

Herbs Make Scents



THE HERB SOCIETY OF AMERICA
VOLUME XLIX, NUMBER 6

SOUTH TEXAS UNIT
JUNE 2026

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

June 2026 Calendar

- June 9**, Tues. 10:00 am **Day Meeting:** *Adventure Luncheon* at Arpi's Phoenicia Deli (<https://arpisdeli.com/>) and tour of Phoenicia Market. Meet at Arpi's (12151 Westheimer Rd. Ste. P, Houston, TX 77077). **RSVP to Benée by June 6** so seating can be arranged.
- June 13**, Sat. 8:00 am **Westbury Garden Workday** 12581 Dunlap St., Houston, TX 77035
- June 17**, Wed. 6 :15 pm
Members Only **Evening Meeting:** *STU Members Annual Business Meeting*. Location: Cherie Flores Garden Pavilion, 1500 Hermann Dr. Houston, TX 77004. Doors open at 6:15 pm, with potluck meal at 7:00 pm followed by the Annual Business Meeting
- June 27**, Sat. 8:00 am **Westbury Garden Workday** 12581 Dunlap St., Houston, TX 77035

July 2026 Calendar

- July 1** **Deadline for Membership Renewal:** refer to page 7
- July 11**, Sat. 8:00 am **Westbury Garden Workday** 12581 Dunlap St., Houston, TX 77035
- July 14**, Tues. 10:00 am
Members Only **Day Meeting:** *Planning Meeting for 2026-2027 programs* at the home of **Benée Curtis**
- July 15** **Membership Volunteer Hours are due:** refer to page 7
- July 15**, Wed. **No Evening Meeting** this month.
- July 25**, Sat. 8:00 am **Westbury Garden Workday** 12581 Dunlap St., Houston, TX 77035

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



6/10 - Humberto Figueroa

6/11 - Sara Diaz

6/15 - Susan Miller

6/26 - Mary Sacilowski



Chairman's Corner

Well, the fun never ends! By now, some of you know that my husband and I will be moving to Geneva, Switzerland for a few years. We love our home and friends, so we will be renting our home during our absence. I knew this was a possibility and must say that knowledge weighed on me. Now that we know what our future requires, I can concentrate on getting ready for Herb Fair! I will be donating many books, plants and fabrics and hope that all of you will "lighten your surroundings" by getting rid of things you don't plan to use. That will allow you to focus on the plants you love! I am known for my Rosemary Shortbread and people overseas will want that recipe in metric measurements.

As for sharing and inspiring, I know May's program was awesome and I hope all of you embrace the idea of Green Bridges and the Homegrown National Park movement by Dr. Doug Tallamy. He spoke at the EdCon in Philadelphia and continues to inspire people to replace at least part of their lawn with native plants. Please check out this link for more inspiration. (I hope all of you will reach out to the next generation and share your gardening and cooking knowledge!!)

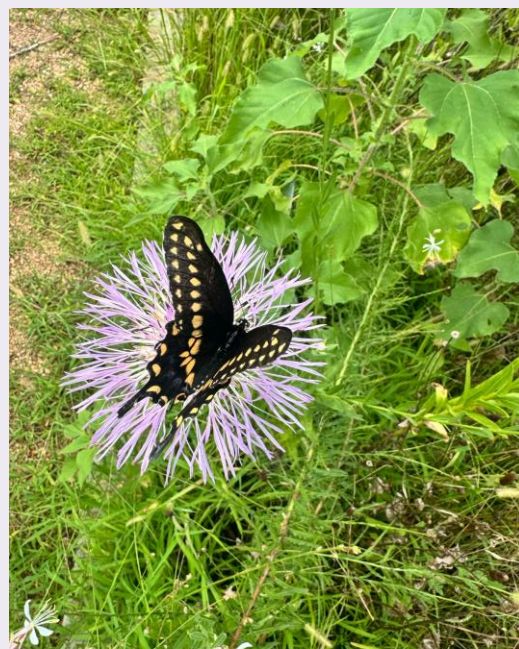
[homegrown national park - Google Search](#)

