

Kentuckiana Herbal Thymes

“For Use and For Delight”

From the Chair



From the Swing -

I am sitting out in the swing as I compose this. It is a beautiful day like so many days that we have had in recent weeks. The viburnums smell delicious and are scenting the entire back yard. This has been a most unusual spring to say the least. Who would have ever thought that a Covid-19 virus or any other pandemic would have resulted in the cancellation of our Spring Education Day and all social gatherings? But this is our reality and we will make the best of it.

Marjo and the committee chairs, Judy, Jett, Kim, Cynthia Hardy and Cynthia Johnson and all of you members who were doing your part to make our Spring Education Day special deserve much thanks. I know it would have been a wonderful day. I am glad that we decided to cancel early on. Everyone involved have been very gracious. Huber's refunded our deposit and we refunded the registration fees. Jett sent out emails and Jett and Linda Pahner wrote notes to those who did not have an email listed. Many of the people who attend every year have expressed their disappointment and understanding. I hope members who made items for the marketplace, if not perishable, will save them for next year, as well as your raffle donation.

All of us who were going to Charleston for the HSA meeting, of course, did not go. The Central Indiana Unit's event was cancelled as well as the Central District Gathering that was to be held in Wisconsin in June.

Marjo was still planning to have our May meeting at her home as planned but at this point it looks like the virus has not peaked in either Indiana or Kentucky so it is unlikely that we will be having our May meeting and perhaps not the June meeting either. We will send an email notification to members if we CAN meet.

Now on to the more positive. I have talked to many of you by telephone and I know that most of you have been staying busy. I am using this stay at home thyme to catch up on some neglected chores and house cleaning. I have decorated for Spring. I have mulched the gardens and have planted a few cool tolerant herbs and vegetables in my raised boxes. It seems that spring bulbs, the bluebells, and the flowering trees have been extra pretty this year and it has been a lovely thyme to take walks. I have had a little extra thyme to do some reading.

If you have not ordered seeds it is a good thyme to do this and several garden centers are open and have curb side delivery. It is still too early to plant tender annuals but you can always have your garden plot ready to plant when the temperature warms.

Several of you have been making face masks for personal protection for family and friends. Patterns are available on line and this is a good way to use up scrap material. I have found myself being innovative with cooking as I am trying to use out of the pantry and freezer instead of running out to the grocery every few days. The herbs, dried from last year, have enhanced most the most ordinary foods.

I know that some of you miss seeing your family and friends in person but it is amazing how the telephone and “social media” can keep us in touch. While our lives are in a holding pattern, I hope that you will enjoy the beauty of Spring, spend thyme outdoors but away from other humans and also take this pandemic seriously. This too will end and we will be free to go out and buy herbs to plant and see each other. Have a Healthy Spring and Stay in Touch!

Joan Burton, Chair

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Upcoming Meetings

2019-2020
Officers

Joan Burton
Chair & Historian
(812) 738-8352
joanandbruce@twc.com

Jo Ann Hughes
Vice-Chair
(502)889-7077
jhot55@aol.com

Jett Rose
Treasurer
(812) 590-4604
Jettellen@yahoo.com

Susan Hart & Linda Miller
Recording Secretaries
(502) 767-8504
raysue222@att.net
(502) 409-1687
lindahmiller@twc.com

Barbara Peppers
Corresponding Secretary
(713) 208-5383
Balusco@aol.com

Kim Davis
Newsletter Editor
(812)347-0050
gardenelf3@aol.com

April 14 @ 1 PM - Berry Good Plans (cancelled)

Park Christian Church

Bethany Pratt, Jefferson County Extension agent, Horticulture, will talk about incorporating herbs in your garden design.

Herb of the month: Savory - Jo Ann Hughes

Book of the month: "Berry Gardening" - Clovis Hayse

Refreshments: Judy Cato, Deb Slentz

May 12 @ 1 PM - Berry Nice Gardens (pending)

Marjo Howe's home

Pitch-in supper at Marjo's home. Marjo will give a tour of her lovely gardens and yard. We will also have a plant exchange.

