

Kentuckiana Herbal Thymes

"For Use and For Delight"

From the Chair



Happy Spring Everyone,

This is one of the busiest seasons for gardeners. And we are no exception! What with our Spring Education Day, participation in Sunnyside Master Gardener's Pollinator Day, getting our unit gardens cleaned-up, to say nothing of our personal gardens, it is a wonder we have time for anything else. But of course, we wouldn't be the energetic, enthusiastic and over-extended people we are, if we didn't take on even more. A group of members are meeting with Craig Whitaker, dedicated volunteer tech guru to plan upgrades for our web site. There is so much more it can be, and thanks to Craig, we are beginning the process of discovery and redesign. The program committee has planned three fieldtrips for April-June. Thanks to committee members, Dee Dee Nunn, Joan Burton, and Deb Slentz, who have each volunteered to coordinate and organize one these outings. Watch for e-mails on specific scheduling of these fun adventures.

Our unit's kick-off to spring is our biggest educational and fundraising event of the year. This year we celebrated our 30th Spring Education Day on March 29th. How do you measure success? It really is a subjective question. For events such as ours, though, there are some objective indicators. Three come readily to mind: attendance numbers, revenue, and participant feedback. First off, attendance was our best ever! We had 346 participants. If I remember correctly, last year was 308. Second, we cleared enough through registration alone to cover our expenses and then some. The fund raisers include our spectacular raffle and KHS market place, free-will table, Peggy Thieneman's plant sale, and vendors from the community. All of these activities did exceedingly well and we took in a fabulous amount to meet unit expenses, finance the unit gardens, and provide for future projects. Finally, we collected 195 surveys from attendees. Dee Dee Nunn volunteered to compile the

results. Her summary emphasized that responses were all very positive. All of the speakers received excellent reviews, as did the other activities (vendors, plant sale, raffle, marketplace.) As always, the food was much enjoyed with the usual green bean controversy. We can check off each success indicator with a resounding YES. Well done members. You all out-did yourselves. In fact, many attendees, and all of the speakers, commented that they were so impressed with the professional quality and extent of the event. As I like to say, we are a small, but mighty, unit.

To close, I'll turn my attention to national news. Have you seen the new recipe finder on the HSA web site? It features many herb-based recipes and allows you to search the 50-page list using key words. Very cool. And be sure to check out the April 21, 2025 HSA Blog and the April Webinar on the HSA web site titled "Who Are the Lost Ladies of Herbal and Garden Writing?" by Carol Michel. She is the award-winning author of five books of humorous and helpful gardening essays and two children's books. Carol was one of our speakers at our 2019 Spring Education Day. That brings us full circle!

~ Jo Ann Hughes, Chair

Important Message: Garden season is upon us and *our unit gardens need you*. These gardens are an important part of our mission to educate the community about herbs. I recognize that some members may not be physically capable, but many of us are. It doesn't have to take too much of your time. If we had 24 members commit just 2 hours a month at one of the gardens, that would be enough to have 3 members at each garden every week! The day of the week and time of day can be flexible. Joan and Jo Ann can work up a schedule for each of the gardens. Let's talk about it at the May unit meeting. Until then, weekly workdays are Wednesday mornings at Kentucky School for the Blind (KSB), approximately 10:00 -12:00, earlier if it's hot, and 10:30-12:30 in Corydon at the Old Capital Herb Garden (OCHG).

INSIDE THIS ISSUE:

From the Chair	1
Meeting Info Thieneman's	2
Book Report Potpourri	3
Lemon Balm Garden Gate	4
Mission Possible Recipe	5
Meeting Minutes	6-7
Member Profile	8
SED	9



Happy Birthday!

