Herbs Make Scents

THE HERB SOCIETY OF AMERICA
VOLUME XLIX, NUMBER 11

SOUTH TEXAS UNIT
NOVEMBER 2026

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November 2026 Calendar

Nov 2, Mon. 1:30 - 2:30 pm	**HSA Wellness & Medicinal Herbs Special Interest Group (Virtual)** A newly-formed group of HSA Members interested in learning how herbs support health and well-being, facilitated by **Beth Schreibman Gehring**. Contact Karen at karen.@gmail.com to receive reminder and link to meeting
Nov 6, Fri**.** 8:30 am – 1:00 pm	**Herb Fair** assembly
Nov 7, Sat. 8:00 am – 2:00 pm	**Herb Fair,** followed by disassembly
Nov 10, Tues.10:00 am **Open to the public**	**Day Meeting** Field Trip to the Houston Ismaili Center and Gardens Location: (2323 Allen Parkway. Complimentary underground parking at 2290 West Dallas St.) All are encouraged to visit the on-site Tapestry Café for lunch following our tour of the center and the gardens.
Nov 14, Sat**.** 10:00 am	**Westbury Garden** *Celebrate the Holidays with Herbs* presented by STU Members. Location: 12581 Dunlap St., Houston, TX 77035
Nov 18, Wed. 6:15 pm **Open to the public**	**Evening Meeting** Wildscaping with Native Herbs: Plants for People and Critters presented by STU Member and Master Naturalist **Virginia Camerlo** 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.
Nov 28, Sat. 9:00 am **Note Time**	**Westbury Garden Workday** 12581 Dunlap St., Houston, TX 77035

December 2026 Calendar

Dec 5 Sat. 1:00 pm	**Lagniappe**: "Come to a Tamalada, a Traditional Tamal making Party" Watch for further details! RSVP with Karen at karen.herbsociety @gmail.com
Dec 8, Tue. 10:00 am	**Day Meeting** Holiday Silver Tea Location: Cherie Flores Garden Pavilion, 1500 Hermann Dr. Houston, TX 77004 (Members will sign up to bring "tea tasties" (tea sandwiches, tea cakes, muffins, scones, etc). A sign up will be organized for members to bring decor and food.
Dec 12, Sat. 9:00 am	**Westbury Garden Workday** 12581 Dunlap St., Houston, TX 77035
Dec 13, Sun. 1:00 – 4:00 pm **STU members and guests**	**Holiday Party** At the Home of STU Member **Cynthia Card** Watch for further details!
	No December Evening Meeting

Newsletter deadline is the 25th of the month, and is strictly enforced (Dec co-editor is Linda Alderman)

Happy Birthday to you …

11/01 Jim Wheeler
11/01 Donna Yanowski
11/04 Julie Fordes
11/04 Jacqui Highton
11/04 Lindsey Pollock
11/07 Nicole Buergers
11/09 Elayne Kouzounis
11/14 Janis Teas
11/16 Robert Jucker
11/19 Lois Sutton
11/20 Shirley Mills

Chairwoman's Corner

HSA South Texas Unit Featured on Houston Life!

We were thrilled to be featured on KPRC 2's Houston Life on October 20!
During the segment, "Grow It, Make It, Use It," Stephanie Calloway (Secretary and Herb Fair Chair) and I shared creative ways to incorporate herbs into everyday skincare routines. From herbal-infused oils to homemade body scrubs, we demonstrated how plants like calendula, lavender, and parsley can be used to create simple, botanical skincare products.
Missed the segment? Watch us on Houston Life!

Working on something new for Herb Fair!

Herbal Workshops

We're hard at work preparing for Herb Fair 2026! A heartfelt thank you to everyone who has shown up, volunteered, or contributed in any way to help make this event a success. Your time, energy, and support are truly appreciated!

Herbal Sips

Grandpa's Hot Toddy

If a family member was feeling symptoms of a cold, flu or fever, I remember my grandfather making hot toddies. I would call them "hotty toddies". I have created my own twist using herbs like thyme, sage and ginger.

| recipe |

1 shot (1.5 oz) of whiskey (or brandy/rum)
1 tablespoon honey
1 tablespoon fresh lemon or lime juice
1 cup hot water
2 teaspoons of sage, thyme, oregano and/or peppermint
Optional: cinnamon stick, cloves, or a slice of ginger for garnish

Lemon Basil Tasting

Our day members, Julie Fordes and Benee hosted the Herbs of Promise Program, which has officially wrapped up! Participants spent the season growing, observing, and exploring the culinary uses of two varieties of lemon basil. It was a wonderful opportunity to learn, experiment, and share our experiences with these aromatic herbs. Which was your favorite?!

