

# Kentuckiana Herbal Thymes

“FOR USE AND FOR DELIGHT”

## TANSY

*Tanacetum vulgare*



A native to Eurasia, Tansy (*Tanacetum vulgare*) is a perennial member of the aster family of plants and was brought to America by colonists. In most U.S. areas it is considered to be invasive and is sometimes confused with Tansy Ragwort (*Senecio jacobaea*). It was used during the colonial period to wrap meat in to repel insects and prevent decay. It has also been used as an insect repellent, placed on window sills and in bed linens. In the 1940's, it was distilled and mixed with fleabane, pennyroyal and diluted alcohol for a well-known mosquito repellent. It is also highly toxic to internal parasites and has been used by herbalists as a vermifuge for centuries. The plant's volatile oil is high in thujone, a substance that can cause convulsions (and in quantity or over time even death), so internal use of the unprocessed plant is discouraged. It may also irritate the skin.

Historically, tansy was con-

sidered to be a cure for intestinal worms, helped with rheumatism, digestive problems, fevers, healing sores, and “brought out” measles. During the Middle Ages and later, high doses were used to induce abortions. Conversely, it was also used to help women conceive and prevent miscarriages. Used as a face wash, it was reported to lighten and purify the skin. In the 15<sup>th</sup> century, Christians began serving tansy with the Lent meals to commemorate the bitter herbs eaten by the Israelites. Lenten tansy cakes were served, believed to prevent intestinal worms thought to be brought on by eating fish, as well as a flatulence preventative from beans and peas.

Although most of its medicinal uses have been discredited, tansy is still used in some medicines today and is listed by the United States Pharmacopeia as a treatment for fevers, feverish colds, and jaundice. (Cont'd pg 2)

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## NEXT MEETINGS

**TUESDAY, JULY 8, 6 P.M.**

Central Christian Church

JoAnne Luecke will present “Fennel”

**TUESDAY, AUGUST 12, 6 P.M.**

Central Christian Church

“Handcrafted Herbal Soaps & Lotions” by Paula Robinson, owner of *Les Sens* in Louisville



## Happy Birthday!

### July

Marjo Howe  
Julia Warf  
Barbara Lusco  
Ruth Slattery  
Opal Early

### August

Edith Davis  
Jett Rose  
Cynthia Johnson  
Deb Knight

## Tansy (cont. from pg 1)

Tansy is now an ingredient in an antibacterial used for root canals in dentistry, a food flavor enhancer, a beverage preservative, itch and pain reliever, and is an active ingredient in Vicks VapoRub® - the toxic compound, thujone, processed so that it is not dangerous.

Tansy is used by traditional dyers to produce a golden-yellow pigment. Dried flowers are used in floral arrangements, but in the language of flowers it means "rejected address" or "I'm not interested in you". It is also used as a companion plant, especially with cucumbers, squash, roses or various berries; it is thought to repel ants, cucumber beetles, Japanese

beetles, and squash bugs, among others. Dried tansy can be used in your pet's bedding to repel insects or in stored clothing.

In your garden, tansy grows to 4 feet tall, will spread easily, self-sows, and makes a good border plant or backdrop. It is not fussy about soil type, but likes moist, rich soil with good drainage and full sun to part shade. It is a good addition to the compost pile, as it concentrates potassium. It attracts ladybugs and they love to lay their eggs on tansy, then will stick around to feed on pests.

~ **Kim Davis**, KHS member  
(reprint from 2009)

- Plant tansy near your patio or in pots to repel mosquitoes.
- Fresh sprigs of tansy placed in cabinets will repel ants.
- Dried tansy can be used in pet bedding or stored clothing to repel insects.
- A pot of tansy near the door will discourage flies from coming in the house.
- In the garden, tansy will repel Japanese beetles, Colorado potato beetles, flea beetles, cabbage worms, and squash bugs.
- Tansy is also reputed to be a good companion plant for blackberries and raspberries, encouraging a more rapid growth.
- An excellent addition to compost for potassium.

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## LETTER TO KHS MEMBERS



Summer greetings to everyone!

I can not express how happy I am to be chairing the KHS organization for the next year. Thank you again for your support and I will do my best to fulfill our dreams, plans, and work hard to make our group even stronger.

