

Kentuckiana Herbal Thymes

“For Use and For Delight”

From the Chair



Greetings Everyone,

As we begin our new program year, I want to start off with a question. How many KHS members does it take to build our herbal community? Answer: It takes all of us! You only have to look through the new program calendar to see the numerous commitments made to provide interesting programs, reports, and delicious herbal refreshments for the monthly meetings. We even have a former member, Paulette Kruer, coming back to present the program in November. Be sure to read the minutes for August and September included in this newsletter to see all of the other ways we pull together to expand our knowledge of herbs and share this with the larger community surrounding us.

I am a true believer in the adage, “You are never too old to learn something new.” During our field trip to Gypsy Rain Organic Farm last Monday, the discussion with owner and farmer, Tad Streepy, turned to garlic. I love planting garlic! It is easy to grow and it fits my procrastination tendencies, as you plant it in the fall and then let it do its thing until the following summer. We typically plant a 4 x 12 foot raised bed with 3-4 varieties of garlic every year. We eat a lot of garlic! However, last year we realized we still had a vast supply of fresh, frozen, and dried garlic so we decided to forgo planting more. Turns out this was a very fortuitous decision. Tad said it was a difficult year for garlic. Many area farmers experienced the phenomenon of *witches brooming*. I had never heard this term before. My curiosity was piqued. Witches broom garlic is a condi-

tion where secondary sprouting occurs during bulb formation which causes the bulbs to split and separate. Extra leaves give the appearance of a witch’s broom. This condition impacts the size, appearance, and curing ability of the garlic cloves. According to Tim Elkner of Penn State on www.lancasterfarming.com, improper storage temperature of seed garlic or temperature fluctuations over the growing season can cause this condition. I certainly remember the on-again, off-again winter and spring we had last year. Fascinating!

If you are an herbal information junky like me, consider being a researcher/presenter for our Herb Study on Chamomile that will kick off in November. The program committee decided to schedule it earlier this year to get a head start for Spring Education Day preparations next year. The Herb Study will consist of two sessions (TBA) that will feature two topics each relating to Chamomile, the Herb of the Year for 2025. Topics are: botanical/horticultural aspects, culinary uses, medicinal and other uses, history and folklore. A Power Point presentation will be developed to be used as needed for Spring Education Day and other presentations throughout the year. Past Herb Studies have been very enlightening and fun. You won’t want to miss out.

As we embark on a new program year, let us relish in the community we are creating as we grow and share our knowledge and love of herbs.

~ Jo Ann Hughes, Chair

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Happy Birthday!

September

Kathy Peterson
Diann Brumley

October

Cynthia Hardy
Gerri Crawford
Kathy Strecker

Upcoming Meetings

September 10 @ 1 PM

“Herbs of England & Ireland”

Park Christian Church, New Albany

Program: Lisa Whitaker

Refreshments: Lisa Whitaker, Julia Warf, Juanita Popp, Donna Poe

Herb of the Month: Lisa Whitaker

Book Report: Lisa Whitaker

Field Trip: Gypsy Rain Organic Farm, Corydon, IN
Monday, September 30 @ 11:00 am

October 8 @ 1 PM

“Practical Magic”

Park Christian Church, New Albany

Program: Jeanette Griffin—The Folklore of Halloween

Refreshments: Teresa Haertel, Leesa Eason, Deb Knight

Herb of the Month: Mugwort -Leesa Eason

Book Report: Kathy Strecker -“Witches Bane” by Susan Wittig Albert



Potpourri



- Waterfront Botanical Gardens holiday light spectacular, Garden’s Aglitter tickets are now available on-line at [Gardensaglitter.com](https://gardensaglitter.com). Early time slots sell out, so book now.
- Fall Plant Sale at Bernheim Forrest, October 18 @ 9:00 am - 3:00 pm. Go to <https://bernheim.org/event/fall-plant-sale/> for more information and to pre-order plug kits for shade and sun perennials.

