

Kentuckiana Herbal Thymes

“FOR USE AND FOR DELIGHT”

AMARYLLIS

By Herman Sommerville II, KHS Member



I would like to re-introduce KHS members to an old holiday friend – THE AMARYLLIS! These bulbs have been a popular part of Holiday traditions for over a century. This is due to their ease of growth and truly spectacular blooms.

Amazing Fact: what we call an amaryllis is not a true amaryllis. They are actually *Hippeastrum* in the genus *Amaryllidaceae*. Many gardeners do raise the true amaryllis in our yards. These are commonly called “Naked Ladies” (*Amaryllis belladonna*) and originate from South Africa. *Hippeastrum* come from the New World. Their native range is from Mexico down to Argentina and parts of the Caribbean.

Hippeastrums have been heavily hybridized over the last 90 years. They now encompass 90 species and 600+ hybrids. They are

available in Holiday favorite colors - reds, pinks and off whites. Color combinations are now as vast as one’s imagination from solids to picotees. Bloom forms are now available in more than the traditional trumpet form. They have hybridized some to look much more like spider forms as one finds in orchids or daylilies. Truly unique!

The vast common care and growing facts are true. Such as, they do need a dormancy period. They also need to be repotted every year in the same sized pot. Don’t over pot them or they will not bloom. In addition, they do need regular light feedings for the best bloom production. Outside of that, there is not much new to report.

I hope this quick article helps you make up your mind this Holiday season when waffling about picking up some new bulbs. DO IT!

Quick Reminder: It is time to quit watering your clivias (kaffir lily, *Schizostylis coccinea*); it is time for them to take their winter naps. If you stop watering in: the beginning of November, start re-watering in March; the beginning of December, then April. Also, store in a cool place with very indirect light.

INSIDE THIS ISSUE:

Amaryllis	1
Garden Lore	3
Recipes	4
Mistletoe	5
Indoor Herbs	6
Meeting Minutes	7
Mulling Spices	8

NEXT MEETINGS

TUESDAY, NOVEMBER 12, 6 P.M.

Central Christian Church

Herbal Ideas for Christmas - Bring an idea or finished item using herbs to share with the group.

TUESDAY, DECEMBER 10, 6 P.M.

Marjo Howe’s home

Herbal Christmas - Potluck and Gift Exchange

THE KENTUCKY SCHOOL FOR THE BLIND

By Joan Burton, KHS member



**Happy
Birthday!**

November

Bonnie McKim
Charlene Rupp
Millie Chapala

December

Jean Bradshaw
Qudisia Davis
Clovis Hayse
Joan Burton

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. Dratted 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.

2013-2014 OFFICERS

Cynthia Hardy, Co-Chair
(812) 951-2630 mammacyn@aol.com

Marty Thomas, Co-Chair
(812) 347-2022 m.thomas@insightbb.com

Julia Warf, Vice-Chair
(812) 246-1214 CJW302@aol.com

Barbara Lusco, Publicity & Promotion

Marjo Howe, Recording Secretary
(812) 734-0799 marjohowe@gmail.com

Clovis Hayse, Corresponding Secretary
(812) 347-2247 cahayse@hotmail.com

Jett Rose, Treasurer
(812) 725-7732 Jettellen@yahoo.com

Marty Thomas, Historian
(812)347-2022 m.thomas@insightbb.com

Editor: Kim Davis, (812)347-0050, e-mail gardenelf3@aol.com

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.

OLD WIVES' GARDEN LORE

By Deb Knight, KHS member

The ABC's of Herb Folklore

While researching many of the following herbal folklores, I realized I could only include a sampling of each of them. The possibilities were endless. Hope you enjoy reading the folklore of herbs A through N. The rest of the alphabet of herbs will be presented in our next newsletter.

Artemisia

Used to treat epilepsy, palsy, hysteria and fevers. Makes a good bath for patients with Rheumatism and gout of the legs and feet.

Bayberry

Where there is bayberry, there is good luck and money.

Catnip

Anoint feet with tea to make one courageous.

Dragon's Blood

Said to attract good luck.

Eucalyptus

Wards off colds and will protect one while sleeping.

Fennel Seed

Used as a aphrodisiac.

Golden Seal

Using a tea from this purifies the blood. Sprinkle in a place of business to draw in more money.

