

# Kentuckiana Herbal Thymes

"FOR USE AND FOR DELIGHT"

## OLD WIVES' GARDEN LORE

By Deb Knight, KHS member

### When Planting, Consider the Moon

Even though planting season will soon pass us this year, it is still not too soon to think upon such things as preparing for the coming of next Spring. Every "Old Wife" will tell you to sow seed and to transplant with a waxing, never a waning, of the moon. The scientists have now caught up with this, discovering the effects of lunar rhythms on the earth's magnetic field which in turn affect a plant's growth. They have also established that all water everywhere, including that inside the tiniest living organism, moves in tides like the sea. The moon also affects the earth's atmosphere so that statistically it is more likely to rain heavily (just as you would like immediately after planting) immediately after a full or a new moon. They also say that a potato grown at constant levels of heat and light under laboratory conditions will still show a growth rhythm that reflects the lunar pattern.

So there is something to say about these "Old Wives' Garden Lore", that without laboratory conditions or statistical tables, that gardeners in the past and still today have learned from experience how best to get their plants off to a good start.

**Planting Tip:** Never plant the same kind of herb in the same place twice in succession, said an eighteenth-century herbalist. Replace a "hot" herb with a "cool" one, a sound rule-of-thumb for rotation that will prevent exhausting the soil of the particular properties one plant or the other needs.



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**Old Saying**

Sow seed generously  
 One for the rook, one for the crow,  
 One to die and one to grow.



## NEXT MEETING

**TUESDAY, OCTOBER 8, 6 P.M.**  
 Point Blank Brewery & Pizza, Corydon, IN. Dinner Dutch treat.  
 Herb of the month: Hops

## GARDENER'S BLESSING

By Ralph Emerson Purkhiser, submitted by Barbara Lusco, KHS member



**Happy  
Birthday!**

**September**  
Carolyn Cutshall

**October**  
Marty Thomas  
Cynthia Hardy  
Gerri Crawford

May God grant thee  
Enough sun to warm the earth,  
Enough rain to make things grow,  
A good strong back,  
A wide brimmed hat,  
And a good sharp goose-necked hoe,  
Strength for a day of toil  
And some quiet evening hours,  
With a sip of tea  
And a gentle breeze,  
And may all your weeds be  
Wildflowers.



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# WITCH HAZEL

*Hamamelis virginiana*

If you've always wondered why grandma kept that bottle of mysterious-sounding witch hazel in the bathroom, you'd be amazed to find how many uses she had for it. It is an astringent and vasoconstrictor, as well as antiseptic. It reduces inflammation and eases discomfort, making it the ideal treatment for bruises and swellings such as varicose veins and hemorrhoids (or 'piles' in grandma's day). Windburns, sunburns and insect bites can be soothed with a decoction of witch hazel. It has been used as a toner after cleansing the face. Native Americans used it for aching joints, sore muscles and backs and drank a tea to stop internal bleeding, prevent miscarriages, relieve menstrual pain, treat colds, fevers and sore throats.

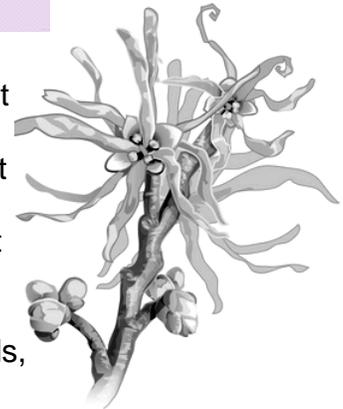
Commercially prepared witch hazel is distilled, rather than a strained decoction, which greatly reduces the tannins. Although the astringency is much less, it is still effective and is used in several commercial products, such as Tucks and Preparation H Cleansing Pads. Of course, you can

make your own decoction of leaves and bark or twigs. Do not continue use if you experience skin irritation or other unpleasant effects, and see a doctor if the problem you're treating does not improve after two weeks.

A native shrub to North America's Midwestern woodlands, witch hazel is a slow-growing perennial with an unusual blooming season. It drops its leaves in the autumn and blooms late in the fall and early winter. The fragrant, spidery yellow flowers appear at the same time the previous year's fruits mature. The seed pods burst open with an audible pop and propel their edible seeds up to 25 feet, which is why this plant is sometimes called "snapping hazelnut". Propagate by cuttings, which will produce roots in about 10 weeks, or seeds, which need to be refrigerated at about 40°F for several months before planting. Grow in moist, rich, sand or peaty soil in partial shade for best results, but witch hazel will tolerate poorer soil and full sun. Harvest leaves, bark and twigs anytime.

(Reprint from KHT 3/4-09)

Kim Davis



The medieval English word "wych", which means flexible and describes the plant's branches, was used in 'wyching', or dowsing for subterranean water, looking for lost items, or hidden treasures beneath the earth, using a forked branch, or "divining rod".