2023-2024 Officers

Chair	Jo Ann Hughes	(502) 889-7077	jahot55@aol.com
Vice-Chairs	Dionne Nunn	(502) 558-0372	dee.nunn23@gmail.com
	Deb Slentz	(812)786-1772	dslentz33@gmail.com
Treasurer	Jett Rose	(812) 590-4604	Jettellen@yahoo.com
Recording Secretary	Susan Hart	(502) 767-8504	raysue222@att.net
Corresponding Secretary	Barbara Peppers	(713) 208-5383	Balusco@aol.com
Historian	Joan Burton	(812) 738-8352	joanandbruce@twc.com

Newsletter Editor **Deb Slentz** (812) 786-1772 yellowbird6363@outlook.com

Book Report

By Kathy Peterson

Heir to the Throne by Margaret Tari.
Published 1916.

This story was told to Margaret by her mother as she was growing up in Nigeria. It is a story about a king many years ago in Nigeria. This king did not have an heir. An oracle came to him and said, "If you will ask your servants to prepare some yam pottage, I will put a seed of my special hot herb in it. Then let all your wives eat the pottage out of one bowl. The wife who eats the spicy seed will bear you a male child."

This Nigerian story is fascinating and has many twists and turns that we don't have in western children's stories.

There are references to herbs being used for certain situations. I highly recommend this story. It is fascinating!



Through the Garden Gate

KSB Garden - While working in the garden a few weeks ago, we had the wonderful experience of witnessing a middle school science class on ecosystems using the garden as the classroom. The teacher informed us that the students were given the choice of where to go on campus and they chose the Sensory Garden. We were delighted! Progress is being made on the remaining stretch of the foundation border. Roughly 2/3 of the border has been cleared. Some top soil and compost have been delivered. Another Tinkerbell dwarf tree-form lilac, like the one we planted last fall in the completed border, has been purchased. Once this border is planted, the Sensory Garden will be complete. ~ Jo Ann Hughes

The Old Capitol Herb Garden - For the last three weeks our Thursday morning garden crew has been present when groups of school children have been touring the garden. It has been fun seeing them and hearing questions that they ask. Many will read the garden markers and some even know about the individual herb. It has been

really nice having Dee Dee join us on a regular basis and also to have Belinda and Lisa join us when they can fit us into their schedules. Mother Nature has also really helped out with the watering. Maribeth has placed our little scarecrows in the beds, the skeleton is back digging in the ground and a pumpkin and mum are providing some fall color. The garden is looking a little tired and before long we will have our first killing frost and it will then be thyme to put the garden to bed for the cold months. We will welcome any help when it comes thyme to do the clean up. Happy Fall!
~ Joan Burton



Bitter Leaf

Kathy Peterson, KHS Member

At our August meeting, we had a special guest, Margaret Tari, who also cooked our lunch. Margaret was born and raised in Nigeria in West Africa.

Margaret made a wonderful egusi stew for us that we ate with our fingers using fufu. (Fufu is made from pounded yams). The stew was made with meats, vegetables and tomatoes, but one of the most interesting herbs in the stew was **bitter leaf**.

Bitter leaf is officially called *Vernonia Amugdalina*. It's a member of the Daisy family. Bitter leaf grows on small to medium size shrubs in tropical Africa. The leaves are elliptical and grow up to 8 inches long. These bitter leaves are so bitter that they must be washed strenuously before they're eaten to reduce the bitterness.

Bitter leaf is a staple in soups and stews. The twigs and sticks of the plant are used as chewing sticks for dental hygiene. The leaves are widely used for fevers and as a substitute for quinine.

Bitter leaf can be found online as a potted plant and the leaves are sold frozen in international groceries in Louisville.



Irish Potato Leek Soup

Donna Poe, KHS Member

Ingredients:

- 8 Tbsp butter, divided
- 3 large leeks (white and light green parts only), halved and sliced
- 2-2 ½ lbs russet potatoes (about 3 medium), peeled and small-diced
- 4 cups chicken stock



Instructions:

1. Melt 6 Tbsp butter in a large pot over medium heat.
2. Add leeks. Cook for approx. 10 minutes over medium heat, stirring occasionally, until leeks are tender.
3. Add potatoes and chicken stock. Salt and pepper to taste. Bring to a boil.
4. Cover, turn heat to low, and simmer for 10-15 minutes, until potatoes are cooked through.
5. Use an immersion blender to puree the soup directly in the pot, or blend in batches using a standing blender.
6. Turn off heat. Stir in remaining 2 Tbsp of butter until melted. Salt and pepper to taste.

Serves 8.

From bowlofdelicious.com

Eusocial Ants

Poem by: Judy Kato, KHS Member

Joan plants the thyme.