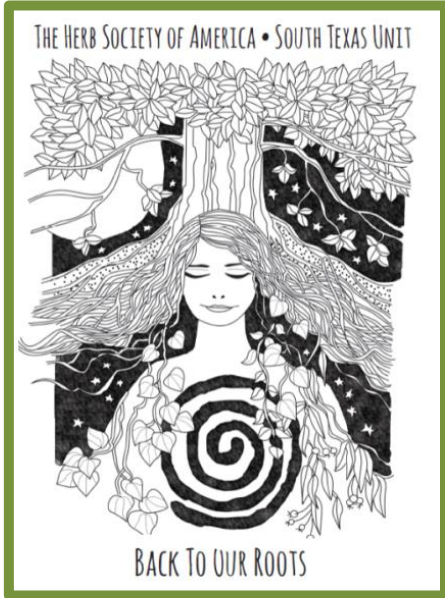
The neat thing about being "Herbies" is that we can plant so many herbs that feed us AND caterpillars! I keep waiting for swallowtails to devour my fennel because I saw two of them at Kolter's Grassroom last year. I then saw them newly emerged and taking their first flights!!

Please welcome our new officers at our June Members Only meeting. I really am excited to get more of you involved with programs. **Karen Cottingham** and I were chatting about pairing up friends to help organize a program of their choice. I promise to bring my Orange Lemon Verbena cake!!

All the best to all of you,

Angela





Back to Our Roots at the Westbury Garden

Westbury Workdays

Saturday, June 13 and 27 at 8:00 am

Saturday, July 11 and 25 at 8:00 am

Please make note of the **earlier starting time** for workdays, just trying to work when it is a little bit cooler.

The garden is in great shape! Between plenty of rain and lots of willing workers, we have lots of herbs ready for harvest. We are just now seeing the first of the blue peas and several varieties of holy basil are coming in.

Special thanks to Jimmie Keddie for starting seedlings for summer plants and herbs at his house. Here is a picture of his lovely growing stand. He is growing several summer herbs for us. Roselle, self-heal, calendula, fennel, dill and basil will make great additions to the garden. We should have room for only one or two roselle plants at the garden, so there should be enough seedlings for some members to grow some for us at home.



Beautiful seed starting station!

Elder Flowers and Elderberry Update

I have been picking and drying elder flower this week. I hope you are too. When the berries are ready, I will arrange a little “harvest party” to gather them and take them off the stem. Watch for the invitation in a couple of weeks.

See you at the garden,
Julie

The Herbs of Promise Program

Our unit is participating in the **Herbs of Promise Program** created by National Botany and Horticulture Chair, Krystal Maxwell, and her committee. They have organized an opportunity for HSA units to compare two varieties of lemon basil, Everleaf and Mrs. Burns. We will be using the herb beds at Westbury Community Garden as well as the home gardens of some of our members to help them gather data on these lemon basil varieties.



Left to right:

**Mrs. Burns
Lemon Basil
and Everleaf
Lemon Basil**



Herbs Make Scents

June 2026

Krystal Maxwell writes: “We will be tracking data on basic growth, vigor and plant health. In addition, we will be focusing on the use of these herbs after harvest. We will be interested in how they compare in flavor, fragrance in traditional uses for the herb. Recipes and other detailed uses featuring lemon basil will be welcomed as well.”

A big thank you to Virginia Camerlo, Janice Freeman, and Mary Sacilowski, who are already growing seeds for each of the varieties. When the plants are ready to go in the garden, **Mary, Janice and Virginia** will be ready to distribute the seedlings to the next set of growers. Several people have expressed interest in doing this. We are looking for people who can take **at least one of each** plant to grow at home. If you take the plants for this phase, it includes some more data observation and collection. At this point, we should be ready to try some taste tests and recipe comparisons. I'm sure we will have lots of volunteers for this phase of the study!



Two varieties of lemon basil at Virginia's house

As of now, we don't have any further written information from Krystal, but we are already keeping data for our seedlings and looking forward to the next phase.

Contact Julie Fordes (832-969-8349) to get involved.

Thumbs Up! for Westbury Garden Calendula Salve



Taking things into their own hands (literally!) - Westbury Community Gardeners and STU Members reconvened to strain the calendula-infused oil made six weeks ago and to create soothing salves. No more rough hands after working in the garden! Thanks to **Julie Fordes** for providing instruction, materials, and even a camp stove to melt the beeswax. Joining in the fun are **Catherine Chang, Debbie Gordon, Linda van Heekeren**, and another Westbury gardener.