Ro Jones

Announcing Our Meetings

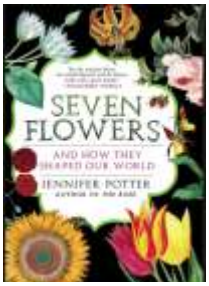
Location: Willow Waterhole

Day Meetings

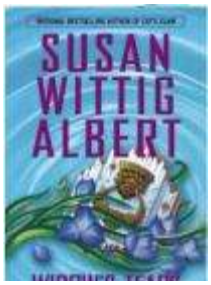
Nov.10 10 am Field Trip to the Houston Ismaili Center and Gardens (2323 Allen Parkway. Complimentary underground parking at 2290 West Dallas St.) See calendar for details.

The Day Meeting will have Book Discussions again this year after selected meetings. The books selected are:

February 13, 2027 *Seven Flowers and How They Shaped the World* by Jennifer Potter (304 pp)

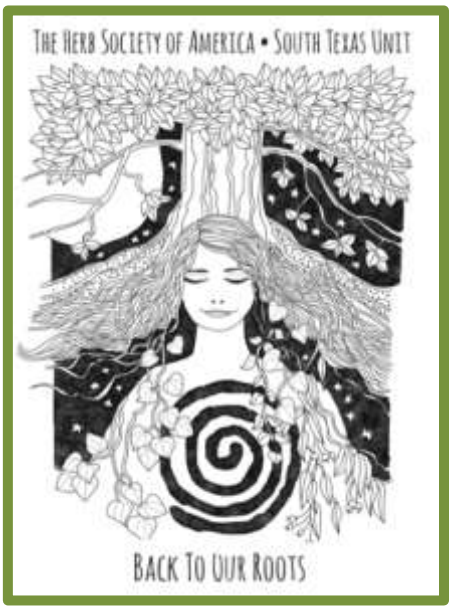


May 11, 2027
Widow's Tears by Susan Wittig Albert (300 pp)



Evening Meetings

November 18: Wildscaping with Native Herbs: Plants for People **and** presented by **Virginia Camerlo**



Back to Our Roots at Westbury Community Garden

Westbury Workdays on the following days
Please note the change in time on workdays

November 14 @ 10 am	***We are* teaching an herb class *at the garden titled, Celebrate the Holiday with Herbs***
November 28 @ 9 am	***Westbury Community Garden Workday***
December 12 @ 9 am	***Westbury Community Garden Workday***

Herb Fair Preparations

A BIG thank you to the members who participated in preparing for Herb Fair!

The Herbs of Promise Program

Thanks to **Benée Curtis** and the Day Meeting members for assisting with the final data collection for the lemon basil grow out. All the information we collected was sent to the national Horticulture chair. I will let you know the study results when they are available.

Elizabeth and Gwen

Debbie and Virginia

Join Us in Recognizing Our Members with an Anniversary!

The Herb Society of America and the South Texas Unit

5 Years

Trisha Bradbury

10 Years

Dena Gaydos
Donna Yanowski
Julie Fordes
Mary Sacilowski
Sara Diaz

15 Years

Karen Cottingham

30 Years

Janice Dana
Jacqui Highton

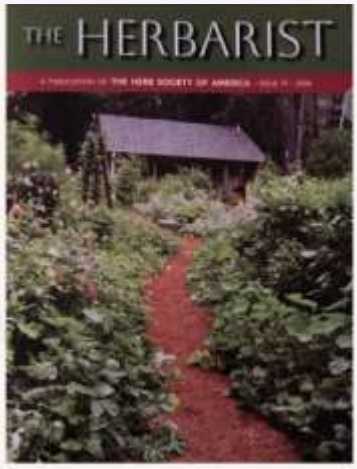
Hey Herbies!

FROM YOUR STU UNIT CHAIR

One of the wonderful benefits of becoming a member of the Herb Society of America is receiving your copy of the *The Herbalist!* This magazine is filled with fascinating articles, herbal knowledge, research and inspiration for all herb enthusiasts of all levels. The newest issue has arrived!

Unfortunately some members received damaged copies. If your copy arrived damaged and you would like a replacement, please email HSA Director, Laura Lee Martin at director@herbsociety.org to request a new copy.

Not yet a Member? We'd love for you join us! Membership provides access to *The Herbarist* along with opportunities to learn, connect, and grow within our vibrant herbal community. Thank you for being a part of our community!



