

# Kentuckiana Herbal Thymes

“FOR USE AND FOR DELIGHT”

## PINEAPPLE SAGE

*Salvia elegans*



Anyone who has grown pineapple sage knows what a magnet it is for hummingbirds, butterflies and bees! Blooming in its full glory in the fall, it is ideal for hummingbirds and butterflies who are beginning their long trip south for the winter. In central Mexico, it is one of the three most visited plants by hummingbirds.

This tender perennial is native to Mexico and Guatemala and grows approximately 30 inches tall and 2 feet wide, but in warmer climates can grow up to 5 feet (zone 8-10). This elegant plant works well as a background plant in the herb garden and is known for drought tolerance (although needs supplemental water during prolonged dry periods), but must have well-drained soil. For those interested in companion planting, it is said to improve the growth of carrots, marjoram, strawberries, and tomatoes.

A member of the mint family, pineapple sage has a square stem and the leaves are more pointed than most salvias, bright green, opposite and slightly fuzzy. It forms a large clump of roots – no runners unless in its native habitat. Stems are semi-

woody, especially after the second year. It can be propagated by cuttings, or in warmer climates by dividing. Take cuttings to overwinter inside; pinching the plants will create a bushier plant and give you tasty leaves for salads. If you have a protected area, it is possible to overwinter with a thick blanket of mulch, but the first frost will kill the top portion. Good drainage is essential to keep the roots from freezing.

Pineapple sage, sometimes called Tangerine sage, prefers sun, but seems happiest if given light afternoon shade. Depending on conditions – weather, climate, soil, etc. – it will sometimes smell strongly of pineapple, while other times very faint. The soft pineapple scent and flavor is excellent in drinks, teas, jellies, fruit salads, cream cheese, and chicken and pork dishes. Both leaves and flowers can be used. The leaves have a subtle sage scent mixed with the fruity pineapple smell. The tubular, intensely red flowers have a more floral aroma with a milder sage flavor and work well in salads and desserts.

Extensively used in Mexican traditional medicine, an infusion of

*(cont'd page 2)*

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## NEXT MEETINGS

**TUESDAY, SEPTEMBER 9,**  
**10:30 A.M.**  
*Robin's Nest, Booneville, IN.*  
Lunch and tour

**TUESDAY, OCTOBER 14, 6 P.M.**  
*Deb Knight's home (directions to be sent).* Pitch-in dinner. Wear your favorite witch's hat to gather around the bonfire!



**Happy  
Birthday!**

**September**

Carolyn Cutshall

**October**

Cynthia Hardy  
Gerri Dyer

## PINEAPPLE SAGE, CONT' D

pineapple sage is used for the treatment of anxiety and to lower blood pressure. Also, it has been used for digestion, heartburn, to 'balance the nervous system', and as a general tonic. Scientific studies and informa-

tion is scarce on this plant, but as a member of the sage/salvia genus, some properties are bound to be similar to common sage, or *salvia officinalis*.

(Reprint from KHT 9&10, 2012)

## PINEAPPLE SAGE TEA

1 quart spring water  
1/2 cup packed fresh pineapple  
sage leaves

3 Tbsp. honey  
1 lemon or lime

Bring water just to a boil and pour over the sage leaves. Stir in honey and lemon or lime juice to taste. Steep tea for approximately 20 minutes. Bring to a boil and then strain into mugs. (Also try just adding a sprig to a jar of sun tea.)

- Add flowers to ice cubes to add interest to fruity or tea drinks.
- Use a sprig as a garnish on cold drinks.
- Add chopped leaves and flowers to cream cheese for a fruity spread.
- Steep leaves in apple juice to make jelly



- Add to salads for a fruity perk
- Use dried in potpourri.
- Dried stems can be used in wreaths.
- Use fresh in flower arrangements.
- Add chopped leaves and/or flowers to the batter of pineapple upside-down cake. Once cake is turned out of the pan, scatter whole flowers on top.

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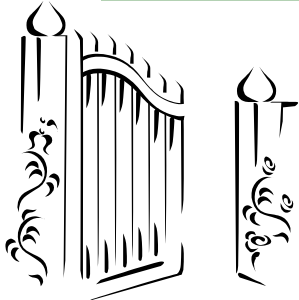
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*Please consult a health care provider before pursuing any herbal treatments.*

# THROUGH THE GARDEN GATE

By: Deb Knight, KHS Co-Chair



As fall approaches our thoughts turn to cooler weather, turning leaves, chirping summer crickets and getting our herbal gardens prepared for winter. This is a great time to start snipping, clipping and drying your herbs, flowers and gathering items for

weed bundles and potpourris. Making herbal vinegars, jellies and spicy salsas for sharing with friends and family is always so much fun and appreciated by those you love.

