



PIONEER PATHS

Newsletter of the Herb Society of America
Pioneer Unit

March 2014

Volume 21, Number 7

March 9
Daylight Savings
Time Begins



March 16
Sap Full Moon

March 20
Vernal Equinox

MONTHLY UNIT MEETING

Date: March 13, 2014

Time: 9:30 a.m. Meet and Greet
10:00 a.m. Meeting and Workshop

Location: Festival Hill Service Building, Round Top
Directions: Exit Highway 290 at Texas 237 (Round Top exit).
Travel south on 237. Turn right on Jaster Road and
left into the parking lot for the Service Building.

Program: Thyme Well Spent Workshop
Festival Hill Garden Work
[You will have a choice of labeling, pricing, and finishing
items for sale in the Thyme Well Spent Shop; or you
can bring your gloves and garden tools to work in the
gardens with Henry getting it ready for visitors. We will
break for lunch at 12 noon.]

Coordinator: Carla Lessard

Hosts: Carla Lessard, Cathy Comiskey, Ginger Heath,
Louise Rice, and Georgetta Welch

Lunch: Bring Your Own Lunch (drinks will be provided)

After: Credit card training for all those willing to serve as
Cashiers for credit cards

Please bring cook books, magazines that are garden and garden design related, or herb-related reading materials to the March meeting for the scholarship table. All the money supports our national intern.

MESSAGE FROM THE CHAIR

Hello, Everyone! Here we are in March, when I generally am thinking Spring, and I can hear ice falling off my house and branches breaking. Our vines and trellises are holding so far, and I am grateful for that. But what a surprise this storm has been!

I hope you are getting ready for our Herbal Forum. Today would be a good day to be working on indoor crafts to be sold in Thyme Well Spent. If you have not signed up to volunteer, check the list of committee chairs in this newsletter, and contact the appropriate person. She will be glad to hear from you. We are all needed to make this the superb event it always is.

Once our Herbal Forum is over, we have two nearby events to attend in April: the Texas Thyme Unit holds its Herb Festival on April 5th at Wynne House in Huntsville, and the South Texas Unit has its Herb Day on April 26th in Houston. You can get detailed information about each by going to each Unit's website or Facebook page. And do not forget about our Herb Society of America Educational Conference. Registration for the June event has opened on the HSA website. I will be attending, and I would love to connect with anyone else who is going.

And please do not forget our own Pioneer Unit Field Trip which is outlined in detail toward the end of this newsletter. Carpools are forming, and the day should be entertaining and fun. We were all privileged to meet Mitzi Van Sant at our February meeting. I expect her garden will be vibrant and a pleasure to behold. The Rohan Meadery is a great place to visit, with informative and kind hosts. This should be a chance for us to get together for some relaxation — thanks to the hard work of the special events committee members.

Take care. Keep warm. Keep working on your Herbal Forum projects!

Happy Spring!
Linda L. Rowlett
Chair

A Light exists in Spring
Not present on the Year
At any other period —
When March is scarcely here

A Color stands abroad
On Solitary Fields
That Science cannot overtake
But Human Nature feels.

It waits upon the Lawn,
It shows the furthest Tree
Upon the furthest Slope you know
It almost speaks to you.

Then as Horizons step
Or Noons report away
Without the Formula of sound
It passes and we stay —

A quality of loss
Affecting our Content
As Trade had suddenly encroached
Upon a Sacrament.

Emily Dickinson

FROM THE PROGRAMS CHAIR

What fun was had by all at our February Pioneer Unit meeting! B.R. Koehler's presentation on "Critter Control" was informative and entertaining. We all learned about moles, gophers and garden pests. The lifespan of a gopher is one to three years, a mole, one to two years. That explains how they seem to stay around forever in my yard! Many suggestions and hints were presented on trapping and controlling the critters. Keep in mind they do aerate the soil and increase soil fertility, so there are some positives. B.R. showed us photos of gopher mounds; he noted they are heart shaped, quite appropriate as our meeting was the day before Valentine's Day. Thank you again to B.R. and his wife, Charlene, for a well done and entertaining morning!

Our next gathering will be at Festival Hill in the service building in preparation for the Thyme Well Spent Shop and preparing the Festival Hill gardens for our annual Herbal Forum. I'm sure it will once again be a day of wonderful fellowship and accomplishment!

