



The Herbarry

The Herb Society of Nashville
Unit of the Herb Society of America

www.HerbSocietyNashville.org

August - September 2016

Chairman's Message

Well, here I am, the “new kid on the block,” writing my first article as Chairman of the Herb Society of Nashville. I have so much to learn, and so much to look forward to.

First, I want to thank Sherre Phillips for her creative and innovative leadership over the past two years. She will certainly be a hard act to follow, and I would not know where to begin in this position without Sherre's guidance, energy, and expert advice.

Next, I will remind you that our first Unit Meeting will be on September 8 at 6:30 pm. I hope to see each of you there. We have a lot to get done in the next 24 months, and the society will need the involvement of every one of you.

My vision for the society is to increase and improve our focus on educational outreach. Our educational programs at Cheekwood have continued to create a positive impact in our city. My hope is that we can expand our outreach to others in the city, especially those who are less fortunate than we are.

I am not the most “tech-savvy” person, but



we need to continue to expand our on-line presence and our social media presence. For our future, and our long-term existence, we need to “change with the times” and adapt our communications and message to appeal to a younger audience. I am counting on our younger members to guide us in these efforts.

So, please come to our next meeting on September 8, and bring your enthusiasm, your ideas, and your energy. I need your help. Get involved! You will enjoy the experience. Happy Summer!

Lisa Ramsey, Chairman

HSN Board 2016-2017

Executive Committee

1. Chairman – Lisa Ramsey
2. Vice Chairman – Jane Marcum
3. Treasurer – Stephanie Borop
4. Recording Secretary – Nancy Swystun
5. Director – Eileen Fels

Board

1. Director – PJ Kitchen
2. Communications – Jana Talbot
3. Community Outreach – Sandra Frank
4. Corresponding Secretary – Aimee Lurie
5. Education – Sara Plummer
6. Gardens – Frances Lumbard
7. Hospitality – Sarah Fleming
8. Membership – Judy Felts
9. Past President – Sherre Phillips

Cheekwood Garden

As many of you know, Sara Plummer's tenure as garden chair has come to a close and to fill those shoes, Sue Biggers and Cathy Sutter will be co-chairmen with assistance from Gail Thompson and Susan Benson. It is not clear how Sara was able to perform such a herculean task. She certainly won the hearts of Cheekwood employees. As a gracious parting thank you, they organized a reception around the arbor for her on her last day.

Thank you Sara!



The garden looks lush and beautiful right now, thanks to all the rain we've had. But as April showers bring May flowers, June and July showers make for very happy growing plants. And lest we forget, even happier weeds. So we have been pruning the plants, tidying the beds, and pulling a lot of weeds. As we are still getting our heads around what is all involved in the care and feeding of this garden, we are confident that in time it will become clearer.

Sue has already made her first trip to Ellington with bug samples to identify those that were killing the *Nepeta*. It turns out they were thrips. Merriam-Webster describes these as "any of an order (Thysanoptera) of small to minute sucking insects, many of which feed often destructively on plant juices." She managed to spray them that day.

It's always a good day in the garden, so please join us.

Cheekwood work days for September:
Tuesdays and Fridays, 8 am - 10 am
Saturday, September 17, 8 am - 10 am

*Cathy Sutter and Sue Biggers,
Cheekwood Garden Chairmen*

Yearbook Updating Time

It's that time of year again! Please check your information in the yearbook and let me know if there are any changes, additions, and/or corrections. It is important that we have your correct snail mail and e-mail address and your phone number in the yearbook so that we can communicate with each other.

Keep in mind that Eileen Fels is no longer the yearbook editor. Please send any changes to Christy Valerio, e-mail address: cvbasil@yahoo.com

Don't put it off! Do it now. The deadline is August 1.

Christy Valerio, Yearbook Chairman

Contact Changes

Although the new 2016-17 yearbook will be ready in September, you can note these changes in your current yearbook.

Candace Glasgow's phone number has changed to **615-308-8646**

Helen St. Germain's new information is
9620 Plott Lane, Lyles, TN 37098
Home: 931-219-7349
Cell: 615-419-5593
hs37216@gmail.com

Kathleen Trettel's new information is
913 Holly Forest, Nashville, TN 37221
keetrettel@gmail.com

HERB STUDY GROUPS

It is time to sign up for Herb Study Groups. We begin our year in October by studying goldenrod (*Solidago*), the Herb Society of America 2017 Notable Native Herb of the Year.

