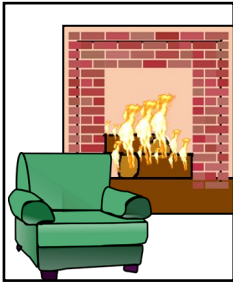


Kentuckiana Herbal Thymes

“For Use and For Delight”

From the Chair



Happy New Year Everyone,

As we head in to 2025, I have some exciting news to share. After years of struggling with an inefficient process for keeping our web site current, member Lisa Whitaker’s husband, Craig has volunteered to manage our web site. Craig worked for Humana for 36+ years, retiring in April 2024. He had many roles over those years, the last being Director, Systems Engineering. So, as you can see technology is his thing.



Craig enjoys doing anything with his wife Lisa. Together they love traveling, gardening and spending time with family and friends. Separately Craig enjoys woodworking, photography, and he has goals to learn Irish musical instruments and write a book - “We’ll see how that goes!” says Craig.

In December, Craig gained access to the passwords and files needed to put up and take down information. He has put up a save the date banner for our 2025 Spring education Day and uploaded the most recent newsletters. He will keep the present look of the site, for now. The plan is to have a couple members take over the routine updating with Craig’s support. In January, Craig would like to meet with some of us to discuss how we want the web site to look like and how we

would like it to function for us in the future. If you are interested in being part of this process and/or would be willing to take on updating information on the site, please let me know. Welcome aboard, Craig. We are so glad to have you!

March 29, 2025 is the date for our 30th Spring Education Day. The program committee wants to celebrate this amazing feat. Since Pearls are the traditional gift for a 30th anniversary, we decided on “Pearls of Herbal Wisdom” for our theme. We have commitments from 2 of the three speakers, so far. Mary Wheatley, chef, cooking instructor and current president of the Jefferson County, KY Master Gardeners will present on growing and using culinary herbs to complement a variety of foods. Carolyn Minutillo, the owner and principal designer of Lavender Hill in Jeffersonville, IN will demonstrate how to create beautiful arrangements with herbs.

In late November and early December, several members met for our annual Herb Study Group. This is a radical departure from our usual schedule. We typically do this in January/February. I wanted to get a head start on gathering information about the International Herb Association’s 2025 Herb of the Year – Chamomile. The herb study group is a wonderful way to dig deeper into a specific herb. Kathy Strecker did a marvelous job of making the chemistry of the medicinal properties of chamomile understandable and relevant. Joan Burton shared her vast experience growing, harvesting and drying this marvelous herb. Jeanette Griffin took us on a journey through time to explore the history and folklore of chamomile. Deb Knight served us chamomile tea and chamomile cookies as she regaled us with an impressive list of recipes. We all left inspired to try some of these for the Market Place at Spring Education Day. 2025, here we come!

~ Jo Ann Hughes, Chair

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Happy Birthday!

January

Jo Ann Luecke
Teresa Haertel
Belinda Seacat

February

Leesa Eason
Jo Ann Hughes
Andrea Wells
Janice Roehm

Upcoming Meetings

January 14 @ 1 PM
"The Handmaids's Tale"

Park Christian Church, New Albany

Program: Elaine Murphy - Members' show and tell of handmade herbal decorations and crafts.

Refreshments: Dee Dee Nunn, Joan Burton, Andrea Wells

Herb of the Month: Sweet Annie - Maribeth Kelly

February 11 @ 1 PM
"Great Expectations"

Park Christian Church, New Albany

Program: Maggie Oster - Planning and planting an herb garden.

Refreshments: Elaine Murphy, Lisa Whitaker, Susan Hart

Herb of the Month: Borage - Deb Slentz

Book Report: No report

Elmwood Inn Fine Teas

While investigating leads for speakers for our Spring Education Program, Jo Ann, Dee Dee, and Deb had an opportunity to take a road trip to Danville, Kentucky to visit Elmwood Inn Fine Teas and meet with the owner, Bruce Richardson. While he, unfortunately, will be out of the country during our March event, they indeed had a wonderful chat with him and discovered just how world renown Bruce is, and author of many books. They sampled delicious teas and other treats and thor-

oughly enjoyed the day. We highly recommend a visit to the tea shop whenever you are in the area.
tea@elmwoodinn.com

You may also be interested in viewing a new documentary on Amazon Prime: *Tea: The Drink that Changed the World*, featuring Bruce Richardson, founder of Elmwood Inn Fine Teas.

