



Northeast Wisconsin Unit of the Herb Society of America

## *The Herbal Thymes*

Issue: October 2014



### *Unit News*

Thanks to Patty Bellin for hosting our September meeting. We talked about the little known and utilized Tarragon (part of the Artemisia family) and then made all different flavors of vinegars. As always, our treats were varied and each one was delicious! Welcome to Minnie's daughter, Crystal, a potential new member.

Those who got together and made tea dyed scarves – it's time to take them from their bags, give them a shake and dry them for another 2 weeks without washing. In 2 weeks (or more) then you can quickly wash them in a very mild soap (not Woolite) and cold water, and hang them again to dry. When almost dry, ironing them to the dry state will set the dyes even more. Do not use steam if you iron them – this tends to spot the scarves. The Patty-dyed scarves were beautiful and each so different. We may need a whole meeting on that one!

We don't know the dates or the building we will be decorating for Heritage Hill's Christmas Past celebration. That information will be available at the October meeting.

Some of the GBBG employees went to a seminar on gardens, and as a result, want to improve the herb gardens! We were asked to be part of the planning. As more information is available – we will share. We're certainly hoping the inside gardens will be made into herb beds.

**OUR WINTER HOURS AND DAY START THIS MONTH.** For October, November, February, March, April and May we will be meeting at Jackie's Planhigion Herbal Learning Center between Oneida and Seymour **ON THE 2<sup>ND</sup> SATURDAY OF EACH MONTH FROM 10 – Noon.**

So our next meeting will be this Saturday – 11 October – 10 to Noon with a Brunch Potluck. Our herb of the month is a "Wicked Plant" based on Amy Stewart's book. If you don't have the book – pick any toxic plant that can be or has been useful to man and research it. If you don't have one – contact Jackie – she has a list.

We'll also be making and demo making some natural cleaning products for your home. We have 6 spray bottles left for \$1 each – or you can bring your own smaller one. If you have any recipes, bring them along. This is left over from the class we gave at the GB Botanical Garden last summer.

After the meeting – Kristin will be teaching us how to make sauerkraut out of a head of cabbage and salt. If you want Jackie to pick up the cabbage and salt for you – the cost will be \$3 maximum. You will also need a vessel to put your kraut/cabbage into, a plate (not metal) that fit into the vessel and some food grade plastic bags. Both the food grade vessel and food grade plastic bags can be purchased at Festival Foods. As at the Bakery counter.

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Website: <http://www.wisconsinherbies.com/> ☼ Email: [scentedgardens@msn.com](mailto:scentedgardens@msn.com)

Also – please bring your favorite cutting knife and a cutting board. We'll have instructions for what to do at home as you cut. If you have a friend who is interested – this would be a good time to bring them. Fermented foods have shown to be very healthy. Kristin will be teaching a class on them at the Garden at the end of the month, so this is the time to grab some of that knowledge! You'll also need something to pound the cabbage with – Patty loaned us her re-purposed baseball bat but we'll need several “pounders”.

Let Jackie know about the cabbages by Thursday night – the cabbage will be purchased on Friday.

The Wisconsin Herbalist will be out 15 October. We are still looking for someone to write a book report on some fictional book with herbs in it. We haven't had one in a couple months. If you can do this, please send your report to Jackie or bring it to the meeting.

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

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## *Next Meeting Agenda*

The next meeting will be on Saturday 11 October from 10-12 at Jackie's Planhigion Herbal Learning Center in Seymour. We'll be talking about WICKED PLANTS (toxic plants), and learning how to make natural cleaning products for our homes. This is a BRUNCH POTLUCK (all of the winter meetings are). After the meeting, we will be making sauerkraut.