## WITCH HAZEL LOTION

- Prune witch hazel branches in the late fall or winter, and shave off the bark with a sharp knife.
- Cut into smallish chunks with a knife or scissors, and place in a blender with enough vodka to cover the bark and blades of the blender.
- Chop as fine as possible, and transfer to a glass jar. Shake the mixture vigorously once a day and strain after five to six weeks.
- Combine 1 ounce of the witch hazel preparation with 1/2 ounce aloe vera gel and 1/2 ounce vitamin E oil, then bottle.

## THE KENTUCKY SCHOOL FOR THE BLIND

*By Joan Burton, KHS member*

### The Garden Path

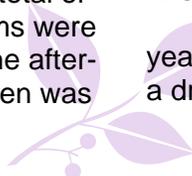
Our workday at the KSB garden was this past Wednesday morning, September 4, 2013. After the heat of the previous week, Cynthia Hardy chose the nicest, coolest morning that we have had for days. When I arrived, a small but efficient band of three had already been working away. Barbara Lusco's friend David had trimmed the shrubs and had run his weed eater. Barbara and Cynthia Hardy had weeded and dead-headed. The garden was already looking better. David removed dead wood from the trees and dug eleven holes for the six mums that I had brought to plant. We decided that we needed more mums. With a quick trip to and from Home Depot, a total of fourteen large and a dozen small mums were planted and watered. When I left in the afternoon our previously tired looking garden was

once again neat and colorful. A BIG THANKS TO CYNTHIA HARDY, BARBARA LUSCO AND DAVID.

Saturday after visiting the Mellwood Art Show I went back by the garden to water and plant some bulbs. A few of the mums were already drooping. Drratted hot weather! I planted nine each of Trumpet Mix Daffodils, Daydream Tulips and Purple Sensation Alliums and four Hyacinth bulbs. If you happen to notice a small twist-tie in the soil it should be marking a bulb site. Perhaps we will have some early Spring color.

It is Monday and I just received a call that Barbara and David watered again. THANK-YOU, THANK-YOU!

Our KBS Garden is celebrating it's 28th year. Stop by and visit and maybe give a plant a drink.



## ITALIAN ZUCCHINI CRESCENT PIE

*Submitted by Deb Knight, KHS member*

2 tablespoons LAND O LAKES® Butter  
4 cups thinly sliced zucchini  
1 cup chopped onions  
2 tablespoons dried parsley flakes  
1/2 teaspoon salt  
1/2 teaspoon pepper  
1/4 teaspoon garlic powder  
1/4 teaspoon dried basil leaves

1/4 teaspoon dried oregano leaves  
2 eggs, well beaten  
2 cups shredded Muenster or mozzarella cheese (8 oz)  
1 can (8 oz) Pillsbury® refrigerated crescent dinner rolls  
2 teaspoons yellow mustard



Heat oven to 375°F. In 12-inch skillet, melt butter over medium-high heat. Add zucchini and onions; cook 6 to 8 minutes, stirring occasionally, until tender. Stir in parsley flakes, salt, pepper, garlic powder, basil and oregano. In large bowl, mix eggs and cheese. Add cooked vegetable mixture; stir gently to mix.

Separate dough into 8 triangles. Place in ungreased 10-inch glass pie plate, 12x8-inch (2-quart) glass baking dish or 11-inch quiche pan; press over bottom and up sides to form crust. Firmly press perforations to seal. Spread crust with mustard. Pour egg mixture evenly into crust-lined pie plate.

Bake 18 to 22 minutes or until knife inserted near center comes out clean. If necessary, cover edge of crust with strips of foil during last 10 minutes of baking to prevent excessive browning. Let stand 10 minutes before serving. (Ingredients 13, Prep Time 30 min., Total Time 55 min.)



## MEETING MINUTES

By Marjo Howe, KHS Secretary



### JULY 2013

- On July 9th. our Herb Society gathered at Spring Mill State Park for our monthly meeting, attending were Edith Davis, Qudsia Davis, Jett Rose, Joan Burton, Deb Knight, Rosa Kesten, Bonnie McKim, Carolyn Cutshall, Barbara Lusco, Cynthia Hardy, Cynthia Johnson, Marty Thomas, Marjo Howe, JoAnn Luecke.
- We arrived at the Inn at 11:30 and enjoyed a beautiful buffet, after which Deb Knight guided us thru the park. Deb and her mother lived in the Inn for several years, and she was very familiar with the history and topography of the park. We saw the herb gardens, the flower gardens, the vegetable gardens, watched the miller grind corn and visited the apothecary store.
- We returned to the Inn and Cynthia opened the meeting,
- The treasurer, Jett Rose, gave our current financial report, and mentioned that 25 members have paid their dues. and the Chautauqua check has been returned to us.
- Cynthia reported on the news from national, after 2015 our HSA National Conferences will be held on alternate years.
- We discussed the decision of the Chautauqua Committee to drop us, their letter mentioned product presentation, loading and unloading procedures, selling primary products for finished products, and concluded that we needed a fresh look with fresh products. We discussed alternatives, and Carolyn Cutshall has volunteered to find a new site at Chautauqua on a non-juried basis. She will report to Cynthia.
- Two members have had medical procedures recently: Juanita Popp has had surgeries on her elbows and arm and Helen Trueblood had her cast removed.
- The garden committees reported. Joan said the weeding and topiary pruning are current at the School for the Blind, the Chaste tree is blooming, but tree limbs need to be trimmed.
- Edith reported she and Clovis put in marigold plants, watered and weeded at Pioneer Garden.
- Carolyn reported for the library. She took two of Susan Wittig Albert's books to our annual conference in St. Louis and had the author sign them.
- Our web site committee reported that kentuckiana-herbsociety.org will continue to be our domain name, at this time our committee is fine-tuning the site as at the time of the meeting malfunction problems were occurring. We were presented with