The International Herb Association (www.iherb.org) designated Coriander/Cilantro (*Coriandrum sativum*) as the Herb of the Year for 2017. This herb will be the topic of study for the winter months and into the spring.

There are three Study Groups from which to choose: Monday morning, Tuesday morning

or Tuesday evening. The groups meet monthly and schedules will be determined by each group.

Please sign up for the Study Group of your choice at the September 8th Unit Meeting. However, if you are unable to attend this meeting, please contact Susan Adams at 615-206-0682 or susancadams@icloud.com to join a group. I encourage all members to be a part of this informative and fun part of being a member of HSN.

Susan Adams, Herb Study Group Leader



HSN COMMITTEES 2016-2017

Finance – Stephanie Borop (Chair),
Lisa Ramsey, Jane Marcum, PJ Kitchen,
Joan Downey

Corresponding Secretary

Aimee Lurey (Chair)

Archivist/Historian – Pat Hampton

Yearbook – Christy Valerio

Membership – Judy Felts (Chair)

New Members – Judy Felts

Hours – Joanne Slaughter

Associate Liaison – Florene Johns

Gardens – Frances Lumbard (Chair)

Cheekwood Garden

Sue Biggers, Cathy Sutter (chairs)

Gail Thompson, Susan Benson (co chairs)

Centennial Garden

Liz Weller, Mary Thorstad (co chairs)

Communications – Jana Talbot (Chair)

Facebook – Rachel Cesario

Herbary –

Shirley Hercules, Shelly Rosenberg,

Rachel Cesario

Webmaster – Committee

HSN Public Events Google Group –

Shelly Rosenberg

Publicity – Lea Anne Smith

Centennial Garden

HSN COMMITTEES 2016-2017 continued

Education – Sara Plummer (Chair)

Crafts – Cynthia Smythe

Culinary – Pat Jones

Botany & Horticulture –

Arlene Haan, Nancy Swystun

Herb Study Groups – Susan Adams

Hospitality – Sarah Fleming (Chair)

Unit Meeting Refreshments

Herb Day Refreshments

Lunch/Dinner Groups –

Gail Thompson

Summer Party

Winter Party

Community Outreach –

Sandra Frank (Chair)

Speakers Bureau – Sara Plummer

Herb Day –

Jane Marcum, Rhonda Galligan

Plant Sale – Rima Abou-Khalil

Grants – Shelly Rosenberg



Mary Thorstad and I (Liz Weller) are taking over as chairmen of Centennial Garden. The garden is spectacular right now! If you've been to the garden and had a chance to see how the cardoon and fennel are blooming, you'll know what I mean. Edith Nau and Anne Beesley have done a wonderful job and it's thanks to them that the garden is in such great shape. They have spent many hours with us to ensure an easy transition...thank you!

We will continue to have Tuesday work days. Right now during the heat of the summer, our work hours are 8-10 but when the weather

starts to cool, we will switch back to 9-11. Please watch for the emails and sign up for a shift. Or, if you're interested in being a lead weed but a little nervous about taking on the responsibility, this is a perfect place to start. The weekly duties are well documented and easy to follow with step-by-step instructions. We still have quite a few months open and will be happy to find a month that works for you. We will schedule Saturday workdays if there is interest in getting it organized.

We hope to see you in the garden!

*Mary Thorstad and Liz Weller,
Centennial Garden Chairmen*

Herbary Schedule

As a refresher for continuing members, and information for newer members, the deadlines for articles in the *Herbary* are as follows:

Article Deadline	Publication	Issue Contents
November 10th	December 1st	December - January
January 10th	February 1st	February - March
March 10th	April 1st	April - May
May 10th	June 1st	June - July
July 10th	August 1st	August - September
September 10th	October 1st	October - November

Please keep these dates in mind. If you are a garden chairman, a board member, or chair of an event, or for some other reason have an item for the Herbary, please plan ahead and submit your article, electronically if possible (MS Word preferably), to Shirley Hercules (shercules@comcast.net) by the appropriate deadline.