Herb of the month: Ginger - Deb Slentz

Book of the month: "Carrots Love Tomatoes" - Linda Pahner

Refreshments: Marjo Howe, Edith Davis

THYME for dues and volunteer hours!

June 9 @ 1 PM - Berry Pretty Herb Containers (pending)

Park Christian Church

Jeff Wallitsch will talk about assembling lovely herbal containers. You may bring your own container and purchase herbs to plant. A meal before will be discussed.

Refreshments: Una Turley, Julia Warf, Barbara Warf (drinks & cookies)

THYME for dues and volunteer hours!

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/

Happy Birthday!

April	May	June
Maggie Oster Juanita Popp	Kim Davis Deb Slentz Barbara Warf	Mary Harper Martha Ritz Donna Poe Brenda Traill

Herb of the Month: Savory

By Jo Ann Hughes, KHS Member



The savories are members of the genus *Satureja*. Four of my five books, identified the family as, **Labiatae**, and one as **Lamiaceae**. I sought clarification on the internet, and found similar controversy, but also comprise as one site listed the family as either/or. Go figure. The genus *Satureja*, comprises about 30 species. The best know are summer savory (*S. hortensis*) an annual, and winter savory (*S. montana*) a hardy perennial. Both species are native to the Mediterranean region, but are naturalized in North America. Both are primarily used in cooking, and were among the strongest cooking herbs available to Europeans until world exploration and trade brought them tropical spices such as black pepper. The savories have been used to enhance the flavor of food for over 2,000 years.

The Latin name *Satureja* derived from the word “satyr” the ancient lusty, half-man, half-goat creature that roamed the mythological forests. This is thought to refer to the supposed aphrodisiac effects of the herb.

According to “The Herb Society of America New Encyclopedia of Herbs & Their Uses”, summer savory, grows easily from seeds sown directly in the garden in early spring. The “Encyclopedia of Organic Gardening” recommends using fresh seed, as viability decreases rapidly after one year. This source provides the following planting advice: plants will form a solid row if spaced 3-4 inches apart, drilled to a depth of ½ inch. In good soil the plants will reach 16-18 inches tall and require very little cultivation. Gardening advice offered on www.doityourself.com states that summer savory readily self-seeds and can come back year after year. They recommend allowing a few flowers to go to seed in your garden so you will be rewarded with more summer savory the following season. “Rodale’s Illustrated Encyclopedia of Herbs” touts summer savory as a good plant for indoor container gardens.

Winter savory, a small sub-shrub is best grown in sandy soil. It can be grown from seed or cuttings. It is often used as a low hedge or accent plant. Winter Savory is a short-lived perennial and will probably need to be replaced with new plants every 2-3 years.

Both species require full sun. They are good companion plants for beans, enhancing the flavor of green beans and deterring Mexican bean beetles. Summer and winter savory are quite

useful in cooking. The consensus from my various sources is that the savories are similar in flavor, with the winter savory being slightly stronger and more pungent as it contains a higher concentration of thymol. Some more specific descriptions of the flavors were provided; summer savory has a peppery taste much like thyme, while winter savory has a more piney taste. Savory blends well with basil, bay leaf, marjoram, thyme, rosemary, and other herbs. It is said that the taste of savory brings all these herbs together for a unique flavor. German cooking is famous for using savory and beans together, and there are many claims that savory is an anti-flatulent.

The leaves and flowering tops are used fresh or dried. “Cooking with Herbs and Spices” offers many suggestions for using savory in everything from Vegetable Juice Cocktail (I read this as Bloody Mary) to egg dishes, fish, meats, salads, soups, stews, sauces and vegetables. Here is a simple recipe from this book to whet your appetite.

Fresh Aux Fines Herbs Blend #4

Use to flavor meat and vegetable soups or stews while cooking. Or to garnish fish, roasts and steaks. 1 tsp. chopped thyme, 1/2 tsp. chopped sweet basil, 1 tsp. chopped summer savory, 2 tsp. chopped parsley. Select fresh, young leaves. Wash thoroughly under cold running water. Dry on absorbent paper. Mince the herbs by chopping with a sharp knife. Serves 4.

Savory was listed as an ingredient in Herbes de Provence. The website www.masterclass.com/articles/what-are-herbes-de-provence, provided a wealth of information in this regard as well as a recipe for making your own.