Hops

Place under pillow for a restful sleep.

I

Interesting, intriguing, (in your garden), invigorating, herbs are all of these! I am still looking for a herb that starts with the letter I.

Jezebel Root

Others will be generous to one who carries this.

Kelp

Insures safety for sailors and all who travel on water.

Lemon Grass

Make a tea for lustrous hair.

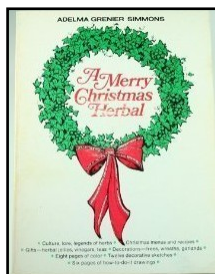
Mint

Sharpens the mind.

Nettle

One of the nine sacred herbs of the Anglo-Saxons. Protects against demons and evil spells.

Herbal Wisdom: The above article was written only for educational and pleasure reading and it is not endorsing any herbal medicinal practices. As with all uses of herbs proceed with caution.



As an added note.....with Christmas approaching quickly some of you herbies may want to read this book by Adella Simmons....."A Merry Christmas Herbal". Available on Kindle and Amazon Books. It might make a great Christmas gift for a friend!

CRANBERRY BLISS BARS

Submitted Nancy Haseker, KHS member

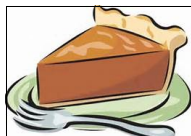


Bars:

1 1/2 cups packed Light Brown Sugar	1 tsp. Salt	perature}
1 cup Butter {room temperature}	1 3/4 cups White Chocolate Chips	1 cup Powdered Sugar
2 Eggs	1 1/2 cups Dried Cranberries, chopped	1/2 cup Butter {room temperature}
2 tsp. Vanilla Extract	1 cup Toasted Chopped Pecans	2 tsp. vanilla
2 1/4 cups Flour	1/4 cup Grated Orange Zest	6 oz. White Chocolate Squares for Baking
1 tsp. Baking Powder	Frosting:	1 tbsp. Grated Orange Zest
	8 oz. Cream Cheese {room tem-	

Preheat oven to 350 degrees. Lightly butter 11×15 jelly roll pan or rimmed baking sheet. Whisk together Brown Sugar, Eggs & Vanilla in large bowl until smooth. Whisk in the Flour, Baking Powder & Salt until well blended. Then stir in White Chocolate Chips, Cranberries, Pecans & Orange Zest. Spread the mixture evenly in pan {mixture may be stiff}. Bake 20 – 22 minutes until golden brown. Set aside on a wire rack to cool.

Cream together cream cheese, powdered sugar, butter, 1 tbsp orange zest & vanilla with electric mixer at medium speed until smooth and fluffy. Spread mixture over cooled cranberry bars. Melt the white chocolate on the stove or in microwave, stirring until smooth. Drizzle melted white chocolate over the bars and let sit until chocolate is set. Cut bars into squares, and then diagonally into triangles.



BUTTERMILK PUMPKIN PIES

Submitted by Nancy Haseker, KHS member

1 pk. refrigerated piecrust (2 pcs.)	4 large eggs, divided	1 14-oz. can sweetened cond. milk
1 c. sugar	1/2 c. whole buttermilk	1/2 tsp. ground cloves
1/4 c. butter	1-3/4 tsp. vanilla extract, divided	1/2 tsp. ground nutmeg
2 Tbls. all-purpose flour	1 15 oz. can pumpkin puree	1/2 tsp. ground ginger

Preheat oven to 325°. Line 2 (9-inch) pie plates with piecrust. Fold edges under, and crimp as desired. Set aside. In a medium bowl, beat sugar, butter, and flour together until fluffy. Add 2 eggs, buttermilk, and 3/4 teaspoon vanilla, beating well to combine. Pour into prepared piecrusts. Bake for 30 minutes.

In a medium bowl, combine pumpkin, condensed milk, remaining 2 eggs, remaining 1 teaspoon vanilla, cloves, nutmeg, and ginger, stirring until well blended. Pour over cooked buttermilk layer. Bake for 35 minutes or until set. Let cool completely on wire racks.

