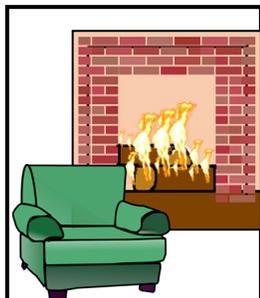


Kentuckiana Herbal Thymes

“For Use and For Delight”

From the Chair



Hello 2021, goodbye and good riddance 2020. This last year has certainly been a challenge for everyone. With the vaccine on the way maybe the tides will be turning. This year will most likely be a year of transition. We still will not plan a Spring Education Day and we will need to “play it by ear” as far as our monthly meetings.

It has been really nice that half of you have been joining us on Zoom for the last few meetings. It is not the same as in person, but it is nice to see faces and you members have presented really good herb of the month, book reports and have participated in the herbal challenge. Jett prompted husband Bruce to learn how to share videos on Zoom so that we may have more access to recorded programs. Jett’s video on “Chocolate” was very informative. Purdue Extension and the HSA have a wealth of educational programs available.

While I know that this past year has been a real hardship for so many people, I have been looking some at a positive side. In some ways the virus has made us slow down. We have been forced to spend

more time at home with our immediate family and pets. I have caught up on some needed projects. We have had an opportunity to be more creative. We have learned what the real necessities of life are. I think that we love and appreciate our family and friends more. Many people spent the warm months growing their own food and herbs for the first thyme. The garden centers have thrived. We have spent more thyme in the kitchen cooking real food. And if you are reading this, you are still here.

January is the thyme to pour over the seed catalogs and enjoy homemade soup and hot drinks. We will be having a Parsley study group and encourage members to join in. Parsley is the herb of the year for 2021. February, we think about love and chocolate. So everyone keep wearing your nose warmer, be vaccinated when you can, and continue to keep in contact with those you love.

Warm Winter Wishes,

Joan Burton, Chair
(&Catnip lady)

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December 2020 KHS meeting on Zoom.

Connect with us on our Social Media pages! Post your thoughts, photos and info and take advantage of all the knowledge shared!

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

Upcoming Meetings

January 12 @ 1 PM - Health and Home

At home on ZOOM

Program challenge: Concoct a warming soup using herbs and/or spices.

Herb of the month: Winter savory - Robin Meredith

Book of the month: "Kiss My Aster" - Deb Slentz

Refreshments: Millie Chapala, Brenda Traill, Una Turley

HSA Webinar: **"Creating a Personal Herbal Retreat"**

February 9 @ 1 PM - Home Is Where the Heart Is

At home on ZOOM

Program challenge: Design a Valentine based on the language of flowers.

Herb of the month: Bay - Lorraine Hughes

Book of the month: "The Language of Flowers" - Mary Harper

Refreshments: Edith Davis, Qudisia Davis, Cynthia Johnson

HSA Webinar: **"Chocolate and Other Surprising Herbs of the Heart"**

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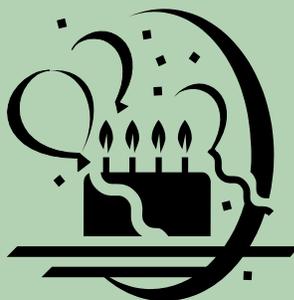
A Mead Read

By Davy Dabney, KHS Member



When I was researching information for my article on medicinal uses of parsley in ancient times, I came across many interesting facts about life in BC.

- As long ago as 1700-1100 BC honey was fermented for drinking in areas where grapes could not be grown for wine.
- Because it was healthier than most water, it was the common drink for many hundreds of years.
- By adding fruits and other ingredients it was part of people's diet.
- It was sometimes used in religious ceremonies during those times.
- By the Middle Ages, it had become popular and was made in monasteries.
- At Christmas and other cold weather celebrations, spices were added and the mead was warmed by plunging a hot poker from the fire to heat it.



Happy Birthday!

January

Jo Ann Luecke
Davy Dabney
Robin Meredith

February

Jo Ann Hughes

March

Lorraine Hughes

Fairmont Children's Garden

By Donna Poe, KHS Member



Our Spiral Herb Garden

There was a big ole pile of dirt left in the garden. The year before we grew pumpkins on it, but what to do with it for this year? After some "sage" advice, we never stopped "be-leaving" that it could be something fun. When a spiral herb garden was decided, we couldn't "herb" our enthusiasm. It was "mint" to be, and was a great "a-chive-ment". With "thyme" on our side, we thought it would be a really big "dill". All we had to do was keep calm and "curry" on.