So, let’s pick up our trowels and get planting. If you are lucky enough to have some dried savory in your pantry, try incorporating it into your next recipe - I know I will.

Sources:

- The HSA New Encyclopedia of Herbs & Their Uses - *Deni Bown; revised edition 2001*
- The Encyclopedia of Organic Gardening - *Organic Gardening and Farming Magazine; 1970*
- Rodale’s Illustrated Encyclopedia of Herbs - *Claire Kowalchick & William H. Hyton, editors*
- Carrots Love Tomatoes, Secrets of Companion Planting for successful Gardening - *Louis Riotte*
- Cooking with Herbs and Spices - *Milo Miloradovich*

Joining KHS

By Mary Harper, KHS Member

I am an Army brat and we never stayed in one place for long and didn't garden. My mother was a lovely mother but not a good cook. Our food was usually from cans. So when I became a wife and mother, I wanted to make tastier food and I wanted to have a garden so I knew the food wasn't full of pesticides. I slowly got better at growing a few basic foods like green beans, zucchini, lettuce and some herbs like basil, rosemary, sage and thyme. I was stuck there for years. People started telling me about different herbs and what they were used for in cooking and health and I was interested in learning more. I met Joan Burton at International dance and she told me about the Herb Society. The rest is history.

Mary's "critter-proof" garden. Way to go, hubby!



Potpourri



- We will be needing a nominating committee to draft a slate of officers. Would you like to be on this committee of three or four members?
- We will also be needing a program committee that should start meeting in July.
- If you have an ideal for a program or have a particular request for a topic let Joan know.
- The cookbook was placed on hold until summer. We will discuss the time to submit at our next in person meeting.
- Davy Dabney is at home now and Helen Sajko has been in and out of hospital. Keep them in your thoughts.
- Jett has our new book for the library, "Rubus, Herb of the Year 2020". Davy Dabney has a chapter, "Chasing the Wild Thimbleberry" and our friend Stephan Lee has a chapter, "Chasing the Wild berry: Chiggers, Thorns, and Ticks, Oh My!". He also has three recipes in the book.
- In this thyme of Covid-19 several garden centers remain open and have curbside service.
- While all of us are staying at home, now would be a good thyme to record your volunteer hours and have them ready to submit with your dues. We will vote on the dues amount at the next meeting.
- Have a beautiful and safe Spring!



Judy, Joan, and Edith at a work day in the Old Capitol Garden. Cheerful tulips & a new barrel lid.

Gardenscape Focaccia Bread

Donna Poe - KHS Member

Hi Fellow Herbies! I'm wishing everyone good health, and a season of wonderful herbs to keep us healthy and happy. Herbs make everything beautiful, for all the senses. I came across a recipe on Facebook (spending more time there than I ever have) for Gardenscape Focaccia Bread, full of herbs, and garnished with herbs and such. It was so pretty, I decided to give it a go.

I always have to change something in a recipe, and the one on FB took over 4 hours counting resting and proofing the bread. I found an easier one and it turned out delicious without all the waiting. First, I gathered what I had in the garden, chives, parsley, and thyme. I had cherry tomatoes, carrots, small sweet peppers, fresh dill, and olives on hand. You can use anything!

- 2 ¾ c. all purpose flour
- 1 tsp. salt
- 1 tsp. sugar
- 2 ½ tsp. dry yeast
- 1 tsp. each garlic powder & oregano

- ½ tsp. each dried basil, rosemary & black pepper
- 1 T. olive oil
- 1 c. warm water

Mix yeast and warm water in a bowl, let proof for 10 minutes, or until it bubbles. Stir together flour and all the herbs, salt and pepper. Add yeast mix and olive oil to dry ingredients and combine. When dough has pulled together, knead until smooth and elastic. Lightly oil bowl, place dough, and turn to coat with oil. Cover with damp cloth in warm place and let rise for 30 minutes. Preheat oven to 425.

Punch down dough and place on a well-oiled baking sheet (I used a 12 " skillet). Pat dough out, make indentations all over, and place all your garnishes in a pretty pattern. Bake for about 20-25 minutes or until golden brown.