Ken cuts back the mint that hides the chives'
fine florets'
fluffiness.

Mary Beth prunes the sage.

Deb pulls the weeds along the wall
where she encounters
a salamander –
each esteems the other's
subtleties.

Tranquil quiet space,
the anemones are spotlighted
by a sun ray.
Shaded lavender
scents the air.

With a trace of pride

the gardeners dig in the spicy earth,
purify their hands in dirt
where rototiller ants
parade,
bearing their pregnant queen
fine food.

A masterpiece,
the gardeners' light-winged hearts are sure.
Set in the heart of town
where butterflies flit round,
a wild nest might be found,
and people walk
and sometimes kneel
for deep
garden
breathing.





July Meeting Minutes

by Susan Hart, Recording Secretary



- July 9, 2024, Park Christian Church
- Refreshments: Jo Ann Luecke, Judy Cato, Lorraine Hughes, and Donna Poe
- Program: The Herbs of Japan – Jo Ann Luecke
- 21 Members in attendance: Diann Brumley, Joan Burton, Judy Cato, Edith Davis, Qudsia Davis, Leesa Eason, Jeanette Griffin, Mary Harper, Susan Hart, Jo Ann Hughes, Lorraine Hughes, Maribeth Kelly, Jo Ann Luecke, Mike McKinley, Anna Parker, Kathy Peterson, Donna Poe, Jett Rose, Belinda Seacat, Deb Slentz, Lilly Torres.
- Program: Jo Ann Luecke – Power point tour of Japan: Herbal, Cultural, and Historical.

Business Meeting

- Opening Remarks: Jo Ann Hughes – There is a connection between July fireworks and herbs to be found in Thomas Andres “Pyrotechnics in the Garden” with its references to flowers that look like fireworks and clubmoss (Lycopodium). In the fall, gathered spores from clubmoss are highly flammable and have been used for generations to make flash powder. Today, used by magicians, it was once used for flash photography and in actual fireworks. Listed in the [HSA Encyclopedia of Herbs](#) as an herb, it can be used as a sedative, an anti-bacterial, a digestive and to stimulate the uterus!
- Secretary’s Report: Susan Hart-Minutes stand as reported.
- Treasurer’s Report: Jett Rose - Jett, who has been the treasurer since 2013, has requested an understudy as a back-up to the treasurer’s office in case of necessity. Currently, Joan Burton is a co-signer on the checking account.

Standing Committees

- Gardens: Jo Ann Hughes – **KSB:** With repair of the water main, we can now access water close to the garden. The leaky hose has been replaced, and the water wand works beautifully. Please do not pull the hose from the end or with the wand; use two hands to advance the hose from further down. Be sure to open the nozzle and let the water drain out when storing the hose. **Old Capital Garden:** Joan Burton – The garden is in its second life with daisy blooms. A tour group was present while we were cleaning up. Lisa Whitaker, Maribeth Kelly, and Joan have been watering and working on Thursday mornings. See the group text for scheduling so someone can cover the garden.
- Newsletter: Kim Davis – Reported by Joan Burton – The newsletter is good reading! Keep sending articles for next month.
- Library: Kathy Peterson – Deb Slentz contributed [Mexican Cooking](#) to the library. Suggested for check out: [Wicked Plants](#), [A Memory of Violets](#), [Creative Herbal Homes](#). Kathy gave a preview of next month’s program on the Herbs of Nigeria that she is coordinating.

- Historian: Joan Burton – From November of the 1987 Program Book: Colonial Herbs presented by Peggy Thieneman.
- Corresponding Secretary: Barbara Peppers (reported by Jo Ann Hughes) A card was sent to Barbara from the unit for a speedy recovery post knee surgery.
- Web Site: Jo Ann Hughes – Past web developer/manager, Janelle, is sending the Domain info in segments for security reasons. We need to locate a new web developer/manager. Does anyone have any ideas/contacts/expertise?
- Facebook: Lorraine Hughes – Great response to posts.
- News from HSA: Lorraine Hughes - Cynthia Hardy, Barbara Peppers, and Lorraine Hughes attended the National HSA Convention events this year. No Ed Con in 2025. San Antonio will host the next Ed Con in 2026.
- Central District: Jo Ann Hughes – Still no district rep. Unit leaders’ meeting scheduled for July 10.