Growing happily in the garden are anise hyssop, rosemary, thai basil, chamomile, (not so happy), dill, parsley, sage, 3 kinds of thyme, curry, and

chives. Basil, and borage were planted with the tomatoes. Chocolate mint was planted by itself, because you know pushy it can be. The children really love tasting and smelling the herbs, but alas, no kids in the garden this year. We just had to "dill" with it.

The Fairmont Growing Gardeners families received the harvested bundles of herbs, along with fresh veggies. It's been a good growing season for our little herb garden. It saddens us that it will be here today and "tar- a- gon" tomorrow. So, we eat, drink and be "rosemary". We can't turn back "thyme", but we look forward to another year growing even more herbs.



Maker's Mark Bourbon Balls

1 cup Maker's Mark bourbon
1 cup chopped pecans
1 cup whole pecan halves
1 two-pound bag powdered sugar

1 stick butter, softened
2 bags semisweet chocolate chips
paraffin wax



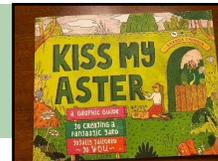
Place chopped pecans in shallow bowl. Pour bourbon over nuts, immersing completely. Cover and let soak 12 hours or overnight. Preheat oven to 350°. Place pecan halves in shallow pan and toast lightly for about ten minutes. Cream butter in stand mixer fitted with paddle attachment. Add bourbon-pecan mixture and just enough powdered sugar to form a stiff ball. Refrigerate to let stiffen slightly. Roll dough into small balls.

In double-boiler, add a third to half a bag of semisweet chips and a small shaving of paraffin wax (no more than 1/4 cup). Heat until just smooth. Dip dough balls into the chocolate mixture. The key is to coat them quickly and make small, frequent batches of melted chocolate. Place bourbon balls on wax paper to cool. Top each with a toasted pecan half, if desired, while chocolate is still warm. Results are better if you leave them to cool at room temperature rather than in the refrigerator. Yield: 6-7 dozen.



Book Report

By Deb Slentz, KHS Member



“Kiss My Aster: A Graphic Guide to Creating a Fantastic Yard Totally Tailored to You” by Amanda Thomsen

This book is practical, yet whimsical. The author took her inspiration from the 1980s *Choose Your Own Adventure* kid’s series, if you’re familiar with them. Thomsen asserts, “You don’t have to read the whole book - just the stuff that pertains to you and what you think you want to do in your outdoor space. At the bottom of each page you decide where to go next so there’s never any overkill. This way the book is rather interactive and totally tailored to you. Also? It’s pretty funny.”

Here are some chapter titles and excerpts to tantalize you: ‘Getting to Know You’, ‘Fun and Games and Random Thoughts’, ‘Demolition’, ‘So You’re a Hippie’, ‘You’re a Control Freak’, ‘Eat This’, ‘For Those Who Shun the Sun’, ‘You’ve Got Problems’, and ‘Icing the Cake’.

I recommend doing neighborhood walk-throughs over a period of months to get a clear picture of what’s going on.

Landscapes change almost daily. How about a little game to help figure out which landscape style is most appropriate for your crib? Turn to Game Time, page 18 (23).

Some people tell you that composting is a science, but I can testify that it’s a no-brainer. I have composted and lovingly made wood and wire bins, a store-bought barrel, chicken wire tubes, an old kick drum, a plain old pile, and some admittedly bizarre experiments. They all worked. Composting is all about the circle of life, my friend (70).

Lawnturnatives: Between you and me, lawns are so last semester. All the cool kids are planting less-resource-intensive plants for less work and a greener planet” (132).

This is such a fun book to read, filled with information on just about every gardening topic you can imagine. You might find a new take on an old topic, or discover something you hadn’t realized before. For sure, you will enjoy the romp. I highly recommend taking a look.



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

Book Report

By Una Turley, KHS Member

“A Proper Garden: On Perennials in the Border” by Elizabeth Sheldon

This compilation of garden articles by the author was printed in 1989. It is notable that the author does not stress gardening for butterflies and bees and does not discount now-known invasives. All plants mentioned are easily found at most garden centers today. Ms. Sheldon is paired with Gertrude Jekyll and others as ‘acerbic lady gardeners’ in the Forward by Alan Paterson, director (at the time of publishing) of Royal Botanical Gardens in Ontario. The chapters are graced with simple drawings by her husband, and I assume daughter, of plants

discussed. There are a few color pictures of flowers paired as she discusses which may be in her Northern New York rural gardens.

I was intrigued by Ms. Sheldon’s suggestion to use old rotted silage as mulch. “Having been fermented, it contains no weed seeds, and it is dark, fine textured, fluffy, and nourishing.” Reading that line, I smell the rotted silage because I grew up on a farm with cattle. My dad had a silo and a pit silo he filled with corn silage every season. Good stuff.