Shirley Hercules, Shelly Rosenberg, Rachel Cesario, Herbary Editors

SAVE THE DATE

Plant Sale 2017

April 28 - 29

Mark your calendars! The Herb Society of Nashville's 2017 Herb Sale will be held on Saturday, April 29.

Set-up for the sale is the preceding Friday, April 28.

This is our only source of income for the year, and participation of the whole membership is necessary to ensure a successful sale.

Please make this a priority.



Lunch/Dinner Groups

Each fall we create small groups of 10 to 12 members each to meet once a month for lunch or dinner in one another's homes. The purpose of the groups is to meet with other HSN members in a small group environment in which it is easier to get to know them. This is especially great for new members. Meetings are low key and low pressure. You can join now by contacting Gail Thompson (gail62251@gmail.com) or by signing up at the September Unit Meeting. When the groups are assigned, you will receive a call from your group's leader to set up the first meeting.

Gail Thompson

FAQs

How do they work?

Each group is fairly autonomous in that members decide the days of their meetings, how they want the menus to work, and other details. The preferred format (based on comments during the past years) is for the host for that month to select a menu and mail recipes to the members, who in turn, select which dishes they would like to prepare. There is always a need for things that require no preparation such as wine or bread.

What if I don't want to cook?

See above. You also have the opportunity to pick a dish that is within your powers to prepare. Who knows you might find a new favorite! Or you can sign up to bring wine.

I work in the daytime. How can I participate?

See Dinner Groups. Members decide how they want to run things (e.g. Should spouses come? Can we just pick a restaurant instead of cooking?)

What days do they meet?

You join a group that meets on a specific day of the week that you choose based on your schedules (e.g. Wednesday, Thursday, or Friday for lunch or whenever dinner groups meet).



What if I don't know anybody in my group?

This is the best reason to join a group! You will be surprised how well you get to know the members of your groups. Then you always have someone to talk to at meetings!

My house isn't big. Won't people be crowded?

Not all lunches/dinners need to be formal sit-down affairs. There are multiple ways to handle a meal if your dining room table will not comfortably seat the entire group. One way is to have a buffet. It is very cozy and informal to bring your plate from the table to the sitting room, family room or whatever and sit on the floor on pillows or whatever seating arrangements can be arranged. The purpose of the groups is to get to know fellow HSN members by enjoying a meal together.

How will the groups be formed?

Turn in your name, stating which day of the week works best for you, and you will be placed in a group that meets that day. You will probably meet people you have never met but will enjoy knowing. We prefer that you do not request to be in a specific group based on being in a group with a specific person. The idea is to get to know people you do not already know.

What if I can't commit to coming every month?

If you cannot make a couple of times, no problem. Of course, the more times you come, the better you get to know your fellow HSN members. But also you could sign up as an alternate so that when a hostess finds that a regular member cannot come, she/he will have someone to call as a substitute.

Plants and People

This picture shows pine trees on the island of Porquerolle, France. A wind blows there almost constantly, and you can see the effects of it as the trees try to grow straight up.

When you work in the garden, what holds your attention? Most likely, the plants around you do. You might notice the birds singing, or the sun on your shoulders, or how dry or wet the soil is. If you become aware of your body, what is it that draws your attention? A bug bite, a muscle cramp, a torn fingernail? How often do you notice how your body feels in that garden because it feels good to be outside in the open air, feeling the soil, stretching and using your muscles, enjoying your strength and coordination?

Bend, straight, bend, straight, bend...
Grip, relax, grip, relax, grip...
Dig, dig, dig, dig, dig, dig...
Push, push, push, push...
Pull, pull, pull, pull...
Hold, hold, hold...

Each one of these phrases ends with effort. An alternative is in there, but is often forgotten. When we work in the garden that is often the way we work. We are creatures of habit; indeed all living creatures benefit from habitual patterns that they learn during their life. These habits



make daily life more efficient. We don't have to think about how to brush our teeth, for instance. Because we have brains that facilitate "muscle memory" (another name for learned patterns of movement), we can perfect physical skills way beyond the efforts of a beginner. This wonderful trait of ours can also cause trouble, however.