Lavender Love Ro

The Herb Society of America

HSA Membership Directory

HSA maintains a member directory, which is password protected and members have the option to be included. The Member Directory is for the exchange of HSA information and member socialization only. The Membership Directory is updated quarterly. Now is a good time to review your preference to OPT IN or make changes. Visit herbsociety.org enter your Member login, select OPT IN Membership Directory and follow directions.

The Virtual (Monthly) New Member Orientation

Any member is welcome to attend. New members from the past 6 months of new member date, are sent an email invitation to log into the Virtual New Member Orientation. It is held on the 2nd Tuesday of each month. Two time slots are given to accommodate schedules, a 2 pm (ET) and a 7 pm (ET) session. No sign-up is required, just join in. Visit herbsociety.org for addition information.

Herb Fair is Here!

Stephanie Calloway, Herb Fair Chair

After months of preparation, coordination, communication, and planning, we are excited to see the 53rd Annual Herb Fair come together on Saturday, November 7th!

We have a great selection of resale items coming together for our Twice Found Treasures collection and book sale, makers and bakers are putting final touches on their treats, and we have been bustling away in members' kitchens creating herbal products for your body, mind, and spirit. From herbal tea blends and facial serums to jellies and vinegars, there is no shortage of herbal delights to experience at this year's event!

If you haven't seen it yet, check out the double segment on Houston Life with STU Chair Ro Jones and STU Herb Fair Chair Stephanie Calloway: www.click2houston.com/houston-life/2019/10/10/seen-on-houston-life/ Depending on when you're reading this article, there may still be time to pick up your VIP Voucher to the Herb Fair – on sale through November 5th. Voucher holders get early access at 8:30 AM —a full 30 minutes before doors open!

In addition to the $25 voucher to use at the Herb Fair, you can also secure your favorite jelly flavors before they inevitably sell out: https://herbsociety-stu.org/annual-herb-fair/ If you haven't personally invited a friend to join you at Herb Fair on 11/7, please take a moment and send a message, make a call, or share our Facebook event to help us spread the word! I'll be back in December with photos from the event

LIST FOR GROWING AND HARVESTING

□ Bay Leaf	□ Doublemint Madalene Hill (Red-stemmed apple mint)	□ Rose Petals *
□ Blue Butterfly Pea	□ Elderberry flowers and berries	□ Roselle *
□ Basil (Holy) *	□ Lemon Balm	□ Rosemary *
□ Calendula	□ Lemongrass	□ Sage
□ Chamomile	□ Lemon Verbena	□ Spearmint *
□ Citrus rounds *		
□ Citrus zest *	□ Mexican Mint Marigold *	□ Thyme
□ Comfrey	□ Peppermint *	□ Yarrow

* Herbs still needed for Herb Fair this year.

The HERB SOCIETY of AMERICA

Did you know HSA offers an herb study group?

2026 Topics
November - 11/2/26 - Herbs of Shakespeare - Diane Galvan, Facilitator
December - 12/7/26 - British High Tea (with Herbs) - Diane Galvan, Facilitator
For more info and times of meetings go to:
February – 2/1/27 – Herb of the Year TM, Flax

* HSA members can find more information by visiting the login page of the HSA Website

SPEAKERS BUREAU

Cynthia Card

Upcoming Speaker Lectures

Pasadena Library
November 4: **Ro Jones** will provide a lecture on "Holiday Herbs"

Lectures will be held from 6:00-7:00 pm at the Pasadena Library, 4330 Fairmont Parkway, Pasadena, TX

(713) 848-5345 Contact: ecornell@pasadenatx.gov

Happy Thanksgiving

karen.herbsociety@gmail.com

McAshan Gardens Donation Appreciation

Letter from Julia Johnson of Festival Hill

We are so grateful to the South Texas Unit for your continued generosity and for your many years of support for the McAshan Gardens. Your annual contributions of $1,000 help us continue restoring, maintaining, and improving these special gardens.

The Greenhouse Restoration

We are making steady progress on the greenhouse restoration! We have reconstructed both end walls with 2x4s and plywood, installed a new heater and rollup side curtains, and revamped the existing exhaust fans. Once our electrician replaces the subpanel, outlets, and wiring the propane line can be reinstalled. A utility sink is in place, and we are working on plant tables and plans for overhead irrigation. I am also hopeful that we can establish a misting zone for propagation! Sometimes it feels like baby steps, but each improvement brings us closer to having a functional space for growing plants and supporting our gardens. We are especially looking forward to using the greenhouse to propagate plants for our annual herb sale.

