

Kentuckiana Herbal Thymes

"For Use and For Delight"

From the Chair



Happy Summer to All! I have been unit chair for many odd years and this spring to summer has been the craziest ever. We have had to move our meeting dates twice due to conflicts with the Sunnyside Master Gardeners meetings, we have had to scramble speakers, and speakers have cancelled. But we have survived and I want to thank everyone for their patience and flexibility.

Our June meeting was re-scheduled and was held at The Kentucky School for the Blind Garden. I was disappointed that more members did not show up, however, Lorraine, Jett, Cynthia Johnson and I enjoyed the delicious picnic that Cynthia prepared for us and we spent an hour or so trimming, weeding, watering and thinning. We left seven large bags of limbs, weeds and excess plant growth for maintenance to haul away. Cynthia, thank you for the picnic. It is always a treat to have your shortbread. Nobody does it better. It was a lovely evening to work in the garden and it is amazing what a few workers can accomplish.

Deb Knight, Bruce and I went over to The Fairview Lavender Farm in Webster, KY the week-end that was their u-cut open house. The smell alone made the trip worthwhile. I hope some of our members will go over next year because it is well worth the short drive to see the field, visit the gift shop, and cut a fresh bundle of lavender.

Our July meeting was held at the lovely home of Edith Davis. Edith wanted to cook for us and her chicken and pasta salads, the herb bread and scones and the peach cobbler were

all delicious. Thank you Edith! Jo Ann Luecke presented a travelogue of the gardens that she has visited in Greece and thereabouts. Her photos were beautiful and I am ready to pack my bags. Thank you, Jo Ann!

During this meeting I handed out a questionnaire asking for suggestions for programs for our upcoming year. A few of you actually handed it back. Our program committee has met. Members of the committee are Joan Burton, Susan Hart, Marjo Howe, Lorraine Hughes, Jo Ann Luecke and Linda Miller. Today we went for lunch at Havana Blues and utilizing information from the questionnaire and good ideas from the committee members we have the beginnings of our program year. Next week we lunch at Mirage.

We decided that for our August meeting we will have "A Herbal Harvest Show and Tell". We are asking ALL members to bring something that they have made with herbs or something that you have done with herbs this Summer. It can be a food, craft or any herbal project that you would like to share. We learn from each other and this is a really good way for new members to explore, "The Use and Delight of Herbs".

Several of us are planning on attending The Central District Gathering in Indianapolis August 24 & 25. Pat Greathead and the Central Indiana Unit have planned what looks like a fun and educational two days, "Red, White, and Bloom Herbal Fair". This is an opportunity to meet herbies from the other units in our district,

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Upcoming Meetings

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July 17 @ 6 PM - TBA

Home of Edith Davis

JoAnne Luecke will give a presentation of her overseas travels. Officer elections and collection of dues and work hours lists.

Refreshments: Edith Davis

Herb of the month: **Tansy** - Marjo Howe

August 14 @ 6 PM - TBA

Central Christian Church

“A Herbal Harvest Show and Tell”. We are asking ALL members to bring something that they have made with herbs or something that you have done with herbs this Summer. It can be a food, craft or any herbal project that you would like to share.

Refreshments: Marjo Howe & Cynthia Hardy

Herb of the month: **Feverfew** - Joan Burton

September 11 @ 6 PM - TBA

Central Christian Church

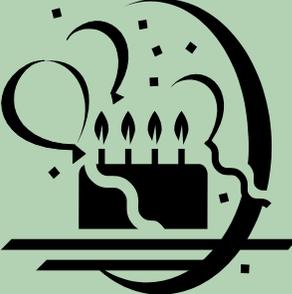
Plant Propagation with Gina Anderson, Agriculture & Natural Resources Educator for Floyd County.

Refreshments: Millie Chapala & Maggie Oster

Herb of the month: **Patchouli** - Marjo Howe

Connect with us on our Social Media pages! Post your thoughts, photos and info and take advantage of all the knowledge shared!

www.kentuckianaherbsociety.org
[The Kentuckiana Herb Society](#) on Facebook
www.herbsociety.org/



Happy Birthday!

<u>July</u>	<u>August</u>	<u>September</u>
Marjo Howe Julia Warf Barbara Lusco Judy Cato	Edith Davis Jett Rose Cynthia Johnson Deb Knight Linda Miller	--

The Road to Tarrytown

By Joan Burton, KHS Member

After the Subaru was loaded up with snacks, drinks, suitcases for the two humans, kennel cages, cat supplies, three adult cats, and three kittens, we began our departure for Tarrytown, NY and the annual educational conference of The Herb Society of America. I drove nine hours and stopped after dark in Pennsylvania for the night.