HAPPY NEW YEAR !

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Who We Are

Remembering Davy Ruth Dabney - by Joan Burton

Davy Dabney a founding member of our KHS unit passed away at her home on November 4, 2024 at age 94. Many of you never had the opportunity to meet her as she was mostly home-bound for the last ten years or so.

She was a life member of the HSA and loved herbs and gardening. For years she was owner of Dabney Herbs and would publish a quirky catalogue of products that she and Cheryl Gilbert, her herb partner, would offer. She was also a founding member of the International Herb Growers Association. For years she was a contributor to the IHS herb book of the year. She was a well-known expert, writer, and speaker on medicinal herbs, plants, and essential oils. For years she was the Superintendent of the Plant and Flower Department for the Kentucky State Fair. She was also one of the original gardeners for the KHS School for the Blind, and she presented many herb programs to the KHS during her active years.

Davy was an avid reader, and her home was filled with stacks of books. I enjoyed dropping by her house to chat. I would ask her how she was doing, and she would say, "Well, I am not pushing up daisies." I would find out about the current book she was reading or the chapter that she was writing for the IHS annual. The last time I left, with prompting from Theresa, she sent a bag of books to donate to our library or to have for Spring Education Day.

She was spunky and had a dry humorous wit. She was a loving mother to Steven, Thresa, and Susan, and will be missed by her 3 grandchildren and 3 great-grandchildren and friends. I will think of her every thyme that I see the front of one of my cars with the license plates that I bought from her many years ago saying, "I Dig Herbs".

A celebration of her life will be announced at a later date. Davy, I hope that you are now "happily pushing up daisies."

Through the Garden Gate



The Old Capitol Herb Garden ~ Joan Burton

Signs removed.

Wreaths hung.

Garden closed!

KSB Garden - ~ Jo Ann Hughes

The Sensory Garden is finally taking a nap. The hardy hibiscus we transplanted in mid-summer bloomed well into November. Some of the giant alliums thought it was spring again and put up foliage almost 3 feet tall. After a prolonged growing season, things seem to have settled down. Our second season in the new location saw abundant growth of both annuals and perennials. The gardens were visited frequently by insects, bunnies, birds, students and faculty.

Thanks to all of the KHS members who worked in the garden this year. It is a labor of love that has not gone unnoticed.



Plantain (*Plantago Major*)

by Barbara Lusco-Peppers, KHS Member

Although many people refer to plantain as a weed, it should be regarded as an herb because of its edible and medicinal benefits. Despite its name, it is not related to the plantain fruit.

Known for growing everywhere from parking lots to playgrounds, plantain is usually considered a lawn/garden pest. It originated in Eurasia and came to America with the very first white settlers. Plantain was such a reliable sign of the settler's presence that the Native Americans referred to them as 'white men's footsteps.' – Elizabeth Kolbert (*The Sixth Extinction*)

"Our people have a name for this round-leaved plant: White Man's Footstep. Just a low circle of leaves, pressed close to the ground with no stem to speak of, it arrived with the first settlers and followed them everywhere they went. It trotted along paths through the woods, along wagon roads and railroads, like a faithful dog so as to be near them." – Robin Wall Kimmerer (*Braiding Sweetgrass*)

It is not only edible and readily available, but also has been used for centuries in traditional medicine. Native Americans used plantain as food and medicine. It was used to stop cuts from bleeding and to treat rattlesnake bites. Young leaves can be eaten in salads while mature leaves should be cooked like other leafy greens, or added to soups and stews.



The journal *Ecology of Food and Nutrition* reports that plantain leaf is a good source of vitamin A and vitamin C. Plantain leaves also have calcium, magnesium, potassium, zinc, and manganese.

Benefits of Plantain (taken from PubMed Central Studies)

*May help reduce inflammation. In particular, the leaves contain several anti-inflammatory compounds.

*May promote wound healing. Some research notes that plantain may by reduce inflammation by blocking microbial growth, and relieving pain.

*May support digestive health. Several compounds in plantain seeds and leaves have been shown to alleviate certain digestive issues. The seeds contain psyllium, a type of fiber often used as a natural laxative since it absorbs water

as it moves through your digestive tract.