three web site designs and we voted on the lay-out that met the majority approval. We need volunteers to handle internet content.

- All insight e-mail addresses need to be updated - let Cynthia know your new address.
- We ended at Marty's house with refreshments. Thanks again to Marty for offering her house.
- Our August meeting will be at Central Christian Church. Hostesses will be Deb, Clovis, Carol.
- A reminder of volunteer opportunities to contribute content to the website by picking an area of expertise.
- Also, we need to prepare again this year for our booth in Madison, same time, different place.

### AUGUST 2013

- Meeting of our Kentuckiana unit was held on Aug. 13th. at 6 P.M. at the Central Christian Church.
- Attending were Julia Warf, Millie Chapala, Herman Sommerville, Barbara Lusco, Cynthia Hardy, Edith Davis, Gerri Dyer, Marty Thomas, Jean Bradshaw, Cynthia Johnson, Carol Daoud, Clovis Hayse, Jett Rose, Juanita Popp, Helen Trueblood, Carolyn Cutshall. Our hostesses were Clovis, Marty, and Julia.
- We discussed our attendance at Yew Dell Gardens on Aug. 3rd, and agreed that it is worthwhile to attend next year.
- We listened to our treasurers report, and Joan and Edith reported on the Sensory & Pioneer Gardens.
- Carolyn reported on the library; she wants a better way to keep track of the library books. We voted and agreed that we need a 30 day check out period, any members wishing to check out a book please call Carolyn.
- JoAnne Luecke's daughter Krista had her surgery, we will stay current on her recovery. Helen Saiko is living in Autumn Woods currently, and Julia Warf has surgery on her knee in 3 weeks.
- Our web site is progressing under Janelle's supervision, Barbara volunteered to submit recipes and pictures of food. Kim will be in charge of the web newsletter.
- Committee Reports
- Old Court Days-Carolyn reported that we have a double booth, we will have crafts, teas and herbs but no food.
- On Sept. 17th weed bundling at Clovis house.
- Old business thanks to members who submitted their volunteer hours
- All members should have their program books; anyone missed contact Marjo.
- Barbara talked about lemon verbena and made a wonderful lemon verbena bundt cake.



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Postage



*The Herb Society of America*



More in the garden grows , than the witch knows. - anon.



## P O T P O U R R I



- This year's member books available; contact Cynthia Hardy.
- Please return all KHS library books to Carolyn Cutshall ASAP. Quite a few have been missing a long time; please check through your books.
- **Thieneman's classes- preregister at 502-296-1499.** Exploring the Possibilities with Dwarf Conifers - Sept. 22 1:00-2:00. Planting an Indoor Succulent Container - Oct. 12<sup>th</sup> 10:00-11:00, Oct. 13<sup>th</sup> 1:00-2:00.
- The **Louisville Rose Society's** 60<sup>th</sup> Annual Rose & Arrangement Show is open to the public Saturday, October 5 1-5 pm at the Fern Valley Hotel & Conference Center, 2175 Fern Valley Rd. Louisville, KY 40213. For more info visit: [www.thelouisvillerosesociety.org](http://www.thelouisvillerosesociety.org)
- **The Gathering** - Saturday, October 19th, 8 a.m.—3 p.m. at **Carolee's Herb Farm**, 3305 County Road S 100 W, Hartford City, IN. Start the day at 8 a.m. with Meet & Greet, Herbal

Baked Treats with coffee or tea. At 9:00, Janice Drake, Society for Creative Anachronism, "Herbal Uses in the Middle Ages", a brief overview of herb medicinal and culinary use in middle-class homes. Following will be three different craft stations: a candle jar with herbs, an herbal swag to prevent witch infestations this time of year and a sleep pillow filled with herbs of your choice. A catered lunch of soup, sandwich and dessert, followed by our hostess, Carolee Snyder, 'Quick Tricks & Treats with Herbs'. Door prizes, a silent auction (checks or cash please), visits to Carolee's gardens and shop. We will be in Carolee's barn so dress in layers. Fee includes lunch, \$30 per person. Deadline for registration is October 5, 2013. To register, go to: <https://www.herbsociety.org/events/calendar-of-events.html>

***If any KHS member is interested, please contact Cynthia Hardy; she has suggested carpooling.***