The book is an easy read filled with suggestions that today’s gardeners can use to produce such beauty, and are applicable for gardening for pollinators.



Where Chocolate Comes From

By: Rosie Lerner, Purdue Extension Horticulture, 11/02

When you cuddle up with a steaming cup of hot cocoa during these chilly days, you might be pondering where chocolate comes from.

Chocolate comes to us courtesy of the cacao plant (pronounced ca-cow), *Theobroma cacao*. The name Theobroma is an appropriate one as its translation is "food of the gods." The plant is believed to have originated in the Amazon area of South America at least 4,000 years ago. The Aztecs and other native groups made a bitter



tasting drink from the roasted beans. The Incas also used the seeds as currency. Most of today's commercial production is in eastern Brazil in South America and the Ivory Coast and other countries of Africa.

Cocoa is an evergreen tree that grows up to 40 feet in height and is hardy only in moist, tropical climates. Each cacao plant produces 60-70 pods, which mature in about six months from bloom. The pods resemble an elongated acorn squash, about 10-14 inches long.

Each pod yields 20-40 white seeds (beans), which are fermented for several days until they develop a brown color and the chocolate flavor. The beans are then dried and shipped to processing plants. Here, the beans are cleaned, roasted and ground into a thick, dark-colored paste. This paste is the base for all chocolate and cocoa products.

The hardened paste becomes baking chocolate. If the paste is heated to high pressure, cocoa butter is extracted and the remaining cake-like mass is ground into cocoa powder. To

make chocolate bars or other candy, additional cocoa butter is blended with the paste, along with sweeteners. To make white chocolate, Cocoa butter is used without the paste.

Some candy makers use other fats, particularly vegetable oils, in place of cocoa butter, but the resulting product cannot legally be called chocolate but rather confectionery coating.

Still craving more information about the cacao plant? There are many books and Web sites devoted to the subject.

Selected Web sites:

- Purdue University New Crops - http://www.hort.purdue.edu/newcrop/duke_energy/Theobroma_cacao.html
- Field Museum of Natural History - <http://www.fnmh.org/Chocolate/about.html>
- Chocolate at Exploratorium - <http://www.exploratorium.edu/chocolate/>
- Hershey's Chocolate History - <http://www.hersheys.com/consumer/history.shtml>

Selected Books

- "The New Taste of Chocolate: A Cultural and Natural History of Cacao with Recipes" by Maricel E. Presilla, Ten Speed Press, 2002
- "Chocolate: From Start to Finish" by Samuel G. Woods and Gale Zucker (Photographer), Blackbirch Marketing, 1999
- "All About Chocolate: The Ultimate Resource to the World's Favorite Food" by Carole Bloom, IDG Books Worldwide, 1998
- "The True History of Chocolate" by Sophie D. Coe and Michael D. Coe, Thames and Hudson, 1996

Through the Garden Gate

KSB Garden

The garden at the Kentucky School for the Blind is tucked in for the winter. This garden was dedicated on October 6, 1985. As Susan Hart so aptly put it, "35 years to grow a chase tree and a bed of lavender and wood anemone, so much natural beauty." As the garden rests, so do we. Thanks again to all of the faithful garden stewards of 2020. - Jo Ann Hughes

Old Capitol Herb Garden

The garden was decorated with three green wreaths with red bows for the December holiday season. All of the slate signs have been picked up and are in storage in the Burton barn. -Joan Burton