See you there!
 Diana Reed
 Program Chair



MARCH BIRTHDAYS

March 1 — Alton Ehler
 Susan Wood

March 3 — Billi Parus

March 9 — Susan Abouhalkah
 Susan Wittig Albert

March 11 — Joan Jordan

March 14 — Bob Sowers

March 16 — Sandra Brown
 Beth Murphy

March 18 — Cynthia Rollins
 Ginger Hoffmaster

March 30 — Mike Cox

MINUTES OF UNIT MEETING
HERB SOCIETY OF AMERICA
PIONEER UNIT (PU)
FEBRUARY 14, 2014

Linda Rowlett, Chair, opened the meeting.

Georgia Sowers, Membership, introduced visitors Carolyn Hayes, Susan Bame, second visits; Mitzi Van Sant and Marlon Sullivan (Member at Large).

Diana Reed, Programs, introduced B. R. Koehler, Master Gardener, who provided an interesting program about "Critter Control - Gophers, Moles, Garden Pests." Following the program, Diana thanked B. R. and the meeting coordinator and hosts.

Ginger Heath, Education, announced an April 16 field trip and encouraged members to begin forming their carpools/drivers; in March and April she will finalize trip plans and be finalizing carpools so all who want to go will have a ride.

Verena Aeschbacher, Sensory Garden Coordinator, reported that the Sensory Garden will have Family Night, Friday, April 25 from 5:30-7:00; volunteers are needed for garden tours; and a Volunteer Appreciation event will be held in May (the date will be announced when finalized).

Linda Rowlett and Mary Reeves will have a wreath workshop at Linda's home on Tuesday, February 18, 1:00 pm. A sign-up sheet is available and participants were asked to bring decorations. Most wreaths will be made bare without decorations as they sell better, but some may be decorated.

Cathy Comiskey announced that Forum teas will be made today at her home (Burton) after the meeting, and she encouraged members to stop by.

Linda Hartson needs artists to help paint wine glasses with grape/herb designs. Anyone willing to help should contact her.

Henry Flowers noted Valentine's Day is the time for pruning roses; potatoes should be planted next week (George Washington's birthday) as the moon is waning. He reported that Forum flyers/posters are available for distribution. The Plant Sale set up will be on Monday; tear down on Saturday; Wednesday and Thursday are the most needed days for Plant Sale volunteers; new hours for the plant sale are Friday 9-5 and Saturday 8-5. He encouraged members to select the work they prefer and sign up with the chair. Chairs are: Carla Lessard (Gift Shop, Thyme Well Spent Shoppe); Lynn Ehler (set up for all programs: tables, tablecloths, chairs); Ann Allen (registration); Barbara Hemmer (gazebo shop). Packets will be put together the Tuesday afternoon before the Forum. Hospitality table has changed this year; the table will only have coffee and water, no elaborate snacks as before. Henry reminded all members to wear name tags at Forum. Forum/Plant Sale locations and events will be reviewed at the March meeting. Please save all cardboard flat boxes (beer/soda flats); cardboard is preferred over plastic; bring them to Henry.

June Smith announced that the Book Club would not be meeting after lunch.

Linda Rowlett wished everyone a Happy Valentine's Day and the meeting was then adjourned.

Respectfully submitted,
Karen Cornwell, Secretary

January 22, 2014 PIONEER UNIT (PU) BOARD MEETING
held at 123 Pin Oak Lane, Hempstead, TX

Attendees: Linda Rowlett, Diana Reed, Georgia Sowers, Janie Plummer, Karen Cornwell, Lynn Ehler, Ginger Heath, Henry Flowers, Carla Lessard, June Smith, Susan Lake and Carolyn Thomas.

Programs Report– Diana Reed reported monthly meetings have been averaging 45-55 members.

Membership Report – Georgia Sowers requested ratification of Betty Prior's membership approval.

Motion: Upon a motion duly made and seconded, the Board voted unanimously to ratify previous approval of the membership application of Betty Prior.

A casual orientation lunch will be held the second week of August for anyone wanting to attend. The importance of mentorships was also highlighted.

Treasurer's Report – Janie Plummer summarized current budget information.

Education/Special Events – Ginger Heath updated the Board on recent planning for the April 16 field to Mitzi Van Sant's gardens in Smithville, the La Grange Quilt Museum Garden, and Rohan Meadery. Carpoolers may want to meet in Smithville, because they may be coming from varying distances. Currently, no spring workshops have been scheduled, but a culinary workshop is being planned for May or June. Other workshop topics were suggested.

