



# Herbal Seasons

Sharing Knowledge about Growing and Using Herbs to Inspire Fellow Herb Lovers

## Summer 2007

Summertime, and the livin' is easy... Whoever wrote that song obviously did not have a garden to weed! The next newsletters will be published in September of 2007 and the first week of 2008. All articles are to be submitted to Ann Schenk by the second week of the month before, please.

**Note to Members:** For the folks that don't have an email address we will still be sending you a hard copy of the newsletter. For those that have an email address we will send you a LINK to the newsletter online. Please make sure that we have your current email address listed. The newsletter will be available in Adobe Acrobat format. If you do not have acrobat it is a free download from [www.adobe.com](http://www.adobe.com) or you can download a copy from our website. If you wish to be put on the list to receive the newsletter online send an email to [webmaster@wvherb.org](mailto:webmaster@wvherb.org) and put in the header 'Seasons PDF' and make sure that we have your current email address.

## From The President

I'm still a rookie when it comes to the herb lifestyle but I have heard horror stories about how the mint took over and I wanted to avoid such a fate in my limited gardening area. So my husband built a 2 x 4 raised bed that I named "Mint Mountain". I planted 4 or 5 mint plants and thought I'd have a lovely little (very contained) patch of mint within a year or two but unfortunately I forgot to ask the mint plants if they wanted to live there. None of them survived except for the cat mint (and he's afraid the neighborhood cats will eat him if he grows over the edge of the bed!). The little piece of lavender I added last year is doing fine but not the mint that's supposed to go into Mint Juleps; the lemon balm didn't even stay. Oh well, live and learn and plant something else! My apple mint didn't get planted on Mint Mountain because I didn't want to crowd too many kinds of mint in that little space and I'm glad I didn't plant it there because I have quite a lot of apple mint ready for me to learn from and about. The mint ice tea was wonderful and thanks to Dot, I know how to make jelly (or at least the juice for later on jelly making). Ann Schenk sent a link for me to get more ideas (<http://forums.gardenweb.com/forums/load/herbs/msg0519050326979.html>) and she mentioned adding the mint to sauce for pork....sounds yummy. What's cooking at your house this month? Share your ideas with us - we'd love to hear from you. Hope all of you are planning on attending our Fall Conference and celebrating the 2nd annual National Herb Day with your friends at the West Virginia Herb Association. Check the website for more details.

Green blessings,

Kathryn

**From The Editor: Attention Regional Coordinators!** Send or e-mail us your regional newsletters, and we will pull out articles, calendar items, and news of interest to Association members.

Below are departments we are planning for upcoming issues. If you have anything to contribute in any category, please see the information on the right for how to submit. If you can think of a Department we missed or would like to see, please let us know. Thanks to everyone who submitted articles and calendar events for this issue! – Ann Schenk

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### Departments

From The President  
Herbal Spotlight  
Herbal Tips  
Herb Gardening  
Herbal Cookbook  
Association News  
Regional News  
Congratulations

Internet Resources  
Letters to the Editor  
Of Interest  
Calendar of Herbal Events

### Advertising Rates

**Members** may list calendar events for **free**, 30 word limit each event. Business card size ads are \$5 for members. Double size ads are \$10 and so on.

**Non-members** may list one calendar event free and any additional events for \$5 (30 word limit each event). For non-members, business card size ads are \$10, double size ads \$20 and so on.

If we have to do any scanning of photo, etc. there will be an additional \$5 charge.

Free calendar events can be e-mailed to: [webmaster@wvha.org](mailto:webmaster@wvha.org).

Mail ads, events with check payable to WVHA, to newsletter editor, Ann Schenk, 703 S. Dean St, Baltimore, Md, 21224. Be sure to have it to me by the deadline. Make checks payable to WVHA.

## Herbal Seasons

We would love to have your contributions to this publication. Articles you would like to see, questions you need answered, recipes to share, letters to the editor, etc. Herbal Seasons Newsletter is a forum for all members of the WVHA to use and enjoy .

Items for the Calendar of Events need: Date, Time, Event, Name, Place (City, State), Cost, Description, Contact. Limit – 30 words

The schedule for submitting all items is:

**January Issue – Deadline is December 2<sup>nd</sup>**

**March Issue – Deadline is February 2<sup>nd</sup>**

**June Issue – Deadline is May 2<sup>nd</sup>**

**September Issue – Deadline is August 2<sup>nd</sup>**

Submit by e-mail to [webmaster@wvha.org](mailto:webmaster@wvha.org), put WVHA Newsletter in the subject, and your ad or article in the body of the e-mail if possible. **Or mail to:** Ann Schenk, 703 S. Dean St., Baltimore, MD, 21224.