The trouble is illustrated in the little phrases above. When we bend and stretch and bend again, we are creating what you might call a one-sided pattern. After bending over for a long time, it starts to feel normal. When you go to straighten up, your "straight" may no longer be

truly straight. Other examples abound in our daily lives. Sit hunched in front of a computer; hold a phone between your shoulder and your ear for ten minutes of a conversation; always place your right foot on the spade when you dig a hole. When you concentrate on the computer screen especially without taking your eyes away from it, your concentrated hunched over shape feels normal. So, the other side of that pattern, focusing your eyes at a distance, allowing your shoulders to drop and broaden and balance over the rest of your body, feels downright weird and out of balance. After your phone conversation, once you hang up the phone, your head may feel that a sideways tilt is actually upright. In the garden, if you put your left foot on the spade instead of your habitual right, it may feel distinctly uncomfortable.

All of this is well and good, and you could dismiss it as inconsequential except for the fact that our bodies are built around an intricate skeleton. This framework of bones is designed in such a way, that when it is in balance, very little effort is needed to hold it upright. When a person's skeleton is not balanced in gravity, muscles have to do the work. When muscles are called on to do support work that they are not designed for, those muscles and the tissues surrounding them grow in size to match the stress put on them. Ever heard of the term "widow's hump?" It is a perfect example of this process.

continued on next page

Plants and People continued

Another result of one-sided patterns is that they cut down on the range of motion around a joint. “Use it or lose it” is a powerful truth when it comes to bodies, and we don’t really appreciate the strength of it until we grow up a bit (say a decade or three). Then lack of motion and the splinting action like that apparent in a widow’s hump, make joints stiffer and more painful.

Our appearance is a direct result of our actions. It is no different from the appearance of the windblown trees in the photo. We have an advantage over the trees however. We can move! We can reshape our bodies with our minds. It takes time and patience, but it’s free. You don’t need any special equipment, and you don’t need to go to a gym to do it. Change starts with an idea, then continues with awareness, and action.

Here is one simple activity to start you on the way to greater awareness. My husband calls it “Unicheek.” Find a hard chair without arms to sit on. It should be the right height so your feet can rest comfortably on the floor in front of you. You may want to take off your shoes so that your feet can spread out naturally on the floor. Sit to the front of the chair away from the back. Now you are ready.

Just sit for a moment, noticing how the floor feels to the bottom of your feet. It is a great idea to take a few nice, relaxed, deep breaths whenever you come back to this place on the chair.

Next, spend another moment paying attention to how the chair feels to your derriere. You might take a few nice, relaxed, deep breaths here as well. Now, slide yourself to the side until one “cheek” is no longer on the chair. Let it sag down as far as it will go, then lift it back up to the same height as your other side that is still sitting on the chair. After finding that neutral place, lift that same “cheek” up as high as you can, then let it come back to that neutral position. Do this several times, as long as it feels unusual, then slide back over to sit normally on the chair. Does anything feel different? Do you notice any change in the sensations under your feet, or under your seat? Maybe a difference in a feeling of weight or angle or position?

The process of paying attention to small differences following an unfamiliar activity is a way of increasing your personal awareness. Your body learns to include another movement choice in its repertoire.

Also, when you do the other side, you will most likely notice that one side of your body acts differently from the other. One side will be more flexible than the other, or better coordinated.

Unicheek is a way of “waking up” your pelvic floor. Most people find that they can sit up straight very comfortably afterward. By spending time sitting in the middle before, during, and after lifting and lowering one cheek, simply noticing how the chair and the floor feel to you, you open the door to new patterns that allow freedom and comfort. It is only one step. There are many others.

Awareness brings you a choice, even when you are working hard in the garden, to find a moment of relaxation in between each effort. This is the alternative that can help your body stay comfortable and strong. Taking this step is the first step on a road to a stronger, happier, healthier body.

Mimi Pantelides



CULINARY

Asian Herbs: What to do with your harvest

Thursday, September 22, 9:30 am

Botanic Hall

I was weeding in a flower bed about a month ago and noticed that there were several dozens of little identical seedlings popping up. With a sigh I started to pull them and then realized that they were all Thai basil that had re-seeded from last year. Who knew? I left them alone in the spots where I could, and now they are beginning to bloom. It's going to be a magnificent harvest.