Special Committees

- Nominating Committee: Lorraine Hughes – The following members have accepted
- Offices: President: Jo Ann Hughes –Chair; Dee Dee Nunn/Deb Slentz – Vice Chairs; Susan Hart – Secretary; Treasurer – Jett Rose; Barbara Peppers – Corresponding Secretary; Joan Burton – Historian. Motion to accept slate made by Donna Poe and seconded by Kathy Peterson. Unanimous vote in favor of slate.
- Program Committee: Jo Ann Hughes – The Program Committee members for 2024-2025 are Barbara Peppers, Cynthia Hardy, Deb Slentz, DeeDee Nunn, Elaine Murphy, Joan Burton, Jo Ann Hughes, Kathy Peterson, Lisa Whitaker.

Old Business

- Field trip to Gypsy Rain Organic Farm near Corydon Owner Tad Streepy offered a Monday tour since the farm is closed on Mondays and suggested fall instead of summer because of the heat. In fall, they grow a full fall garden. He can discuss all phases and challenges of the operation regardless of the time of year. When would members like to go?
- Dues and volunteer hours are due by July 21.

New Business

- **Garden Planning**
- Jo Ann Hughes – Keep planting in July to a minimum. Transplant with care. Keep new plantings moist with deeper but less frequent waterings. Perennials that have been pruned back need to be kept moist.
- **Upcoming Garden Events**
- Creasy-Mahan Nature Preserve is having a fern sale. See web site for details and to place order.
- Jo Ann Luecke – Day lily, Iris, Hosta sale at Wallitsch Nursery 9:00AM the 1st Saturday in August.
- **Next Meeting:** August 13, 2024, Herbs of Nigeria. Park Christian Church, 1:00PM



August Meeting Minutes

by Susan Hart, Recording Secretary



August 13, 2024, Park Christian Church

· Refreshments: Herbs of Nigeria. Kathy Peterson, Belinda Seacat, Oster, special guest Margaret Tari

· 20 Members, 3 guests in attendance: Diann Brumley, Joan Burton, Edith Davis, Qudisia Davis, Jeanette Griffin, Cynthia Hardy, Jo Ann Hughes, Maribeth Kelly, Jo Ann Luecke, Elaine Murphy, DeeDee Nunn, Maggie Oster, Barbara Peppers, Kathy Peterson, Donna Poe, Juanita Popp, Jett Rose, Belinda Seacat, Deb Slentz, Julia Warf. Guests Janice Roehm, Andrea Wells, and Guest Speaker Margaret Tari.

· Program: Margaret Tori-Power Point presentation of Herbs, foods, and culinary customs of Nigeria.

· Book of the Month and Herb of the Month posted in the newsletter.

Business Meeting

· Secretary's Report: Susan Hart-Minutes stand as posted.

· Treasurer's Report: Jett Rose-KHS budget for 23-24 has been balanced. \$400.00 donated to HSA National Herb Garden, \$1000.00 to Park Christian Church for use of facilities (\$500.00 for each of 2 years). Dues for 32 KHS members collected. (2 lifetime Members) \$50.00 insurance paid.

Gardens: KSB-Jo Ann Hughes-Three Muhly Grass planted in the side border bringing color to fall border. The braille labels are peeling off. We are exploring other options. There is KSB interest in teaching staff and students how to assist with the garden, how to use herbs, and how to renovate two raised beds on campus. Deb Slentz will help facilitate contact with the Jefferson County Master Gardeners for this project.

Old Capitol: Joan Burton-The garden is in good shape for the season. Late season flowers are blooming and are thirsty. Consider helping on Thursday mornings to help shape up the garden.

· Newsletter: Kim Davis has not renewed her unit membership this year. She will do the program book and pass along the flash drive with stored info for all publications. Deb Slentz has experience producing documents with Microsoft Publisher. Anyone who can help, please call Deb. We will need to fill the position that Kim has managed so well over the years.

· Library: Kathy Peterson-From KHS library Kathy brought books on Nigeria, folktales, customs, and other books to check out. Please consult the library list in the Program Book and contact Kathy with your book requests.

· Historian: Joan Burton-KHS had handmade items for sale in the '90's at Historic Madison Chautauqua. Joan showed a mini bird bath the unit had a workshop to produce.