This was really tasty; the thyme was so crispy and flavorful, and I pray you can have it at a garden party soon. Enjoy!



Through the Garden Gate

By Joan Burton, KHSChair



- **The Old Capitol Herb Garden** - We have had a couple of work days at the garden to clean up leaves and weed. Thanks Edith, Judy, Marjo and Lorraine for helping. We kept our 6-foot distance and the garden is looking good as the herbs and perennials are breaking dormancy. The tulips, crocus, narcissus, and grape hyacinths are in bloom. A row of yellow viola have been planted along the sidewalk entry. The State historic site has a new curator and I think that she is going to take interest in the garden. One of the property maintenance men made us a new lid for the whisky trash barrel as the other one didn't fit. No tours are being conducted through the garden but walkers may come by.

We will soon be placing the signs back out. If any member would like to be added to the "work schedule" let me know and we will add you to the list. Ken Tingle of the Harrison County Master Gardeners has been scheduling the work sessions.

- **The Kentucky School for the Blind** - The recreation and garden area are currently closed as is the school at present because of the virus. Since us Hoosiers are not allowed to cross the river, Jo Ann Hughes cannot go over to work but Susan Hart and husband Ray may try to go by to begin some clean up. None of the Spring decorations were placed in the garden as to discourage kiddos from playing in the area at this thyme.



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.



Meeting Minutes



JANUARY by Linda Miller, Recording Co-Secretary

- Our January meeting was held at Park Christian Church at 1 pm.
- Our hostesses were Millie Chapala and Linda Pahnner. The food was delicious, and the centerpieces made our day so much brighter.
- Members in attendance were Joan Burton, Judy Cato, Millie Chapala, Edith Davis, Kim Davis, Cindy Gnau, Cynthia Hardy, Mary Harper, Susan Hart, Clovis Hayse, Jo Ann Hughes, Lorraine Hughes, Marjo Howe, Janet Jacoby, Cynthia Johnson, Deb Knight, Jo Ann Luecke, Robin Meredith, Linda Miller, Linda Pahnner, Donna Poe, Jett Rose, Cara Sajka, Deb Slentz, Brenda Traill, Una Turley, and Julie Warf.
- Our guests were Ellen Carrithers, Jan Eastburn, Barbara Hartung, Kathryn Pasquenza, Martha Puckett, and Suze Stauges. Welcome!
- Joan Burton called the meeting to order at 1 pm.
- Our guest speaker, Lorraine Hughes, presented a very informative program on Herbal Technology: Really Not So Berry Difficult. Using any of our smart devices can give us instant access to resources, information, trouble shooting ideas, planning for our garden, recipes, new methods and ideas as well as what people around the world are doing with herbs. It is important to research any site before downloading the source. Some sites to check out are Food Network Kitchen, Pinterest, Plant Snap, and Facebook.
- Joan Burton presented the Herb of the Month: Invasive Herbs.
- Cindy Gnau presented the Book of the Month: Natural History of Medicinal Plants.
- Treasurer's Report: Jett Rose reported \$7,334.69 in checking and \$2779.95 in savings for a total of \$10,114.64. The outstanding check from Sapling Design for the website has been cashed.
- Standing Committees:
 - * Garden Reports: Kentucky School for the Blind: The garden is dormant and sleeping well.
 - * The Old Capital Herb Garden: The new barrel is in place, and the slate signs are in winter storage.
 - * Newsletter: Kim Davis requested articles for the newsletter. The deadline for any submissions is February 1.
 - * Library: Donna Poe is in the process of updating the library inventory.
- Website: Kim Davis reported that the website is updated.
- Facebook: Lorraine Hughes reported that Facebook is current.
- Central District: There is no Central Delegate. Members will continue to receive emails to keep us informed.
- HSA: Registration for the Education Conference in

Charleston, SC, is online.

