

GAHANNA HERB SOCIETY

HERBAL News & You

2010 HERB SOCIETY OF AMERICA—ANNUAL CONFERENCE REPORT

Imagine a room filled with 300-400 like-minded men and women, mostly women, gathered based on their common love of the useful plants known as Herbs. The energy was amazing, the buzz of conversations was ever present during breaks and the knowledge of these individuals was breathtaking.

If it sounds like I enjoyed my time at the 2010 Annual Conference of the Herb Society of America in Nashville, TN I certainly did. I had the opportunity to find out how other people throughout the nation share their love of gardening and herbs and study with their communities, I met people from many states as well as our very own Ohio. I found opportunities to continue my study of herbs and listen to some great speakers. Oh and did I mention that we got to see beautiful gardens, including the famous Cheekwood Public Garden and some private gardens of varying scale.

I have never thought of myself as very good at networking or small talk, but I had no problem engaging with the other attendees. The opportunity for networking was amazing. Everyone from the president, to the district chairs, to the members at large were very approachable, conversant and informative. I was amazed at the multidimensional talents that so many displayed.

I am sure that this experience will nourish my curiosity for a long time and encourage me to be a better liaison between the HSA and our group. Next year the conference will be in Pittsburgh in June and I know the Pittsburgh unit is already hard at work to plan an exciting agenda and program. I will share the details as I become aware of them.

Looking forward to seeing you all soon, *Debi Balog, H.S.A. liaison*

MEETING INFO:

Tuesday, June 8

6:30-8:00pm

Led by:

Joseph Petrie

HERB STUDY BY MONTH

JUNE—TANSY

(Lynn Ballard)

JULY—SORREL

(Brenda Kucker)

AUG.—BAPTISIA

(Melissa Coval)

SEPT.—BEE BALM

(Wendy Winkler)

OCT.—YARROW

(Theresa Hatcher)

NOV.—FEVERFEW

(Mary Cason)

ALL YEAR—DILL

Plant

Conversations!

An in-depth look
at one herb,
monthly.

Upcoming

Meeting Dates:

Thurs, June 24

&

Thurs, July 22

from 6-7:30pm



Tansy in Bloom

The Pawpaw Ohio's First Native Fruit, a truly American Exotic

Joseph Petrie, Executive Vice President of Field Operation of Nebula Vineyard in Danville, Ohio will share information about the pawpaw, an excellent indigenous food source. It exceeds apple, peach, and grape in vitamins, minerals, amino acids, and food energy value. Once an important staple for the first Americans, early explorers and settlers, it is now making a comeback. Attend this meeting and grow in the knowledge of Ohio and its native plants.

*Note: One of our themed areas in the Geroux Garden will soon be a Native Ohio Plant Garden!



DATES TO REMEMBER

July 13—**GHS Field Trip**—Local author, Debra Knapke, the Garden Sage, is opening her garden for a private tour. She'll be available to sign books.

Aug 10—**Landscaping with Native Plants** w/ Luke Messinger, Executive Dir. of Dawes Arboretum, His presentation includes landscaping with Ohio native plants. (This class includes a walking tour of Big Walnut Creek bank restoration along Creekside.)

Sept. 8, Oct. 12 & Nov 9—**Herbal Medicine Lecture Series** w/ Anya Syrkin, CNS

Dec. 14—**Holiday Party!** Aromatherapist,



*"And forget not
that the earth delights to
feel your bare feet
and the winds
long to play
with your hair."*

~ *Kahlil Gibran*

WEBSITE RECOMMENDATION: WWW.SLOWFOODCOLUMBUS.ORG

Discover some of the new herbs added to the Geroux Garden!
Janice Staler prepared this information for us. Thanks, Jan.

Red Valerian

Full sun, prefers damp soil (height 60")

The name *Valeriana* dates from about the 10th century and is said to be from the Latin *valere*, to be in good health. It was known as *phu* in ancient Greece for the offensive odor of its roots. In Medieval Europe it was known as "All-Heal" for its supposed therapeutic powers. It is attractive to cats and rats. It has a musky scent, and the essential oil is a perfumery ingredient still used today.

Heartsease – (Viola Tricolor)

Full sun to part shade, prefers moist, well-drained soil (height 15")

The Greek word for violet is *io* and in Greek mythology IO, daughter of the King of Argos, was ravished by Zeus and the turned into a heifer so that his wife Hera wouldn't find out. In an attempt to soothe her he provided sweet scented flowers (later named after her) for Io in heifer form to eat. Heartsease is a healing, anti-inflammatory herb, and is known to be a heart tonic (thus the name). It can be used externally for skin complaints, and is also used in aromatherapy. The flowers can be candied, made into jellies, vinegars, or added to salads and desserts.

Blackberry Lily/Leopard Lily (Belamcanda chinensis)

Full sun to part shade, prefers average soil (height 18-36")

Blackberry lily derives its name from the clusters of shiny black seeds exposed when seed capsules split open. Even though it is called a lily it is actually a member of the Iris family. It is a perennial that blooms in midsummer with purple spotted, orange flowers on tall stems with sword shaped leaves. It is native to Asia. Thomas Jefferson grew this heirloom flower in his garden at Monticello. It has been recently been reclassified as *iris domestica*.

Clary Sage (Salvia sclarea)

Full sun to part shade, prefers average to moist soil (height up to 48")

The English name Clary originates in the Latin name *sclarea*, derived from *clarus* (clear). Clary was gradually modified into "Clear Eye", one of its popular names, and from the fact that the seeds have been used for clearing the sight. In Germany it has been used as a substitute for hops, also the flower was used in wine making. It yields a highly aromatic odor used as a fixer of perfumes.

Swamp Pink Mallow (Hibiscus palustris)

Sun-shade, prefers average to moist soil (height 18-36")

This plant is a perennial that attracts butterflies and bees. It has large hollyhock like flowers with 5 petals. The common mallow was cultivated by the Romans as a medicinal and culinary herb, the leaves cooked as a vegetable and the seeds added to salads and sauces. By the 16th century it had gained a reputation as a cure all known for its gentle purgative action, a process that was thought to rid the body of disease. Medicinally, this herb is thought to be inferior to marsh mallow which is higher in mucilage and therefore better for coughs.

Meadowsweet (Filipendula ulmaria)

Sun to part shade, prefers moist to boggy soil (height 18-24")

Also known as Bridewort, Meadow queen, meadow-wort. The Dutch named this herb "reinette" (little queen). It is featured in the poetry of Ben Jonson as "meadow's queen". It is said to have been Queen Elizabeth I's favorite strewing herb in her chambers used to overcome smells and infections. The sap contains a chemical of the same group as salicylic acid, an ingredient of aspirin. When the drug company Bayer formulated acetylsalicylic acid they called it aspirin after the old botanical name for Meadowsweet, *Spirea ulmaria*.