I would love to share some interesting facts about myself so you can get to know me a little better. I grew up in Paoli, Indiana, Orange County on a farm on Grease Gravy Road . . . that sounds pretty country don't you think? Yes, I was raised a country girl with values, perseverance and calloused hands. Planted many vegetable gardens alongside with my dad. Learned to make lard pie crusts and homemade breads from my grandmother Ollie and mom taught me how to do process canning and making fruit jellies. Granddad took me mushroom hunting, blackberry picking, bird watching and fishing. I milked cows, fed chickens, put up hay and shoveled manure!

I have always had a love of the outdoors and was a very curious child. Many times mom would have mason jars missing from her cabinets where I had taken them to catch various spiders, insects, toads, or things that slithered. Needless to say, I collected almost anything, but made sure that all the little creatures were returned to their homes before the day's end.

I spent many hours sitting in my grandma Ollie's flower garden on a milking stool watching honeybees, butterflies and ants. It was a mesmerizing world to a young girl. Even raised a family of flying squirrels after my dad accidentally cut down their den tree.

I have a brother, Ron, who is 11 years older than me and of course he was my idol when growing up, but also was a constant tease as well. He saved me from an awful fate when I was only 7 years old. You see, I was a tree climber and I found myself in the top of a big maple tree in our backyard one summer day and did not realize how high up I really was - I froze. I saw dark clouds in the near distance and saw lightning streaking out from the black sky. Something told me I needed to get out of that tree, but could not move. I screamed for my big brother and he came running, climbed up the tree with the wind blowing harder and he told me to get on his shoulders and hang on. This is one time I listened to him. He got me out of that tree and we scurried to the house as fast as our legs would go and no sooner had we closed the screen door than KaBoom! . . . a huge bolt of lightning struck that maple tree and split it in half.

I would have been toast if not for my heroic brother. I could tell you many more escapades about my brother and me, but I need to move on to the present.

I have 2 grown children and my husband has 2 grown children. Together, we have 6 grandchildren and my daughter is expecting another grandchild in December. They keep us very busy and on our toes. The oldest grandchild is 17 and the youngest is 7 weeks old.

I have always had an interest in growing herbs because of my grandmother using them in her cooking and sachets. My mother also grew beautiful roses and flower gardens. People would drive from far away just to come to see her rose gardens. I just did not inherit her green thumb when it comes to growing roses, but I do love growing and cooking with herbs and sharing what I have learned with others. I have better luck growing herbs - hard to kill an herb.

I am a beekeeper and sell honey to friends and family. It has been a life long dream of mine to plant a lavender farm. I planted a lavender farm last summer and sad to say the winter polar vortex that came from the North Pole killed about half of my field. Out of 250 lavender plants, about 115 survived. I was happy that any of them survived, actually. I will re-plant again . . . I am not a quitter!

I love to read, write, hike, garden, shop antiques, travel, spend time with my grandchildren, go fishing, sit on the back porch and listen to the sounds of the night, play with my three cats and play music. Love Scottish bagpipes and Celtic music. I belong to two other organizations along with KHS. I play music with the Corydon Dulcimer Society when I get a chance and belong to the Indiana Beekeepers Association of Indiana. I love all the wonderful people in these groups. I feel so blessed for having such great friends to share life with.

I was an elementary teacher for 38 years and just retired from public education last May. Best decision I have ever made in my life! I hope to author a children's book someday. I plan to travel to Alaska, Canada, Scotland, Ireland, New Zealand and Europe in the near future. They are on my "bucket list".

Hope you learned a little bit more about me and I did not bore you to tears. I believe each of you are special and has a talent to share. Looking forward to getting to know all of you more personally and working together as a team with lots of laughter and fun times ahead. Let's make this a great year for our members and our organization.

