

# Kentuckiana Herbal Thymes

“For Use and For Delight”

## From the Chair



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Greetings KHS Members,

This past week the temperature took a nose dive. I scrambled to pick all the green tomatoes still clinging to the vines. I got my garlic planted. Sweaters and wool socks have been released from summer storage. Hot cereal has replaced the cold variety at my breakfast table. And, as has been the routine over the past three years of my tenure as unit chair, fall brings planning for spring..... Spring Education Day that is. The Program Committee has started searching in earnest for speakers and a unifying theme for our big event. This will be our 30th Spring Education Day! What a fantastic accomplishment. Be sure your calendar is marked for March 28th (set-up day) and March 29th (the big event.)

Back to the change of seasons. I still have many garden chores to complete, but that doesn't keep me from dreaming of spending time in front of the wood stove listening to a recorded book while working on a knitting project. I know that many of you are avid readers, as well. Don't you find it interesting how our hobbies and interests overlap? I love gardening, cooking, fiber crafts and of course, herbs. I love reading about those things, too. I'm not talking about how-to books, here. I love a good novel that features these activities. Looking at the list of books I've read over the past couple

of years, many of them include growing plants and/or using herbs. Here are some of my favorites that fit that description : *The Hummingbird's Daughter* by Louis Alberto Urea; *Year of Wonders* and *People of the Book* by Geraldine Brooks; *The Exiles* by Christina Baker Kline; *Northwoods* by Daniel Mason; *The Frozen River* by Ariel Lawhon. Please feel free to share your favorites. I am always on the look-out for a good book and good conversation about books.

If non-fiction is your thing, put your research skills to work and join us for the herb study. Chamomile is the International Herb Association's Herb of the Year for 2025. Join us on November 19th to learn about the Botanical/ Horticultural Aspects of *Chamaemelum nobile* and its history and folklore. Then on December 3rd, we will delve into the culinary, medicinal, and other uses of this enchanting herb. We still need someone to research and give the presentation on culinary uses. Let me know soon if you are interested. The Herb Study is a great way to dig a little deeper into a specific herb and share ideas, information and experiences with each other.

~ JoAnn Hughes, Chair



## Happy Birthday!

### November

Jeanette Griffin  
Dee Dee Nunn

### December

Qudsia Davis  
Susan Hart  
Joan Burton

## Upcoming Meetings

**November 12 @ 1 PM**

**“Call of the Wild”**

*Park Christian Church, New Albany*

**Program:** Paulette Kruer-*Five Herbs She Can't Do Without*

**Refreshments:** Diann Brumley, Jo Ann Hughes, Deb Slentz

**Herb of the Month:** Plantain-Barbara Lusco-Peppers

**Book Report:** *Edible Wild Plants*-Leesa Eason

**December 10 @ 1 PM**

**“It's a Wonderful Life”**

*Park Christian Church, New Albany*

**Holiday Party:** Optional gift exchange; enjoy socializing with members

**Refreshments:** All members bring a favorite herbal dish. Please include the recipe!

**Herb of the Month:** No report



## Potpourri



• Sunnyside Master Gardeners presents **“Make a Holiday Wreath”**. Saturday, December 14. Clark County Fairgrounds. Bring gloves and clippers. All other supplies included in price of \$40. Contact Jett Rose for registration and details - jettrose0608@gmail.com

*Check this out!*

Kentucky Garden Trail: A Botanical Adventure  
Discover twelve of Kentucky's most stunning gardens and arboreta. Collect stamps in your passport to earn a prize. <https://kentuckygardentrail.com>

## 2023-2024 Officers

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## Book Report

By Kathy Strecker

Book Title: *Witches' Bane*  
 Author: Susan Wittig Albert  
 Year Published: 1993



This is the second volume of the continuing series of China Bayles murder mysteries. Volume 29 was published this year. The KHS Library has 12 volumes of the series.

China is a former criminal defense lawyer who left her high pressure, unsatisfying career to start a small business, *Thyme and Seasons Herb Company*, in a small town in the Texas Hill Country.