May

Deb Slentz
Barbara Warf

June

Donna McCubbins

Upcoming Meetings

May 13th @ 1 PM

The Cider House Rules

Park Christian Church, New Albany

Program: "Refreshing Herbal Beverages" - Dee Dee Nunn and Deb Slentz

Refreshments: Barbara Peppers, Cynthia Hardy, Qudsia Davis

Herb of the Month: Sweet Woodruff - Jett Rose

Book Report: *The Drunken Botanist: The Plants that Create the World's Great Drinks* by Amy Stewart - Diann Brumley

June 10th @ 1 PM

Five Easy Pieces

Park Christian Church, New Albany

Program: "Five Common Herbs & How to Use Them"

Joan Burton-sage, Kathy Peterson-basil, Anna Parker-chives, Jett Rose-thyme, Jo Ann Hughes-parsley (panel discussion)

Refreshments: Kathy Peterson, Anna Parker, Janice Roehm

Herbs of the Month: sage, basil, chives, thyme, parsley (panelists)

Book Report: Booklets "Growing and Using _____ Herb" (panelists)



Thienemans Greenhouse



Field Trip to Peggy Thienemans -

If you did not get a chance to fill up on Peggy's gorgeous herbs, vegetables, and perennials at the Spring Education Day, please join us in Cox Creek and shop to your heart's content! Then we will meet at Mammy's to fill up on yumminess. Please get together with others to car-pool. Hope you can all come out!

Date: Friday, May 9th

Place: Thienemans Greenhouse, 315 Colonel Cox Rd S Cox Creek, KY 40013

Time: 12:00 Noon

Mammy's Kitchen Reservations: 2:00 pm
116 Stephen Foster Ave, Bardstown, Ky 40004

RSVP to Joan Burton by May 5th.

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The Big Book of Homemade Products for Your Skin, Health, and Home

A Book Report by Dee Dee Nunn



The Big Book of Homemade Products for your Skin, Health and Home by Jan Berry, published in 2020, is easy to read and full of fun recipes. I made copies of many to try at a later time.

This is the kind of book I'd like to have in my own library.

The recipes seem easy to follow and use common found herbs, flowers, oils, and other natural ingredients (like dandelions, violets, honey, grapeseed oil). No special equipment appears to be needed either.

The focus of the book is making natural and homemade products. There are recipes for both skin care and hair care products; salves and balms; body butters and lotion bars; creams and lotions; bath bombs, soaks and salts; bath melts and scrubs; lip care; homemade soaps and remedies; cleansers for the home and pet care. Again, it's full of useful information, suggestions, and recipes.

There is an index in the beginning of the book detailing the items used and the recipes they're

used in, which I found not only interesting.

Example: Dandelion (*Taraxacum officinale*) may be vilified by those who seek a perfectly green lawn each spring, but it is an important plant in a multitude of beneficial ways. The flowers are enjoyed by a variety of pollinators and insect life. They are also a good source of lecithin, and when infused in oil and turned into salves, lotions and creams, act as a mild analgesic and healing agent for painful, chapped skin. The plant tinctures stimulate the liver and has been known to clear acne and eczema when taken internally over time. It has also been studied for its cancer fighting potential. Traditionally, dandelion sap has been used to treat microbial or fungal skin infections along with acne and warts p11-12. It then references 12 recipes in the book using dandelions.

This, without a doubt, is a book I'd recommend. Thanks Kathy Peterson for donating it to our library.

Sidenote: Jan Berry writes a monthly column for HobbyFarms.com and is a regular contributor to National Living Magazine. Her website is www.TheNerdyFarmWife.com.

Potpourri

- ◇ The 30th Annual Gardeners' Fair at Locust Grove, a beloved springtime tradition, on May 10th – 11th from 10 AM – 4:30 PM! Explore local vendors offering plants, garden tools, art, and unique gifts while enjoying hands-on gardening demonstrations and expert advice to help inspire your green thumb. Adults \$10, Children 7-15 \$5, Children 6 and under Free.
- ◇ Azalea Path Arboretum & Botanical Gardens. This arboretum and botanical garden offers over 50 acres and more than 300 varieties of azaleas, a wide variety of plant species and trees, as well as water features and unique wood carvings in a beautifully landscaped setting. Open seasonally. 1502 N County Rd 825 West Hazleton, IN 47640. Open daily 8 am-7 pm Central Time, April 1-June 1. \$5 a person ages 5 and up.
- ◇ Edible Garden & Nursery Walk at Bernheim. A behind-the-scenes tour. Registration required. Bernheim members \$10, non-members \$15. May 9th, 10 am till noon. Call 502-215-7155 for details.
- ◇ Louisville Area Iris Society Iris Show & Sale - Saturday, May 10, St. Mark's Episcopal Church, 2822 Frankfort Avenue, Louisville. Free admission and parking.