Sending Blessings to all,  
**Deb Knight, KHS Co-chair**

## KENTUCKIANA SCHOOL FOR THE BLIND WORKDAY

By Joan Burton, KHS Member

We thought it might be canceled due to threat of storms but the sky was blue and sunny, a little warmer than we would have liked but there was a nice breeze for our small band of gardeners. We found that the "polar vortex" did a number on the garden. We lost all but one of the lavenders, the rosemary, sages, thymes, etc. so by the time that we had cleared out all of the dead the two right sidewalk gardens were almost bare. We planted two rosemary, a pineapple sage, and a lemon verbena, thymes, four pelargoniums and for the pizza garden, a tomato plant, a pepper plant, a Thai basil, four globe basil, a Society Garlic and a Golden Oregano. Four pelargoniums, two lavenders, and a Woolly thyme were planted in the left sidewalk garden. Looking better!

The Pevroski was trimmed by Jett and Claudia, and weeds pulled and the topiary shaped. By 6 PM the garden looked MUCH better and we had four large bags of weeds, limbs and the remains of the casualties of Winter. Juanita Popp and husband shared a cooler of bottled water and we gathered around the concrete picnic table for our meeting. We welcomed Claudia Ettel, a former KHS member, and Garry Tiegland, Chair of the Sunnyside Master Gardeners, and Juanita Popp's spouse. Jo Ann Leuke, Cynthia Johnson, Marjo Howe, Jett Rose, Juanita Popp, and Deb Knight were thanked for their help. It was decided that we will need more plants to fill in the bare spaces. Access to the water hose is now a challenge since an orange plastic barrier has been

erected around a new steam pipe along the sidewalk. Maintenance said they would cut us a door. We will see.

After our meeting ten of us drove a short distance to Shiraz for a delicious Mediterranean dinner, much conversation, and laughter. Sorry if you missed it. We had a good thyme and the KBS garden looks much better.

### Follow-Up.

Mother nature has blessed us weekly with some rain and I have been at the garden each Sunday to water. Here is a List of all the new plants at the Kentucky School for the Blind as of June 2014. Several herbs and perennials were added since our May 2014 workday. We are now in our 'Solar Vortex' and the garden is going to require at least a twice weekly watering. If you happen to be going over to Louisville allow a little extra time to stop by to water our garden and let me know. I will be assigning members times to water therefore if members has a particular week that you will not be available please send me an email. Also if you have a good time let me know that also. The orange barrier fence will be cut and twist tied to allow member entry. Be sure to fasten back the twist ties to prevent any of the children from entering. The hose set-up is the same. I will also be placing a new journal book in the hose box so we can keep up with the progress of our garden and we can have better communication. Thanks to ALL.



### New Plants as of June:

#### PIZZA GARDEN

- Patio Tomato
- Thai Basil
- Orange Bell Pepper
- Rosemary *offinacillis* 'Corzini' 2
- Spicy Globe Greek Basil 4
- Italian Plain Parsley *Petroselinum crispum*
- Marjoram *Griganium*
- *Thymus vulgarism* 2
- Oregano Golden *Organum vulgare* 'Aureum'

#### DESERT GARDEN

- Lemon Verbena *Aloysia triphylla*
- Pineapple Sage
- Fruit Sage 2

#### BACK RAISED SIDEWALK

- Hidcote Lavender
- Pelargoniums
  1. Mabel Gray
  2. Lady Gray Plymouth 2
  3. True Rose
  4. Mint Rose
- Upright *Thymus vulgaris* 2

#### QUADRANGLE RECTANGLE

- Pelargoniums
  1. Dr. Livingston
  2. Freshen Lemon
  3. Peppermint
  4. Lemon Sculpture

#### UPPER TRIANGLE

- Lavender *augustifolia*
- *Amsonia hubrectii* Narrow leaf

#### ' Blue Star'

- Yarrow *Achillea millefolium* 2

#### LOWER TRIANGLE

- Wooley Thyme
- Lavender *augustifolia* 'Violet Intrigue'