ITALIAN ZUCCHINI CRESCENT PIE

Submitted by Deb Knight, KHS member

2 Tbls. butter	1/2 tsp. pepper	2 c. shredded Muenster or mozzarella cheese
4 c. thinly sliced zucchini	1/4 tsp. garlic powder	1 can (8 oz) refrigerated crescent dinner rolls
1 c. chopped onions	1/4 tsp. dried basil leaves	2 tsp. yellow mustard
2 Tbls. dried parsley flakes	1/4 tsp. dried oregano leaves	
1/2 tsp. salt	2 eggs, well beaten	

Heat oven to 375°F. In 12-inch skillet, melt butter over medium-high heat. Add zucchini & onions; cook 6 to 8 minutes, stir occasionally, until tender. Stir in parsley, 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.)

MISTLETOE

By Kim Davis, KHS member

Norse legends tell of the goddess Frigga, who tried to protect her son Balder by getting all living beings to promise not to harm him. The mischievous god Loki discovered that mistletoe was overlooked and made an arrow from the wood. He gave it to Balder's blind brother, who accidentally shot Balder and killed him. When his mother Frigga managed to bring him back to life, her tears of joy turned into the white berries on the mistletoe plant and she kissed everyone who passed beneath. From that day, anyone who should stand beneath the mistletoe would not be harmed, only kissed - a token of love.

Kissing under the mistletoe is believed to be a Scandinavian custom of peace; if enemies met beneath it in a forest, they maintained a truce until the next day.

Christian tradition is that mistletoe was once a tree and the Cross was made from its wood; after the Crucifixion the plant shriveled and became a dwarfed, parasitic vine.

Held in great reverence by the Druids, they would harvest the plant, particularly from the sacred oak, using a golden knife or sickle. It was believed to have great power, protecting its possessor from all evil and effecting wonderful cures when used by the priests. It lost its power if it touched the ground (obviously bad luck!).

One of the most magical, mysterious, and sacred plants of European folklore, "allheal" (mistletoe) was believed to bestow life and fertility, protection against poison, used as an aphrodisiac, could protect from and extinguish fire, and was hung from the ceiling or over the door to protect against thunder, lightning and evil spirits.

Native Americans were more interested in the medicinal uses. Common treatments were for toothache, measles and dog bites.

Mistletoes are parasitic plants, taking water and nutrition from their host, usually large trees. They cannot survive if the branch they are attached to dies or is cut. Small infestations of mistletoe won't harm its host, but it can reduce their growth and if there is a large population it can draw too much water and nutrients from the tree. This can stress the tree, enabling insects and disease to move in, and if a really

heavy infestation, can kill the tree outright by depriving it of nutrients.

Generally, mistletoe is not considered a serious threat and its range does not extend north of the upper third of the U.S. as it is susceptible to freezing temperatures. It originated in the tropics and after the last ice age, it evolved and migrated to other areas.

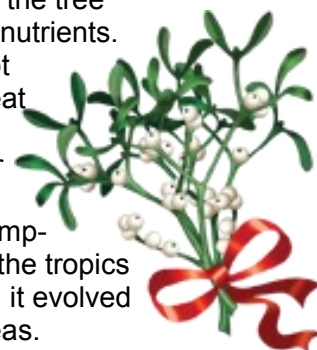
Seeds are spread usually by birds and the berry, which has an extremely sticky substance called viscin, will stick to the host plant until the seed germinates. In Europe, viscin was collected and manufactured to create birdlime, used to trap birds.

Mistletoe is popular in Europe, particularly Germany, for treating circulatory and respiratory systems. According to Maude Grieve (*A Modern Herbal*), it has been used as a nervine and antispasmodic, controls internal bleeding, urinary disorders, heart disease, and has a reputation for curing epileptic seizures and other convulsive disorders. The plant is still used medicinally; however, it's a powerful plant and experimentation is not advised! Use caution around children and pets as the berries of most varieties are poisonous.

Currently, researchers are looking into claims of cancer fighting abilities in mistletoe extract. There is no evidence at this time, but public interest was high in 2001 after actress Suzanne Somers decided to use the extract instead of chemotherapy after her surgery for breast cancer.

There are many species of mistletoe; the oldest references are of European or *Viscum album* and the American variety sold for decoration is *Phoradendron flavescens*, or *P. serotinum*. The origin of the word "mistletoe" is uncertain, but may be German - *mist* for dung, and *tang* for branch, referring to the birds method of spreading the seed.

By all means, enjoy decorating with the "golden bough" during the holiday season. Just be sure to place it strategically where your loved one will notice!



