

Herbs Make Scents



THE HERB SOCIETY OF AMERICA
VOLUME XLIX, NUMBER 4

SOUTH TEXAS UNIT
APRIL 2026

Co-Editors Linda Alderman (ewalderman@comcast.net) & Janice Freeman (janicefreeman@comcast.net)

April 2026 Calendar

- April 7, Tues. 10:00 am** **Day Meeting** Potluck Picnic and Plant Swap at Memorial Park Land Bridge. See details on p. 3
- Apr 11, Sat. 9:00 am** **Westbury Garden Workday** 12581 Dunlap St., Houston, TX 77035
- Apr 13, Mon. 1:00 pm** **Lagniappe:** Ceramist **Judy Adams** will lead STU Members on a guided tour of "Contained & Arranged", the Annual Floral/Ceramics show at Foelber Pottery Gallery 706 Richmond Ave, Houston, TX 77006 (See details on p. 6) and at <https://foelberpottery.com/>
- Apr 13, 5:00 pm** **Lagniappe:** "Love, Land, Language: Healing Our Relationship with the Natural World" presented by **Robin Wall Kimmerer** at Rice University. Registrations have reached maximum capacity.
- Apr 25, Sat. 9:00 am** **Westbury Garden Workday** 12581 Dunlap St., Houston, TX 77035
- April 29, Wed. 6:15 pm**
Note: Change of Date
Free and Open to the Public
Evening Meeting "Patterns in Nature" presented by **Diana Wilson**, Director of Planning Burditt Consultants, Bachelor of Landscape Architecture and BS in Urban and Regional Planning, Texas A&M University, and member of the Texas Native Plant Society of Texas. Location: Cherie Flores Garden Pavilion, 1500 Hermann Dr. Houston, TX 77004. Doors open at 6:15 pm, with potluck meal and program at 7:00 pm.

May 2026 Calendar

- May 9, Sat. 9:00 am** **Westbury Garden Workday** 12581 Dunlap St., Houston, TX 77035
- May 12, Tues. 10:00 am** **Day Meeting** "Shrubs: The Beverage, not Boscage and Bushes" at the Cherie Flores Garden Pavilion, 1500 Hermann Dr. Houston, TX 77004. Book Group following program to discuss **Miss Benson's Beetle** by Rachel Joyce (https://www.goodreads.com/book/show/52674676-miss-benson-s-beetle?ref=nav_sb_ss_1_12)
- May 23, Sat. 9:00 am** **Westbury Garden Workday** 12581 Dunlap St., Houston, TX 77035
- May 20, Wed. 6:15 pm**
Free and Open to the Public
Evening Meeting: "Bringing Butterflies Home" presented by **Elizabeth White Olsen**, B.A. in Plan II Honors and English University of Texas at Austin, M.F.A. in Writing Vermont College of Fine Arts and Texas State University in San Marcos, co-founder of Houston's GO Native Landscaping, LLC, Native Plant Society of Texas Landscape Certification Levels 1 and 3, and Texas Master Naturalist. Location: Cherie Flores Garden Pavilion, 1500 Hermann Dr. Houston, TX 77004. Doors open at 6:15 pm, with potluck meal and program at 7:00 pm.

Newsletter deadline is the 25th of the month, and is strictly enforced (May co-editor is Janice Freeman)

Readers: We apologize for issues with hyperlinks. Some open quick, others slow & some not at all.



Happy Birthday! Happy Birthday! Happy Birthday!

4/1 Janice Dana

4/18 Suella Shapiro

4/21 Kathy McDaniel

Chairman's Corner

I know we are all seeing loads of yellow dust on every surface...but isn't it a Glorious Spring? I have been outside more than inside. From a quick visit to our Westbury Gardens in March to eradicate some pests to Kolter Gardens to lead the Junior Koltervators Garden Club. Many happy children getting to try herbs, greens and Calamondin Oranges!! (They are Mother Nature's original Sour Patch Kids!)



I have put together a Garden Trug/Egg basket filled with teacups and a vase, etc. I hope everyone will bid it up at EdCon! I am sorry to miss that fun but will be celebrating 50 years of Women attending the Service Academies....I am proud to have graduated from the U.S. Naval Academy in the fourth class with women, 1983! I think what we do with the Herb Society is another form of service, so keep on doing all that you can do!



At 6-foot-1, Angela (Smith) Roth '83, center, stood out at the Naval Academy. She played basketball for the women's team.