- Special Committees:
 - * Cookbook: Jett Rose reported that the cookbooks should be available for our Spring Education Day. Jett, along with her committee of Cynthia Hardy, Mary Harper, Donna Poe, and Deb Slentz, thank the members for submitting recipes. Susan Hart and Jo Ann Hughes will help proofread the recipes. Thank you, Committee Members, for all your hard work to make this cookbook a success!
 - Spring Education Day "You're Berry Welcome!" March 28: Since there are three speakers, the doors will open at 9 am and closing will be at 3 pm. Members, please remember your items for the Raffle and Market Place. Also, remember to sign up for a committee for the day.
 - Old Business: The peanut butter and jelly that was collected at our December meeting went to the food pantry at Life Spring in Jeffersonville.
 - New Business: Until further notice, meeting reminders will be sent by Kim Davis.
 - Garden Planning: Cut off leaves of hellabore. To prepare for your garden, look through the seed catalogues for new ideas.
 - Upcoming Events: Oldham County Master Gardeners sent a list of their meetings.
 - The meeting was adjourned at 3pm.
 - Our next meeting will be hosted by Lorraine Hughes and Donna Poe at Park Christian Church on February 11 at 1pm.
- ### **FEBRUARY** by Susan Hart, Recording Co-Secretary
- The February Meeting was held at park Christian Church on February 11, at 1:00 p.m.
 - Hostesses Donna Poe and Lorraine served a delicious meal with quinoa, kale salad, Kentucky hot brown and truffle dessert with peanut butter rice Krispy hearts.
 - Members attending were Joan Burton, Judy Cato, Millie Chapala, Kim Davis, Cindy Gnau, Cynthia Hardy, Mary Harper, Susan Hart, Marjo Howe, Jo Ann Hughes, Lorraine Hughes, Janet Jacobi, Cynthia Johnson, Deb Knight, Jo Ann Luecke, Robin Mendith, Linda Miller, Magie Oster, Pat Ostrander, Linda Pahnner, Barbara Lusco Peppers, Donna Poe, Juanita Popp, Jett Rose, Deb Slentz, and guest Brenda Traill.
 - Joan Burton called the meeting to order at 1:35 p.m.
 - Treasurer Jett Rose reported \$10,074.64 in combined checking and savings accounts.
 - Five hundred (500) cookbooks are ordered for sale at the Spring Education Event at a price of \$10.00 per book.
 - KSB garden - no report

(Cont'd page 7)

Meeting Minutes (cont'd)