This year my garden has been more than abundant with heirloom tomatoes, peppers of many kinds, squash, zucchinis, onions, okra, egg plants, cabbages, kale, Swiss chard, broccoli, Brussels sprouts, green beans and so many other nutritious foods. I have canned, frozen, juiced, and dehydrated everything the garden produced this summer and my pantry is full of wonderful comfort food for when Ole Man Winter comes blowing our way. I have to thank my hard working honeybees for their never ending trips to the vegetable patch to pollinate the vegetable plants and fruit trees. I hate to see my garden winding down and coming to the end of summer goodness. I have certainly enjoyed spending time in my garden this summer.

My old fashion pear trees are loaded and I can't wait to taste them. I plan to make pear preserves or try my hand at pickled pears. Anyone in our herb society have a good recipe for pear preserves or pickled pears? . . . I am looking for one. Unfortunately, my apple trees did not bear any fruit this summer; the hard

freeze took care of that. I will have to buy my apples from a local orchard in order to make apple butter. I want to teach my daughter, daughter-in-law and granddaughter how to make real apple butter. This should be an interesting experience for the women in the family. Wish me luck with this cooking endeavor! They need to learn how to do these things and carry on a family tradition.

Herb gardening and tending to the vegetable garden brings lots of challenges to all of us, but we remind ourselves as the sweat drips off our brows and noses and runs down our back that anything worth having usually means persistence and hard work. Such it is true in all aspects of our lives. It is a pure joy and blessing to see and reap the rewards of such hard work.

Take time to enjoy the last days of summer and taste the goodness of fresh produce from our local farmers. Help support these hard working families who bring us wholesome organic foods to feed our families and help us eat healthier. Summer will end all too soon and winter will be on our doorstep.

I have to say that being retired has taught me to be more appreciative of my friends, family and the rich blessings of food from Mother Nature. I have learned to literally take time to stop and observe life and how all things great and small are intricately connected in our world. May your gardens continue to be a blessing to your soul and self-growth for as long as our summer and gardens lasts.

Herbal Blessings and Good Health to all.

## PINEAPPLE SAGE SMOOTHIE

3/4 cup vanilla non-fat yogurt  
1 tsp. honey  
1 small banana

1/3 cup skim milk  
1 Tablespoon chopped pineapple sage  
1/2 tsp. ground cinnamon

Combine all ingredients in a blender and process until smooth.



## POTPOURRI

- **Each One Bring One:** Remember “Each One Bring One” continues through December 31, 2014. For every new member



you bring to the Society you will receive a 20% discount off your National membership dues at your next renewal. To double this fun, the new member will also receive a 20% discount off their National membership dues at the time they join.

- **Fall Classes at Thieneman's Herbs and Perennials.** To register for a class call (502) 296-1499

1. **Casting Leaves in Concrete:** Saturday Sept 13th at 10am, or Sunday Sept 14th at 1pm. \$30 fee, advanced registration is required.

Learn how to make impressions of real leaves in cement. And then use it as a small birdbath, garden ornament, or coffee table piece. All materials provided, but participants are encouraged to bring leaves from their garden (hosta, small elephant ear, etc). Be sure and wear old clothes and bring gloves!

2. **English Troughs:** Saturday Sept 27th at 10am, or Sunday Sept 28th at 1pm Saturday Oct 11th at 10am, or

Sunday Oct 12th at 1pm. \$35 fee, advanced registration is required.

Come join us and make a rustic hypertufa planter perfect for miniature evergreens and perennials or succulents for the summer. Always a fun class. We'll be making our trough out of cement, peat moss and perlite. It's a messy class, but hey we do all the clean up! Be sure and wear old clothes and bring rubber gloves. All other materials provided. <http://www.thienemans.com>

- **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.
- **“A Step Back in Thyme”** 2015 Educational conference and Annual Meeting of Members. **May 7-9, 2015**, Williamsburg, Virginia. *(more info available late January 2015)*

## PINEAPPLE SAGE POUND CAKE

1 c. butter, room temperature  
 1 c. sugar  
 1/4 c. honey (light wildflower or sage preferred)  
 5 eggs  
 2 Tbsp. chopped pineapple sage leaves (small, new leaves have the best flavor)

3 Tbsp. chopped pineapple sage flowers (opt.)  
 1 tsp. grated lemon peel  
 4 Tbsp. well-squeezed chopped pineapple  
 1 tsp. baking powder  
 2 c. flour



Cream butter and sugar until light & fluffy. Beat in honey. Add eggs one at a time, making sure to beat one minute after each addition. Beat in sage leaves, flowers and lemon peel. Stir dry ingredients together & add to butter mixture. Fold together gently until just blended. Pour into 4 mini loaf pans (6" x 3" x 2"). Bake at 350°F for 45 minutes. Cool 10 minutes before removing from pan.