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"/> Elderberry flowers and berries | <input type="checkbox"/> Roselle |
| <input type="checkbox"/> Basil (Holy) | <input type="checkbox"/> Lemon Balm | <input type="checkbox"/> Sage |
| <input type="checkbox"/> Calendula | <input type="checkbox"/> Lemongrass | <input type="checkbox"/> Spearmint |
| <input type="checkbox"/> Chamomile | <input type="checkbox"/> Lemon Verbena | <input type="checkbox"/> Thyme |
| <input type="checkbox"/> Comfrey | <input type="checkbox"/> Mexican Mint Marigold | <input type="checkbox"/> Yarrow |
| | <input type="checkbox"/> Peppermint | |

Welcome New Member
Debbie Wheeler





**Time to Take Care
of Business Y'all!!
STU Members Annual
Business Meeting
June 17**

Once each year, STU Members come together to celebrate our many joys and accomplishments of the last year and to set our goals for the next.

One of our primary missions is to support worthy gardens and programs with charitable donations. New ideas are welcome. Do you know of a small, or less-well endowed, program that could use a little help? Submit your proposals now to Angela.

Motions for 2026 STU Annual Meeting

Submitted by Susan Wood

#1

I move that The Herb Society of America, South Texas Unit continues to support Houston Botanic Garden with a \$1,500 donation for Cultivator Giving Circle membership for 2026-27.

Houston Botanic Garden, opened in 2019, provides many educational events each month for all ages to enjoy the benefits of gardening. This world class collection of plants shows the diversity of what can be grown in our climate. To support this garden supports our mission with The Herb Society of America.

www.hbg.org

#2

I move that The Herb Society of America, South Texas Unit continues to support the gardens created by our founder, Madalene Hill, in Round Top, TX at Festival Institute with a donation of \$1,000. The donation should be earmarked for Madalene's gardens in memory of Madalene Hill.

The McAshan gardens, including Mediterranean Garden, Mary Garden and Pharmacy Garden, are partially maintained by Pioneer Unit members with a memo of understanding with Festival Institute which gives them access to facilities for meetings and to hold the Pioneer Unit annual plant sale. This garden is truly worth our continuing support, only 90 miles from Houston. Greenhouse renovations are currently underway thanks in part to our donations from the last two years. www.festivalhill.org

#3

I move that South Texas Unit supports the intern at The Herb Society of America's National Herb Garden in Washington, D.C. with a donation of \$1,000. If approved, I will match this donation with an additional \$1,000. Joyce Brobst, Past President of HSA and long-time member of the NHG committee from the Philadelphia Unit, spoke to me at San Antonio EdCon about the current need for funds to support our garden intern. Our donation should be made to HSA, earmarked for National Herb Garden intern. www.herbsociety.org



MEMBERSHIP REMINDERS & DUE DATES

□ **Membership Renewal – July 1**

Maria Treviño, Treasurer

The South Texas Unit membership renewals are **due July 1**. Our goal is to collect as many of the dues as possible by July 30th to remit the majority of the member dues in one payment to national.

As Treasurer, I will be emailing you an "invoice" for your dues from Square. The primary purpose is to give you quick access to pay dues. The invoice will have a PAY NOW button that will allow you to enter your credit card information and finalize the renewal process. You will also be able to go to the STU website and pay as usual.

If you want to mail a check you can. The mailing address is:

South Texas Unit
P.O. Box 6515
Houston, TX 77265-6515

□ **VOLUNTEER HOURS – July 15**

Janice Freeman, Membership Chair

Collecting volunteer hours is an important expectation for each HSA unit! We are asked by HSA to submit a sum of our member's hours each year. It's that time of year to report your volunteer hours (July 1, 2025 through the end of this month, June 30, 2026). Volunteer hours are **due July 15th**. Send to **Janice Freeman** at janicehfreeman@comcast.net

What counts as voluntary hours? STU Guidelines for Reporting Hours and Donations, are in the STU "yellow" **Directory**, page 25, and on the **STU Website**. Make it simple, I only need an estimate of your volunteer hours. I am frequently asked if *attending a unit meeting* counts as volunteer hours. Based on the two references cited, the answer is no. If you have a question regarding volunteer hours please contact me. Thank you members for all you do!





Thank you to this year's amazing hospitality volunteers!

A big round of applause for:

Linda & Steve van Heekeren, Enrique Guerrero, Maria Treviño, Virginia Camerlo, Gwen & Eric Frisk, Catherine O'Brien, Rose Wherry, Ro Jones, Mary Sacilowski, Shirley Mills, & Donna Yanowski

Your efforts made our Evening Meetings run smoothly and with style.