Thai basil is one of my favorite herbs for its heavenly scent and beautiful deep purple composite flowers looking something like a dwarf, very dwarf, hydrangea. It also has a delicious peppery version of basil flavor that I want to learn to take full advantage of. The same is true for beautiful lemon grass.



In September the culinary program will focus on these and other faintly or frankly exotic herbs used in Asian cooking. I'm hoping that we can learn many ways to use them in our own cooking and maybe even pick up some tricks for preserving them through the winter. As I write this it is still July in the magic world of *Herbary* production and I am still zeroing in on the exact details for the class, but I will make all known to you as soon as I can. In the meantime be sure to enter September 22, Botanic Hall, Cheekwood, at 9:30 am in your calendars. I hope to see you there.

Pat Jones, Culinary Chairman

Botany and Horticulture

WHEN IS DIRT NOT DIRT

Save the date

Thursday, October 27, 2016

9:30 am, Botanic Hall at Cheekwood

October 27 is the date to mark with an X on your calendar. Why? Because two of HSN's gardening experts are going to open a can of worms and peel a banana with a guarantee that your garden will reach greater productivity and exuberance. Testosterone might be a good word as to results.

Suzanne Biggers and Judy Castro will present the dirt on the value of composting and increasing your gardening vocabulary. Remember good gardening starts from the ground up.

Yes, worms will play a role. Never fear for those who give a shiver with the mere mention of these incredible creatures. To entice you to attend this enlightening program, a raffle will be held and prizes will be awarded. What are these enticements? Well.....that would be like opening a can of worms.

Again: October 27, 9:30 am, Botanic Hall at Cheekwood.

*Arlene Haan & Nancy Swystun,
Botany & Horticulture Chairmen*

Herb Day 2016

Sponsored by the Herb Society of Nashville
Saturday, October 1 - Botanic Hall, Cheekwood

A Food and Wine Pairing by Chef Jack White and Winemaker Chris Bratcher

A Sensory Exploration of Food and Wine is the theme of Herb Day 2016. Our speakers will be Chris Bratcher and Jack White. Chris Bratcher is the owner of Bratcher Winery, an upscale boutique winery located in the Sta. Rita Hills of Santa Barbara County, California. Chris is also the owner of Riverside Wines located in Chattanooga, TN.

Jack White worked for 20+ years as a Hollywood food stylist for the film industry. You can see Jack's delectable creations in over 85 feature films including Hunger Games, Thor, Ironman, Girl with the Dragon Tattoo, Star Trek, August Osage County, and many more.

The presentation will include an open forum discussion followed by lunch. We will be served four paired courses accompanied by a discussion covering all you want to know about viticulture and information about pairing wines with food. This program will enhance your capabilities to host gourmet meals and impress your friends and family.

*Jane Marcum and Rhonda Galligan,
Herb Day Chairmen*

Herb Day Registration

The Southeast District Meeting for the Herb Society of America is being held in Nashville in conjunction with the Nashville Unit's Herb Day.

Because of the added feature of the District Meeting, we expect a larger than usual attendance. We therefore encourage everyone who wants to attend Herb Day to please register as soon as possible.

Seating is limited and once capacity has been reached, registration will close. Registration can be made online or via mail.

See the registration form attached separately.

*Sarah Fleming and Aimee Lurey,
Registration Committee*



Unit Meeting Thursday, September 8, 6:30 pm OPENING THE NEW YEAR

For the first unit meeting of the year we will have our usual social half hour during which we will have a chance to catch up with our HSN friends and exchange reports of our summer activities. At this meeting, be sure to sign up for the Herb Study Groups and a lunch or dinner group. The Herb Study Group promises to be interesting with the study of goldenrod and coriander. And the lunch and dinner groups are one of the great activities that help us to form lasting friendships.

The speaker for the day will be a surprise, but will be one of two very interesting people. Don't miss it.

Jane Marcum, Vice Chairman

The following spinach recipe attracted me because I love spinach. The tomato basil soup came from one of the lunch groups to which I belonged in the past. With the tomato season coming and our very happy basil plants producing, this is an appropriate recipe for this issue of the *Herbary*. Potato salad is a great summer prepare-ahead-for-a-picnic item. If you have recipes using herbs that you deem wonderful enough to share, please send them to me and I will add them to my list for an upcoming *Herbary*. Happy cooking!