INDOOR HERBS

Looking for some great herbs to enjoy year-round? Here are 10 popular ones you can grow indoors for their beauty, scent and culinary benefits.

- **Basil** *Ocimum basilicum*. This annual herb is easily propagated from seed. Keep snipping off the flowers or the plant will get very woody, and don't let the growing medium get dry and crumbly. **Parsley** is a biennial and member of the genus *Petroselinum*. It grows in clumps and reaches about 5-8 inches tall. (The plant needs a pot deep enough to accommodate a taproot.) Parsley tolerates shadier conditions than some of the other herbs listed here. Be sure to snip parsley leaves regularly before they yellow.

Basil and parsley require frequent watering every two or three days. The next two herbs require rather consistent moist conditions:

- **Chives** are perennials, and they go by the botanical name *Allium schoenoprasum*. They can be started from seed and reach 8-12 inches tall. Snip chives with scissors when you're ready to harvest. These plants like to go dormant in winter, so move them to a cool location.
- **Mint** is a perennial and of the genus *Mentha*. There are many species of mint, most of them used for flavoring. Peppermint (*M. x piperita*) is a manageable container plant. All mints are best propagated from cuttings and can tolerate some shade.

The following herbs benefit from drying out a bit between waterings:

- **Lavender** is a perennial. The species *Lavandula stoechas* is a compact form. This plant doesn't tolerate wet roots. Container-grown plants do best with a pot that accommodates the root-ball, plus a couple inches to spare. This beauty is grown mostly for fragrance and crafts.

- **Marjoram** is a tender perennial known as *Origanum onites*. It's a relative of oregano, only sweeter. The species is also called pot marjoram and is smaller (18 inches) than the 2 1/2-foot-high marjoram that's generally grown outdoors. It grows well from seed, but be sure to cut it back when it becomes woody.
- **Oregano** is another perennial, known by the Latin name *Origanum vulgare* and grows 12-24 inches tall. 'Microphylla' is a good container plant to try, reaching 4-8 inches tall, and has a good flavor.
- **Rosemary** is a perennial botanically known as *Rosmarinus officinalis*. It's best propagated by cuttings. 'Blue Boy' is a compact variety, reaching only 24 inches. If you want to keep your rosemary healthy, don't mist it.
- **Sage** is a perennial that goes by the Latin name *Salvia officinalis*. There are many types of sage, but for indoor use you may want to try 'Compacta' (Nana). This version features small leaves, a compact growth habit and reaches only about 12 inches tall.
- **Thyme** is a perennial known as *Thymus vulgaris*. It grows 12-18 inches tall and likes full sun. The flavor of these leaves is best just before flowering.



The key to success in growing any of these plants is remembering that they need good light, well-drained soil (a soilless potting mix with perlite or sharp sand helps), attention to varying water needs (remember – home environments vary widely in humidity) and fertilizer. Use fish emulsion or liquid fertilizer, and be sure to follow label instructions.

With a little care and the perfect indoor sunny spot, you can enjoy a variety of fresh herbs any time of the year.

HARVEST POTPOURRI

Submitted by Nancy Haseker, KHS Member



- | | |
|---|--|
| 1 long vanilla bean split & cut into 1/2 pieces | a handful of cinnamon sticks |
| 1 whole nutmeg (reusable) | 2 oranges peeled and cut into thin slices (dry before adding to potpourri) |
| 1 spice jar of crystallized ginger | handful of star anise |
| a handful of whole cloves | |
| 1 small jar of allspice | |

Toss together. Simmer a few TBS of potpourri in a small pot of water for several minutes. Be careful not to let the water dry up. I usually set a timer for 10 minutes so I do not forget. You may want to keep a watchful eye on your pot the first time to make sure it does not dry up. Your home will smell absolutely wonderful!