## FARMERS' MARKET OFF & RUNNING!

The KHS booth has been successful over the summer in getting our name out there at the New Albany Farmer's Market and making some money for our unit. More people are looking for us now and are taking an interest in what we do. The last market was our most profitable making \$137.00. All of our baked goods, several of our dried herbs and special teas sold. Hooray! Four of our cookbooks sold and several people picked up our brochures when they stopped by to make purchases. Susan Kaempfer, the market manager, has gone out of her way to make us feel welcomed and place our booth in good locations. We are very appreciative of what she has done to help us with this endeavor.

Our next date for the market will be Saturday Sept. 13th, 8:00-1:00. Marjo

Howe will be in charge of this month as I will be out of town. She will need at least 2-3 volunteers to help her set up and take down the tables and tent. Please continue to make your baked items, crafts, and goodies for the September New Albany Market. This might possibly be our last month to attend the Farmer's Market as we are considering going to the Farmington Fall Festival in October.

Everyone that has supported the market either by baking, crafting, working at the booth your support has been deeply appreciated! You are awesome. Thanks for being an active and supportive member.

***Herbal blessings,  
Deb Knight, Co-chair***



## SECOND COOKING CLASS

In August, Deb Knight and Carol Daoud taught an herb cooking class to 15 ladies at the Harrison County Purdue Extension Office. The topic featured "Delightful Desserts" using culinary lavender and local honey provided by Cedar View Farm owned by Deb Knight. KHS member, Cynthia Hardy assisted us with the cooking class. Carol and I want to say a special thank you to Cynthia for volunteering her time!

The 15 participants received a folder with recipes using lavender and honey. Each participant also received 2 honey sticks with their folder and recipes from the Indiana Honey Queen and Honey Princess. Deb discussed the use of honey in cooking and the health benefits we get by using honey versus refined sugar. Carol demonstrated how to make and use lavender syrup to make lavender lemonade. Other recipes that were demonstrated were lavender shortbread cookies, honey and lavender ice cream, honey bread pudding, and honey grilled peaches with honey Greek

yogurt and cinnamon.

At the end of the cooking class we drew names for prizes of left over lavender shortbread cookie dough, fresh picked lavender bundles, and several fresh herbs that were used as table center pieces. The participants had many compliments about the desserts they had tasted and how much they had learned about honey and culinary lavender. Mission Accomplished! The September class will feature "Herbal Soups and Breads" - comfort food for Fall.

The First class we held was in July and "Basil" was our herb of choice. Edith Davis was our assistant for the July class and she supplied the fresh basil that we used in cooking class from her garden. Thank you, Edith!

If you want to become a cooking assistant just let us know and we would be happy to have you come and help!

***Deb Knight and Carol Daoud***



## MEETING MINUTES

By Millie Chapala, KHS Secretary



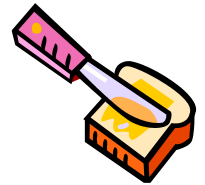
### Meeting - June 10, 2014, 6 pm, Central Christian Church