Some of the China Bayles mysteries have recipes using herbs, but not this volume, where the first victim's garden of poi-

sonous plants is the catalyst for a lot of intrigue involving rumors and accusations about witchcraft and Satanic cults.

In the early 90s, when landlines and pay phones were the norm, small town folks were suspicious of New Age ideas, Wicca, Tarot and historical cultural practices of immigrants, resulting in the usual plot twists, red herrings, and unexpected developments that place the sleuth in danger as she solves the murders.

The background fabric for all of this is China's herb business. I was fascinated by the incredible variety of fresh and dried herbs, teas, herbal products and crafts, as well as her herb garden. The more I learn about herbs, the more my mental definition of "herbs" expands.

I recommend the China Bayles books to anyone who likes murder mysteries with a generous helping of herb lore.

## Through the Garden Gate

**KSB Garden** - ~ Jo Ann Hughes

This October, as the song goes, "We got by with a little help from our friends." The final stretch of foundation border has been prepared for planting. Ground cloth and gravel have been placed in the covered area to the left of the front entrance to the dorm. There is plenty of room in that space for the concrete table with benches and a whiskey barrel or two for shade loving plants. Thanks so much to Joey from grounds maintenance. He did an awesome job. David Hardy, Cynthia's husband lent a hand once again to transport and plant the dwarf tree-form Tinkerbelle Lilac. We appreciate David's help immensely. He deserves to be an honorary member of the KSB garden committee.



**The Old Capitol Herb Garden** ~ Joan Burton

Maribeth and I have started cleaning up the garden in preparation for putting it to bed for winter. If it has turned brown, we are cutting it back. Two hardy mums were planted in the back wall area. The cultivar is called "Thanksgiving", and it will have yellow blooms. Right now it just has buds so it may be a couple of weeks before it blooms.

Joan compiled a report for Kelly on our activity at the garden from June 2023 to June 2024. It is information requested by the state on volunteer activity. The last group of school children have been through for the year, but the guides are still taking adult tourist through the site. Sometime during November Joan will bring all slate signs home to store in the barn.

We will continue to work in the garden on Thursday mornings until it gets too cold or when there is nothing left to do. Cedar wreaths will be hung from the upper picket fence after Thanksgiving to celebrate the winter holidays.

Again, many thanks to all of the members who have helped in the garden his year!

# Meet the Members

## Elaine Murphy

### Background



### If you know me, you know:

Faith, Family, and Friends are important to me!

I was born in a small suburb of Louisville with lots of woods and a mini-horse farm nearby, where I developed a love of horses and the country. We moved to a farm in Mauckport when I was thirteen, and my husband and I live there today. I worked for years as the Legal Administrator of a law firm in Louisville until I quit to take care of my Mother in 2018. In early 2019, they made me an offer I couldn't refuse to come back, working from home. I took the offer and I still work for them today. My husband & I have three grown children that we adore. My oldest recently got married, and I inherited two grandchildren. And there is one more on the way now. It's still crazy to think that I have grandkids! That's for old people! LOL!!

### Hobbies and Favorites

My husband and I love horses, and I have ridden since I was given, and broke, my first horse at the age of 16. We spent many happy years riding with our children, family, and friends.

I also love spending time with family and friends over coffee and vacations! My whole family vacations together once a year, usually at a cabin on a lake. My bestie and I also have a standing yearly vacation as well, though we just go where the wind takes us!

### How I came to KHS:

My Mother was a member for many years and I finally decided to join as well

### Fun Facts

I'm a 3rd Generation Opal (my first name)! I'm named after my Grandmother and Mother.

I was a Youth Leader for 20 years!

I rode my horse through Hardees' drive through when I was a teenager.

Nicknames: Lainey, Opie (in school)



**Kentuckiana Herb Society** - [www.kentuckianaherbsociety.org](http://www.kentuckianaherbsociety.org)



The Herb Society of America



*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.*



## Lasagna Garden

By Dee Dee Nunn, KHS Member

While cleaning up email folders I came across some “new” techniques about creating a lasagna garden. I had moved it to my “read later” file thinking it might be interesting to see what plants were recommended for this type of garden. I had heard of spaghetti gardens where tomato varieties, onions, basil, oregano, parsley, and peppers were recommended to create the perfect pasta sauce. I expected this to be much of the same.