MEETING MINUTES

By Marjo Howe, KHS Secretary

- Our **September 10th** meeting was at Central Christian Church at 4 o'clock. Attending were Joan Burton, Barbara Lusco, Cynthia Hardy, Marty Thomas, Marie Henize, Deb Knight, Qudsia Davis, Jerri Crawford, Cynthia Johnson, Edith Davis, Carol Daoud, JoAnn Luecke, Julia Warf, Juanita Popp, Cara Saiko, Clovis Hayse, Helen Trueblood, Carolyn Cutshall.
- Deb Knight talked about Ladies Mantle.
- Our pizzas were tasty, kudos to our hostesses Cynthia J., Edith, and Clovis.
- Carolyn gave a preview of preparations underway for Old Court House Days in Madison to be held Sept. 27th, 28th and 29th
- We used our workshops to work on catnip mice and tea bags.
- Jett gave the treasurers report.
- Gardens Reports:
 1. Sensory Garden - on a Wednesday workday, Barbara, her friend David, Cynthia H., and Joan worked planting mums, weeding, edging, putting up pumpkin and crow decorations.
 2. Pioneer Garden - Edith, Debbie and Qudsia weeded and watered.
- Website - we are losing Janelle; she will make sure that the site is up and running before she moves.
- We are all asked to collect herbs from our gardens for our KHS designer potpourri. Please bring herbs to each meeting.
- JoAnn's tea towels made \$100 by members' purchases.
- Cara Saiko gave us a progress report on her mother Helen.
- Looking forward: please place herb orders in January for Spring Education Event.

October Meeting - Point Blank Brewery & Pizza, Corydon, IN Hello Herbie Friends,

It was a slow start; not sure if they have had to serve 25 at one time, they couldn't keep the pans of pizzas and breadsticks replenished fast enough but we had a good time, loved the beer. We had one guest, Greg Rose, who seem impressed with meeting our many talented members. We were also joined by the hubbies of 4 members---they couldn't resist the temptation of good company (the pizza and beer).

Just FYI - although we may have made only about 25% of our usual fall fundraising profits, it was a good time had by those who volunteered to work the Old Court Days. So gratifying to hear so many positive comments from the shoppers who were thrilled they finally found our booth. Actually, it's difficult to tally profits since we use the herbs, spices and teas for the Spring Event. The bottom line---the Board will look further into the pros and cons for our future Fall Event.

We missed those who could not join us. Enjoy the next few days, the weather should be perfect.

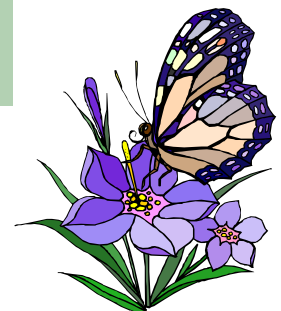
Cynthia, KHS Co-Chair

GARDEN PHILOSOPHY

Submitted by Barbara Lusco, KHS Member

"Just living is not enough", said the butterfly. "One must have sunshine, freedom, and a little flower." *Hans Christian Anderson (1805-1875)*

"If the day and the night are such that you greet them with joy, and life emits a fragrance like flowers and sweet-scented herbs, is more elastic, more starry, more immortal--that is your success." *Henry David Thoreau*



Kentuckiana



Herb Society

Kentuckiana Herb Society

545 W. Whiskey Run Road
New Salisbury, IN 47161

Postage



The Herb Society of America



"Let thy food be thy medicine and thy medicine be thy food."

Hippocrates (460-377 B.C.)

BASIC MULLING SPICES

6 cinnamon sticks
1 small whole nutmeg
1/2 cup whole cloves

1/2 cup whole allspice
Grated peel of one whole orange

Chip the cinnamon, nutmeg, and allspice with a hammer. Place with other ingredients in a storage container. To use, place two tablespoons of mixture in a small muslin bag and add to four cups of beverage. Simmer. This recipe makes one and one half cups of mulling spice.

BEST METHOD

- The easiest method for making a lot of any mulled beverage is to make it in the crock pot. It is especially important not to let wine boil.
- Simmer mulling spices in four cups of the drink you have chosen. If it is not sweetened, add up to 3/4 of a cup of brown sugar, maple sugar, honey or white sugar. Simmer for three hours or more and serve hot.
- If you use muslin bags for the mulling spices, make sure they are food grade. Also, always use organic ingredients when possible.
- Mulled spices are wonderful gifts and make any wintry day seem special.



BEVERAGES FOR MULLING

Any of these make an excellent mulled beverage, however, try mixing several together for a delicious change of pace.

- Apple cider
- Cherry cider
- Pear juice
- Cranberry juice
- Cran-raspberry juice
- Orange juice
- Apricot juice
- Pineapple juice
- Pomegranate juice
- Mixture of above
- Black tea
- Red wine