Lemon Balm

by Donna McCubbins, KHS Member

Lemon Balm (*Melissa Officinalis*) is a perennial herbaceous plant in the mint family. It grows to a maximum height of 3 ½ ft. and the leaves have a mild lemon scent. During summer, small white flowers full of nectar appear. The species is native to Eurasia. The use of lemon balm can be dated to over 2,000 years ago through the Greeks and the Romans. Its white flowers attract bees, hence the genus *Melissa* (Greek for "honey bee").

The leaves are used as an herb, in teas, and as a flavoring. It is grown as an ornamental plant and for its oil (to use in perfumery). It has been cultivated and used to attract honey bees.

Part of the purpose of a medieval and Elizabethan Garden was to provide the household with strewing herbs. In medieval dwellings floors were carpeted with rushes, reeds or straw, and for insulation. The floor coverings were replaced once or twice a year, so to counteract the accumulated odors fragrant herbs were scattered (strewn) on top of them, releasing their scents when they were walked upon. Some of these herbs also acted as insect and pest repellent. Lemon balm was a favorite of the Tudors. It was introduced to North America by the

first colonists from Europe and was cultivated in the Gardens of Monticello, designed by Thomas Jefferson.

Other uses:

- * Sedative and calming: Used to ease stress and support sleep.
- * Digestive stimulator: Helps alleviate digestive problems.
- * Antiviral and antibiotic: May reduce the growth of viruses and bacteria.
- * Pain reduction: Has healing properties. May relieve sore muscles.

English botanist John Gerard in the 1590s considered lemon balm especially good for feeding and attracting bees. According to the authors Janet Dampney and Elizabeth Pomeroy, "bees were thought never to leave a garden in which it was grown". And likewise, once you plant it, **it never leaves!!!**



Through the Garden Gate

The Old Capitol Herb Garden ~ Joan Burton

MariBeth and Joan have started garden clean up and planting. The weeds have started to creep in and this is a great thyme to keep them at bay while they are small and before they have a chance to reseed. Sweet Woodruff, violas, lavender, rosemary and sage have been planted with more to do after danger of frost. Most of the herbs are to replace ones that did not survive the ice and cold of winter.

Buses of school children have been touring the historic site as well as adult tourists. A nice salamander has been seen in the entry garden.

We would really welcome any help in the garden on our work day, Thursday mornings at 11am, or any other thyme that would be convenient for you. Bring something to sit on, tools, a basket or bag, water.

Hope to see you soon. All are welcome!

KSB Garden - ~ Jo Ann Hughes



Tending a garden on someone else's turf can present many interesting challenges. We are entering our 3rd season at the new garden site on the Kentucky School for the Blind campus. I thought we were on the downward slope to having all beds planted this summer. Imagine our surprise when Donna McCubbins and her husband Roger and I went to start the garden clean-up at the beginning of April, only to find an 8-foot-high chain link fence surrounding the dormitory and adjacent grounds that house our beds. The lawn was a maze of trenches. We learned that a geothermal HVAC system was being installed to replace the failing ancient system. They will be connecting the system on the side of the dormitory where the overgrown burning bushes are. So, they will have to go. Now there will be one more bed for us to plant. It will make a much more cohesive garden, so I am grateful for that. But the HVAC work will take the entirety of the summer. We will do our best to maintain the existing beds for the time being.

Mission Possible

You Can Write a Newsletter Article. Yes, You Can!



Think of the Kentuckiana Herbal Thymes, not simply as a publication that you receive every other month, but as a collaborative effort where members can share herbal experiences with the entire group. Perhaps you recently visited a gorgeous garden, successfully tried a delicious herbal recipe (or one that flopped), experimented with something in your garden, or discovered some new culinary or medicinal tips. These are all informational tidbits that members are interested in – so please share! *Enquiring minds want to know.*

Writing experience is not necessary. Just organize your thoughts as best you can and write them down. Sending in a Word document is preferred; however, you can handwrite or even just dictate to me over the phone. I can always help with editing if you want.