Reading the article intrigued me. I discovered Lasagna Gardening to be a gardening system that works so you don't have to. Sometimes called *sheet composting*, the best time to start this type of gardening is fall because there are plenty of yard wastes that can be added. Anything you'd add to a normal compost pile can be added to a lasagna garden.

Using cardboard and newspaper for the bottom layer will smother any existing grass and weeds preventing the need for any prep work. Watering the bottom layer will hold it in place and help it decompose into a dark, moist environment that will attract earthworms needed to loosen the soil.

The success of this type of gardening is using a 2-inch layer of “brown” compost material like chopped leaves, straw, wood chips, or pine needles. Recommended next is a 2-inch “green” layer of material that has moisture such as grass clippings, coffee grounds, garden trimmings, and scraps of food. Keep layering 2-inches of brown followed by 2-inches of green until your bed is 18 to 36 inches deep. The materials will decompose and shrink quite a bit.

Turning the layers into rich soil is determined by how long it takes for the composted debris to decompose. This process is dependent on temperature and moisture plus the size of the composted debris.

Soon, all the composted materials will look like nutrient-rich soil, ready to plant and enjoy your beautiful, home-grown herbs and veggies.

*From Lasagna Gardening: A New Layering System for Bountiful Gardens: No Digging, No Tilling, No Weeding, No Kidding! by Patricia Lanza.*

## Summer Salad

Recipe by Leesa Eason, KHS Member

### Ingredients:

1 can chick peas, drained  
 3 cups cooked quinoa  
 2 cups English cucumber, seeded  
 1/2 cup salted, roasted pistachios  
 1/2 cup feta cheese  
 1/2 cup Chopped green onions  
 1/2 cup mint  
 1/2 cup parsley  
 Olive oil  
 Fresh squeezed lemon juice  
 Salt and pepper



### Instructions:

I never really measure anything; I just made this recipe up.  
 You can add crushed garlic, but I usually don't.

*\*This delicious salad was served by Leesa at the October meeting.*



# Costal Maine Botanical Gardens

*By Barbara Lusco Peppers, KHS Member*

## VACATION TRAVELS

MAINE.... If you have never been to this beautiful state, you must put it on your "Bucket List". On our yearly trip, I had the opportunity to visit Coastal Maine Botanical Gardens, located outside Boothbay Harbour, Maine.

The journey began in 1991 when a small group of Mid-coast residents dreamed of building a world class public garden on 148 acres of rocky coastal forest (interesting that they used their own homes as "collateral") to start the project. After 16 years of planning, the gardens opened in 2007.

Today, the garden, the largest botanical garden in New England, has over 300 acres with 17 acres of themed gardens, walking paths, ponds, a mile of tidal saltwater frontage, and the Giant Trolls, known as "The Guardians of the Seeds" by Danish artist, Thomas Dambo. I am sure he is the same artist who, using recycled wood, created the Giants at Bernheim Forest. There are five Trolls scattered through

the gardens, adding a whimsical, magical... Oh my goodness, when you discover them!

Native plants are everywhere: gorgeous dahlia's the size of dinner plates, butterfly house, children's garden with playhouses and pirates boats. A child's delight for sure! My favorite, hard to pick just one, was their Lerner Garden of the Five Senses. Herbs at their finest, displayed in raised beds and growing vertically (cleverly designed frames with a special watering system) was just awesome!

This garden is a jewel of rare quality, and I am happy I had the opportunity to visit! When you travel check out what little "jewels" you might find.



# Kentucky School for the Blind Charitable Foundation Gala

Donna Poe and Roger McCubbins represented our unit at the annual Kentucky School for the Blind Charitable Foundation (KSBCF) annual fund raiser on September 6th.

This year's event featured a Jimmy Buffet theme, and Donna and Roger certainly fit the bill!



Donna also put together this lovely basket for the silent auction. Thank you Donna for going above and beyond to assert our presence at this important event.

KSBCF is an invaluable partner with our unit in the funding and support of our Sensory Garden at the school.