Articles over 250 words may be edited. We reserve the right to decide what is appropriate for the newsletter. We apologize in advance for any typos, mistakes, and omissions – let us know where we goofed and we will make a correction next time!

**WVHA Board of Directors:** (304 Area Code)

**President:** Kathryn Hare, [mizhare@comcast.net](mailto:mizhare@comcast.net), 676-9231

**Vice President:** Ann Nye, [lnye@ma.rr.com](mailto:lnye@ma.rr.com), 842-6385

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**Webmaster:** Ann Schenk, [webmaster@wvherb.org](mailto:webmaster@wvherb.org)

Need Member assistance? Contact Judy McConnell, 605 Sand St., Ravenswood, WV 26164, 304 273-3562, [jtmc4@earthlink.net](mailto:jtmc4@earthlink.net)

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## Welcome New Members !

Check our website, [www.wvherb.org](http://www.wvherb.org), for news and information that comes too late for this newsletter, and will be old and gone for the next newsletter.

## Member News

WVHA member Marion Harless will be teaching an intensive 5-day hands-on workshop at the Augusta Heritage at Davis & Elkins College, Elkins in August. This will be her 30th year of teaching at Augusta. For more information on her workshop "Wild & Tame Herbs" check out [www.augustaheritage.com](http://www.augustaheritage.com)

Myra Bonhage-Hale is helping to plan the Sustainable Fair for 2008 to be held at Davis and Elkins College. She would like to have 3 owners of green businesses speak on the subject - covering 1) what inspired them to begin a business 2) their business plan 3) successes and failures and 4) plans for the future. If you or anyone you know would like to participate in this panel let Myra know. Myra Bonhage-Hale [lapaix@westvirginia.net](mailto:lapaix@westvirginia.net)

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## Apologies from the Editor

Apologies to all for getting this edition out so late. I'd had minor arthritis surgery on the last knuckle of my left pinky in mid-May. Didn't think it would cause any real difficulties, seeing as how it was the least significant finger of my non-dominant hand. I did not count on a trophy-sized morel-mushroom bandage getting in the way, nor did I count on over-doing it, busting the incision open and getting it infected and bandaged for an even longer time. I appreciate your patience with my impatience. Learn from my mistakes – use paper plates and order out so you don't have a backlog of dishes, don't go grubbing in the dirt no matter how many weeds there are, and don't try to flex a knuckle that has not fully healed!

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## Events

**Friday through Monday, September 14 – 17:** Sixth Annual Intensive Seminar on Botanical Medicine to be held in Maryland. Topics this year will include: General concepts in botanical medicine, botanicals used in depression and anxiety, low dose herbs, disorders of the venous system, addiction, allergies and atopic dermatitis, HIV, women's and men's health issues, irritable bowel syndrome, food pharmaceuticals, nutritional and botanical treatments in the pediatric population, and cultivation of medicinal plants. Speakers: Kathy Abascal RH, James A. Duke PhD, Sharon Montes MD, Holly Shull MS, Agatha Thrash MD, Eric Yarnell RH ND.

Please go to [www.herbsandinfluenza.com](http://www.herbsandinfluenza.com) scroll to the bottom and download the registration form, fill it out and mail it in.

**Friday through Sunday, 12-14 October: WVHA Fall Conference** at Jackson Mill with Doug Elliott as the keynote. Members, if you would like to hear a talk on a topic, or see a demonstration you are interested in, contact one of the board members by phone or e-mail. We are planning multiple tracks, including lectures, demonstrations and "make-and-take" activities.

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Our attitude towards plants is a singularly narrow one. If we see any immediate utility in a plant we foster it. If for any reason we find its presence undesirable or merely a matter of indifference, we may condemn it to destruction forthwith.

