarrhea, and constipation, and curing or preventing intestinal infections.

Another benefit of marjoram is to enhance the cardiovascular system by lowering blood pressure, preventing the buildup of cholesterol, and improving blood circulation. Applied topically, it has been known to relieve painful joints, sore muscles or sprains, and toothaches. Also anti-inflammatory, it relieves asthma, sinus headaches, muscle spasms, fever, body aches, and can lessen bruising. It aids in reducing stress, calming anxiety, and relieving insomnia.

Adding this versatile and delicious herb to our food will be easy, and I'm always drinking teas. I will still be getting my flu shot this year, but I'm not going to ignore Mother Nature!



Proceeding During the Pandemic

(Subject to change after program committee meets)

- We will have outdoor meetings during warm months as weather permits. Cold months we will have Zoom meetings.
- Herb of the Month/Book of the Month: Reports will be assigned as usual and all submitted to the newsletter. If member can attend the meeting, report to be presented verbally.
- The Program Committee will be discussing options for programs:
 - a) members presenting a SHORT program at meetings
 - b) all viewing the same HSA or Master Gardener webinar
 - c) engaging an outside speaker to present a webinar
 - d) study group for Parsley (Herb of the Year for 2021)
 - e) Open for other suggestions
 - f) Hostesses: If we are meeting in person the Hostess will bring some pre-packaged food item to suit the occasion, i.e. candy, cookie, fruit or nut snack, and a recipe for some food that they would have made if we could cook for the meeting and copies for everyone.

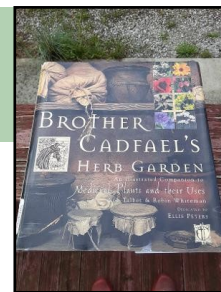


Paver and bench at Waterfront Botanical Garden



Book Report

By Una Turley, KHS Member



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

BROTHER CADFAEL'S HERB GARDEN

by Robin Whiteman - photos by Rob Talbot

Ellis Peters created Brother Cadfael, a complicated man, in a series of 20 stories set in Shrewsbury, England in the 12th Century. Brother Cadfael came to be a monk after a life of seafaring and crusade fighting. He has a son that he has not seen in many years and memories of fights where combatants perished by his hand. Throughout his travels he foraged for plants for healing and eating. When he ended up as a monk at the Benedictine Monastery in Shrewsbury, he gravitated to the garden, tending the plants, creating tinctures from the many herbs and plants for healing in the monastery's infirmary, and solving simple mysteries of murder and theft. The characters seem to fall into trouble through no fault of their own and Brother Cadfael figures out a way to see them on their journey to a better life. PBS created a series out of Ms. Peters' tales about Brother Cadfael.

This book contains a listing of plants that may have been in Brother Cadfael's gardens. The plants are known to us today, listed in alphabet order, and comprise of many herbs, edibles, and decorative plants. In the fictional books, the author spends time to tell about how Cadfael works in his garden and in his workshop preparing his healing products.

A few treasures mentioned in this garden book are planting orchards among the graves at the monasteries. Good use of the ground, and provides shade to visit the dead. The monks abstained from 'eating the meat from four-footed animals,' except for the very weak in the infirmary and given as treats to the rest.

The chapters of "Brother Cadfael's

Herb Garden" open the book before getting to the list of medieval plants and herbs. The monastic garden and Cadfael's herbal kingdom are explained in detail with gorgeous pictures of the surrounding area, with Cadfael explained as an herbalist and healer in the 12th Century in the third chapter.

Our Herb of the Year, the Bramble, is detailed in the list of plants. The author of this book gives the Latin name and follows with a list of titles when the plant appears in the stories. Sometimes a quote from one of the titles is given followed by how the plant grew in the area surrounding the monastery. There is also a ruling planet given, in the case of the Bramble, Venus in Aries. Uses for the plant designated with Medicinal, then Culinary, and a Miscellaneous paragraph end the description of the named plant. 'Bramble leaves were used as an astringent and tonic, and as a poultice.' There are 60 pages of plants listed. Then a select list on two pages of additional medieval plants and herbs.

The last chapter, "The Shrewsbury Quest", tells of how today's people try to maintain the gardens the old way in a 'medieval heritage centre that not only celebrates the colourful world of Brother Cadfael, but offers visitors a fascinating recreation of monastic life in the twelfth century.'

The herbal library of Kentuckiana Herb Society has this rare book for you to read and appreciate. My copy came from an online book store and was mailed from England. I have been on the lookout for a few of the original books in the series, having read at least a third of the twenty Ellis Peters wrote.