If I forgot someone, please know that we appreciate you!

Finding Fibonacci in Nature



April Evening Program speakers, Diana Wilson, landscape architect and urban planner, and Karen Cottingham demonstrate Fibonacci "Patterns in Nature"; guests Tahl and Rhonda show off their Fibonacci spirals.



The HERB SOCIETY of AMERICA Around the District News

Catherine O'Brien

The members from many South Central District Units were able to join us in San Antonio for EdCon 2026. And we have had requests to form two new units in Texas. We're a big state and there are places that are lacking. The more the merrier!!!

Most units are winding down for the summer, but if you are looking for something to do, Texas Thyme Unit has a couple of events in June and July.

The Herb Society of America
Texas Thyme Unit presents:

Snip, Chop, Savor:
Cooking with Herbs
for Everyone

Tuesday, June 16th
10:30 - 12:00 pm

Come taste and learn about herb recipes that will spice up your meals

*Registration required
*Limited seating



Huntsville
Public Library

1219 13th Street • (936) 291-5472 • www.myhuntsvillelibrary.com



Snip, Chop, Savor: Cooking with Herbs for Everyone

Come taste and learn about herbs that will spice up your meals! Join us on **Tuesday, June 16**, from **10:30 am - 12:00 pm** at the **Huntsville Public Library**. Members of The Herb Society of America's Texas Thyme Unit will demonstrate and share some of their favorite herb recipes. Event is limited to 20 people, please register online. **Registration Link:** <https://forms.gle/fRwf18mwjNHMFtG39>



The Herb Society
of America
Texas Thyme Unit
presents:

PLANT PROPAGATION



Monday, July 13
10:30 am - 12:00 pm

LEARN TO SAVE MONEY BY MAKING
MORE PLANTS FROM THE ONES
YOU ALREADY OWN!

*Registration required
*Limited seating



Huntsville
Public Library

1219 13th Street • (936) 291-5472 • www.myhuntsvillelibrary.com

Finally, the national office is making changes to email addresses. Going forward, **my new email address** is catherine.o@herbsociety.org.

Shrubs: The Beverage, not Boscage and Bushes

Benée Curtis

What are Shrubs?

A **shrub** is a non-alcoholic syrup made of a combination of concentrated fruits, aromatics (herbs, spices, etc.), sugar and vinegar. The word shrub is derived from the Arabic word *sharāb*, which means “to drink”.

This sweet yet acidic mixer is traditionally enjoyed as a component of a mixed drink with sparkling water. Sometimes you will see shrubs referenced as drinking vinegars.





Romans enjoyed a drinking vinegar known as *posca*, made from *acetum*, a by-product of winemaking. It was a very common, energizing beverage for the working class and for soldiers.

Shrub syrups, common in colonial America, incorporated berries and fruits as a means to preserve them. The syrups were used to make delightful drinks, often incorporating alcohol in lieu of water. When refrigeration became common, the use of shrubs to preserve fruit dropped off.

Shrubs are experiencing a revival today. They are popular with mixologists for making alcoholic drinks and very commonly, non-alcohol mocktail alternatives.

Shrubs vs. Switchels vs. Oxymels

A **switchel** (also called a Haymaker's Punch or Ginger Water) is similar to a shrub, but instead of using fruit as a main flavoring ingredient, it uses ginger. Typically, switchel is sweetened with a more intense sweetener like molasses or maple syrup.

An **oxymel** is a drink made from vinegar, honey and herbs. Oxymel was originally used as a cure-all tonic but is now showing up in cocktails.

Why does Sparkling Water Feel More Refreshing than Still Water?

While sparkling water is 100% equally as hydrating as still water, the bubbles in sparkling water provide a sensory stimulation that feels more refreshing. Also, the slight acidity in sparkling water that comes from carbonic acid formed by dissolved carbon dioxide may make the water seem more refreshing to some people. The "pain-pleasure" sensation from carbonated bubbles is a form of chemesthesis, where carbon dioxide creates a mild, stinging pain (or "bite") that many people interpret as refreshing. Most people enjoy this mild, low-level irritation, finding it refreshing. It adds to the "mouthfeel" of beverages like soda and sparkling water.