- Rachel Carson

## Of Interest

### Dot Montgillion

According to a news item in Feb 2007 issue of Tufts Univ. Health & Nutrition Newsletter scientists at the USDA's Research Service in Albany, Ca. are testing edible coatings of oregano, cinnamon oil & lemon grass ((which use natural antimicrobial compounds and are formulated to stick to the surface of fresh produce) in an attempt to help protect food from E. coli and other bacterial contamination. It is hoped that the coatings could provide more concentrated, longer-lasting antibacterial action than water-based washes. In testing, the oregano-oil coating proved the most effective, killing more than 50% of E. coli within 3 minutes. The research is the start of a 3 year project that will test a wide range of natural bacteria-fighters against not only E. coli but also salmonella and listeria.

[www.wvfarm2u.org](http://www.wvfarm2u.org) This is the website for the Collaborative 21st Century Appalachia. Last year they started the farmer to chef project. This year it has expanded and they are looking for more participant-farmer/growers in fresh produce (especially heirloom varieties), herbs, as well as poultry, eggs & red meats. This website also has links to WV Dept Agr. & other agricultural groups.

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## Conference News

**Comments about the Spring conference:** It was beyond all expectations! Too bad it wasn't longer! Theresa Boardwine might be someone we need to think about for a future conference- she did 2 workshops that were very good. I only went to the medicinal track, but if the other two were as good as the medicinal, then it was a super conference.

I was very pleasantly surprised that my day was full of interesting classes in spite of not having any craft track. Enjoyed it a lot. The chef prepared goat for us in the only food class and it was good, although tough (he didn't have the time to cook it long enough to tenderize as there was no fat in it). Everyone seemed very satisfied.

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## Regional News

### Andrea Lay, Region 1

On Saturday, June 16th, a few members from Region 1-B attended a free workshop entitled Black Cohosh and Other Forest Herbs at New Germany State Park in Grantsville, MD (near the eastern panhandle of WV). The workshop was hosted by the Appalachian Center for Ethnobotanical Studies (ACES). ACES is a joint venture of Frostburg State University, West Virginia University and University of Maryland Biotechnology Institute.

Geo Derrick from Tai Sophia Institute spoke about the history of herbal medicine. Peggy Biser from FSU reported on some black cohosh research they are involved in. Jim Chamberlain from the US Forest Service (he's also on the board of United Plant Savers) gave a presentation on conserving the Appalachian medicinal plant industry. Liz McDowell from Elk Ridge Nature Works, a native plant nursery, spoke about invasive plant species. After lunch, there were medicinal plant hikes in the park and a trip to Elk Ridge Nature Works for a tour of their gardens.

ACES is currently a "virtual" center, but their goal is to develop a physical facility located in western Maryland to include a conference center, a museum/education center and a research center. Part of their mission is to research and promote conservation of native medicinal and useful plants, to preserve Appalachian culture as it relates to wild plant harvesting and traditional use, and to promote economic benefits to the region that can be gained from botanical resources.

The ACES website is [www.frostburg.edu/aces](http://www.frostburg.edu/aces)

### Dot Montgillion, Region 3

Region 3 coordinator, Dot Montgillion, is pleased to report on the progress the group has made in working with the heritage area staff at Jackson's Mill in the improvement and maintenance of the historic vegetable/herb garden and the entrance garden of the Mountaineer Storehouse building.

The chief gardener, Jeff Wynne (formerly of Fort New Salem) works closely with us in the planning of the garden to insure its historic accuracy of not only plant selection, but also planting methods used in the period from 1830 to 1870. It has been a fun, learning experience.

We meet at the garden every Wednesday about 9:30, weather permitting. So far, we have planted tomatoes, cershaws (cushaws), dill, chamomile, Jefferson beans (scarlett runners), sunflowers, mints, elecampane, bee balm, as well as modern herbs for the dining hall. Although people with "real jobs" can't meet with us during a weekday, anyone is welcome to donate plants for this project. We have obtained plants & seeds from several members who are unable to attend our work sessions. Karla Waldron, Rose Woodyard, in addition to Ann Nye, Melissa Dennison, Laura Yokochi and myself have all been active in this project so far.

In the future we may start meeting on Saturday if that would be more convenient. The new director, Terry Patterson and wife Susan, are avid "plant people". Susan has renovated and expanded the gardens at the director's home and is creating an informal "wedding" garden at the gazebo. Our group will be working with the kitchen staff when the renovation of the dining hall is complete in early fall to plant a culinary herb garden next to the dining hall.

In doing research, we were pleasantly surprised to find that many of the plants that we consider modern were grown in 1800s, eg. Brandywine tomato, Jersey Wakefield cabbage, Nora Barlow columbine & basil among others.