The next day the fun began. Driving through Pennsylvania I remembered visiting The Rosemary House in Mechanicsburg, PA and since we would be very near we decided to stop. Bertha Reppert who founded the shop was a herbal treasure during her lifetime. Bruce and I had visited The Rosemary House several years ago and were astounded by all of the herbal items in no particular order crammed into two rooms. Luckily the shop was open and we were very pleasantly surprised at how beautifully neat the two rooms were now and that there were so many delightful herbal items.

Nancy, Bertha's daughter, now runs the shop and the other daughter oversees the tea room. The tea room was not open, but we were invited to visit the garden behind the shop and the tea room. From a tree and a pergola hung many teapots. To add to the whimsy was a giant teacup planted with herbs. The gardens were lush with herbs and annuals.

I left with bags of herbal publications, a few gifts and three plants. Bruce insisted that we purchase a rosemary plant, which we did.

Traffic was not as bad as I had expected driving into New York. As the conference hotel in Tarrytown did not accept the "fur beings", we checked into a spacious suite at The Residence Inn in White Plains, NY.

On Thursday Bruce and I met up with Qudsia, Roger and JoAnn Luecke. We toured Sunnyside, the home of Washington Irving. We then enjoyed a nice lunch at a sidewalk deli in Irvington, NY. We then departed for the HSA private garden tours. Our first stop was at The Herb Garden At John Jay Homestead. This beautiful well maintained garden is supported and maintained by the New York Unit of the HSA. The garden areas included medicinal, culinary, fragrance, pest repellent, salvias, dye plants, and shrubs & ground covers. We were treated to a variety of herbal cookies and drinks.

Upon leaving this garden we drove to the private home and garden of Charlene Seminara. A light sprinkle did not deter us from seeing this French Normandy home and garden. Green vistas

and mountain views, a meditation garden, culinary herb garden, cutting garden ferns and tropical plants added to the beauty of this estate - the rain held off.

After a short rest and clean up we were able to meet up with the rest of the Kentuckiana Unit members - Marjo, her daughter Bridget, and Barbara Lusco. We went to eat at a tavern and talk about our day.

Friday began early as I was to attend the Unit Chairs meeting, which I did. Some time was given to visit the vendors. The business part of the meeting began followed by the installation of the new officers. Seems a good part of the conversation was in regards to the selling of some of the HSA's rare books.

Jo Ann Gardener, the first speaker, talked about "Herbs and Hardy Roses" and her life in Cape Breton Island and the Adirondacks. Following this there were award presentations, lunch and Rosemary Circle and Golden Sage Awards.

After lunch our members met with Pat Greathead for the Central District meeting. The afternoon speakers, Skinner and Ghalehgolabbehbani, talked about saffron. This was followed by Pat Thompson's presentation on the Notable Native Herbs for 2019, horsetail and ceanothus.

A happy 85th Birthday celebration for the HSA with cake and drinks closed out our meeting day. Our Kentuckiana members and Pat Greathead continued to celebrate with dinner at a very nice Italian Restaurant. It was a good meeting and we said good-bye to Marjo, Bridget, Barbara and JoAnn and Pat as we went our separate ways.

Qudsia, Roger, Bruce and I had one more adventure together. I drove to the New York Botanical Garden in the Bronx where we spent the entire day. We took two tours, the native plant garden and the perennial garden. A trolley took us to the rose garden and gave us an overview of the entire layout. I delighted in seeing the herb garden with the hops growing horizontally on a beautiful wrought iron fence. We toured the tropical house which was featuring plants that Georgia O'Keefe painted in Hawaii and then we viewed the actual art work. Of course, we went to shop at the garden gift shop and had a nice snack at the cafe.

Our adventure together ended with dinner in a quiet tavern restaurant, The Cellar, located in a nearby conference center. I think we will look forward to the next HSA meeting to be held in Madison, WI, June 14-15, 2019. Drove fourteen hours to arrive home, late, tired but happy.

A Garden for Marty Thomas

By Joan Burton, KHS Member



rosemary

Marty Thomas was a beloved KHS member who passed away a few years ago.