Our Green Bridges Program was supported by **Virginia Camerle** this March. She was able to help a High School group plant a native plant garden at MacGregor Elementary. They were exhausted, sure, but they were invigorated from such a phenomenal accomplishment! Over 170 plants of 25 species were installed in the courtyard! I will continue to ask all my native plant aficionados to pitch in wherever we can! You can also let Virginia know if you have extra native plants to share. (Virginia is 3rd from right.)

I plan to go to our gardens at Westbury as much as possible. Loads to learn and what a fun group of herbies!!!

All the best to you and yours!
Angela Roth





Day Meeting April 7th

Plant swap and Potluck Picnic in Memorial Park in the Rally Pavilion just south of the West Mound Kinder Land Bridge. (see map below)

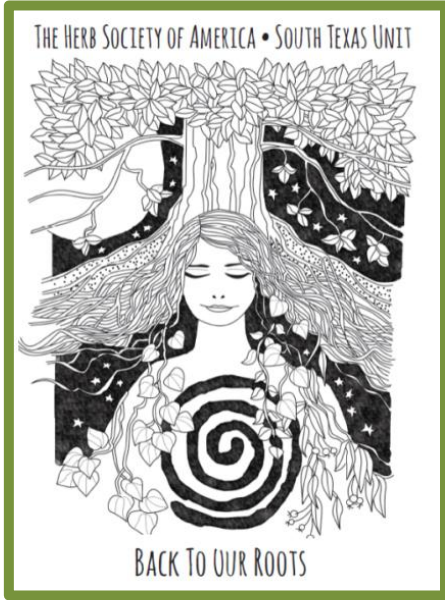
- (1) Navigate with Google Maps or Apple Maps to "Rally Pavilion Memorial Park".
- (2) The easiest parking is the paid parking lot adjacent to the Cullen Running Track (I think it's about \$10). There is free parking along the picnic loop, but it will require a little bit of walking to get to the Rally Pavilion.
- (3) There are bathrooms close by.
- (4) I will bring one plastic tablecloth. If anyone else has one, please bring it!
- (5) We need a volunteer for bringing a beverage to share. I will bring our reusable cups and a cooler of ice. Let me know if you can bring a herbie beverage – this will be your potluck contribution.
- (6) Bring a picnic dish (serves 8) to share.
- (7) Bring a plate and your utensils. I'll have some extras or disposable ones in case you forget.

We will have our **herb plant swap first**. Participation is completely voluntary.

- (1) Each member that brings a plant to swap (up to 4) gets a number for each plant. i.e. If you bring 3, you get 3 random numbers. Bring 1, get 1.
- (2) We will call out numbers and you pick a plant when your number is called.
- (3) You can bring more than 4 plants. Any plants left after all members have chosen will be up for grabs.
- (4) You can bring cuttings, but the plants for the swap should be potted and rooted.
- (5) You can bring non-herb plants, but we'll preferentially swap herbs first.

We've chosen this pavilion because we'll be very close to the Land Bridge walking trail. If anyone wants to explore the trail after lunch, bring comfy shoes and we can check it out.





Back to Our Roots at the Westbury Garden

Westbury Workdays

Saturday, April 11 and 25 at 9:00 am

Saturday, May 9 and 23 at 9:00 am



We had a fabulous time at the Herb Garden on Saturday, March 21!!! Thanks to Karen Cottingham and Elizabeth Abraham for sharing the teaching duties. Our class: a wonderful combination of STU members and WCG gardeners was kept busy going back and forth from the garden to the table. We made a tisane from just picked herbs, tasted a Persian dish called kuku full of many of our spring herbs, and enjoyed two different lemonades with herbal simple syrups. Everyone took home an infusion of calendula in olive oil. I plan to get everyone back together in 6 weeks or so, to strain the oil, and maybe even make a salve! I think everyone walked away with a fresh perspective on herbs and how to use them.

It's that time again! Please refer to our handy list of herbs that we use for Herbal Marketplace products printed in this newsletter. These are the herbs that members should grow, gather and store for Herb Fair. We harvest regularly from the beds at WCG, and members take them home to dry. The same procedure would apply to herbs that you have in your home gardens. There are openings on the Tea Committee for members to make suggestions for new products and help with the process. Contact Julie Fordes (832-969-8349) to get involved.