Plantain Tea recipe:

Wash and roughly chop 1 cup of fresh plantain leaves. Put in a heatproof bowl that has a lid.

Pour over 4 cups of boiling water, cover, and leave until cold. Strain the liquid and store in the refrigerator for up to 1 week. You can drink 1-2 cups of plantain tea daily to benefit from its healing power. You can also use this tea topically to cleanse your skin, help clear up acne breakouts, and promote healthy wound healing.

Chamomile Study Group

Deb Knight's Chamomile Cookies

(Yield: 2 dozen)

Ingredients:

2 sticks unsalted butter, softened
 2/3 cup powdered sugar
 1 egg yolk
 2 1/2 cups flour
 1/2 teaspoon kosher salt
 1 1/2 teaspoons vanilla extract
 2 Tablespoons dried, ground chamomile flowers
 2 – 3 Tablespoons orange zest

Instructions:

In a large mixing bowl, cream the butter and powdered sugar until combined. Set the mixer to low and add the egg yolk, flour, salt, and vanilla. Mix just until the dough has combined and holds together. If the dough is too sticky, add a couple of more tablespoons of flour until it holds.

Divide dough into two pieces. Shape each into a round. Place in bag or wrap in plastic and put them in the fridge to firm up for 30 minutes or up to a couple of days if you want to prep in advance.

When ready to bake, preheat the oven to 325 degrees F. Roll out the dough and cut into 2 inch rounds. Place on baking sheets lined with parchment paper, one inch apart.

Bake about 10 minutes or until lightly golden. Remove from the oven and let cool.

Drizzle with icing made of powdered sugar, fresh orange juice, and 4 drops of almond extract.



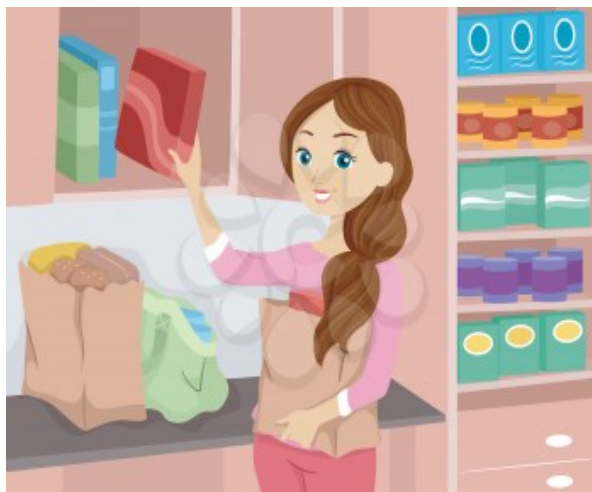
Giftng to Our Commuities

By Dee Dee Nunn, KHS Member

After our November meeting, our food donations were taken to Hope Southern Indiana, a faith-based nonprofit organization that serves all. Their services include a food pantry as well as many more community services. They're located on Bono Road, not far from Park Community Church. They were delighted to receive what we had to offer. During this past year, our donations have gone to a Jefferson County (KY) food pantry.

At our November meeting, we chose a food pantry in Clark County to deliver future donations. The Center for Lay Ministries (CLM), incorporated in 1970, serves residents of Clark County and is the umbrella organization for two important missions: the Food Pantry and the Bliss House.

According to their website their mission statement is to provide services to vulnerable populations in the local community with



compassion, dignity, and respect. CLM is open five days a week and provides food for 1,200 clients and their families once a month. They're located on East Maple Street in Jeffersonville.

The clients they serve are at or below 185% of the poverty guideline. Clients are required to bring a recent piece of mail to verify residence, unless they're homeless, and an ID for all those who are in the household.

Bliss House is a residential recovery program for women battling alcohol/drug addiction. It is a 12-bed facility that utilizes a 12-step approach to recovery.

All donations are appreciated by our food pantries who work so hard to feed all in need. We're lucky to have such dedicated organizations in our communities for us to support.