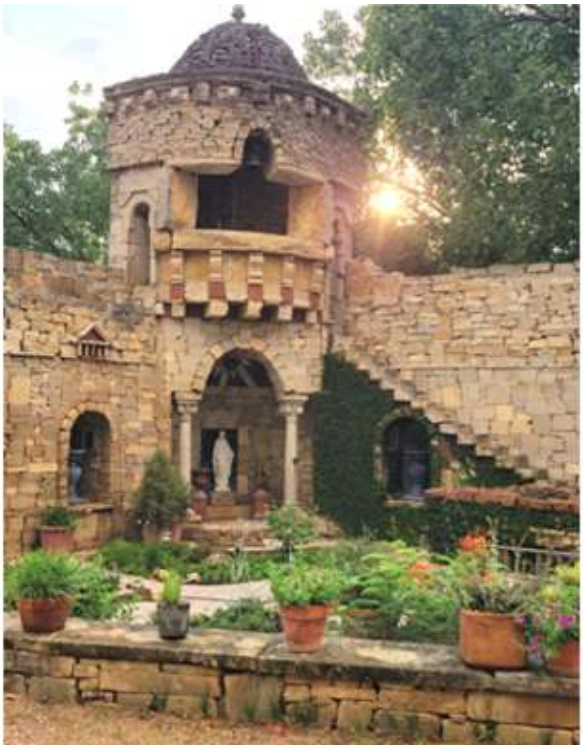
Progress Throughout the Gardens

There has been plenty of progress elsewhere on Festival Hill campus too! The Shakespeare Garden was completely restored in 2023, and the campus trails are once again being maintained. We have installed one birding sign, with two more planned for this year.

Greenhouse Restoration @ Festival Hill

This spring, the Pharmacy Garden pathways received a fresh top-dressing of decomposed granite, which has made weed management much easier. The Mary Garden and Mediterranean Gardens around the folly continue to be a joy to tend. I also hope to engage a structural engineer and perhaps a landscape architect to help us plan the restoration of the portion of the folly that remains restricted because of unstable overhead stones. I have been told that this was once a favorite retreat from the summer heat and a

coveted location for bridal portraits. It would be wonderful to see this special space safely restored for future generations to enjoy.



Mary Garden at Festival Hill

Mediterranean Garden at Festival Hill

Growing Together

The Pioneer Unit continues to join me for monthly First Friday workdays at Festival Hill. It is a pleasure to have friends alongside me in the gardens as we work, share ideas, and dream about new ways to improve these spaces. Their help, along with the support of organizations like the South Texas Unit, makes a meaningful difference in what we can accomplish.

Thank you again for your continued interest, encouragement, and generosity. The McAshan Gardens are a special part of Festival Hill, and it is a privilege to help care for them and carry their restoration forward. We are grateful to have the South Texas Unit as part of that journey!

Pioneer Unit Harvesting Turmeric at Festival Hill

Pioneer Unit volunteers working with Julia at Festival Hill

Save the Date
STU Holiday Gathering
December 13, 2026
At the Home of Cynthia & Bob Card

Enchanted Elegance
FOR THE
HOUSTON FEDERATION OF GARDEN CLUBS
Holiday Celebration Fundraiser
"Golden Winter Wonderland"
Nature's Creative Sculptures: A Christmas Celebration
a Holiday Floral Program by
G Alan Masters,
AIFD, PFCI, CFD
$40 PER TICKET
Friday, December 4th
9:30 a.m. to 1:30 p.m.
St. Philip Presbyterian Church
4807 San Felipe Street
Silent auctions, raffles, drawings, donations of unwrapped toys and gift cards for Star of Hope, poinsettias, and more.
All clubs, affiliates, and individual members are asked to donate to the auctions.
Please help us make our auction fabulous.
We thank you in advance!
Tickets are available at our monthly Federation meetings, beginning in September, or by mail to Linda Kuper, 8 Rain Hollow Place, Houston, 77024. Checks payable to HFGC.
No ticket sales at the door on December 4th.
Co-chairs, Jamie Hart and Susan Diehl
Questions? 281-814-4805, Jamie Hart

RADIANT NATURE
starting
Friday Nov 20, 2026
HOUSTON BOTANIC GARDEN

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?

2026-276 STU Officers

Unit Chair: *Ro Jones*
Vice Chair: *Karen Cottingham*
Secretary: *Stephanie Calloway*
Treasurer: *Virginia Camerlo*

Standing Committees

Day Meeting: *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: *Cynthia Card*