- The meeting was called to order by Deb Knight after delicious refreshments provided by Carol Daoud and Barbara Lusco were served. Those in attendance were Joan Burton, Millie Chapala, Carolyn Cutshall, Carol Daoud, Edith Davis, Cynthia Hardy, Marjo Howe, Cynthia Johnson, Deb Knight, Jo Ann Luecke, Barbara Lusco, Helen Sajko, Herman Sommerville, Helen Trueblood, and Julia Warf. Two guests were present as well: Cara Sajko and Herman Sommerville, Sr.
- A presentation was made to Cynthia Hardy in recognition of her time as president. Minutes were read and approved. Treasurer's report was read by Deb, since Jett is out of town.
- Spring Symposium reservation at Huber's has been made for March 28.
- Garden reports: Both gardens are watered and looking good. Carolyn reported that the Indiana Daffodil Society might have a surplus of bulbs for our gardens.
- Marjo transferred the historical scrapbooks to Joan.
- The unit received a letter of appreciation from HSA for the memorial brick for Marty and the library donation in memory of Charlene Rupp.
- We are continuing at the New Albany Farmers' Market on a monthly basis and will be there on August 16. Members were asked to bring baked goods, crafts, etc.
- A fall festival at Farmington in Louisville on October 12 and Old Court Days in Madison (same weekend as Chautauqua) are under discussion.
- Deb reported on the successful cooking class at the Extension Office in Corydon, and preparations for the next class on lavender and honey are underway.
- We will have a booth at Yew Dell Gardens Tomato and Herb Fest on Thursday, August 14.
- A suggestion was made that those who read a book from our library give a brief report on it at our meeting. Most thought this was a good idea, as long as the report is brief.
- Our next meeting is a road trip to Robin's Nest in Boonville, IN. The cost is \$10, which includes lunch. Those planning to attend need to make reservations with Edith by September 2.
- Julia has lots of leftover tea that needs to be donated to groups in need. Check with her for more information.
- Herb of the month is calendula, and Julia provided a lot of useful information about it.
- Paula Robinson and her husband Hal of Les Sens presented a very informative program on soap making, which included a demonstration of herbal soap making. She discussed other products that she makes, such as lotions, scrubs, etc.
- The meeting was adjourned a little after 8:00.

## PINEAPPLE SAGE MUFFIN SPREAD

1 cup ricotta cheese  
1 tablespoon milk  
3 Tbls. confectioners' sugar, or more, to taste  
1/4 teaspoon cinnamon

4 fresh pineapple sage leaves, minced and rubbed between your fingers to release flavor, or 1/4 teaspoon dried  
1/4 cup crushed pineapple, drained



In medium mixing bowl, cream ricotta cheese and milk on medium speed with a handheld mixer for 1 minute. Add confectioner's sugar one tablespoon at a time, mixing after each addition. Stir in cinnamon and pineapple sage. Refrigerate mixture for 1 hour. Stir mixture and gently fold in pineapple.

Refrigerate for 1 hour. Transfer to serving bowl, garnish with more sage leaves if desired. Serve chilled or at room temperature. *Note:* Light cream cheese works just as well as the full-fat version, but avoid fat-free cream cheese as it detracts from the taste of the herbs.