What Type of Sugar Should Be Used

Sugar provides sweetness, obviously, and offsets the vinegar's tartness. It also draws juices out of the fruit during maceration. Granulated sugars are better for the maceration process, but not absolutely mandatory.

- White - sugar like cane or raw cane
- Turbinado or Demerara - very slight molasses flavor
- Brown – stronger molasses flavor, need to only use with a very robust fruit
- Honey – has its own unique taste, nice when use with a granulated sugar
- Agave nectar
- Maple syrup
- Molasses not recommended because so strong
- Not sure about stevia or other substitutes, so cannot recommend



What Type of Vinegar Should Be Used

Choose a vinegar that won't overpower your fruit's flavor.

- Apple cider - probably the most commonly used
- Wine vinegars (white, red, champagne)
- Balsamic vinegar – very strong flavor, so choose wisely
- Rice vinegar – milder, nice to combine with a stronger vinegar to temper the bite
- Coconut vinegar
- Do NOT use distilled white vinegar – save it for pickling or household cleaning

Does Vinegar Quench Your Thirst?

Because vinegar (and lemon juice and other acidic drinks) stimulates saliva production, making a parched dry mouth perceive that thirst is quenched.

Cold Method vs. Heated?

Shrubs can be made with a cold method (all the shrub recipes below are cold method) or a heated method. The drawback to the heated method is that it alters the fresh flavor of the fruit.

Recipes Tasted at our Meeting

Orange Shrub



The process of making this shrub includes first making an oleo-saccharum, which translates as “oily sugar”. Combining the oils from the citrus peels with the sugar adds a measure of complexity and brightness to the shrub.

2-3 medium oranges (should yield about 1½ cups juice)
¾ cup turbinado sugar
¾ cup apple cider or white wine vinegar

- Use a vegetable peeler to remove the zest, no pith, of the oranges in long strips.
- Place the zest in a bowl and add half of the sugar. Muddle sugar and zest. If you don't have a cocktail muddler, a ladle or the handle of a wooden spoon works.
- Tightly cover the bowl and leave alone for at least an hour – up to 8 hours.
- After a minimum of one hour wait, remove the peels from the bowl and discard. Reserve the oily sugar.



- Remove the pith from the zested oranges. Dice the fruit and add to a clean glass jar. Should be about 1½ cups worth of fruit. Add the other half of the sugar to start the maceration process. Reserve the fruit until the oleo-saccharum is ready.
- After the oleo-saccharum has tempered, add the oily sugar to the fruit and muddle. Or shake to start the maceration process.
- Add the vinegar. Muddle well.
- Transfer to a quart jar. Cover and refrigerate for 2 days. After 2 days, open the jar and muddle again, very well. Strain and discard the solids, pressing as much through as possible with your hands.
- Store in a clean, sealed container in the refrigerator.

Strawberry Basil Shrub



2 cups strawberries, hulled and quartered
½ cup basil leaves, packed
1 cup turbinado sugar
1 cup apple cider vinegar or champagne vinegar

- Muddle berries, basil and sugar. Let sit at room temp for 2 hours.
 - Add the champagne vinegar. Muddle well.
- Transfer to a quart jar. Cover and refrigerate for 2 days. After 2 days, open the jar and muddle again, very well. Strain and discard the solids, pressing as much through as possible with your hands.
 - Store in a clean, sealed container in the refrigerator.

Pear Thyme Honey Shrub



Adapted from <https://jennifershomejournal.com/jennifers-home-journal/in-the-kitchen/beverages/pear-shrub-with-honey-thyme/> accessed 05/08/2026

3 cups pears, cored and diced
Several sprigs fresh thyme
¾ cup turbinado sugar
¼ cup honey
1 ½ cups white wine vinegar



- Wash the pears, core them, chop them, and put them in a large jar (2-quart jar recommended)
- Add the thyme and the honey and sugar.
- Put the top on, shake it gently, and set it aside for 2-3 days. Shake the jar a couple of times a day if you like.
- After 2-3 days, the mixture should be ready. Place a sieve over a large bowl and strain it.
- Measure or eyeball the juice and to it, about an equal amount of vinegar. Should be about 1 ½ cups.
- Strain through a cocktail sieve into a jar or bottle; cover tightly and refrigerate until ready to use. You can try it now, but the flavors will meld, marry, and get happy over the next weeks.