See you at the garden! **Julie**

**Classes offered at Westbury Community Garden
April 2026**

<p>APR. 12</p>	<p>PRAIRIE WALK Explore the bio-diversity of our city: join WCG founding member Hazel Potvin on a walk through the Westbury Pocket Prairie. Meet at 2 PM. Light refreshments Westbury Community Garden 12581 Dunlap St. 77035</p>	
	<p>PLANNING A SUMMER VEGETABLES GARDEN WCG gardeners share years of growing experience selecting, planting and tending varieties of vegetables that love the heat. Hands on demonstration. 10 AM Westbury Community Garden 12581 Dunlap St. 77035</p>	<p>APR. 18</p>

Herbs Make Scents – April



**Westbury Garden Special Event
“Healthy Eating with Spring Herbs”**



Many thanks to Julie for organizing the event, conducting the tour, and preparing a herbal tisane; Elizabeth A. for sharing her delicious Kuku Sabzi, a Persian springtime herbal frittata; and Karen, for leading a discussion and “make-and-take” on herbal oils and salves.

**Remember to grow the listed herbs, harvest, dry and store them in a labelled bag.
Save for Herb Events!**



**LIST FOR GROWING AND
HARVESTING HERBS**

<input type="checkbox"/> Bay Leaf	<input type="checkbox"/> Doublemint Madalene Hill	<input type="checkbox"/> Rose Petal
<input type="checkbox"/> Blue Butterfly Pea	<input type="checkbox"/> Lemon Balm	<input type="checkbox"/> Roselle
<input type="checkbox"/> Basil (Holy)	<input type="checkbox"/> Lemongrass	<input type="checkbox"/> Sage
<input type="checkbox"/> Calendula	<input type="checkbox"/> Lemon Verbena	<input type="checkbox"/> Spearmint
<input type="checkbox"/> Chamomile	<input type="checkbox"/> Mexican Mint Marigold	<input type="checkbox"/> Thyme
<input type="checkbox"/> Comfrey	<input type="checkbox"/> Peppermint	<input type="checkbox"/> Yarrow



MORE APRIL EVENTS

“Contained & Arranged” *The 28th Annual Creative Collaboration* *of Ceramists & Floral Artists*



Join other STU Members and Judy Adams for a guided tour of the exhibit and pottery studio Monday, April 13 at 1:00 pm. Questions: email karen.herb.society@gmail.com

Foelber Pottery Gallery
706 Richmond Ave., Houston 77006
April 11 -19, 2026

Opening Reception Weekend

Sat, April 11 6:00 - 9:00 pm Sun, April 12 Noon - 3:00

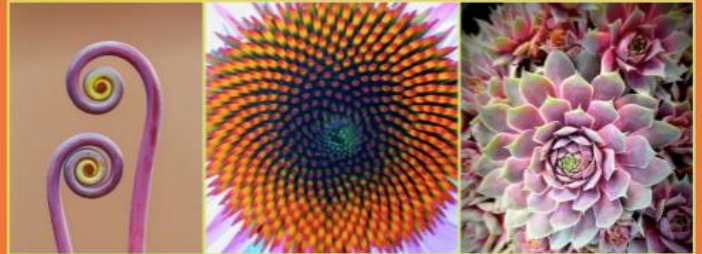


Register for a Floral Arranging Workshop!

Sunday, April 12 1:00 - 2:00 pm
Thursday, April 16 6:00 - 7:00 pm
Includes a hand-made vessel by Foelber Pottery, access to a variety of fresh florals, and instruction.
<https://foelberpottery.com/>



Announcing Our April Evening Program



“Patterns in Nature”
Presented by Diana Wilson,
PLA and Urban Planner
April 29, 2026 7:00 pm

See you there!





The HERB SOCIETY of AMERICA Around the District News

Catherine O'Brien

Texas Thyme Unit Herb Festival – April 11 at Wynne Home Arts Center 1428 11th St, Huntsville, TX 77340 <https://www.texasthymeunit.org/herb-festival.html>

HSA Educational Conference – April 15-17 in San Antonio. If you can't stay for the whole conference, day passes are available until April 6. <https://www.herbsociety.org/news-events/educational-conference-2026/>

Ozark Unit's Heritage Herb Spring Extravaganza - May 8-9 Ozark Folk Center, Mountain View, Arkansas.