## MEETING MINUTES

By Millie Chapala, KHS Secretary



### Meeting - July 8, 2014, 6 p.m., Central Christian Church, New Albany

- Attending: Joan Burton, Carol Daoud, Edith Davis, Kim Davis, Geri Crawford, Cynthia Hardy, Marie Henize, Cynthia Johnson, Rosa Kesten, Deb Knight, JoAnn Luecke, Barbara Lusco, Bonnie McKim, Juanita Popp, Jett Rose, Helen Sajko, Herman Somerville II, Julia Warf, Carolyn Cutshall.
- Guest: Cara Sajko
- Delicious refreshments were furnished by hostesses Rosa Kesten, Bonnie McKim, and Barbara Lusco. One thing for sure is that we always have delicious herbal treats. The meeting was called to order at 6:30 pm by chair Deb Knight. Hostesses were thanked. Deb stated that the lady who runs the New Albany Farmers' Market is interested in possibly joining the unit.
- Garden Reports: Edith Davis and Deb Knight have been out to tidy at the Pioneer Garden. They report that more color is needed. Joan Burton reported that the Ky School for the Blind Garden looks good. A new book to record hours worked in the garden will be placed in the hose box. Joan requests that if you do go over to water to call or text her so she will not do double watering. Jim Bennett who lives on Halde-man is willing to be hired to water the garden if needed.
- Librarian: Not present at this time.
- Historian: No report yet as awaiting all of the history records that Marjo has at her house. They will be retrieved when Marjo returns from Africa.
- Corresponding Secretary: Barbara Lusco reported that a birthday card was sent to Nancy Haseker.
- Web Site: Jett talked to Janelle. Her husband is still ill. Jett brought release forms for members to sign or decline to have their photo on the web site. Web site will not divulge the location of a home or private garden site. The KHS website still has Helen Sajko listed as our units contact person. Deb will contact Katrinka Morgan at National to have this changed.
- Spring Education Date: Reservation has been made at Huber's for Saturday, March 28, 2015.
- Other money making venues were discussed. The Farmington Antique Market dates are August 10, September 14, and October 12. This might be a possible site to have a booth to replace Madison.
- Old Business: Where is the KHS banner? There was some discussion about buying anew banner or sign.
- Is the unit going to donate anything for the silent auction for the Central District Gathering? Deb will do a honey basket. Joan will donate a catnip basket.
- Does anyone still want to take a day trip to Shaker-town? A few members expressed interest.
- A motion was made that we purchase an 8x8 memorial brick for Marty Thomas that will be located at the HSA headquarters. A \$50 memorial contribution will be made to the HSA Library in memory of Charlene Rupp. All members voted yes to these suggestions. Jett will order.
- Carolyn Cutshall requested that a final report of finances for Court days be made. Jett will look at this. Court Days needs to be addressed; could we still get a booth?
- JoAnn Luecke reminded members of the upcoming Herb and Tomato Festival at Yew Dell on August 12. Our unit will have a booth and volunteers are needed. The number of tables needed was discussed.
- Farmers' Market Report: We had our first attempt at the New Albany Farmers' Market. Baked goods sold well. A few other items sold. Two volunteers were requested to work the booth August 12th or 26th. Joan suggested that we be consistent and have the booth Saturday following our meeting date so members could bring items to sell to the meeting. Carol Daoud volunteered to work August 12. Herman suggested that we make some bulk herbal items.
- New Business: Deb Knight and Carol Daoud will be presenting a class "Cooking with Herbs" for the Harrison County Extension on July 22.
- Sunnyside Master Gardeners are having an open house at the Georgetown Optimist Club o July 19th.
- Herb of the Month: JoAnn Luecke presented fennel, a main ingredient of Italian port sausage. The chemical is anethole, which is soluble in alcohol but not water. JoAnn shared Fennel Tea Cookies and Chai Spice Cookies. Really yummy!
- The meeting was adjourned at 8:10 pm.

*Respectfully submitted,  
Joan Burton, substitute secretary*

### PINEAPPLE SAGE FACE MASK

1/2 cup boiling water	3 Tablespoons oatmeal
1 Tablespoon fresh pineapple sage leaves	2 Tablespoons honey
	1 egg white

Pour boiling water over leaves and allow to cool completely. Strain and add oatmeal, honey and egg white. Mix until smooth and creamy. Spread mixture on clean skin and let sit for 15-20 minutes. Rinse well with warm water and pat dry. Good for all skin types.



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Postage



*The Herb Society of America*



The greatest gift of the garden is the restoration of the five senses.

~Hanna Rion

## FENNEL TEA COOKIES

*Both recipes submitted by JoAnn Luecke, KHS Member*

1 tablespoon fennel seed, crushed	3/4 cup butter, softened	2 cups all-purpose flour
2 Tbsp. boiling water	2/3 cup packed brown sugar	1/2 tsp. baking soda
	1 egg	Confectioners' sugar

In a small bowl, soak fennel seed in boiling water; set aside. In a large bowl, cream butter and brown sugar until light and fluffy. Beat in egg. Drain fennel seed. Combine the flour, baking soda and fennel seed; gradually add to creamed mixture and mix well. Roll into 1-in. balls; place 2 in. apart on ungreased baking sheets. Bake at 350° for 10-12 minutes or until lightly browned. Roll warm cookies in confectioners' sugar. Cool on wire racks. Yield: 3 dozen.



## CHAI-SPICED SHORTBREAD COOKIES

1 cup butter, softened	2 cups flour	1/2 teaspoon ground cardamom
1/2 cup sugar	1 tablespoon cinnamon	Leaves from 1 English Breakfast tea bag
1/2 teaspoon salt	1 1/4 teaspoons ground ginger	1 cup white chocolate chips
1 teaspoon vanilla extract	1 teaspoon ground fennel seeds*	

Preheat oven to 350°. Beat butter, sugar, salt, and vanilla in a large bowl with a mixer until smooth. In another bowl, stir together flour, cinnamon, ginger, fennel, cardamom, and tea. Add to butter mixture and beat on low speed until blended. Stir in chocolate chips. Line 2 baking sheets with parchment paper. Set 1-tbsp. balls of dough 1 in. apart on sheets and flatten slightly with a floured glass. Bake until cookies are light golden on undersides, 15 to 18 minutes, switching pan positions halfway through baking. Transfer to racks to cool. Make ahead: Up to 3 days, stored airtight. \*Grind in a clean coffee grinder or in a mortar.