#### PLAYGROUND SIDE GROUND

- Chrysanthemum x 'Will's Wonderful' 2

#### CHASTE TREE GROUND

- *Amsonia hubrectii* Wide leaf

12 bags mulch



## POTPOURRI

- **KHS at Farmers Market:** KHS had a booth at the New Albany Farmers Market Saturday, June 21 from 8 am to 1 pm. The next opportunity will be in August. Please show your support by supplying herbal baking, crafts, etc. (with pricing) and come to the market! Contact Deb Knight for more information.
- **Herb Cooking Class** will be presented by KHS at the Harrison County Extension Office in July. It will be open strictly to the public (no members) in an effort to promote KHS, educate, and encourage new members.
- **Annual Dues:** Dues will no longer be subsidized by the club; voted and approved by members present at the last meeting. Current membership is \$62 (\$55 to National, \$7 our club) and is due as soon as possible. Make check to **KHS** and send to Jett Rose, 2009 Beckin Drive, Floyds Knobs, IN 47119.
- **Volunteer Hours** need to be submitted to Cynthia Hardy to be sent to National as soon as possible. Recording your time gives proof that HSA makes a difference.
- **FOR SALE:** 6x8 fiberglass greenhouse. Brand new, still in box \$175. Contact Barbara Lusco, 713-208-5383.
- **Recipe** for Paula Deen's recipe "**Copper Pennies**" is highly recommended by Deb Knight. Go to: <http://www.foodnetwork.com/recipes/paula-deen/c/co/cop/copp/copper-pennies-recipe.html>
- **Bread and Breakfast Bakery & Restaurant** on Main Street at Bank in New Albany is highly recommended by Nancy Haseker. Lots of herbs are used, Tuesdays are gluten-free; baked goods galore! Open Tuesday through Saturday.
- **Wanted:** Members needed to review books from the KHS library and submit reviews. Other herb-related book reviews also welcome.
- **Reminder:** Please return any KHS books you have borrowed as soon as you are finished. There are several books missing from our library that have been out a long time; some as long as two years! Please go through your books, just in case.



## MEETING MINUTES

*By Marjo Howe, KHS Secretary*



### Meeting - May 13, 2014, 4 pm, Kentucky School for the Blind Sensory Garden.

- Attending: JoAnn Lueke, Deb Knight, Marjo Howe, Juanita Popp, Cynthia Johnson, Joan Burton, Jett Rose
- We started garden maintenance at 4:00 P.M.
- Joan called meeting to order at 5:35. Our guests were Garry Teigland and Claudia.
- Jet gave the treasurers report, our total amt. is \$7,706.
- Jett requested more recipes and pictures for our web site.
- National dues due in June are \$62.
- We discussed the possibility of doing "Old Court House Days" again this year, if so we need a chairperson.
- Marie has agreed to be our chair of the Spring Education Event in 2015
- Cynthia Johnson gave the report on feverfew.
- We left the garden looking 100% better than we found it, and adjourned to Shiraz for a delicious meal.



**Kentuckiana Herb Society**  
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Postage



*The Herb Society of America*



I believe that there is a subtle magnetism in Nature, which, if we unconsciously yield to it, will direct us aright. – *Henry David Thoreau*



## GREEN HOUSEKEEPING

These are homemade cleaning recipes from Marie Henize's presentation from the June meeting. Marie introduced the laundry soap to our group a few years ago and we successfully sold it in our Marketplace at Madison and Spring Event.

### Laundry Detergent

2 cups laundry soap shavings (1 bar Fels Naptha, Kirk's Hardwater Castile, or Ivory)  
1 cup borax  
1 cup washing soda

Grate soap using a fine cheese grater. Combine all ingredients in a bowl and stir well. If it looks too coarse, put it in a food processor for a minute or so. Place in a sealed container and measure out 2 tablespoons for each load. This averages out to be a cost of about .08 cents a load!

### Lemon Dustcloths

1 lemon  
white distilled vinegar  
olive oil

water  
dustcloths or rags



Make a solution of 2 parts water, 2 parts vinegar, and 2 drops of olive oil. Soak your cloths in this solution and squeeze out the excess, leaving them just damp. Pare the rind from a lemon and lay a couple pieces on each dustcloth. Fold or roll each one and store in a clean jar with an extra piece of lemon peel. The jar should be airtight with a screw lid.

### Herbal Carpet Freshener

1/2 cup lavender flowers  
1-1/2 cup baking soda

In a large bowl, crush the lavender flowers to release their scent. Add the baking soda and mix well. Pour the mixture into a cheese shaker or a jar with holes punched in the lid. Sprinkle liberally on the carpet. Wait 30 minutes, then vacuum.