Gardens – Henry Flowers reported the results of his research on double-sided bulletin boards.

Board members will consider options for the pharmacy garden and the Sensory Garden. Decisions will be postponed until after plant sale income has been tallied.

Communications – Susan Lake reported results from the road trip/carpool survey, the preference being shorter road trips. It was suggested that Listserve protocols be included as part of orientation. Listserv participants were confirmed with bouncebacks from the system, but that function is not part of the new software. As a result, maintaining up-to-date information about email addresses is an ongoing concern. Utilizing various media for providing garden publicity was discussed and supported.

Ways and Means – Carla Lessard reported that the entrance to TWSS has been improved; burlap will cover the lattice, garbage cans are gone. The shop will be rearranged; round tables are coming in, there will be no Hospitality Table, and we will be expanding the area for samples. Carla said that jelly prices are being raised to \$4.50. She said the primary TWSS expense is for packaging and labeling.

Use of Credit Cards at Forum/Plant Sale:

Action Item: Janie Plummer will move forward with the application for a PU credit card account.

Action Item: A separate line, at the Plant Sale, will be established for credit card charges and will be manned by those familiar with the process.

Action Item: Plant prices will be raised to \$3.00 for the small plant size.

Plant Sale Budget: The budget is \$24,800 this year; total spent last year was \$27,624.14. This year the budget is smaller because fruit trees were not ordered.

Forum Planning: Henry Flowers noted that operating times have been modified a bit. A lecture period has been removed to allow more shopping time. Hours are now 9 to 5 on Saturday and 8 to 5 for the Plant Sale. The Unit is responsible for putting together packets and handling on-site registration.

Volunteer of the Month:

Motion: Upon a motion duly made and seconded, the Board voted unanimously to approve the next three candidates for volunteer-of-the-month.

Other:

Action Item: The October 2015 meeting will be on the 16th to accommodate Billie Parus's schedule. The Yearbook will reflect the October 16, 2015, meeting date.

Respectfully submitted,
Karen Cornwell, Secretary

Herbal Forum Committee Chairpersons

Coordinator: Carolyn Thomas

Thyme Well Spent Shop (TWSS):

Chair: Carla Lessard

Area leaders:

Cashiers: Louise Rice

Charge cards: Cathy Comiskey, Ginger Hoffmaster, Betty Powell, Pam Traylor
(back-up)

Lotions, creams, scented items: Pat Cox

Jellies, jams: Kay Von Minden

Sewn items: Kay Von Minden

Vinegars, herb blends etc., tasting, and hospitality: Cindy Rollins

Scholarship table: Cheryl Easley

Set up: Carla Lessard with crew

Dried material and wreaths: Mary Reeves and Carolyn Thomas

Plant Sale:

Plant Sale Co-Chair: Sue Edmundson and Karen Cornwell

Gazebo: Barbara Hemmer

Worker's Rest Area: Lynn Ehler

Finance (charge cards and sales): Janie Plummer and Linda Rowlett

Plant Sale Set-up: Tony Scanapico

Forum Attendee Check-in:

Chair: Ann Allen

Forum Set-up:

Chair: Lynn Ehler and Alton Ehler

Forum workers will have a rest area on the west side of the Concert Hall where you can sit a minute, rest, and get water, coffee or snack. Aprons for the Plant Sale will be there too.

**The HSA Pioneer Unit Member
Meal Reservation Form**

**19th Annual Herbal Forum at
Round Top**

**Friday March 21, 2014
Saturday March 22, 2014**

Name

(_____) _____
Area Code / Phone Number

E-mail

Friday Meal Reservation

_____ **Friday Lunch**

Saturday Meal Reservation

_____ **Saturday Lunch**

You can have Friday or Saturday for free. If you wish to have both lunches, check the blank below:

_____ **second lunch at \$12.00/ person**

Return this form at or before the March Unit meeting to Henry Flowers, with check payable to The James Dick Foundation (if appropriate). Return at the meeting or mail to:

**The HSA Pioneer Unit
PO Box 23
Round Top, TX 78954**

Pioneer Unit Members,

To the left is the Pioneer Unit meal reservation form for the Herbal Forum. As we did last year, I am giving you the option of having either the Friday or Saturday lunch for free, but you must sign up with the form in order to attend—and by the deadline as well. To be eligible for the free lunch, you must plan to work at least 8 hours during the event. If you will be attending either the Friday or Saturday lunches, then please fill out this form and return it to me at the March Unit meeting or via mail (to the Pioneer Unit mail box) if you will not be able to attend the meeting. If you would like to purchase the second lunch (at a reduced cost to Pioneer Unit members), then you must also sign up and pay for it.