When a small group of us went to Thieneman's Green Haus this past May, we found out that Cynthia Hardy had been contacted by Marty's son Brian who lives near Indianapolis. He was coming to Corydon over Memorial Day week-end and wanted some of our herb members to donate herbs for a memorial garden for Marty. He is going to design and plant this garden on the property where he lives.

Marjo Howe, Cynthia Hardy, Jo Ann Luecke, Peggy Thieneman and I all selected herbs to donate for the garden: lavenders, thyme, pelargoniums, mint, oregano, etc. were among the herbs selected. I brought the flat home as Brian was to be staying very close to my house and would come by to pick up over the Memorial Day

week-end. He did come on Sunday morning. His wish was also to have some of the herbs from some of our members gardens. We walked around my property and herb gardens and we dug chamomile and mints and marjoram. I also gave him one of the hellebores that I had dug last year.

Some of Marty's ashes are to be scattered in the garden with a dedication to be held at a later date. I was thrilled that Brian also brought me the Tasha Tudor commemorative print that celebrates the HSA's 60th year. Marty had wanted me to take this before she passed but I wanted to leave it so Marty could enjoy it until her last day. I have hung the print in my hallway and will always think of Marty when I see it daily. Thanks to the KHS members and Peggy who helped make this garden a special tribute to Marty. Brian really appreciated your generosity.



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.

From the Chair (cont'd from pg. 1)

share ideas, visit gardens and learn. The registration form was sent to everyone by Pat Greathead via Internet and the less expensive registration rate is before August 10. We will be having a table to sell some of our herbal items and promote our unit. Lets have a good showing of members from our unit!

At the August unit meeting please bring an items for our mini-marketplace or make arrangements for one of us that are going to get it. We will accept food items, crafts, etc.

Some of the members would like to go up to Stream Cliff Farm in Commisky, IN to have lunch, shop and visit the greenhouse. This would be a nice side adventure for September and we will look at a Wednesday through Friday day. We will talk about this at the August meeting. We will carpool!

We are now at the peak of herb season in our gardens. There are an abundance

of fresh herbs to use in our food, whether you have grown them or you are buying them at a local farmer's market. The bees, butterflies and moths are also enjoying my herbal blooms. Now is a good thyme to begin preserving some of this herbal goodness by drying, freezing, making a pesto, a vinegar or a herbal cosmetic. As we approach the end of summer, it is also a good thyme to evaluate your successes and not-so successes and take note for next year.

In the meanwhile, also enjoy your gardens, come to our meetings and share your herbal experiences with anyone who will listen and wants to know more about the useful plants.

I am wishing all of you herbal abundance and a much less chaotic upcoming program season. Again, Happy Summer!

Sunflowers,

Joan Burton, Catnip Lady & Chair

Edith's Pasta Salad

Salad:

1# pasta, cooked (I used bowtie)
 1 large onion, chopped
 2 cups cucumbers, chopped
 1/2 cup parsley, chopped
 1 green pepper, chopped
 1 red pepper, chopped
 2 cups cherry tomatoes

Dressing:

1-1/2 cups sugar
 1 cup apple cider vinegar
 1/2 cup olive oil
 2 tsp. mustard
 1 tsp salt
 1 tsp pepper
 1 tsp garlic powder
 3 cloves garlic, chopped fine



Make dressing while pasta is cooking. Cool pasta, then mix all together except the tomatoes. It's better if it sets for several hours before serving. Add the tomatoes last; I usually make the salad the day before and add the tomatoes about an hour before serving.

I put the first 3 ingredients together and put in microwave a minute or 2 to make sugar dissolve good. Then add the other ingredients and mix well.

Zucchini Dessert Squares

Submitted by Jett Rose, "Taste of Home" website



4 cups all-purpose flour
 2 cups sugar
 1/2 tsp ground cinnamon
 1/2 tsp salt
 1-1/2 cups cold butter

Filling:

8-10 cups cubed, seeded peeled zucchini
 2/3 cup lemon juice
 1 cup sugar
 1 tsp ground cinnamon
 1/2 tsp ground nutmeg

In a large bowl, combine the flour, sugar, cinnamon and salt. Cut in butter until crumbly. Reserve 3 cups. Pat remaining crumb mixture into a greased 13X9 in baking pan. Bake at 375 degrees for 12 minutes.