Here are some topics for consideration:

- ⇒ Your favorite/least favorite herb and why.
- ⇒ Food/herb combos that surprised you, like chocolate and chili pepper.
- ⇒ Special conditions for certain plants and why.
- ⇒ An herb that helped improve your health issue.
- ⇒ “Weed” herbs: dandelion, plantain, violets, etc.
- ⇒ A craft project you made (think Farmer’s Market, Spring Education Day).
- ⇒ Specialty herb garden: tea garden, medicinal garden, color garden, etc.).
- ⇒ Seasonal uses of herbs.
- ⇒ Processing and storage of herbs – what do you use?
- ⇒ Herbal miniature/fairy gardens.
- ⇒ Religious/pagan/fore lore.
- ⇒ Holiday ideas with herbs.
- ⇒ A visit to a garden.
- ⇒ Special areas: herbal ground covers, shade garden, against a fence, etc.
- ⇒ Recipes, recipes, recipes.
- ⇒ Photos! Of your trips, gardens, food, and so on. The sky is the limit! Go...

Your mission, should you choose to accept it . . .

Let me know which potential articles you might write about this year. I will be delighted to include your article in an upcoming Herbal Thymes. *Thank you* so much for your willingness to share your herbal adventures with the rest of us!

Deb Slentz
yellowbird6363@outlook.com

Rhubarb Vinaigrette

Recipe by Jo Ann Hughes, KHS Member

Jo Ann’s Rhubarb Vinaigrette

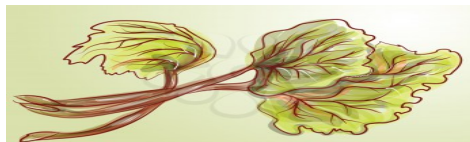
2 c. chopped rhubarb
 ½ c. sugar
 ¼ c. white vinegar
 ¾ c. salad oil (a mild olive oil or avocado oil are my favorites)
 1 T. grated onion
 1 ½ tsp. Worcestershire sauce
 ¼ tsp. salt

Cook the rhubarb, sugar, and vinegar in a saucepan over medium heat until soft. Drain in a sieve. Retain the juice and discard the pulp (or eat it like I do, as a condiment similar to chutney.) To 9-10 T. of the rhubarb juice, add the remaining ingredients. (You can adjust the ratio of oil to juice to suit your taste – this is the ratio I like best.) Whisk or shake all ingre-

dients together in a glass jar. Chill at least an hour before serving. The dressing will last 2 weeks in the refrigerator.

Note: This dressing is wonderful on spinach or mixed salad greens with fresh or dried strawberries, toasted pecans or walnuts. I adapted it from Simply in Season, by Mary Beth Lind and Cathleen Hockman-Wert.

*You can find this and other tasty salad dressings in the This & That section of the KHS cookbook It’s Time to Cook with Herbs.





March Meeting Minutes

by Susan Hart, Recording Secretary



March Meeting Minutes by Susan Hart, Recording Secretary

March 10, 2025, Park Christian Church
Refreshments: Kathy Strecker, Maribeth Kelly for drinks & provisions. Pizza and chamomile refreshments by unit and other members respectively.

24 Members, 1 Visitor in attendance: Joan Burton, Edith Davis, Qudisia Davis, Leesa Eason, Jeanette Griffin, Teresa Haertel, Cynthia Hardy, Susan Hart, Jo Ann Hughes, Maribeth Kelly, Deb Knight, Jo Ann Luecke, Donna McCubbins, Dionne Nunn, Maggie Oster, Anna Parker, Barbara Peppers, Kathy Peterson, Janice Roehm, Belinda Seacat, Erica Stemler, Kathy Strecker, Julia Warf, Lisa Whitaker. Visitor- Linda Allen.

Program: Due to technology malfunctions, Maggie Oster's program, "Planning and Planting an Herb Garden" was postponed.

Business Meeting: (Abbreviated meeting due to preparation for SED.)

Secretary's Report: Susan Hart- None

Treasurers Report: Jett Rose - absent

Standing Committees

Corresponding Secretary: Barbara Peppers-
Happy Birthday to Erica Stemler, Lisa Whitaker, Lorraine Hughes.

Website: Jo Ann Hughes-The unit needs a few more people to meet with Craig Whitaker in April about the possibilities and directions we would like to take for the website.

Special Committees

Program Committee: Sign up sheets for volunteers on SED. Committee chairs reviewed plans and needs. Final planning meeting for chairs and committee members at Huber's on Thursday, March 13 at 11:00 am. Club members meet for final set-up at Huber's on Friday, March 28, from 12:00 to 5:00. On Saturday, March 29, we can arrive as early as 7:30. Doors open to the public at 8:45. (This information was updated after 3/13/2025 meeting at Huber's.)