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## *Calendar of Events*

- ☼ Saturday, November 8, 2014: **Meeting**, from 10:00 a.m. to 12:00 p.m., at Planhigion Herbal Learning Center in Seymour ~ De-stressing Naturally (Brunch Potluck) [Tea Sampling, Tasting Essential Oil, Sniffing, Breathing Exercises, and Other Methods of Distressing Before the Holidays] Come with your favorite distressing idea to share!
- ☼ November 11, 2014: “Tea Leaves the Cup – 2014 Christmas Tea” **Class**, from 6:00 to 7:30 p.m., at Green Bay Botanical Garden [Treats Made from Teas]
- ☼ December 2014: **Meeting**, To-Be-Determined ~ Christmas Get Together (Potluck) [Christmas Lore and Legends]. If you find recipes for food that includes any teas as an ingredient, please send a copy to Sue Mings. She is collecting them for our tea.
- ☼ January 2015: **Book Club**, at Barnes and Noble (No Regular Club Meeting in January)
- ☼ Saturday, February 14, 2015: **Meeting**, from 10:00 a.m. to 12:00 p.m., at Planhigion Herbal Learning Center in Seymour ~ Tea Tree (Brunch Potluck) [Easy Soap Making]
- ☼ Saturday, March 14, 2015: **Meeting**, from 10:00 a.m. to 12:00 p.m., at Planhigion Herbal Learning Center in Seymour ~ American Ginseng (Brunch Potluck) [Making Nettle Paper]

- ☼ Saturday, April 11, 2015: **Meeting**, from 10:00 a.m. to 12:00 p.m., at Planhigion Herbal Learning Center in Seymour ~ Herb of the Year/Annual Meeting (Brunch Potluck) [Get Ready for Our Scottish Guests]
- ☼ Tuesday, May 9, 2015: **Meeting**, from 10:00 a.m. to 12:00 p.m., at Planhigion Herbal Learning Center in Seymour ~ Wisconsin Native Spring Plants (Brunch Potluck) [Spring Plant Walk to Identify Wisconsin Native in the Woods]

## Attendance 2014-2015

Area	Attendees
<b>Board Meeting:</b>	☼
<b>Board Members:</b>	☼ Minnie, Sandy, Jackie, and Sue
<b>Book Thymes:</b>	☼ <b>August 3:</b> Yvonne, Sandy, Jackie, Sue, Kristin, and Sandy's Sister-in-Law
<b>Cook Club:</b>	☼
<b>Crafts:</b>	☼
<b>Frontier Ordering:</b>	☼ Tracy and Jackie
<b>Garden Work:</b>	☼ Minnie(3), Sandy(6), Jackie(2) and Sue(3)
<b>Herbal Thymes:</b>	☼ Jackie
<b>Heritage Hill Decorations:</b>	☼ <b>Make Them:</b> ☼ <b>Set Up:</b> ☼ <b>Take Down:</b>
<b>Hostesses:</b>	☼ PattyB,
<b>May Craft:</b>	☼ Minnie (2), Yvonne, Sandy, and Kelly
<b>Meeting Attendance:</b>	☼ <b>May:</b> Minnie, Yvonne, Sandy, Jackie, Sue, Kristin, and Kim ☼ <b>June:</b> Patty, Minnie, Yvonne, Sandy, Jackie, and Sue ☼ <b>July:</b> Patty, Minnie, Yvonne, Sandy, Jackie, Kristin, Janet, Zena, and Patty's Guest ☼ <b>August:</b> Janet, Patty, Sandy, Jackie, Jean, Minnie, Sue, and Kristin ☼ <b>September:</b> Jackie, Janet, Minnie, Crystal, Patty, Yvonne, Sandy, Sue, ☼ <b>October:</b> ☼ <b>November:</b> ☼ <b>December:</b>
<b>Rummage Sale:</b>	☼ Minnie, Yvonne (2), Sandy (2), Jackie (2), Sue (2), Kristin (2), and Kim (2)

## NEWHSA Contacts

Area	Contacts	Area	Contacts
<b>Primary Contacts:</b>	<ul style="list-style-type: none"> <li>☼ Sandy Jacques</li> <li>☼ Jackie Johnson</li> <li>☼ Sue Mings</li> </ul>	<b>Frontier Coordinator:</b>	☼ Tracy Albrecht
<b>Book Thymes:</b>	☼ Kristin Urban	<b>GBBG Gardens:</b>	☼ Sandy Jacques
<b>Crafts:</b>	<ul style="list-style-type: none"> <li>☼ Marlene (Minnie) Garvey</li> <li>☼ Yvonne Haworth</li> </ul>	<b>Historian:</b>	☼ Kristin Urban
<b>Editors:</b>	☼ Jackie Johnson	<b>Planning for Scottish Visit:</b>	☼ All Members

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**Email:** [scentedgardens@msn.com](mailto:scentedgardens@msn.com)

**Telephone:** 920-246-7377 (Jackie Johnson)



See you at the October 11th meeting at Jackie's.  
 Don't eat - this is a Brunch Potluck!  
 If you're staying to make sauerkraut - let  
 Jackie know!