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/

Lemony Zucchini Bread

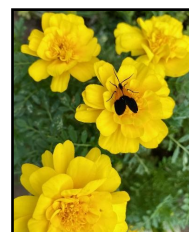
From Jett Rose & Taste of Home website

4 c. all-purpose flour	1-1/4 c. 2% milk
1-1/2 c. sugar	1 c. canola oil
1 pkg. (3.4 oz.) instant lemon pudding mix	3 T. lemon juice
1-1/2 tsp. baking soda	1 tsp. lemon extract
1 tsp. baking powder	2 c. shredded zucchini
1 tsp. salt	1/4 c. poppy seeds
4 large eggs, room temperature	2 tsp. grated lemon zest

In a large bowl, combine the flour, sugar, pudding mix, baking soda, baking powder and salt. In another bowl, whisk the eggs, milk, oil, lemon juice and extract. Stir into dry ingredients just until moistened. Fold in the zucchini, poppy seeds and lemon zest.

Pour into 2 greased 9 x 5 in. loaf pans. Bake at 350° for 50 – 55 minutes or until a toothpick inserted into the center comes out clean. Cool for 10 minutes before removing from pans to wire racks to cool completely.

September meeting - 'distancing' at Jett's.



Through the Garden Gate

By Jo Ann Hughes, KHS Vice Chair

The Old Capitol Herb Garden

Our garden is transitioning into its Fall mode but is still looking nice. The marigolds are adding a lot of nice color. Donna Poe donated a couple of plants for the garden which have been planted. The Self Heal, *Prunella vulgaris*, was planted in the Medicine garden and the Rose Champion, *Lychinis coronaria*, a plant found in Thomas Jefferson's garden was planted in the back border near the steps because it likes a dryer area. Marjo, Ken and I have kept the weeds under control and the plants watered taking turns going to the garden on specific days. If any other member would like to join the water and weed team just let us know and we can assign you a day.

- Joan Burton

Kentucky School for the Blind

I want to start with a correction and an apology. In the last newsletter,

Mary Harper was identified as Mary Hamilton - so sorry! Mary and the other dedicated volunteers have signed up and shown up throughout the summer to keep the garden watered, weeded and humming along nicely. However, today we had a setback. I arrived at the garden to find some of the shrubbery had been severely cut back that very morning. I was devastated! The school is being readied to receive students on October 4th. The head of grounds maintenance told me that these plantings needed to be trimmed so staff could easily supervise the children on the adjacent playground. I welcome all suggestions for salvaging this poor viburnum.

- Jo Ann Hughes



New planting at OCHG



Barrel of basil - KSB





Meeting Minutes



SEPTEMBER by Barbara Lusco-Peppers

- The meeting was called to order at 6 pm in the lovely back yard of Jett Rose. Attending: Donna Poe, Cynthia Hardy, Cynthia Johnson, JoAnn Hughes, Lorraine Hughes, Marjo Howe, Maggie Oster, Deb Slentz, Jett Rose, Barbara Peppers, Joan Burton.
- Jett Rose, Treasurer, stated we have \$7,130.91 in checking & \$2,780.11 in savings for a total of \$9,911.02.
- Garden Reports: *KY School for the Blind* - JoAnn Hughes thanked all the wonderful volunteers for keeping the garden looking it's best. There is no school till October. *Old Capital Herb Garden* - Marjo Howe stated there has been lots of visitors to the garden. Volunteers work a schedule to keep the garden in shape. Mums have been planted for the season to fill in. A hydrant has been installed to make watering easier.
- All attending received a folder with a copy of Southern Indiana Living. Our members, Judy Cato & Lorraine Hughes, did an excellent job of high-lighting The Old Capital Herb Garden.
- Lorraine also did the photography for another article, "Delightful Spaces of the Imagination". Kudos to both ladies for an excellent job!
- Thanks to all members who turned in articles for the newsletter. Please continue to send information to Kim! Remember that this is YOUR newsletter so anything you contribute will be of interest to all of us.
- Donna Poe reported that 2 new books have been added to our library. "Restoring America's Gardens 1865-1900" & "Rubus, Herb of the Year 2020".
- Parsley is the Herb of the Year for 2021. Violets for 2022.
- Joan reported that we received several old program books dated 1985-1986 from our beloved member, Marty Thomas.
- We still do not have a delegate for Central District.
- HSA has mailed out the membership cards for this year. Let Joan know if you did not receive yours. Lorraine Hughes & Judy Cato received 5 year pins, Cynthia Hardy 20 year, Clovis Hayes 30 year, Davy Dabney 40 year. Congrats to all these ladies.
- 1,078 volunteer hours were turned in to HSA. Thank you to all who turned in their dues & hours. Everyone is expected to submit at least 10 hours per year to keep your membership in good standing.
- The survey regarding HSA donations ranged from 0-\$300. Response was equally divided so Jett, Joan & JoAnn agreed good send \$200 to support the National Herb Garden intern.
- JoAnn & Joan will attend the Unit Chair Zoom meeting with all other units across the US. We will have a better feel after this meeting what other units are doing to handle the pandemic restrictions. Pat Greathead sent information regarding virtual gatherings in the NE District.
- The Spring Education Day is on hold as well as the Cookbook.
- With the uncertainty of Covid it is not likely that we will have the event in March. No deposit has been made to Huber's. Jett was going to check on info that has been submitted on the cookbook see how long they will hold data before we have to print.
- New Business - The Program Committee, JoAnn Hughes, Joan Burton, Barbara Peppers & new member, Deb Slentz are perplexed about how to proceed with our monthly meetings. Do we have online meetings such as "Zoom" thru HSA "Go to Meeting" which would cost \$20.00 per unit or have Bruce Burton set up our own "meeting". The goal here is to STAY CONNECTED to all our members. JoAnn Hughes suggested several ideas that the committee will explore.
- Program Books will be distributed when ready.
- Prayers to Deb Slentz whose husband was diagnosed with stage 4 cancer in February.
- Jett Rose will not be hosting our Christmas Party this year because of the virus.
- Our long time founding member, Helen Sajko, passed away recently. A rosemary plant was delivered to her service & a card sent to her family. We are investigating putting a brick in her memory at The Falls Of Ohio, a place she loved & donated much of her time. One donation was received in her memory.
- Joan passed around a sign-up sheet for each member to pick a Herb and/or a Book that you want to present to the group this next year.
- In appreciation for the tireless hours, phone calls, knowledge of all things "Herbal" and dedication to our unit, Jett presented Joan Burton with a piece of Louisville pottery and an embroidered "Cat" shirt! Thank you from all of us!
- Our next meeting, Oct. 13th, will be OUTSIDE at Park Christian Church in the picnic area behind the church at 1:00. Please bring a chair and a bag lunch with your drink.
- Thanks again to Jett for hosting our meeting. The food, her beautiful backyard, the marketplace, plant exchange, free will table and Maggie's Herbal Calendar was a hit!