Preparation for SED: Members present prepared guest handouts and gift bags, wrapped raffle baskets, and worked on center-pieces for SED.

Old Business: None

New Business: None

Next Meeting: April refreshments provided by Judy Cato, Lorraine Hughes, and Edith Davis. Herb of the month report-Donna McCubbins, Book report-DeeDee Nunn.

Meeting adjourned – 2:30 pm.



April Meeting Minutes

by Susan Hart, Recording Secretary



April 8, 2024, Park Christian Church

- Refreshments: Edith Davis, Lorraine Hughes
- 24 Members in attendance: Linda Allen, Diann Brumley, Joan Burton, Judy Cato, Edith Davis, Leesa Eason, Jeanette Griffin, Cynthia Hardy, Susan Hart, Jo Ann Hughes, Lorraine Hughes, Maribeth Kelly, Deb Knight, Jo Ann Luecke, Dee Dee Nunn, Maggie Oster, Barbara Peppers, Kathy Peterson, Donna McCubbins, Jett Rose, Deb Slentz, Erica Stemler, Kathy Strecker, Lisa Whitaker.
- Program: Maggie Oster: Planning and Planting an Herb Garden. Tech Assistance- Linda Allen.
- Herb of the Month: Lemon Balm- Donna Poe.
- Book Report: Dee Dee Nunn: The Big Book of Homemade Products for Your Skin, Health, and

Home.

Business Meeting

· Secretary: Susan Hart- Minutes corrected, to be published in newsletter.

· Treasurer: Jett Rose- Spring Ed. Day was a good success with 349 attendees and 35 of 36 tables occupied.

· Gardens: **KSB:** Jo Ann Hughes- Donna and Roger McCubbins and Jo Ann started on garden clean-up in both raised beds and the right front border.

There is a lot of new growth and reseeding. HVAC system replacement will be going on all summer and may affect one of the raised beds. **Old Capital:** Joan Burton-Cleanup in progress. Spring flowers are blooming. (minutes continued on page 7)



April Meeting Minutes, continued

by Susan Hart, Recording Secretary



Peggy Thieneman has donated plants. Join us on Thursdays at 10:00 when it is warm and dry!

- Newsletter: Deb Slentz- Please fill out and return form for member profiles passed out at the meeting. Send articles for newsletter and any interesting info you have or find to yellowbird 6363@outlook.com.
- Librarian: Kathy Peterson- Check the Library listings in the handbook and request any book you would like to read.
- Historian: Joan Burton- KHS history of gardens: KSB garden 1985 to present; Bird and Butterfly Garden at the Falls of the Ohio 1995-2005; Pioneer Harrison County Garden-1992 to 2016; Old Capital Herb Garden from 2018 to present.
- Corresponding Secretary: Barbara Peppers- Birthday cards to Maggie Oster, Mike McKinley, Junita Popp, and get well to Qudsia Davis.
- Facebook: Lorraine Hughes- Send in any pictures and responses to Spring Ed Day.
- Central District: Joan Burton/Jo Ann Hughes- No report.
- HSA: No report. Jeanette Griffin brought attention to HSA's Herb Garden Design contest.

Special Committees

- **Program Committee and Spring Education Day Committees**
- Survey Review: Dee Dee Nunn- There were many positive comments and complements for the Spring Ed Workshop. The club can discuss recommendations concerning asking the audience for quiet and attention during presentations. Since the food ran short, plan with Huber's to provide more food for next year's program.
- Raffle: Donna McCubbins- The baskets and raffle items were beautifully presented and brought in the highest profit to date.
- Marketplace: Susan Hart- All baked goods and candies were sold. Yay! Very few of the herb related items were left. 7 cookbooks and 13 worm castings sold. Recommend raising prices to reflect the cost of materials and crafting. Most items on the Good Will Offering table were sold.
- Vendors: Deb Knight- Many positive complements for the vendors. Recognizing the quality crafting, Huber's have invited the vendors to participate in Huber's Art

Fair.