Gate at Old Capitol Herb Garden





Meeting Minutes



OCTOBER by *Barbara Lusco-Peppers*

- The meeting was called to order at 1:00 on October 13, 2020. We gathered in The Grove at Park Christian Church, socially distancing and all wearing our masks. Attending were: Joan Burton, JoAnn Hughes, Donna Poe, Deb Slentz, Barbara Peppers, Lorraine Hughes, Cynthia Hardy, JoAnn Luecke, Janet Jacobi, Robin Meredith.
- Joan read a lovely poem to start the meeting.
- There were no corrections or additions to the minutes of Sept. 8, 2020.
- There was no treasurer's report.
- JoAnn Hughes reported on the garden at The Ky School for the Blind. Apparently, the grounds crew decided to "hack" at our beautiful Viburnum and we can only hope it will recover in the Spring.
- Joan Burton reported on the Old Capitol Herb Garden. Mums have been planted, Halloween Decorations are up for all to enjoy.
- Marjo Howe, Judy Cato, and Joan Burton are the "faithful" keepers of this garden.
- It was reported that our Not-For Profit Tax Identification number has expired. It is very expensive to reapply for our own number, so it was suggested that we could possibly use the Master Gardener's number. Joan checked with Headquarters in Ohio, but their number is registered in Ohio. Hopefully by the November meeting we will have this issue worked out.
- Our newsletter will be published every 2 months instead of quarterly, beginning in January. Please continue to submit your articles, etc. to Kim.
- Donna Poe has updated our Library list. Assignments have been made for the upcoming years' Monthly Book Reports. Donna will make sure all members will get the book they are reporting on.
- Joan reported that in 1986, Marty Thomas, travelled to Lewis Mountain Herbs, and Bett Barnett's Herb Garden in South Union, Ohio.
- Barbara Peppers reported that Cynthia Hardy, Gerri Crawford and Cindy Gnau all have birthdays in October. Marty Thomas would have been celebrating her birthday on October 14th. We miss you Marty!

NOVEMBER by *Linda Miller, Recording Co-Secretary*

- Our meeting was held *via Zoom*! We all looked great!
- Our hostesses were Judy Cato and Julia Warf.
- Members in attendance were Joan Burton, Kim Davis, Cindy Gnau, Cynthia Hardy, Mary Harper, Marjo Howe, Jo Ann Hughes, Lorraine Hughes, Linda Miller, Linda Pahner, Barbara Lusco Peppers, Donna Poe, Jett Rose, Deb Slentz, Brenda Traill, Una Turley, and a big thank you to our Zoom Master Bruce Burton.
- Joan Burton called the meeting to order at 1:05 pm.
- Joan reported on the HERB of the Month: Lovage.
- Brenda Traill reported on the book of the Month: *Herbs for the Holidays*.

Old Business

- **Treasurer's Report:** Jett Rose gave a report on the checking and savings accounts.
- **Garden Reports:** **KSB** - Jo Ann Hughes reported the garden is officially to bed for the winter. **OCHG:** Marjo Howe reported the garden looks good. Joan Burton added some new plantings for the garden.
- **Librarian:** Donna Poe reported that the books are available and will arrange to get them to members.
- **Historian:** Joan Burton shared a picture of Helen Trueblood and herself at a Daffodil Show.
- **Corresponding Secretary:** Barbara Lusco Peppers reported cards were sent to members and families.
- **Website:** Kim Davis reported the article by Judy Cato was posted on the site.
- **Facebook:** Lorraine Hughes reported she is posting new items about herbs.
- **Central District:** The Fall Newsletter is online.
- **HSA News:** *The Herbalist* has been sent to members.
- Jett Rose reported KHS received a thank you note for the brick for Helen Sajko and a card for the donation to the Botanical Garden.
- **Cookbook:** Jett reported no activity.

Special Committees

- **Program Committee:** Many thanks to the hard work of the committee members: Joan Burton, Barbara Lusco Peppers, Deb Slentz, Cynthia Hardy, and Jo Ann Hughes. The membership directory can be printed at home. Jo Ann Hughes reported that members should try the Herbal Challenge of the Month.
- **Garden Planning:** Clean out our gardens, plant garlic now, and add a general fertilizer for roots.
- **Herbal Challenge of the Month:** Other than cooking, how can we use sage and pumpkin spice for our Thanksgiving celebrations? Many ideas for sage were given by Joan Burton, Jo Ann Hughes, Mary Harper, Deb Slentz and other members: garnishes, sage hash, sage lasagna, blackberry sage bars, and for smudging. A few years ago, Jo Ann Luecke gave members sage bundles. Pumpkin spice ideas were for cakes, muffins, spiced nuts, chocolate bread, pumpkin spice dip, and simmering potpourri.
- **December Herbal Challenge:** decorate your home with herbs with a religious or cultural significance.
- The **meeting** was adjourned at 2:10 pm.
- **December meeting** will be held at 1pm *via Zoom*.

DECEMBER by *Linda Miller, Recording Co-Secretary*

- Our **December 8** meeting was held *via Zoom*! We all looked festive in our holiday attire.
 - Our **hostesses** were Deb Slentz, Kim Davis, and Davy Dabney. Deb shared her recipe for her Ultimate Chocolate Cake. Yummy!
 - **Members in attendance** were Joan Burton, Judy Cato, Edith Davis, Cindy Gnau, Cynthia Hardy, Mary
- (continued page 7)*



Meeting Minutes (Cont'd)



Harper, Jo Ann Hughes, Lorraine Hughes, Linda Miller, Barbara Lusco Peppers, Donna Poe, Jett Rose, Deb Slentz, Una Turley, and a big thank you to our Zoom Master, Bruce Burton.