## September Meeting Minutes

by Susan Hart, Recording Secretary



September 10, Park Christian Church

Refreshments: Lisa Whitaker, Julia Warf, Juantia Popp, Donna Poe.

- Program: Lisa Whitaker-The Herbs of England and Ireland.
- 25 Members, 1 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, Dionne Nunn, Anna Parker, Barbara Peppers, Kathy Peterson, Donna Poe, Janice Roehm, Jett Rose, Belinda Seacat, Deb Slentz, Erica Stemler, Kathy Strecker, Julia Warf, Guest-Sharon Zollman.

### Business Meeting

- Opening Remarks: Jo Ann Hughes- Presentation of Anniversary pins: 15 Years-Qudsia Davis, Barbara Lusco Peppers, Jett Rose; 25 Years and induction into the Rosemary Circle-Juanita Popp.
- Secretary's Report: Susan Hart-Minutes stand as reported.
- Treasurer's Report: Jett Rose-Audubon Garden Club donated \$50.00 to KHS for a program on container herb gardens presented by Jett Rose and Joan Burton. Three cookbooks were sold at the event.

### Standing Committees

- Gardens: Jo Ann Hughes-KSB Garden: Donna Poe and Rodger McCubbins represented our unit at KSB's annual fund raiser at the Mellwood Art Center. Guests were able to taste, feel and smell herbs gathered and peruse a photo book of the gardens. Donna also assembled an herbal gift basket for auction with proceeds going to KSB. Old Capital Garden: Maribeth Kelly-Heavy rains have cancelled some workdays. Daisys and many plants are blooming, and a profusion of moneywort has been scraped from the walks. Workdays at 11:00 on Thursdays.
- Newsletter: Jo Ann Hughes announced the transfer of KHS Newsletter editor from Kim Davis to Deb Slentz. Many thanks, to both Kim for many years of service, and to Deb for accepting the position. Please send Deb your great recipes, book reports, herb of the month, photos, and garden trip accounts.
- Library: Kathy Peterson-Look through the Program Folder and request books from the club library. Book reports at meetings should be 5 to 10 minutes. Find the template for your report in the program book and submit a written copy or email to Deb Slentz for the newsletter.
- Historian: Joan Burton-The 2003 Spring Ed program topic, "The Herbal Cupboard," was presented by Billi Paris, Paulette Kruer, and Cindy Sullivan.
- Corresponding Secretary: Barbara Peppers-Happy Birthday to Kathy Peterson, Diann Brumley. Lorraine Hughes reported Judy Cato was in the hospital with back problems. Please let Barbara know about any-

one who would love or need a card. Suggestion to send card to Juanita Popp.

- Website: Jo Anne Hughes-Nothing to report. Still Looking for help.
- Facebook: Lorraine Hughes-Send in pictures to post. Donna Poe sent photos of KSB's galla at Mellwood Center.
- Central District: Jo Ann Hughes-Nothing to report.
- News from HAS: Online blogs and newsletters from HSA have good info. Sign up to receive them by email or go to HAS website to read there. Lorraine Hughes suggested that Deb Slentz enter a design for the cover of the Herbarist.

### Special Committees

- Program Committee: New program books were passed out at the September meeting. Everyone, especially new members, please peruse the features and super library listings when you receive your new book. Many thanks to Kim Davis who generously put the book together, despite no longer being a member of the unit. Thanks to Program Committee members who gave time and talent to put together the new year's program. Thanks to all who volunteered to do programs, reports and refreshments for the new year.
- Farmer's Market: On Saturday, September 21, KHS will set up a booth at New Albany's Farmer's Market at Bank and Market from 8:00 to noon.

### Old Business

- Field trip to Gypsy Rain Organics (Owner-Tad Streepy) in Corydon, IN, September 30, 11:00. Lunch afterward at El Nopalito in Corydon.

### New Business

- Please submit your budgets to Jo Ann ASAP for the new fiscal year including Spring Ed Day committee expenses.
- Kim Davis has several large tubs of Spring Ed Day supplies and 4 coffee urns at her home. Can someone store this equipment for us?
- Budget Print Center in Jeffersonville may be a good source for our printing needs for the Spring Event. They did a good job on the program book with short turn around for a very good price.