Jo Ann's Sweet Potatoes with Apples & Ginger

Recipe by Jo Ann Hughes, KHS Member

Ingredients:

6 medium sweet potatoes
 2 medium apples, peeled and sliced thin
 Candied ginger, sliced thin (I used candied but not crystalized ginger. Crystalized would work, too.)
 Cinnamon
 Pecan pieces
 ¼ cup butter
 ½ cup brown sugar
 1 Tbs water

Directions:

Bake potatoes at 350 degrees for 45-60 minutes, until tender all the way through. Cool, peel and slice lengthwise about 1/2 inch thick. Place a layer of the sweet potatoes in a 1 ½ or 2-quart casserole. Cover with a layer of apples, sprinkle with cinnamon, layer on some ginger and a scattering of pecans. Repeat layers, ending with sweet potatoes on top. Melt butter in a small sauce pan. Add sugar and water. Bring to a boil. Pour over the potatoes and bake at 325 degrees for 45-60 minutes, basting occasionally. You want the apples to be cooked well and the juices to be bubbling.

*Always throw spilt salt over your left shoulder, keep rosemary by your garden gate,
 plant lavender for luck, and fall in love whenever you can.*

From Practical Magic by Alice Hoffman



November Meeting Minutes

by Dee Dee Nunn, Acting Recording Secretary



- November 12, 2024, Park Christian Church
- Refreshments: Jo Ann Hughes, Deb Slentz, Diann Brumley provided a scrumptious assortment of fall themed foods and drink.
- 21 Members attended and 3 guests: Jo Ann Hughes, Jett Rose, Deb Slentz, Jo Ann Luecke, Dee Dee Nunn, Jeanette Griffin, Kathy Peterson, Teresa Haertel, Deb Knight, Donna Poe, Juanita Popp, Leesa Eason, Kathy Strecker, Janice Roehm, Jeanette Griffin, Maribeth Kelly, Julia Warf, Belinda Seacat, Edith Davis, Joan Burton, Diann Brumley, Erica Stemler, and guests: Jackie Barr, Karen Bowe, Kristy Conway. Also in attendance was Paulette Kruer, a former KHS member.
- Program: Paulette Kruer provided a very informative and entertaining program on "6 Herbs She Can't Do Without." Herbs included: Ginger, Jewelweed, Lamb's Ear, Dandelion Root, Clary Sage, and Arnica.
- Herb of the Month was provided by Donna Poe on Plantain.
- Book Report of the Month was provided by Leesa Eason on Edible Wild Plants.
- Business Meeting**
 - Jo Ann Hughes opened the meeting with remarks on "sage" including its common name, *culinary sage*, and its scientific name, *salvia*, which means to be in good health. Also discussed the word *officinalis* given to specie names with established medicinal, culinary, or other use.
 - There was no Secretary's Report.
 - Treasurer's report was provided by Jett Rose.
 - Gardens: KSB - Jo Ann reported there was still a lot of color in the garden for this late in the year. Hardy Hibiscus still blooming as are pink dianthus, golden calendula, lavender blossoms, and pink and white shades of yarrow flowers. Jo Ann thanked David Hardy for transporting and planting a tree-form dwarf lilac. Also said to let her know if anyone is interested in drying herbs for Spring Education Day (SED).
 - Old Capital Garden – Joan reported everything looked good here and things were still in bloom; the peonies have been cut back, and she will be putting the garden to bed soon.
 - Newsletter: Deb reported she appreciated the items being sent to her and encouraged everyone to send in their information by November and December 20th respectively.
 - Library: Kathy Peterson reported to let her know if any books were needed.
 - Historian Joan Burton gave a remembrance on Davey Dabney, a long time KHS member who recently passed away.
 - Corresponding Secretary: Barbara Peppers absent due to knee surgery. November birthdays included Jeanette Griffin and Dee Dee Nunn.
- Website – Jo Ann reported that Lisa Whitaker's husband, Craig, has offered to take on the management of the website. First order of business is to get the website updates and to put out a save the date announcement for SED. Will be looking for a couple of members interested in keeping the site up-to-date and current once Craig is ready.
- Facebook – Lorraine Hughes absent.
- Central District – nothing to report.
- HSA – Jo Ann reported that Jeanette Griffin is a member of the HSA Native Herb Conservation Committee. Jeanette was invited to join this committee after participating in the Fuzzy Butts program its first year and thereafter. This committee also develops and presents Notable Native fact sheets each year. Congratulations to Jeanette.
- Fuzzy Butts – Jeanette Griffin presented a summary report for 2024.
- SED – Jo Ann reported the SED committee had established a theme centered around the 30th Spring Education Day: "Pearls of Herbal Wisdom." Tossing around ideas to celebrate this milestone and also searching for speakers.
- Old Business**
 - Herb Study Group meets for it's first session on 11/19/24. Joan Burton to present on the botanical and horticultural aspects of Chamomile and Jeanette Griffin to present on the history and folklore. Second session will be held on 12/3/24.
 - Jo Ann reported that no budgets for SED or other projects had been received. Assuming members will get by on last year's budgets. Any deviation of more than 5% must be approved by a quorum of the Executive Committee.
- New Business** – Nothing reported
- Next Meeting**
 - December 10th. Theme "It's a Wonderful Life." It's an herbal potluck; Bring a favorite herbal dish with the recipe to share; There will also be an optional gift exchange; bring a wrapped gift of \$25 value if you choose to participate. Center for Lay Ministries, located in Jeffersonville, will be our designation for food donations.
 - Thank you to our hostesses and speaker: Deb, Diann, and Jo Ann for refreshments, to Paulette Kruer for the program, and to Leesa and Donna for the reports.
 - Juanita Popp was recognized for earning the distinction as a Rosemay Circle Member, and Juanita shared the many benefits she's received through the years as a member of KHS and attending the Spring Education Day twenty-five years ago.
 - Meeting adjourned.