If you are interested in attending the Friday night dinner in honor of our presenters, then you need to call the office at Festival Hill and register and pay through them. Please let them know that you are a member of the Pioneer Unit.

I will have copies of this form available at the March Pioneer Unit meeting, and I ask that you have your form to me no later than that day (March 13). I will not be able to accept a meal request after that date as I will have more pressing things to do.

Many Thanks,
Henry Flowers

MEMBER INFORMATION

At our February meeting Mitzi Van Sant from Smithville visited us with active member Ginger Heath. We also welcomed Carolyn Hayes with active member June Smith, and Susan Bame who visited us in January with affiliate member Susan Abouhalkah. This was second visit for both of these ladies. And member at large Marion Sullivan from Somerville was with us again also. Affiliate members present were Mary Doebbeling and Marijane Lipscomb. We had a great turnout!

I'm sure many of you are aware, but for those not, our loyal affiliate member Peggy Cook had surgery with plates and screws implanted for a broken heel and ankle. It's understood that she'll be off her foot for at least three months, so please let's communicate with her and wish her a speedy and successful recovery. Her address is 1140 FM 2104, Smithville TX 78957.

Thank you all for reporting your hours, and please start considering that we'll be asking for renewal applications come April with dues payable on May 1. Renewal dues will be \$67 for active members and \$98 for joint members. Life and affiliate members' dues are \$12 for Unit only. Wishing everyone a long-awaited spring with nicer weather!

Herbally,
Georgia Sowers
Membership Chair

VOLUNTEER OF THE MONTH



Georgetta Welch has been named Volunteer of the Month for March. She's a willing active member who comes through often with decor, hostessing, and garden duties as needed. We congratulate you and thank you, Georgetta, for jobs well done!

REQUESTED RECIPE

Chicken Enchilada Soup

1 1/2 c. chicken broth
10 to 12 corn tortillas, cut into strips
1 (10-oz.) can enchilada sauce with green chilies
1 (10-oz.) can medium-hot enchilada sauce
1 t. ground cumin
4 skinless chicken breast halves, oven grilled and sliced
1 c. half-and-half
1 medium tomato, diced
1 small jalapeno, minced
1 c. finely grated cheddar cheese
Tortilla chips

Combine chicken broth and tortilla strips in a large pot. Cook over medium heat until strips begin to soften and broth thickens somewhat. Add enchilada sauces and cumin.

Add chicken and half-and-half; heat through. Divide among 4 bowls and garnish with diced tomato, jalapeno, and cheese (I added these into the soup). Serve with tortilla chips.

Ann Allen



Herb of March – Oregano

Ah, oregano. A wonderful herb that we should all grow and use more often than we do. Such a big topic too – hard to cover in the short space I have, but I'll try to give you the highlights.

Oreganos belong to the genus *Origanum* in the family Lamiaceae (mint family along with rosemary, thyme, and the sages). *Origanum* means "beautiful mountain" in Greek. Generally speaking oreganos are herbaceous or evergreen perennials native to Eurasia – most notably the eastern Mediterranean. They are either spreading or mounding in habit and most fit either into the classifications of culinary or ornamental.

Oreganos generally prefer full sun with good drainage and are for the most part all hardy in our area. They do best in a soil that is slightly acidic to slightly alkaline, but I've found them to be quite adaptable in this regard. They often flower in late spring into summer and mostly have small flowers in large clusters. Flower color is most often white, but there are some beautiful pinks, purples, and soft reds as well. Ornamental varieties should be allowed to bloom as this is usually their most beautiful aspect. Culinary varieties should be pruned back when they start to bloom as they are normally not pretty in flower and the flowering process affects their oil content and thus their taste.

The major culinary oreganos are sweet marjoram, Italian oregano, and Greek oregano. Sweet marjoram (*Origanum majorana*) is a small shrubby plant with a brilliant, refreshing aroma. Its leaves are green with a light grey cast and the flowers are small and borne in rounded clusters or "knots." Since this plant is normally less than one foot tall and wide, it is great near the front of a planting or does quite well in a pot. Just make sure to keep it close so that you can trim it and use it a lot. I personally love it in corn bread, soups, butters, and cheeses. I prefer to use it fresh as we can harvest it year-round, but it and other culinary oreganos do dry very well and become more intense in flavor when dried. If you don't grow it, please do. Just don't buy what is sold as creeping marjoram (*O. vulgare* subsp. *vulgare*) – a nice sprawling ground cover but it doesn't taste very good.