Shirley Hercules

Sautéed Spinach with Nutmeg Brown Butter **Fine Cooking June/July 2016**

Serves 4

Nutmeg is a classic seasoning for spinach. In this quick side dish, its aroma blossoms in brown butter, while lemon, ginger, and garlic round out the flavor.

- 1 Tbsp unsalted butter
- 1/4 tsp freshly grated nutmeg
- 1 Tbsp fresh lemon juice
- 3 Tbsp olive oil
- 1/2 medium sweet onion, thinly sliced lengthwise
- 1 Tbsp minced garlic
- 2 tsp grated fresh ginger
- Kosher salt
- 1 lb mature spinach, trimmed
(about 16 loosely packed cups)



In a 12-inch skillet, cook the butter and nutmeg over medium heat until the butter is browned, about 2 minutes.

Whisk in the lemon juice, transfer to a small bowl, and set aside. Wipe out the skillet.

Heat the oil in the skillet over medium-high heat. Add the onion and cook, stirring occasionally, until golden brown in spots, about 5 minutes.

Add the garlic, ginger, and a pinch of salt, and cook until fragrant, about 10 seconds.

Add the spinach by the handful and cook, stirring often, until wilted. Toss with the brown-butter mixture, season to taste with salt, and serve.

Tomato Basil Soup Yield: 6 to 8 servings

3 pounds ripe plum tomatoes, cut in half lengthwise
¼ cup plus 2 tablespoons good olive oil
1 tablespoon kosher salt
1 ½ tsp freshly ground black pepper
2 c chopped yellow onions (2 onions)
6 garlic cloves, minced
2 Tbsp unsalted butter
¼ tsp crushed red pepper flakes
1 (28-ounce) canned plum tomatoes,
with their juice
4 c fresh basil leaves, packed
1 tsp fresh thyme leaves
1 qt chicken stock or water



Directions

Preheat the oven to 400 degrees F. Toss together the tomatoes, 1/4 cup olive oil, salt, and pepper. Spread the tomatoes in 1 layer on a baking sheet and roast for 45 minutes.

In an 8-quart stockpot over medium heat, sauté the onions and garlic with 2 tablespoons of olive oil, the butter, and red pepper flakes for 10 minutes, until the onions start to brown. Add the canned tomatoes, basil, thyme, and chicken stock. Add the oven-roasted tomatoes, including the liquid on the baking sheet. Bring to a boil and simmer uncovered for 40 minutes. Pass through a food mill fitted with the coarsest blade or partially pulverize in a blender. Taste for seasonings. Serve hot or cold.

Fingerling Potato Salad with Gremolata Dressing Cooking Light, July 2008, page 120

Great for salads because they hold their shape once cooked, these fingerlings are steamed, which enables them to retain more nutrients than boiled. The gremolata-inspired dressing (with parsley, lemon, and garlic) adds a twist to this side.

½ lb white fingerling potatoes
½ lb red fingerling potatoes
2 Tbsp fresh lemon juice
½ tsp salt
¼ tsp freshly ground black pepper
1 Tbsp extra virgin olive oil
1 tsp grated lemon rind
1 garlic clove, crushed and minced
1 Tbsp chopped fresh flat-leaf parsley
1 Tbsp capers, drained



Steam potatoes, covered, 12 minutes or until tender. Cover and chill.

Combine juice, salt, and pepper in a large bowl. Slowly add oil, stirring well with a whisk. Stir in rind and garlic. Let stand 10 minutes. Stir in parsley and capers.

Cut potatoes into quarters; add potatoes to juice mixture, tossing to coat. Yield; 4 servings (serving size ¾ cup)



Herb Society of Nashville Calendar

August 2016

Have a great summer. We will see each other in the Cheekwood Herb Study Garden and Centennial Garden. Remember to sign up.

September 2016

- | | |
|--------------|---|
| September 1 | Board meeting:
home of Frances Lumbard, 9:30 am |
| September 8 | Unit Meeting, 6:30 pm, Cheekwood |
| September 12 | New Members' Meeting,
home of Nancy Coleman, 9:30 am |
| September 22 | Culinary, 9:30 am, Botanic Hall |