Meanwhile, for filling, place zucchini and lemon juice in a large saucepan, bring to a boil. Reduce heat, cover and cook for 6-8 minutes or until zucchini is crisp-tender. Stir in the sugar, cinnamon and nutmeg. Cover and simmer for 5 minutes (mixture will be thin).

Spoon over crust, sprinkle with the reserved crumb mixture. Bake at 375 until golden, 40-45 minutes.

2 Ingredient Quick Bread

Submitted by Jo Ann Luecke

- 1 cup ice-cream softened at room temperature (not in micro wave)
- 3/4 cup self rising flour



Stir together and bake in small greased loaf pan 25 minutes at 350 degrees. (I used butter pecan and sprayed the pan with Pam. The only flavor the article said caused problems was one with large pieces of chocolate which sank to the bottom. Part of the fun I think is trying different flavors. The article said cheap store flavors worked better than higher priced ones. - Jo Ann)



Meeting Minutes



April by Millie Chapala, Recording Co-Secretary

- We had a great April meeting! We had fourteen members present and also had six visitors. Members present were Joan Burton, Judy Cato, Millie Chapala, Kim Davis, Cynthia Hardy, Susan Hart, Clovis Hayse, Cynthia Johnson, Deb Knight, Barbara Lusco, Linda Miller, Juanita Popp, Jett Rose, and Julia Warf. Visitors were Jeneen Bledsoe, Mary Jane Conn, Rusty Dixon, Jo Ann Hughes, Leslie Neafus, & Linda Pahner.
- First of all, we had wonderful food provided by Hostesses Susan Hart and Linda Miller. They will be a hard act to follow.
- Lesa Smith of Master Gardeners gave a very enlightening program on pollinators. Who knew that those of us who didn't get our gardens cleaned up last fall were actually providing a nesting place for various pollinators?
- Joan opened the business meeting with a poem about early spring.
- Committee reports followed.
- Davy Dabney has donated a new book to our library.
- HSA is looking for a new librarian or archivist.
- A nominating committee is needed for the upcoming new year's officers.

Old Business:

- Joan listed groups in which our group has been asked to participate, such as Purdue's Pollinator Day, the Louisville Zoo, Yew Dell Gardens, and the Central District Gathering in August.
- The Yew Dell Field Trip is on for April 17 at 11:00. Those interested in attending are to meet at 11:00 at Yew Dell.

New Business:

- Jett has received thank-you notes from various groups to which we have donated. They include the Louisville Botanical Gardens and the KY State Fair.
- Jett gave a detailed financial report on the profit we made on Spring Education Day. She will make a deposit to Huber's for March 30, 2019, for next year's event. Joan reported that we had a lot of positive comments.
- Clovis reported on the herb of the month, sorrel, which like a lot of herbs, has been used for a lot of different things.
- Next meeting will be May 8, and the program will be on vermiculture.
- The meeting was adjourned at 8:15.

May by Millie Chapala, Recording Co-Secretary

- The meeting began with tasty refreshments provided by Maggie and Millie followed by introductions around the table, since there were several new members and guests.
- Those present were Joan Burton, Judy Cato, Millie Chapala, Kim Davis, Cynthia Hardy, Lorraine Hughes, Cynthia Johnson, Maggie Oster, and Jett Rose.
- A big herbal welcome to our two newest members: Linda Pahmer and JoAnn Hughes. Also, a big herbal welcome to our guests: Marilee Burnside, Barbara Haines, Leslie Neafus, Mary Olsen, and Deb Slentz.
- Jett gave the Treasurer's Report.
- Lorraine reported that the Pioneer Garden was still dormant when she was last there, and Joan stated that the KSB Garden needs a lot of work. Members will be notified of upcoming work days.
- The By-laws Committee will be meeting soon.
- Recipes/articles are needed as usual for the upcoming newsletter.
- Lorraine has added pictures to our Facebook page.
- A field trip to Thieneman's will be on May 22.
- We have been asked to have a booth at the Central District Gathering on August 24 and 25.
- A Nominating Committee will not be necessary for this next year's officers, since the slate will remain the same except for the Recording Secretary position, which Judy Cato graciously accepted. The slate will officially be voted upon at our next meeting.

Old business:

- We received a thank-you note from the Pollinator Day Committee.