Italian oregano (*O. xmajoricum*), also known as hardy sweet marjoram, is a mounding plant which grows very well for us. Sweet marjoram can sometimes be a fickle plant, but Italian oregano is tough and quite reliable. It is a hybrid of sweet marjoram and wild marjoram (*O. vulgare*) – thus the "x" in its botanical name. Being a hybrid is likely the reason for its vigor and low seed production. Its flavor and aroma are a bit different than that of sweet marjoram, but it is a good substitute if you don't have the other on hand. It can reach one to two feet tall and wide and should be trimmed back in early spring and again when it starts to flower in early summer, as well as any time that it starts to look straggly. A variety known as 'Hilltop' was grown and cherished by Madalene, and she always said that it was an essential flavoring in any good chicken soup. We still grow it at Festival Hill and have it available at the Herbal Forum plant sale.

The variety most often sold in stores in the dry form is Greek oregano (*O. vulgare* subsp. *hirtum*). It has a low, spreading habit and rich green leaves notably covered in fine hairs. Its habit makes it less tolerant of being overwatered, especially by overhead methods. Its flavor is more intense – more sharp and peppery and with a much more pungent aroma. Some cooks prefer this one (it is considered an essential herb in tomato-based pasta sauces), but my preference is for sweet marjoram and Italian oregano, but don't let me color your judgment and please give it a try. A beautiful variegated variety known as 'Jim Best' is pretty and can be used for cooking as well. Another variety known as 'Hot and Spicy' has a more intense aroma and flavor. Most other subspecies of *O. vulgare* are not very good for culinary pursuits.

(continued on the next page)

Syrian oregano (*O. syriacum*), also known sometimes as za'atar or wild thyme, is native to the eastern Mediterranean and is used in the cuisines of that region. It is commonly used in the spice blend known as za'atar along with Turkish sumac, sesame, and other herbs. It is a mounding plant and grows quite well for us.

In addition to culinary varieties, you will often encounter oreganos grown for ornamental purposes. Most of these have pretty flowers which can be dried. One diminutive oregano which I love is *O. dictamnus*, commonly known as Dittany of Crete. It is very silver and fuzzy in foliage and has a small, mounding habit. It needs really good drainage, and I find it easiest to grow in a clay pot. In addition to its velvety leaves, it has beautiful flowers in clusters. 'Hopley's Purple' is a great choice for colorful blooms, and I find it will bloom almost year-round. We even have some blooming at present after our long, cold winter. Some varieties such as 'Kent Beauty' and 'Santa Cruz' have pendulous flowers in hop-like inflorescences and are quite unusual. I have the latter in a large mass in a raised bed in front of my house, and it is a nice green groundcover when not in bloom.

In addition to culinary and ornamental uses, oreganos are quite medicinal. They contain large amounts of antioxidants and are good tonic herbs for maintaining good health. The best way to reap their medicinal benefits is to simply use and enjoy them in your cooking.

I could go on and on and expound for many more pages about the wonderful virtues of oregano, but my fingers are tired and I'm told it is time to go to bed. For more information about oregano, check your favorite herb books or go to the HSA web site (www.herbsociety.org) and look up the herb of the month information there or download /print a copy of the essential guide for oregano as it has been an herb of the year in the past. Also make sure to check out the oregano table at the plant sale as we normally have a great selection. These wonderful and tough plants should not be overlooked.

Plant some oreganos and you will be rewarded for many years to come.

Henry Flowers, Pioneer Unit Garden Chairman



The Herb Society of America, Pioneer Unit Botany Study Group Data Sheet



Botanical Name/Etymology: *Sophora secundiflora*. *Sophora* (Arabic for tree with pealike flowers) *secundiflora* (means flowers all originate from one side of the inflorescence)

Family Name: Fabaceae (pea family)

Common Names: **Texas Mountain Laurel**, Mescal bean, mescal-bean sophora, frijolitol, frijolillo, patol, patolito, big-drunk bean

Origin: Central, south and west Texas, New Mexico, northern and central Mexico

Growth Habit: Slow growing evergreen shrub or small tree 4-15 feet (but up to 35 feet), usually multi-trunked, shiny, large pinnate leaves, bluish-purple, strongly fragrant (grape or violets) blossoms

in March or April followed by large gray-brown segmented pods with red seeds. Deer proof. Cold hardy to zone 8 and in colder zones will not flower reliably because late freezes damage flower buds. Drought tolerant. May be defoliated by *Genista* moth larvae. Dappled shade, part shade, full sun.