- Gift Bags: Lorraine Hughes- KHS made 350 Gift Bags. Expenses for gift bag items was in line with expected costs given increased attendance.
- Centerpieces: Maggie Oster- Charming tea pot centerpieces with chamomile teas topped each table, and surprise chamomile tea bags were under one chair per table.
- Thieneman's Nursery: Maggie Oster- We had an excellent assortment of herbs from Thieneman's Nursery. For future events we will reorganize the area to eliminate a back-up when paying for plants.

New Business

- Dee Dee Nunn coordinated the field trip to Stream Cliff Farm in Commiskey, IN, in April.
- Field trip to Peggy Thieneman's Greenhouse in Cox's Creek in May: Coordinator- Joan Burton.
- Pollinator Day: Kathy Peterson- Saturday, April 26, 9:00 to 3:00. Purdue Extension, Charlestown Road, New Albany. Volunteers needed.

Old Business

- WEB Site Set-up: Jo Ann Hughes- Craig Whitaker has volunteered the dates that he will be available to meet with volunteers to discuss what is possible with our site, what we would like our website to be, and how to stage the changes. The following have volunteered to participate: Jett, DeeDee, Deb Slentz, Lorraine, Barbara, Cynthia, Lisa Whitaker, and Jo Ann Hughes. If you want to join, contact Jo Ann Hughes.

Garden Planning

- Time for spring cleanup, but be careful not to destroy your garden soil by working it when too wet. Herbs that can be direct seeded now are chives, dill, fennel, mint, oregano, sweet woodruff, tarragon, and thyme. Last frost dates are not until April 11th (50%), April 14th (40%), and April 28th (10%).

Upcoming Events

- Locust Grove, Mother's Day, May 11th.

Next Meeting

- May 13th. 1:00 PM, Park Christian Church. Program- DeeDee Nunn and Deb Slentz-Refreshing Herbal Beverages.



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.

Who We Are: Erica Stemler

Name: Erica Stemler

Where I was born/grew up: Born in Indianapolis; grew up in Noblesville, Indiana.

Where I went to school: Ball State University (school psychology) and Bellarmine University (MAT in elementary education).

Profession/avocation: school psychologist

Family (humans, animals, beings): husband, Scot; daughter, Jillian; son, Evan; and Poppy the spoiled Havanese.

How did you get interested in herbs? I adore the idea of herbs' beauty and functionality. I discovered years ago that herbs take my cooking to another level completely!

How did you find the KHS? I bought the second KHS Cookbook years ago, and I found out that KHS met regularly through talking with Jett Rose.

How long have you belonged? One year.

What is your favorite herb, and what do you use it for? French Thyme - soups, stews, flavored water.

Do you have a favorite hint, use, or recipe for your favorite herb that you would share? Snip a few small eucalyptus branches, bundle them together, and hang in your shower stall for an aroma therapy experience while bathing.

What is the herb you wish you had or could grow?

Sweet Annie, white sage, bay laurel, stinging nettle.

Do you create/produce any herbal products? Yes – tisanes, salves, bath salts, tinctures.

What are your hobbies? Hiking/backpacking, cross-words and cross stitch, herbs, reading, pickleball, and baking.

Do you volunteer with any groups? Exit 0, Midtown Food Pantry in New Albany, O'Bannon Woods State Park, DNR Fishin' Pond at the Indiana State Fair.

What is your favorite thing to do? Absolutely anything with my family!

What is your least favorite thing to do?

Laundry.

Where are the places you have been or want to go? Favorites: Toronto, Phoenix, and Lucca, Italy. Bucket List: Malta.

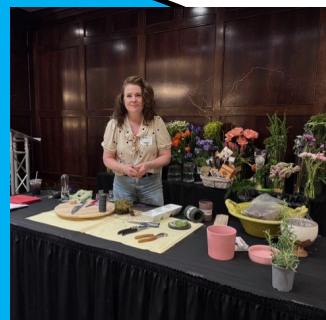


*Nature's first green is gold,
Her hardest hue to hold.
Her early leaf's a flower;
But only so an hour.
Then leaf subsides to leaf.
So Eden sank to grief,
So dawn goes down to day.
Nothing gold can stay.
- Robert Frost*



Highlights from Spring Education Day 2025

Held at Huber's Winery, March 29th



Kentuckiana Herb Society - www.kentuckianaherbsociety.org



The Herb Society of America



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