New business:

- Our meeting dates have been changed for June and July to the third Tuesday, due to a conflict with Master Gardeners. Our next two meetings will be June 19 and July 17.
- Joan mentioned that a program committee is needed for the upcoming year.
- Upcoming garden events: Locust Grove Gardeners' Fair -- May 11, 12, and 13; Field Trip to Thieneman's -- May 22; Crescent Hill Garden Tour -- June 2.
- Judy Cato gave an informative presentation on dill, the herb of the month. We all got to sample her fantastic tzatziki sauce made with fresh dill.
- The meeting was adjourned a little after 8:00.

Through the Garden Gate

By Joan Burton, KHS Chair

The Kentucky School for the Blind

The garden should be looking good for the return of the students and faculty in August. It has been given a major thinning by husband Bruce and his chainsaw. Mulch has been put down in areas where some of the overgrown vegetation was removed. Eight additional pelargoniums, three lantana, two salvias, a lavender, a winter kale, and an additional basil were planted at the beginning of July. Thanks to husbands Bruce Burton and Ray Hart, Susan Hart, Linda Miller and Mother Nature who have helped to keep the plants hydrated.

Again this summer, an area adjacent to the garden has been fenced off for some major under ground pipe work. Fortunately,

the garden was not roped off and it looks like most of the work might be soon finished.

If you have not been over to our KSB Garden, I invite you to go by and say hello to the herbs and flowers and maybe gift yourself with a Passion vine.

The Pioneer Garden

At our July meeting we voted to no longer care for this garden. For around two decades we have fought the deer and other critters, shade and weeds have been an issue and Edith Davis who did most of the care needs to spend her time with Cal. We certainly thank Edith and Cal Davis for all of the time and effort that they put into this site and also to other members that have helped over the years.



KHS & Hours for MGs

By Joan Burton, KHS Chair

As the Kentuckiana Herb Society is now under the umbrella of the Purdue Sunnyside Master Garden program, the question recently came up "Could we count our programs as training, advanced training, or volunteer hours?"

I emailed Gina Anderson and she gave me this answer: "I have always allowed people to count your monthly meetings for ADVANCED TRAINING if they want to. They just wouldn't be

able to count the business portion of your meeting as volunteer time because you aren't covering Master Gardener business"

Knowing this information, I will ask our secretaries to time our Programs and time the Herb of the Month talk which I consider educational. This will be reported in the minutes and it will be your option to report your advanced training hours for Master Gardener credit.

"The fact that I can plant a seed and it becomes a flower, share a bit of knowledge and it becomes another's, smile at someone and receive a smile in return, are to me continual spiritual exercises." - *Leo Buscaglia*

Meeting Minutes (cont'd from page 4)

June by Joan Burton, Chair

- Joan Burton, Lorraine Hughes, Cynthia Johnson, and Jett Rose met at the KY School for the Blind Sensory Garden for our meeting.
- Cynthia Johnson provided a delicious picnic of chicken salad, pasta salad, drinks & shortbread.
- We had no business meeting. We began to work on the garden.
- Lorraine, Jett and Joan cut the "Old Hoot-eneny" plant to the ground. Lorraine bagged all of the plant refuse. Jett gave one of the Yews a haircut. Lorraine cut back more limbs and weeded. Joan watered all of the annuals and put down four bags of mulch.
- Before 8 pm, the garden was much tidier. We said goodnight and departed for our respective homes.



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Postage



The Herb Society of America



Kentuckiana
Herb Society



There's always music in the garden . . .
But we must be quiet to hear it. - *Author Unknown*

Potpourri

- We are most happy to welcome new members Jo Ann Hughes, Linda Pahner, and Debbie Slentz. We will enjoy getting to know these ladies.
- Qudsia Davis and Helen Sajko have recently been in hospital. We wish them well.
- Qudsia Davis will be moving to Albuquerque, New Mexico at the end of August. We hope that we will see her when she comes back to visit her family.
- Our sympathies to Cynthia Johnson and family. Lou Johnson, husband of Cynthia and one of our faithful "herbie husbands" passed away this past June. During our Chautauqua Days he helped guard our

booth, he made wood crafted items to sell at our booth and he always enjoyed going with us to The Irish Rover after the Spring Education Day. Cynthia is in our thoughts. He will be missed. A brick from the Kentuckiana Herb Society will be placed in his honor at Waterfront Park.

- Jim and Juanita Popp are in our thoughts.
- Do not forget to register for our Central District Gathering, August 24 & 25, 2018, Indianapolis "Red, White & Bloom Herbal Fair". Pat Greathead sent out the flyer and registration via email or you may obtain on the HSA website.



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.