KHS - Who We Are

At the last meeting of the KHS, attendees 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. Barbara Lusco Peppers suggested that we do member profiles that would be shared in the newsletter. I was recruited by Joan to do the first one about myself. Being the Vice Chairper-

son, and thereby the future membership chair, I could hardly refuse. Members may find it easier to write about someone else, rather than themselves. We could take turns interviewing another member. In the upcoming survey from the program committee you will be able to voice your opinion on this. Either way, my hope is that my inaugural profile can serve as a template for future articles.

- Jo Ann Hughes

Jo Ann Hughes



I was born and raised in New Richmond, WI. I graduated from the University of WI - Madison with a Bachelors in Occupational Therapy. In 1981 I moved to Louisville to further my career, taking a job at what is now Frazier Rehab. From there, I went to The Pediatric Convalescent Center at the Home of the Innocents, and then on to Jefferson County Public Schools. In the Fall of 2017, I retired after 37 years in the field. I loved my work, but am also really enjoying retirement!

My partner Marie and I have spent the last 21 years in Greenville, IN. We share our home with 4 cats and the yard with the neighbor's cat who won't go home. We also have 6 lovely chickens. I enjoy gardening, cooking and listening to recorded books. Historical fiction is my favorite genre. But my absolute obsession is fiber arts – specifically spinning and knitting. The vest I am wearing in the picture is one I finished this spring. I bought the raw fleece at the Wisconsin Sheep and Wool Show, washed, carded and spun the wool, then knit the vest.

I joined the herb society after attending the Herb Education Day in 2018. I was impressed by the friendliness and scope of knowledge in the group. My favorite herb to grow and eat is garlic.

If I had to described myself with just 3 words, they would be: curious, creative and enthusiastic.

Cookbook Status

There has been some concern about how long Morris Cookbook Company will keep our recipes on their server if we don't publish it soon. I have spoken to someone at their office and was assured that as long as there is some regular activity they will not remove our recipes. I plan to log in at least once a month and Barbara Lusco-Peppers has agreed to work on organizing the recipes within the categories. That should keep us active enough until we are ready to spend the money to print 500 books.

- Jett Rose



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

kentuckianaherbsociety.org



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Learn to pause . . . or nothing worthwhile
will catch up to you. – *Doug King*

Potpourri

- A memorial brick has been ordered to be placed at HSA headquarters. It will read "In Memory, Helen Sajko, Founding Member Kentuckiana Unit".
- A nice story was featured on WDRB News about Deb Slentz's husband Greg. A campaign, "Go Greg Go", was organized to help him get 100 miles of running a month while he is battling cancer. Over 100,000 miles have been obtained so far by his co-workers and friends.
- Wanting to learn more about herbs but stuck at home? Go to The Herb Society of America website. Select 'Members log in'. User name is your email address and password HSA1933. There are numerous past webinars, some with

PDFs that you can print if you do not like to sit at the computer. Having trouble logging in? Call HSA headquarters during business hours 440-256-0514.

- Parsley will be the Herb of the Year 2021 as designated by The International Herb Association. As you grow, cook, or use parsley in some other way, make notes about it so that we may share our *Petroselinum crispum* experience.
- The article on the Old Capitol Herb Garden by Judy Cato and Lorraine Hughes is posted on the KHS website. You can also access it from:
<https://www.yumpu.com/en/document/read/63585439/sil-july-august-2020>



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