- Old Capital Herb Garden - Steve has put transplants and plugs in the garden. Lamb's Ear and pineapple scented plants remain in both the herb garden and the scented garden.
 - Library - Donna Poe reported that the books for reports are checked out through May.
 - Corresponding Secretary Barbara Lusco has sent a birthday card to Jo Ann Hughes, a sympathy card to Linda Miller for her mother, and a get-well card to Davy Dabney.
 - Web Site - Kim Davis reported the flier for Spring Education Day is on the web site.
 - Lorraine Hughes - Spring Ed flyer is on Facebook
 - News from the Central District - No new director. Central Indiana District 20th Annual Symposium in Indianapolis is April 11. The Theme is "Rambling Herbs."
 - New Business – Motion made by Jett and seconded by Lorraine Hughes to make a donation of \$200 to Park Christian Church for KHS use of the meeting room. Motion passed by unanimous vote. Motion made by Kim Davis and seconded by Jo Ann Lucke to take a half page, color add for KHS (cost \$60.00) in the brochure for Purdue Extension Pollinator Day, June 25, 2020, 10:00 to 3:00. Design of ad would list pollinator herbs. Motion passed.
 - Book Report – Jo Ann Hughes reviewed Love Lies Bleeding, a China Bayles (herb shop proprietor) mystery by Susan Wittig Albert.
 - Herb of the Month – Jo Ann Lucke treated us all to Yaupon tea, an extract from the Holly, Ilex Vomitora, a Native American herb coming back into favor.
 - Garden News – Harrison County Master Gardeners news letter comes out April 18. Check events at the Waterfront Botanical Gardens and Yew Dell;
 - Tuesday, March 10th Meeting – Workshop for Spring Ed Day preparation. Joan and Cynthia Johnson host with pizzas. Bring items to package or that need to be finished up.
 - Set up for Spring Ed Day – Friday, March 27, at Hubers. Bring Door Prizes, Market Place, Raffle Baskets, and any other items for the Saturday event on Friday morning for set-up.
- MARCH** by Linda Miller Recording Co-Secretary
- Our meeting was held at Park Christian Church at 1 pm. It was our Spring Education Day Workshop. Members helped with items for the Education Day.
 - Our hostesses were Joan Burton and Cynthia Johnson. Yummy food!!
 - Members in attendance were Joan Burton, Judy Cato, Millie Chapala, Kim Davis, Cindy Gnau, Cynthia Hardy, Mary Harper, Susan Hart, Clovis Hayse, Marjo Howe, Jo Ann Hughes, Lorraine Hughes, Janet Jacobs, Cynthia Johnson, Robin Meredith, Linda Miller, Pat Ostrander, Linda Pahner, Donna Poe, Juanita Popp, Jett Rose, and Julia Warf.
 - Treasurer's Report - Jett Rose reported \$6580.36 in checking and \$2779,97 savings.
 - Standing Committees
 - * Kentucky School for the Blind Garden—Jo Ann Hughes will circulate a calendar for members to sign up to work in the garden.
 - * The Old Capital Herb Garden will meet on Thursday to iron out some issues concerning the garden. Judy Cato wrote a wonderful article that will be given to teachers who visit the garden.
 - Newsletter - Kim Davis reported it was sent out.
 - Library - Donna Poe asks that you let her know if you need a book.
 - Corresponding Secretary - Cards were sent out by Barbara Lusco Peppers.
 - Website - Kim Davis posted the Spring Education Day flyer.
 - Facebook - Lorraine Hughes reported the Spring Education flyer was posted.
 - Spring Education Day - Deadline for registration is March 20.
 - Historian - Joan Burton stated that this will be the 28th Annual Spring Education Day.
 - HSA - New members are eligible to enter into a drawing for a free one-year membership using the website.
 - Central Indiana Unit Education Day is April 11.
 - HSA - The website is the central guide to rubus—herb of the year.
 - HSA Meeting in Charleston, SC - Eight members and two spouses will attend.
 - April 14 Meeting - The meeting needs to be rescheduled for April 7 or keep the April 14 date. An email will be sent with the change.
 - Special Committees
 - * Cookbook is on hold until this fall.
 - * Spring Education Day: Set-up Day - Friday, March 27 from 10am to 3 pm; Saturday, March 28, Spring Education Day.
 - Upcoming Events
 - * Sunnyside Master Gardeners Pollinator Day is April 28; Locust Grove May 8-10;
 - * Harrison County Master Gardeners Spring Workshop April 18.
 - The meeting was adjourned at 2:35 pm.
 - Our next meeting will held at Park Christian Church at 1pm on April 14.



Better than any argument is to rise at dawn and pick dew-wet red berries in a cup.

- Wendell Berry



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



The Herb Society of America

Postage

kentuckianaherbsociety.org



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What we learn to do, we learn by doing.
-- Aristotle

Online Learning

Herb Society of America - webinars, fact sheets, blog, etc. - www.herbsociety.org/

Virtual events, classes & webinars:

- April 22 - **Zodiac Tarot: Making Balance On Your Path** - <https://www.facebook.com/events/150332703067159/>
- April 26 - **Materia Medica: Lemon Balm** - <https://www.holisticlivingschool.org/events/online-materia-medica-lemon-balm-with-maggie/>
- May 4 - **Kitchen Remedies: An Online Series** - https://www.facebook.com/events/521868165141292/?event_time_id=525441981450577
- May 14 - **Bringing the Outdoors Online - Herbcraft Program** - <https://>

www.facebook.com/events/1579452885557668/

- Anytime - **Understanding Blood Sugar** - <https://www.sagecountryherbs.com/ubs/?affiliate=0>
- Anytime - **Eat Your Weeds** - <https://www.sagecountryherbs.com/eat-your-weeds-learn-more/>
- **American Horticultural Society** - podcasts, videos and more - <https://ahsgardening.org/>
- **AHS Garden Virtual Tours** - <https://ahsgardening.org/about-us/news-press/explore-lush-gardens-across-the-country-via-rap-garden-virtual-tours/>
- **HerbRally** Podcasts - herbrally.com



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