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.



December Meeting Minutes

by Susan Hart, Recording Secretary



- December 10, 2024, Park Christian Church
- Refreshments: Potluck-favorite herbal dish with the recipe. Kudos to Deb Slentz and Dee Dee Nunn for the splendid book tree gracing the buffet table.

- 24 Members and one guest in attendance: Diann Brumley, Joan Burton, Edith Davis, Leesa Eason, Jeanette Griffin, Teresa Haertel, Cynthia Hardy, Susan Hart, Jo Ann Hughes, Lorraine Hughes, Maribeth Kelly, Deb Knight, Jo Ann Luecke, Dee Dee Nunn, Barbara Peppers, Kathy Peterson, Donna Poe, Juanita Popp, Janice Roehm, Jett Rose, Belinda Seacat, Deb Slentz, Kathy Strecker, Lisa Whitaker, and guest Linda Allen.

- Corresponding Secretary: Barbara Peppers-
- December Birthdays: Joan Burton, Qudsia Davis, Susan Hart.

Special Committees

- Updates on Spring Education Day: Two speakers have been confirmed-Mary Wheatley, chef/cooking instructor and current president of the Jefferson County Master Gardeners; and Carolyn Minutillo, owner and principal designer of Lavender Hill in Jeffersonville, IN.

Possible presenter-Susan Reauter (nutritional value of herbs).

Christmas Program

- Group Activity: Program committee introduced "Christmas songs - Herbal style "Mad-Libs," and each table sang their weird and humorous recreation of a familiar song!

- Gift Exchange: Participants drew a number to claim a lovely and thoughtful gift.

- Thanks to all who cooked delicious Christmas foods, and to Deb, Dee Dee, and Jo Ann for planning fun and joyful activities.

Next Meeting

- January 14, Park Christian Church, 1:00 pm.



Potpourri

The winter months are a great time to learn something new or boost your skills. Here are some interesting local resources:

- Cooking at the Cottage is a retail store and cooking school in the St. Matthews area of Louisville. Sign up for their e-newsletter to get class schedules, recipes and expert tips at <https://www.cookingatthecottage.com/>

- Cooking at Millie's, located in downtown Louisville, offers "date night" style classes in state-of-art work stations with local chefs and bakers. Check out their schedule at Cooking@Millie's | Group Cooking Classes in Louisville, Ky.

- Looking for a way to stretch your artistic muscles outside of the kitchen? Check out the painting, pottery and other visual arts classes offered at Mount St. Francis in Southern Indiana. Franciscan Arts Initiative - Conventual Franciscan Friars.

- Another awesome place to explore local art is Harrison County Arts in downtown Corydon, IN. Not only is it a beautiful gallery space featuring local and regional artists in a variety of mediums, they also offer classes! Member Lorraine Hughes and her husband are member artists, too. Harrison County Arts | Creating Opportunities for the Arts in Southern Indiana.

It's a Wonderful Life

Christmas Party