The Heritage Herb Garden Spring Extravaganza is now live on Ticketleap <https://www.ticketleap.events/tickets/ozarkfolkcenter/heritage-herb-garden-spring-extravaganza-2026>
Accommodations: https://reserve.arkansasstateparks.com/ozark-folk-center?_ga=2.19490555.27219469.1774369659-1409471452.1773186669

THE HERB SOCIETY OF AMERICA - TEXAS THYME UNIT

Herb Festival

at the Wynne Home

Saturday, April 11
8:00am - 1:00pm |

Wynne Home Arts Center | 1428 Eleventh Street | Huntsville, TX 77340

Locally-grown herbs, pollinator and passalong plants, vegetables, native plants, perennials, herbal and garden vendors, speakers, music, and more! Come early and bring a wagon. You are sure to find something you love.

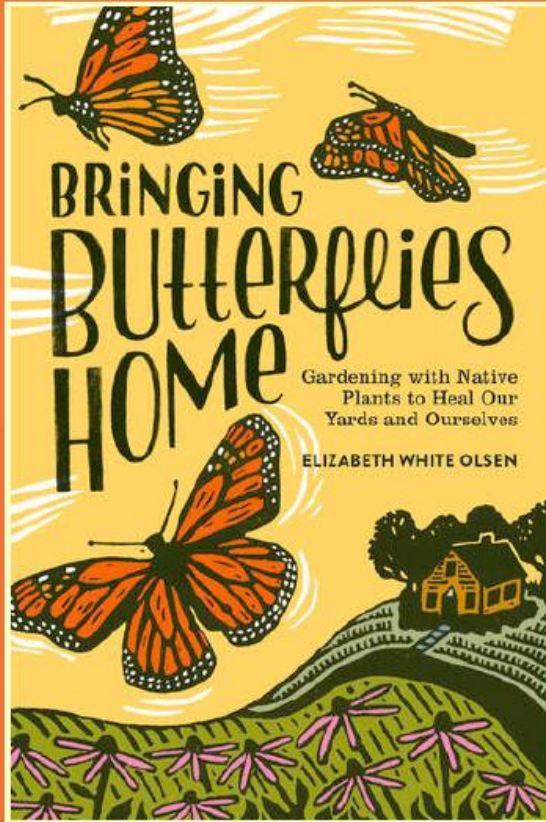
PROGRAMS

- 8:30 – Our Favorite Herbs
- 9:00 – Bread and Bubbles: Easy Kitchen Magic
- 10:00 – Huntsville High Lab Jazz Band
- 11:00 – Huntsville High **Swingin'** Stingers Ensemble
- 9:00-1:00 – Children's **Nature** Crafts

Facebook: Texas Thyme Unit
 Website: <https://www.texasthymeunit.org/>
 Information: 936-891-5024



Announcing Our May Evening Meeting



“Bringing Butterflies Home”

Presented by:
Elizabeth White Olsen
May 20, 2026
7:00 pm

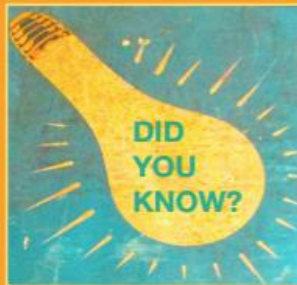
VOLUNTEERS WANTED



Are you interested in helping
with Evening Meeting
Hospitality?

Put your hands up high,
put your hands down low,
Put your hands in the middle
and wiggle just so.

Or maybe just email here:
karen.herbsociety@gmail.com



A PUBLIC SERVICE ANNOUNCEMENT ABOUT YOUR HSA-STU MEMBERSHIP

The Herb Society Board and staff have been working diligently to raise an already fantastic resource, the HSA Recipe and Blog site, to an even higher level. Herbal recipes, many from well-known herbal experts, are now categorized according to the featured herb, recipe category, and even keywords. So, for example, if you want a recipe for a turmeric smoothie, you could find it three separate ways - by selecting the herb TURMERIC, the category BEVERAGE, or the keyword SMOOTHIE. And voilà - TROPICAL CARROT, TURMERIC, and GINGER SMOOTHIE! And for the full experience, each recipe is linked to relevant HSA blog posts.

It's a complete package of culinary herbal information!

Find your next recipe here - <https://blog.herbsociety.org/>



Day Group Celebrates Nowruz (Early) with Guest Presenter Asal Shokati

For the Day Group's March meeting, we were treated to a presentation and discussion about the customs of celebrating the Persian New Year, *Nowruz*. *Nowruz* is the first day of the new year on the Persian calendar beginning at the moment of the vernal equinox. The celebration of *Nowruz* continues for two weeks following.