- **Joan Burton** called the meeting to order at 1:10 pm. Linda Miller reported on the BOOK of the Month: *Christmas Legends from Caprilands*. Jett Rose and Bruce Burton gave a presentation on the HERB of the Month: Chocolate.
- Home for the Holidays: **Herbal Challenge of the Month:** To make something with a religious or cultural significance. Some items were: Donna Poe-blue rosemary bush; Jo Ann Hughes-herbs of the Bible; Mary Harper-hot apple cider with herbs; Joan Burton-mistletoe and Chris'mice'; and Lorraine Hughes-sage croutons.

Old Business

- **Treasurer's Report:** Jett Rose reported on the income from the Mini Fair and the donation to Harrison County Community Service as well as the amounts of the Checking and Savings accounts
- **Garden Reports:** Kentucky School for the Blind - Jo Ann Hughes reported the garden is ready for winter. Old Capitol Herb Garden - Joan Burton reported that the signs were removed for repairs and three live Christmas wreaths were hung on the fence.
- **Newsletter:** The members decided the newsletter should be sent every two months in order to stay more connected. Joan Burton will ask Kim Davis to send out the minutes in a monthly email.
- **Library:** Donna Poe will make sure members receive their book for their Book Report. If you would like a book at any other time, let Donna know.
- **Historian:** Joan Burton reported on "Christmas Making" by Marty Thomas from the early 1990's.
- **Corresponding Secretary:** Barbara Lusco Peppers sent December birthday cards to members.
- **Recording Secretary:** November minutes were sent to Kim Davis.
- **Website:** Check out the new updates.
- **Facebook:** New pictures have been posted.
- **Central District:** Also new items on this website.
- **HSA:** New webinars have been scheduled

Special Committees

- **Cookbook:** Jett Rose reported there is updating as needed.
- **Harrison County Community Service:** Members liked the idea of taking up a collection like we did for our Christmas donation this year.
- **Garden Planting:** Seed catalogues are out. Order your seeds in January. Mulch the herbs in your garden.
- The **January Herbal Challenge** is to concoct a warming soup using herbs and/or spices. Send a picture to Lorraine Hughes so that we can share our warming soups at our meeting.
- The meeting was adjourned at 2:20 pm.
- January meeting will be held on January 12 *via* Zoom.

Ultimate Chocolate Cake

By Deb Slentz, KHS Member

Cake: 1 box chocolate fudge cake mix
1 pkg. chocolate instant pudding
1 cup sour cream
1 cup vegetable oil
4 eggs
2 cups semi-sweet chocolate chips

Combine all ingredients, except chocolate chips. Mix well. Stir in chocolate chips. Pour into a well-greased bundt pan. Bake 50-55 minutes in 350 degree preheated oven. Leave in pan 15 minutes

before inverting onto a serving plate. Cool completely. Then top with ganache.

Ganache: 1/2 cup chocolate chips
1/3 cup whipping cream

Place chocolate chips into a heat-safe bowl. In a quart saucepan, heat whipping cream to simmering; pour over chips. Let stand 5 minutes; stir until smooth. Drizzle over cake. **Can be topped with a chopped candy bar such as Snickers, Butterfingers, or Hershey.*



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

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A mind must open . . . in order to bloom.
Anonymous



Potpourri



- HSA will have a webinar “A History of Chocolate” on January 12 at 1 pm presented by Sarah Lohman, a culinary historian. You may register by going to the HSA website.
- Hope that all of you enjoyed the booklet “Christmas Makins” by Marty Thomas. Does anyone know the year that she compiled it?
- We wish Millie Chapala, Susan Hart, and Pat Ostrander a speedy recovery after our January procedures and surgeries. You will be in our thoughts and prayers.
- Parsley is the Herb of the Year 2021 as designated by The International Herb Assoc. As you grow, cook, or use parsley in some other way, make notes about it so that we may share our *Petroselinum crispum* experience.
- As you prepare for the February herb challenge, check out the HSA webinar Tussie Mussies. Not only will you see beautiful modern day examples of these Victorian era bouquets, you will learn about the language of flowers.
- 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.

The Herb Society of America is a non-profit, educational organization dedicated to promoting the knowledge, use and delight of herbs through educational programs, research, and sharing the experience of members with the community. Since we are not medical practitioners, it is the policy of The Herb Society of America not to advise, recommend, or prescribe herbs for medicinal use. Information and links are provided as an educational service, and The Herb Society of America can not be held liable for the content included in these resources. Please consult a health care provider before pursuing any herbal treatments.