### Garden Planning

- As cooler weather approaches, divide and transplant spring and summer flowering perennials. Try to finish by the end of the month so plants can get established before winter. Deadhead late summer and autumn bloomers.

### Next Meeting

- October 8, Park Christian Church, 1:00 pm. Theme: "Practical Magic," Program: Jeanette Griffin - The Folklore of Halloween. Refreshments: Teresa Haertel, Leesa Eason, and Deb Knight. Herb of the Month: Mugwort - Leesa Eason. Book Report: Witches Bane - Kathy



## October Meeting Minutes

by Susan Hart, Recording Secretary



October 8, 2024 — Park Christian Church

- Refreshments: Leesa Eason, Teresa Haertel, and Deb Knight
- Program: Practical Magic-Jeanette Griffin
- Herb of the Month: Leesa Eason-Mug wort
- Book Report: Kathy Strecker-Witches' Bane by Susan W. Albert
- 25 Members, 1 Guest: Joan Burton, Edith Davis, Leesa Eason, Jeanette Griffin, Teresa Haertel, Cynthia Hardy, Susan Hart, Jo Ann Hughes, Maribeth Kelly, Deb Knight, Jo Ann Luecke, Dee Dee Nunn, Anna Parker, Barbara Peppers, Kathy Peterson, Donna Poe, Juanita Popp, Janice Roehm, Jett Rose, Belinda Seacat, Deb Slentz, Kathy Strecker, Julia Warf, Andrea Wells, Lisa Whitaker. Guest-Janet Whiteside.

### Business Meeting

- Opening Remarks: Jo Ann Hughes-Jo Ann will be sharing Latin nomenclature of herbs this year. Our first species is Allium sativum (garlic). Allium (Latin-olere) to smell and sativus meaning cultivated, is often associated with plants that promote good health. Other herbs using sativa are Coriandrum sativum (cilantro) and Crocus sativus (saffron crocus).
- Secretary's Report: Correction to September minutes-Roger McCubbins last name mistakenly reported as Poe.
- Treasurer's Report: Jett Rose-DeeDee Nun reported Farmers Market profits at \$232.00. Jeanette Griffin and Kathy Strecker audited KHS financials for 2023-2024 with Jett. All deposits and checks correlated with bank statements.

### Standing Committees

- Gardens: KSB-Jo Ann Hughes-A second Tinkerbell dwarf lilac tree was purchased for the left corner border. We assessed which plants could be divided and transferred to the left side border. Purchased 100 giant allium bulbs. Extra bulbs sold at club meeting. Old Capital Garden: Joan Burton-Pumpkins, mums, scare crows, and skeletons decorate the fall garden. Indiana school children have been visiting the garden.
- Newsletter: Deb Slentz-Send articles to Deb's new email address [yellowbird6363@outlook.com](mailto:yellowbird6363@outlook.com). Include book and herb reports, recipes, pictures of your gardens. Check your email for the bi-monthly newsletter.
- Library: Kathy Peterson-Consult library listings in program book and order from Kathy.
- Historian: Joan Burton-Newsletter history. Various newsletter editors were listed from 1987 to the present for 2 to 3-year terms. However, the queen of the newsletter is Kim Davis who served from 2001 to 2024!! Many thanks, Kim.
- Corresponding Secretary: Barbara Peppers-Happy Birthday to Kathy Strecker, Cynthia Hardy, and Gerri Crawford (Venice FL.)
- Web Site: No Report

- Central District: Jo Ann Hughes-No report.
- News from HAS: The Herbarium has been mailed. If you didn't receive it, let Jo Ann know.
- Fuzzy Butts Jeanette Griffin-HSA's Native Herb Conservation Committee held a zoom meeting on October 11 to compile the Fuzzy Butt observation data, and to plan an herb garden design contest.