Guest Asal Shokati set a beautiful **Haft-Seen**, literally translated, the Seven-S's, table for us. She explained the symbolism of each of the items: *sabzeh* (wheatgrass) for renewal, *seeb* (apples) for beauty, *serkeh* (vinegar) for patience, *seer* (garlic) for health, *senjed* (wild olive) for love, *samanu* (wheat germ pudding) for affluence and *sonbol* (hyacinth) for spring.

Asal brought a tasty, fragrant hot Persian tea, a delicious *Kuku* platter and sampler of cookie sweets.

Debbie Niskin brought *Mast O Kadoo* Persian Yogurt Zucchini Dip that was delicious with the *Kuku*.

Benée Curtis brought *Ash Reshtah* Greens, Beans and Noodle Soup and *Sekanjabin* Syrup for a cool beverage. **Donna Wheeler** brought *Nan-e Nokhadchi* Chickpea Cookies. All recipes are below.

As would be expected, the foods for this springtime celebration are packed with fresh herbs. Lucky for Houstonians the herbs most prominent in these recipes are the ones that are at their peak right now: **dill, parsley, mint and cilantro**.

Karen Cottingham did a great write-up on *Nowruz* in our newsletter six years ago if you want to revisit it. (<https://nebula.wsimg.com/870d0ff5a1ff0b8fa79b377fb51bd8db?AccessKeyId=6F9F519569F203A87F03&disposition=0&alloworigin=1>).

Kuku Sabzi – Persian Fresh Herb Frittata - from The Taste of Montana website

Ingredients

- 6 eggs
- 1 cup fresh cilantro finely chopped leaves, and the softer section of the stem
- 1 cup fresh parsley finely chopped leaves, and the softer section of the stem
- 1 cup fresh dill chopped leaves, and the softer section of the stem
- 1 cup leeks finely chopped green and white parts
- 1 TBSP dried fenugreek leaves
- 4 cloves garlic minced
- 1 tsp baking powder
- ½ tsp turmeric
- 1½ tsp kosher salt
- ½ tsp freshly ground black pepper
- 4 TBSP walnuts chopped
- 3 TBSP barberries
- 1 tsp butter for greasing the pan



Instructions

1. Preheat the oven to 375° F.
2. In a medium-sized bowl, break the eggs and mix well with a whisk. Set aside.
3. In a food processor, place small amounts of herbs and process until they are finely chopped. Repeat this process until all the herbs have been processed. Place in a large bowl.
4. Add the remaining ingredients (with the exception of the butter) and whisked eggs to the herbs mixture and mix well.
5. Rub a 9-inch pie dish or similar ovenproof baking dish with butter and pour in the egg and herbs mixture.
6. Bake uncovered for 30-40 minutes or until the eggs are fully cooked. Baking times will vary depending on your baking dish's size and whether the mixture is spread out or more stacked.
7. Allow the Kuku to rest for 5 minutes before removing it from the pan. Place on a serving platter and serve. Kuku Sabzi is often served with flatbreads or steamed basmati rice and a side of yogurt.
8. Serve and noosh-e jan (Common Persian expression meaning "May it nourish your soul".)

Mast o Kadoo - Persian Yogurt Zucchini Dip - from Unicorns in the Kitchen

(<https://www.unicornsinthekitchen.com/persian-yogurt-zucchini-dip-mast-o-kadoo/>)

Ingredients:

- Zucchini adds a fresh and slightly sweet flavor. For the best texture, shred and squeeze out excess moisture.
- Garlic provides a strong, aromatic kick. Mince finely for even distribution and a balanced taste.
- Kosher Salt enhances overall flavor. Use coarse kosher salt for better texture and flavor.
- Black Pepper adds a mild heat and depth to the dip. Freshly ground black pepper works best.
- Fresh Dill brings a bright, herby note to the dip. Use fresh dill for optimal flavor, but dried dill can substitute if necessary (1-1.5 tsp).
- Greek Yogurt creates a creamy, tangy base. Greek yogurt works best due to its thickness and richness, but plain or plant-based yogurt can be used if they are not flavored.