Growth/Cultural Requirements: It grows naturally in well-drained limestone soils of canyons, bluff, slopes. In cultivation it is adaptable, but requires full to part sun and a very well-drained soil.

Propagation: By seed sown when ripe. May need to soak or scarify seeds. Plant seed in deep container to accommodate a long initial tap root. Cuttings from juvenile plants less than 3 feet tall work best with strong concentration of hormone treatments.

Chemistry: *S. secundiflora* accumulates cytisine, N-methylcytisine, anagryne, and other quinolizidine alkaloids.

Plant Parts Used: seeds

Time of Harvest: Gather seeds in late summer through the fall when the pod begins to dry and seeds turn red. Harvested seeds can last 3 years and do not need refrigeration.

GRAS? (Generally regarded as safe): No. Half a bean is a dose sufficient to induce delirium that lasts for 2 to 3 days and can result in death. If ingested, induce vomiting; administer sodium sulphate and medicinal charcoal. Provide plenty of warm tea or fruit juice. Harm can come to animals that eat them.

Culinary Uses: Mescalero Indians added beans to beer to fortify it.

Medicinal Uses: Stimulant, hallucinogen.

Other Uses: Comanche and Kickapoo Indians used it with tobacco and used the decoction for earaches.

Sources for Seed or Plants: available at many nurseries

(continued on the next page)

Folklore and History: Juan Cabeza de Vaca gives the first record of the plant after he was held captive by Texas coastal tribes near Galveston. He survived as a traveling trader and healer, living for a while with a tribe of Charruco and he described their use of *Sophora* beans. "The main items of my trade were pieces of sea snails and their insides, and seashells which they use to cut a certain fruit that looks like a bean, used by them for medicinal purposes and for dances and festivals."

-Spanish missionaries intimated that the seeds were consumed with the cactus peyote. Francisco Hidalgo reported in 1716 that the Caddo were using the frijolillo together with peyote to procure visions.

-Priest Bartholome Garcia in 1760 referred to *Sophora* and Peyote in his confessional, asking if they had used either plant and did it intoxicate them? It would be difficult to tell which plant produced the psychoactive effects.

-The Caddo used the *Sophora* in ceremonies in which clairvoyance was a central feature. One of the 3 main schools of healers was called *daitino* (the Caddo word for seed). Since the plant does not grow in East Texas, it is thought the Tonkawa of central Texas traded with the Caddo. A Caddoan informant in the 1930's said the Indians used to get drunk on seeds soaked in water and claimed they could hear Jesus talk. Use came to an end before WWI.

-The Wichita had a deer dance ceremony given 4 times a year where a novice was given a *Sophora* bean which produced violent spasms and unconsciousness. He was unable to suffer pain when a gar-pike jaw was drawn over his naked body as a test of his condition.

-The Kiowa consumed the bean and danced all night until exhaustion, at which point they would go to sleep. Whatever the chief dreamed about they would do when they woke up.

-The mischievous Lipan Apache would fool a group of Indians into ingesting the seeds for "longevity." When they became drunk, the Apaches would cut off their hair and roll them in pale dust. When they appeared "Anglo" the neighboring Indians would attack them.

-Wichita tribes participated in the "feast of the new fruits" where tribes could not eat of the new fruits of the season without a mass purging. They would make a tea and sip it through a reed. The rest of the day was spent singing and purging.

-Over 30 North American Indian groups were familiar with the red beans and adorned their clothing with them. The *Sophora* was the most extensively traded item reaching the Dakotas and Montana. A report in 1820 said a horse was traded for ten seeds.