· Corresponding Secretary: Barbara Peppers-Announced member birthdays for August: Edith Davis, Elaine Murphy, Cynthia

Hardy, Maribeth Kelly, Deb Knight. Cards to Jett, who will have surgery on August 14, and Mary Harper, who was in Veteran's Hospital August 13.

· Website: Jo Ann Hughes-We are in the process of transferring management of the website. Please consider assisting with this humongous endeavor.

· Facebook: Jo Ann Hughes for Lorraine Hughes-Check out photos from the General Meeting and photos from today's program.

· News from Central District: No News

· News from HSA: JoAnn Hughes-We have 34 members. 7 non renewals: Kim Davis, Mary Harper, Clovis Hayse, Cynthia Johnson, Lillian Tores, Marian Allen, and Kathleen Robison. 3006 hours of volunteer service were turned in to HSA for our unit.

Special Committees

· Program Committee: Our theme for the 24-25 year is "The Herbal Library." Topics will cover growing, cooking, crafting, and health benefits for us and our pets. Program books will be ready for the September meeting. Please sign up for refreshments, Herb of the Month, and/or a book report. Templates are in the new program book. Program Committee will meet this Thursday and assign members who have not signed-up to the available slots. The committee is also working on field trips. Send ideas to Jo Ann before Thursday.

Old Business

KSBCF Annual Fundraiser -Theme is "Cheeseburger in Paradise. Need 2 volunteers to attend to pass out KHS brochures and present slides/pictures of the Sensory Garden. Suggest gathering an herbal bouquet from the garden. Date: September 6, 6-10 pm. Mellwood Arts Center.

· Farmer's Market in New Albany: DeeDee Nunn/Susan Hart-September 21. Please contribute herb bundles, home-made herb products and baked goods, potted herbs, and herb related items. Donations can be brought to the next club meeting or contact DeeDee or Susan for pickup.

· Field Trip to Gypsy Rain Organic Farm near Corydon. Owner Tad Streepy would like us to come on a Monday when he can give us his full attention. When do we want to go?

New Business

· New Club Logo: By a show of hands, the club members present voted to keep the same club logo for 2024-2025 year.

Upcoming Garden Events

· International Herb Association members are gathering in Arkansas in conjunction with The Medicinal Plant Symposium and field trip sponsored by the Ozark Folk Center on October 19, 2024. If interested, Jo Ann can send out the links for registration/info.



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.

Who We Are: *Teresa Haertel*

Where I was born/grew up: Kentucky.

Where did I go to school: Graduated from Western Kentucky University and University of Kentucky.

Profession/avocation: Registered Nurse – this is my 45th year of practice. I work part-time now.

Family (humans, animals, beings): Husband of 41 years, a son, dogs, goats, chickens, and one cat.

Organizations I belong to: Numerous professional and personal organizations in the past. Now, just The Avett Guild, which follows my favorite musical group the, Avett Brothers! Also, Schipperke rescue, and the Herb Society.

How did you get interested in herbs? I have gardened and grown plants and herbs all my life. I come from a family of gardeners.

How did you find KHS? I saw the booth at Harvest Homecoming. This is my first year.

What is your favorite herb and what do you use it for? I love so many. I love marjoram, sage, basil, and bay leaves.

Do you have a favorite hint, use or recipe for your favorite herb that you would share? I cook a varied list of foods that use multiple ingredients! Mainly main dishes. I am not a good baker.

What is the herb you wish you had or could grow (Bucket List Herb)? Lavender. I want to grow the variety I can make wands out of.

Do you have herbs/plants to share or get rid of? I have an abundance of basil. Houseplants also. I have a huge Monstera, Hoya, and Snake Plants I can share. I have lots of perennials and am always looking at more!

What are your hobbies? Gardening, reading, animal care, cooking, enjoying nature.

What is your favorite thing to do? Anything outside!

What is your least favorite thing to do? Emptying the dishwasher.

Where are the places you have been or want to go? I've been to 27 states and would like to visit more. Also Europe and the Caribbean. Locally I love Bernheim Forest.

Do you have an interesting connection to your locality, a food or beverage, or a historical person? I come from a longline of men who have served in the military. I have an ancestor that served in the Revolutionary war and accompanied Lewis and Clark in the Northwest Exposition.



Kentuckiana Herb Society - www.kentuckianaherbsociety.org



The Herb Society of America



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