



the Herbal Thymes



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August 2014

NORTHEAST WISCONSIN UNIT CONTACTS

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GBBG Gardens: Sandy Jacques
Rummage Sale 2014: Jackie/Yvonne

Next meeting - Tuesday - August 12

Meet at Green Bay Botanical Garden

5:00 to work in Garden

6:00 Meeting/PESTO POTLUCK

Meeting Subject: Basil

We'll be making hydrosols - bring lots of fresh plant material (especially lavender, mints, catnip) and small pump sprayers for samples.

UNIT NEWS:

At our July meeting we talked about the only edible orchid - Vanilla and made Vanilla extract. Next month, those who made it, should strain it and put it in a new sterilized jar.

On July 30th - we gave a class at the Green Bay Botanical Garden from 6 - 7:30 on natural cleaners with household product. We have some materials left over, so we thought we'd add making the products to the October meeting if anyone wants to stay a little later. (Let Jackie know.)

Our 12 August meeting - will be about Basil and we will have a Pesto Potluck. If you don't know how to make pesto, you can bring crackers or they also have very good pestos of various types at the grocery.

We'll also be making hydrosols - this is a distilled water infused with the essence and aroma of a plant. Please bring any plant material you like the smell of and would like to have it in a spray to use around the house. We'll need a couple of handfuls of the plant. Some suggestions: Lavender, mints, Monarda (Bergamot) or any others blooming right now. Basil would be another that would be very good. We'll also need a couple coolers filled with ice cubes.

In the last couple of months, a research project indicated that catnip has nearly the same bug deterrence abilities as DEET, so we will be making a catnip hydrosol. Please bring small spray bottles (they're \$1 at Walmart) if you would like to take some home and try it out. And a couple more for samples of others we make. Hydrosols make great linen sprays, sunburn sprays (lavender) etc.

Yvonne hosted the Summer BOOK THYMES and showed us her new Woodland Glen Garden on August 3rd. We discussed The Lost Garden by Helen Humphreys. It takes place during WW2 in England and is about women working to produce food - mostly potatoes (Victory Gardens) but it also is

about restoring some of the flower beds and also about the heroine finding a special garden. We thought the book was thoughtful, but felt it could have used a few additional chapters.

The elderflower season was late and long this year. Those who came elderflower gathering made fritters. Later elderflower syrup was made to be added to sparkling water for a very similar drink we had the last time we visited the UK. We'll have some for sampling at the October meeting. We'll be having an elder berry picking night in mid to late September. Let Jackie know if you want to be emailed.

WELCOME to our two new members - Janet and Zena.

Agenda

Tuesday evening - August 12
Green Bay Botanical Garden
5:00 Work in the Garden
6:00 Meeting and Potluck
BASIL is the Herb of the Month
Project: Make hydrosols

Attendance 2014-2015

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|---------------------------|---|
| May Craft | Minnie (2), Yvonne, Sandy, Kelly |
| Garden work | Sandy, Jackie, Minnie, Sue, |
| Rummage Sale | Yvonne (2), Sandy (2), Jackie (2), Sue (2), Kristin (2), Kim (2), Kristin (2) Minnie |
| Heritage Hill decorations | Make them: Put up: |

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|--------------------|---|
| | Take down: |
| Frontier Ordering | Tracy/Jackie |
| Book Thymes | August 3: Yvonne, Sandy, Jackie, Kristin, Sue, Sandy's sister-in-law |
| Meeting attendance | May: Jackie, Yvonne, Sandy, Minnie, Kristin, Sue, Kim June: Yvonne, Sandy, Minnie, Patty, Jackie, Sue July: Yvonne, Sandy, Patty, Patty's Guest, Jackie, Kristin, Janet, Zena, Minnie |
| Board member | Jackie, Sue, Sandy, Minnie |
| Board meeting | |
| Hostesses | |
| Cook Club | |
| Herbal Thymes | Jackie |
| Crafts: | |

NEWHSA 2013 - 2014 Schedule

| Month | Plant to Study | Activity | Location | Potluck |
|-----------------|--|--|--|----------------|
| - June 10 | - Seed Saving | Samples: Herbs used best from seeds. Bring seeds to share. | GBBG 5 to Garden, 6 Meeting | Potluck |
| July 8 | Vanilla - | Making Vanilla Bring your own bottle and a bottle of your favorite ingestible 40 proof alcohol. We have vanilla beans to purchase. | GBBG 5 to Garden, 6 Meeting | Potluck |
| July 30 | NATURAL-CLEANING PRODUCTS | Give Class at GBBG at 6:00. This is a hands-on Make and Take | GBBG | NA |
| August 3 | Book Thymes | The Lost Garden | Yvonne's at 1:00 | NA |
| August 12 | Basil | Make Home Made Hydrosols with Plant Material. Bring fresh lavender and other aromatics you may have, and bottles for samples. | GBBG 5 to Garden, 6 Meeting | Pesto Night |
| September 9 | French Tarragon | Vinegars - Garlic, lemon, Basil, Tarragon. Bring your own bottles and any special vinegar and adds to share. | Patty Bellin's 6:00 p.m. (Bring plants if you have them) | Salad Potluck |
| October 11 | Wicked Plants by Amy Stewart Pick a plant from the book for study | We'll be putting all those pressed flowers we've been saving all summer on canvas or note cards. We will also be making Natural products with materials left over from the class | Jackie's Planhigion 10:00 - 12:00 | Brunch Potluck |

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|---------------|--|---|--------------------------------|-------------------|
| November 8 | De-stressing Naturally | Tea sampling/tasting Essential oil sniffing Breathing exercises Anything else to distress Before the Holidays | Jackie's Planhigion 10 - 12 | Brunch Potluck |
| NOV 11 | TEA CLASS AT GBBG: "Tea Leaves the Cup" | Treats made from teas | GBBG | CLASS |
| December | Christmas Get Together | Christmas Lore/Legends | TBA | Potluck |
| January | NO MEETING BOOK CLUB MEETING ONLY | | Barnes and Noble 1:00p | |
| February 14 | Tea Tree | Easy Soap Making | Jackie's Planhigion 10 - 12 | Brunch Potluck |
| March 14 | American Ginseng | Making nettle paper | Jackie's Planhigion 10 -12 | Brunch Potluck |
| April 11 | Herb of the Year Annual Meeting | Get ready for the Scots visit | Jackie's Planhigion 10 -12 | Brunch Potluck |
| May 9 | Wisconsin Native Spring Plants | Spring Plant Walk to ID WI Natives in the woods | Jackie's Planhigion 10 - 12 | Brunch Potluck |

Jackie is having a Mustard Night on Thursday 21 August at 6:30. Mustard is on sale from Frontier this month. Let her know if you would like to come. Bring a small jar if you would like a sample. If you want your own bag of yellow mustard seed - please let Jackie know so she can order it for you - \$4.00/pound.

The next Book Thymes is scheduled for January. Kristin will let us know the new book at the August meeting.

If anyone is interested in making the tea-dyed silk scarves on 11 September - let Jackie know. (In time for Xmas.) We'll need to place a scarf order by the 25th of August. You can order as many as you like - they are about \$3 each for the standard size, and about \$5 for the larger size.

If you find recipes for food that includes any teas as an ingredient - please send a copy to Sue M. She's collecting them for our December tea.