Apple-Cardamom Shrub



3 medium apples, quartered (coring and seeding optional)
½ cup turbinado sugar
1 cup apple cider vinegar
1 tablespoon cardamom seeds, lightly crushed

- Using a box grater or a food processor, shred apples.
- Add shredded apples, cider vinegar, sugar and cardamom to a nonreactive container. Cover and leave in a cool place on the countertop for up to 2 days.

- After 2 days, strain apple mixture. Squeeze or press mixture remove any additional liquid
- Pour liquid into a clean glass jar or bottle.
- Store in a clean, sealed container in the refrigerator for up to a year.

Cherry Rosemary Shrub

2 cups sweet cherries, pitted
½ cup cane sugar
¼ cup apple cider vinegar
¼ cup red wine vinegar
3 6" stems of rosemary

- Add cherries, sugar and rosemary to a nonreactive container. Cover and leave in a cool place in the refrigerator for up to 2 days.
- After 2 days, strain cherry mixture. Squeeze or press mixture remove any additional liquid.
- Add vinegars.
- Pour liquid into a clean glass jar or bottle.
- Place in refrigerator for a week to mature before consuming.



- Store in a clean, sealed container in the refrigerator for up to a year.

Spicy Pineapple Shrub

2 cups fresh pineapple chunks (can include peels/trimmings)
1 cup sugar
1 thumb of ginger, sliced
1 thumb of turmeric, sliced
20 allspice berries
4 cloves
4 black peppercorns
1 serrano chili, sliced; remove seeds and membrane for less heat
1 cup apple cider vinegar

- Stir pineapple and sugar together. Let sit in the refrigerator for a day.
- On day 2, add spices. Stir and allow to sit in the refrigerator for another day.
- On day 3, add the vinegar. Mix well and let steep 3 more days.
- Strain out the solids, pressing to extract the syrup. Pour the vinegar/juice through a second time if you have undissolved sugar to rinse through.
- Store in a clean, sealed container in the refrigerator for 1 week before using.

Haymaker's Switchel

from *Herbal Harvest Collection*, Herb Society of America South Texas Unit

1 cup brown sugar
½ tsp ginger
½ cup molasses
¾ cup apple cider vinegar
2 quarts water

Mix all ingredients well. Chill and serve.

Sekanjabin

A refreshing drink, more commonly served in the heat of summer in Persian countries. 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

- Rinse mint leaves under cold water to remove any dirt or debris.
- Add water and sugar to a saucepan over medium heat until the sugar completely dissolves and the mixture begins to bubble.
- Lower the heat to simmer and let it simmer for about 10 - 15 minutes.
- 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.
- Remove the syrup from the heat and add mint leaves.
- Allow the syrup to cool completely.
- 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.
- 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 sparkling or still water.
- (Optional) Add the grated cucumber into the glass.

Enjoy!

References

Dietsch, Michael. *Shrubs: An Old-Fashioned Drink for Modern Times*. Countryman Press: New York. 2016.

Herb Society of America South Texas Unit. *Herbal Harvest Collection*, D. Armstrong: Houston, TX, 1995.

Lange, Caroline. Food52. How to Make Shrubs (aka Drinking Vinegars) Without a Recipe. 19 June 2019. <https://food52.com/blog/13831-how-to-make-shrubs-aka-drinking-vinegars-without-a-recipe>. Accessed 19 February 2024.

Mossati, Corinne. Cocktails and Bars. Shrub, Oxymel & Switchel: An Essential Guide to Drinking Vinegars. 3 March 2021. <https://cocktailsandbars.com/shrub-oxymel-switchel/>. Accessed 19 February 2024.





Our May Evening Meeting was all about “Bringing Butterflies Home”



Special “Thanks” to **Shirley Mills**, who created this beautiful butterfly-themed display. Shirley is joined by STU members **Cynthia Card** and **Jane Littell**. The Rice Holistic Garden provided a variety of nectar-rich flowers that support butterflies; and our speaker, **Elizabeth White Olsen**, is pictured here with a butterfly tent protecting butterfly eggs, caterpillars, and host plants.



SAVE THE DATE

53rd ANNUAL

HERB
FAIR

Saturday Nov. 7, 2026
9am - 2pm

THE SOUTH TEXAS UNIT

Proud member of
The Herb Society of America since 1968

Southside Place Clubhouse 3743 Garnet St., Houston, TX 77005



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

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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*