Bibliography: Bown, Deni 2001 Herbal New York: Barnes & Noble Press; Moerman, Daniel 2009 Native American Medicinal Plants Portland: Timber Press; Nokes, Jill 2001 How to Grow Native Plants of Texas and the Southwest Austin, TX: Univ. of Texas Press; Turner, Matt Remarkable Plants of Texas Austin, TX: Univ. of Texas Press; Wink, Michael and Ben-Eric Van Wyk 2008 Mind Altering and Poisonous Plants of the World Portland, OR: Timber Press

It is the policy of The Herb Society of America not to advise or recommend herbs for medicinal or health use. This information is intended for educational purposes only and should not be considered as a recommendation or an endorsement of any particular medical or health treatment.

Submitted by Pam Traylor 2/20/2014

FIELD TRIP, Wednesday, April 16, 2014

SIGN-UP: Pat Cox and Jane Press will have sign-up sheets at the March 13 Unit meeting. This just means we want to know who is interested, if you are willing to drive, who might be riding with you, etc. We will continue fine tuning the list of members and guests until the April 10 Unit meeting. You also may contact Pat and/or Jane by email or phone.

LUNCH: We will have lunch selections later in March and in April. At that time you will be given a menu of choices and we will begin to take 'orders'. Lunch for members will be paid by the Unit. Non-members will each pay for their lunch—to be collected in advance (\$10 range). We are pleased to have non-members join us.

SCHEDULE: The day's schedule will be something like the following (order and times to be determined):

- Smithville -- visit Mitzi Van Sant's cottage garden; visit another garden (with native plants) just 2 blocks away; lunch in downtown Smithville
- La Grange — visit the Quilt Museum garden for a presentation by Mitzi who designed this garden (sorry, but the QM is open only Thursday-Sunday)
- between La Grange & Round Top — Rohan Meadery for short tour of bee hives and mead tastings

MAP: A map and/or specific directions will be furnished to all car pools.

Special Events Committee Members: Pat Cox, Betty Pior, Jane Press, Karen Springer, Ginger Heath (chair)

HSA EDUCATIONAL CONFERENCE

**Concord, California
June 20 and 21, 2014**




All registrations must be received no later than June 4, 2014.

Full two-day registration includes: all educational programs on Friday, June 20 and Saturday, June 21, boxed lunches on Friday and Saturday, Festival of Flavor and Fragrance, and Awards and Recognition Dinner on Saturday.

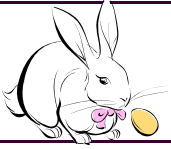

Individual meals are available for guests not attending the educational conference. Please contact headquarters via email herbs@herbsociety.org or call 440.256.0514 for individual meal prices.

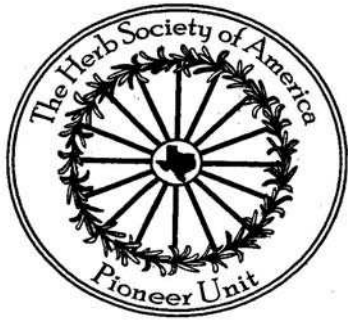
**Reserve early — up to and including April 30, 2014 — and receive an early bird discount!
All registrations must be received no later than June 4, 2014.**

March 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
BSG = Botany Study Group	FH = Festival Hill SG = Sensory Garden					1
2	3	4 FH Workday 8:30 to noon	5	6 FH Workday 8:30 to noon	7	8
9	10	11 FH Workday 8:30 to noon	12	13 Pioneer Unit Meeting	14	15
16	17 	18 FH Workday 8:30 to noon	19	20 FH Workday 8:30 to noon	21 Herbal Forum	22 Herbal Forum
23 Newsletter Deadline	24	25 FH Workday 8:30 to noon	26	27 FH Workday 8:30 to noon	28	29
30	31					

April 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
BSG = Botany Study Group	FH = Festival Hill SG = Sensory Garden	1 FH Workday 8:30 to noon	2	3 FH Workday 8:30 to noon	4	5 Texas Thyme Unit Herb Festival
6	7	8 FH Workday 8:30 to noon	9	10 Pioneer Unit Meeting	11	12
13	14	15 FH Workday 8:30 to noon	16 Pioneer Unit Field Trip	17 FH Workday 8:30 to noon	18	19
20 	21 Newsletter Deadline	22 FH Workday 8:30 to noon	23	24 FH Workday 8:30 to noon	25	26 South Texas Unit Herb Day
27 	28	29 FH Workday 8:30 to noon	30			



PIONEER PATHS

Volume 21

Editor: Linda L. Rowlett, Ph.D.

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The Mission Statement of The Herb Society of America: "To promote the knowledge, use, and delight of herbs through educational programs, research, and sharing the experience of its members with the community."

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