Instructions:

1. Shred 1 zucchini using a box grater or a food processor.
2. Next, place the shredded zucchini in a cheesecloth or a clean kitchen towel.
3. Squeeze out the excess moisture to ensure a creamier dip texture. This step is optional but recommended for the best results.
4. In a medium bowl, combine the shredded zucchini with the yogurt, minced garlic clove, kosher salt, black pepper, and chopped fresh dill.
5. Then, stir the mixture until the ingredients are evenly distributed.
6. Taste and adjust the seasoning with more salt if needed.
7. Next, cover the bowl with plastic wrap and chill the dip in the refrigerator for at least 30 minutes to allow the flavors to meld.
8. Serve the Mast o Kadoo with bread, pita, or as a refreshing side dish.



Ash Reshteh (Greens, Beans and Noodle Soup) - Adapted from Andy Baraghani NYT Cooking

Ingredients

- 1 cup extra-virgin olive oil
- 3 large onions, halved then thinly sliced
- 4 garlic cloves, thinly sliced
- Salt and freshly ground black pepper
- ½ cup brown lentils, rinsed
- 15 oz can chickpeas, drained and rinsed
- 15 oz can great northern white beans, drained and rinsed
- 2 teaspoons ground turmeric
- 8 ounces reshteh or linguine
- 2 bunches Swiss chard (about 10 ounces each), stems removed and leaves coarsely chopped
- 1½ cups finely chopped flat-leaf parsley leaves and tender stems (from about 3 bunches)
- 1 cup finely chopped dill (from about 2 bunches)
- 2 tablespoons dried ground mint
- ½ cup kashk (or ½ cup sour cream or Greek yogurt mixed with 2 tablespoons fresh lemon juice; see Tip)

Instructions

1. Heat ¼ cup olive oil in a large pot over medium heat. Add a third of the onions and all the garlic, season with salt, and cook, stirring occasionally, until soft and well browned in most spots, 10 to 12 minutes.
2. Add the lentils and turmeric, and stir to coat everything, about 1 minute.
3. Pour in 4 cups of water, season generously with salt and pepper, and bring to a boil over high. Reduce heat to medium-low and gently simmer, skimming off any foam that rises to the top, 20 minutes. Add the chickpeas and beans to the simmering lentils. If you'd like, you can prep your chard, parsley and dill while the beans simmer.
4. Add the reshteh (or the linguine, broken in half) to the pot, along with the Swiss chard, parsley and dill. Cook, stirring occasionally, until the beans are creamy, the noodles are tender and the greens have fully wilted, 20 to 25 minutes. Taste and adjust seasonings with salt and pepper. The greens should have released some liquid, but if the soup is too thick to stir easily, thin it with water.
5. While the soup simmers, heat ½ cup olive oil in a medium skillet over medium heat. Add the remaining onions and cook, stirring often, until deeply golden brown and frizzled, 20 to 25 minutes. Transfer to a paper towel to drain and season with salt.
6. Carefully wipe out the skillet, return it to medium heat, and add the remaining ¼ cup olive oil. Stir in the mint and cook until fragrant and slightly darkened, about 1 minute. Set aside.
7. Divide the soup among bowls and top each with some kashk, a drizzle of mint oil and a handful of the crispy onions.

Tip

- If you can't purchase kashk, you can mix together sour cream or Greek yogurt with lemon juice and season with a big pinch of salt. It should have a slightly thicker consistency than heavy cream.



Nan-e Nokhodchi- Persian Chickpea Cookies

Persian Chickpea Cookies with Pistachio (Nan-e Nokhodchi) - Ahead of Thyme

(<https://www.aheadofthyme.com/2017/03/nan-e-nokhodchi-persian-chickpea-cookies/>)

This site did not mention using “roasted” flour (argh) the dough was very crumbly; I sprinkled water on the dough to get the consistency while kneading and before rolling out.

Persian Chickpea Cookies (Nan-e Nokhodchi) • Unicorns in the Kitchen

(<https://www.unicornsinthekitchen.com/persian-chickpea-cookies-nan-nokhodchi/>)

This site mentions the importance of using “roasted” chickpea flour. I would try using it next time I bake these cookies.