### Special Committees

- Program Committee: Time for Program Committee to look for speakers for Spring Ed Day. Committee members sign up for preferred meeting dates. Anyone with ideas for a speaker, notify committee.
- The Annual Herb Study date moved to November. Herb of the Year is chamomile. Sign up to be a presenter. Suggested dates are Nov.19th and 26th for study group. Discussion about second date. Will look for another date that does not conflict with Thanksgiving week. Botanical/Horticultural aspects and History/Folklore for the first date, Culinary Uses and Medicinal/other Uses for second date.

### Old Business

- Dee Dee Nunn sorted through Spring Ed storage tubs from Kim Davis and asked members present to choose items to use or store for future use. Maribeth Kelly has the coffee urns.
- Farmer's Market: Dee Dee Nunn reported Farmers Market profits at \$232.00. Dee Dee asked members to pick up their items left from the Farmers Market.

### Garden Planning

- October Webinar on HSA website is "All About Garlic". Programs are recorded for leisure viewing.

### New Business

- Upcoming Garden Event
- Visit Brown County, IN, this fall. The T.C. Steele State Historic Site has a lovely garden.
- Halloween Costume Winner
- Anna Parker charmed with a full witch's costume!

### Next Meeting

- November 12, 1:00 pm, Park Christian Church.
- Theme: *Call of the Wild*
- Speaker, Paulette Kruer: "The Herbs She Can't Do Without"



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.



## Hildegard of Bingen's Medicine, Folk Wisdom Series

*Authors: Dr. Wighard Strehlow & Hottfried Hertzka, M. D.*

*Reported by Lisa Whitiker, KHS Member*

As a supporter of all types of herbs, their extensive uses throughout history, and continued inquisitive nature as how to best use them in all their applications, I found myself, while down the rabbit hole of herbal exploration, unearthing some of the centuries old writings of Hildegard of Bingen. As such, I came upon a much more current book (although "less old" as it was published in 1987) which expounded a little upon the much older writings of Hildegard of Bingen. This is the book I'll be reporting on.

As I just mentioned, while searching some years ago for information about herbs and their homeopathic uses, I happened upon the writings of Hildegard of Bingen. I began reading about her interesting life story, nearly 900 years ago, in 1141. Considered by many to be both a mystic and prophet, this twelfth-century woman began having divinely inspired visions at the age of six, which continued throughout her life. It was these visions that were the source of highly honored information on healing through a multidimensional approach to the body, mind, emotions, and spirit. She was widely accepted by physicians and religious healers during her time. Curiously, after her death her work was lost for centuries, only to be relatively recently discovered. Her contributions thus began to be "revived" and studied by others.

The authors' purpose of this book is to highlight Bingen's many writings into an organized fashion, while addressing and adding their own commentary on the various subjects and herbs discussed. The book is considered a reference work and intended for use solely for general information, not for application to any individual case. The special notice to the reader says that "*The infor-*

*mation contained in the following pages is in no way to be considered as a substitute for consultation, diagnosis, and/or treatment by a duly licensed physician or other health-care professional."*

The book is organized with an interesting Forward which briefly tells a little of Bingen's life and her "discovered" writings. The fifteen chapters of this book are listed under the main heading of Hildegard's Medicine: "The Healing Art of the Future". A sampling of the title of a few of these chapters are *Eyes: The Windows to the Soul; Diet: You Are What You Eat; Cancer: Life Gond Wild*. A chapter devoted to Saint Hildegard & Her Medicine briefly touches on her life, her writings, and the amazing contributions that we know of from the course of her 81 years on this earth. I found it fascinating (but I "geek out" on such topics)!

The back of the book contains Appendixes to references of her other writings, a conversion table for US/Metric measurements, an English/Latin Botanical Table listing herbs referenced throughout the book, an index of plants & herbs, as well as a few other appendixes.

I would recommend this book to anyone who has an interest in reading for sheer enjoyment of Bingen's earthy and often still relevant understanding of natural health, gardening, and the authors' interpretation of a sampling of her knowledge. I considered it a fun, historical read about plant lore and natural medicinal properties of plants. I would not recommend this book if you are looking for a book that reads like a novel. Either way, I hope this report has been helpful and informative.

# KIM DAVIS

## Amazing KHS Editor for 15 years!

# Thank You!