Ingredients

- ½ cup vegetable oil
- ¾ cup confectioner’s sugar (sifted)
- ½ teaspoon finely ground cardamom
- 1 teaspoon rose water
- 1 ¾ cup chick pea flour *ROASTED
- 2-3 tablespoons chopped or ground pistachios

Instructions

1. Combine oil, sifted sugar, cardamom and rose water using hand mixer mix on medium speed until light and creamy (2-3 minutes).
2. Sift ROASTED chickpea flour into the bowl and beat on low for 1 minute until the dough is no longer sticky.
3. Dust your work surface with a little chickpea flour. Knead the dough for 10 minutes until it is more workable. Dough is very crumbly
4. Wrap dough lightly in plastic wrap and set aside for 2 hours. *Do not refrigerate.
5. Preheat oven to 300 degrees, line baking tray with parchment paper.
6. Roll out dough on dusted work surface until ¼ inch thick. Cut out cookies (traditional is mini clover shape cookie cutter) I used hearts and flowers.
7. Space 1 inch apart on parchment covered baking tray and sprinkle pistachios on top of each cookie.
8. Place on middle rack, bake 15-20 minutes. *I baked mine for 15 minutes. Transfer to wire rack and cool completely.

Sekanjabin Syrup

A refreshing drink, more commonly served in the heat of summer. Considering our warm spring weather, this is delicious in Houston, even in the early months of the year.

Ingredients for the syrup

- 2 cups sugar
- 2 cup water
- 1 bunch mint
- 1/2 cup white wine vinegar (or apple cider vinegar)



Ingredients for the drink

- 2T to 1/4 cup Sekanjabin syrup
- 1 cup sparking or still water
- Ice cubes
- 1T cucumber grated (optional)

Instructions

1. Rinse mint leaves under cold water to remove any dirt or debris.
2. Add water and sugar to a saucepan over medium heat until the sugar completely dissolves and the mixture begins to bubble.
3. Lower the heat to simmer and let it simmer for about 10 - 15 minutes.
4. Add white wine vinegar and let the mixture simmer for another 30 minutes. Check the syrup consistency. If the syrup coats the back of the spoon and drips slowly, it's done.
5. Remove the syrup from the heat and add mint leaves.
6. Allow the syrup to cool completely.
7. Remove the mint leaves from the cooled syrup. If there are small pieces of mint leaves left in the syrup, pour the syrup through a fine mesh strainer into a jar.
8. To make a cold and refreshing drink with this syrup, pour a handful of ice into a glass. Add the syrup and then fill the glass with sparking or still water.
9. (Optional) Add the grated cucumber into the glass. Enjoy!



Janice Freeman

Members, most of you have received your Directory, but if you haven't, join me at the Day or Evening Meeting and I will have your copy.

The STU Membership Directory is located "on-line" at our website. From the website select **About Us>Member Information**, then open the box labeled Member Information. Here you will find the on-line directory which is only available to members.

To update your contact information (paper or on-line), please send an email with the new information. I will update the on-line directory and update members of the change.

<http://www.herbociety-stu.org/home.html>

janicehfreeman@comcast.net



Earth Day

April 22, 2026

Bees play a massive role in pollinating the plants that we eat. A single bee colony can pollinate 300 million flowers in a day.

Approximately 75% of the world's crops depend on pollinators. In North America, bees help with the production of at least 90 crops.



Help Bees Feed Earth



The Herb Society of America
South Texas Unit
P.O. Box 6515
Houston, TX 77265-6515



Find our Unit on the web at:
www.herbsociety-stu.org

Information obtained through your association with The South Texas Unit of The Herb Society of America is for educational purposes only. It is not intended to diagnose, treat, cure, or prevent any disease. Everyone, especially women who are pregnant or nursing and persons with known medical conditions, should consult their licensed healthcare provider before taking any herbal product.

While authors or speakers may cite how they personally use herbs and may quote scientific, ethnographic, folkloric, or historic literature, the material presented does not represent a recommendation or an endorsement of any particular medical or health treatment.

Whom Do I Contact?

2025-26 STU Officers

Chair: Angela Roth
Co-Vice Chairs: *Karen Cottingham*
Ro Jones
Secretary: *Stephanie Calloway*
Treasurer: *Maria Treviño*

Standing Committees

Day Meeting Chair: *Benée Curtis*
Membership: *Janice Freeman*

- Member Concerns: *Donna Wheeler*

Publications

- Newsletter: *Linda Alderman*
Janice Freeman
- Website: *Benée Curtis*
- Social Media: *Virginia Camerlo*

Herb Fair: *Stephanie Calloway*
Grants & Scholarships: *Lucinda Kontos*
Speakers Bureau: *Virginia Camerlo*