Since WVHA has this volunteer project, we will be able to get discounted rates of facilities at the Mill, including our conference, so it is a win-win situation in which we not only benefit our group and the Mill, but have fun doing it!

To join in on the fun, whether by donating plants or time and effort, contact Dot Montgillion: [smokecamp@iolinc.net](mailto:smokecamp@iolinc.net), or call Dot at (304) 269-6416.

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### Lavender Fair

There were about 500 people at the Fair - all loving and friendly - there was not one scrap of paper or anything left on the grounds after they left - they parked all the way down the road to the 2nd neighbor (about 1/4 mile). There were over 30 booths. All the vendors were very happy and Maureen Rogers, owner of Herb Growing and Marketing Network ([www.herbworld.com](http://www.herbworld.com)) said it was the highest amount she had earned in one day in any of the many many fairs, festivals and conferences she has attended all over the U.S. and Canada.! Both local TV stations covered the Fair. We sold about 250 gourmet lunches and more beverages and ala carte. The volunteers were magnificent in the face of extraordinary attendance. It was a success! I don't know how to handle this! (not used to it). Photos from the Fair are on the web :

[http://www.lapaixherbfarmproducts.com/lavender\\_fair\\_2007\\_photo\\_i.htm](http://www.lapaixherbfarmproducts.com/lavender_fair_2007_photo_i.htm). I think Mike Costello, the photojournalist graduate of WVU and currently an intern at WV Sustainable Communities Project has done an excellent job and deserves congratulations from all.

Peace Joy Love Light

Myra

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Gardeners are key land managers. Our choices therefore lie not in whether but in how we manage the land. We would all agree that we must do it in an ecologically responsible way.

- George Seddon, ***Gardening Responsibility***

# Herbal Recipes

## Sun Tea

While you are attacking the rampaging mints in your garden, add a few washed sprigs of peppermint, spearmint, or lemon balm ( or all three!) to a pitcher or jar of “sun tea”. The mints add a refreshing coolness to the tea.

What you need:

- Covered wide-mouth container – clear glass pitchers are prettiest, quart to gallon-sized canning jars work well too. Plastic pitchers take a little longer in the sun.
- Your favorite black pekoe or green tea bags in the quantity you'd usually use for your container size, roughly 4 to 6 teabags per quart.
- Six to twelve inches of freshly cut and washed mint sprigs, cut to fit into container.
- Water (duh!)
- A sunny day

Fill the container with water. Add teabags and mint sprigs. Put on lid or cover with cloth. Set in sunny location for about 2 to 4 hours until tea is desired strength. Remove teabags and mint sprigs. Add sweetener as desired. Serve over ice.

**Herbal Tip** From Marion Harless:

Drape that surplus, pulled-up, rampaging mint over peas and beans to repel rabbits and over brassicas to repel cabbage butterflies. Don't let the mint roots touch the ground!

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## On Weeding

Members Mike and Ann Schenk have 20+ forested acres in Hampshire county that have been over-run with invasive weeds since a logging job two years ago. Of the three major invasive plants, Japanese stiltgrass, garlic mustard, and Devil's tearthumb (a.k.a. Mile-A-Minute weed, *Polygonum perfoliatum*), the tearthumb is the most immediate concern. It covers everything very quickly, hiding the extent of other problems. Here is Mike's account of weeding the forest.

I've been doing a great deal of tearthumb removal this year, and I'd like to share some observations.

The tool I used is a lightweight collapsible hoe, with three tines opposite the hoe blade. These tines worked well for grasping the vines with a twirling action, like spaghetti on a fork. The barbs on the vines make a mass of vine self-adhesive.



I have attempted to get the root with each removal. The key to that is to pull on the vine slowly, so that the root hairs release from the soil before the vine stem parts. There is a characteristic ripping feel transmitted through either the hands or the tool if the root comes out, as contrasted with a popping sensation if the stem breaks. Don't try to remove so many stems at a pull that the vines part before the roots pull. If the vines are well-entwined in shrubs or firm stems, a slow sweeping motion with the tool near the ground will uproot the vines before the barbs let go of their substrates.

I began removal in May, and continued last week (June 21-23). The plants in May were small and the roots came out readily, but the small size made them harder to spot and reach. I simply hoed many smaller plants. By June 9, vines in sunny locations were covering shrubs and climbing tree stems, and were going to seed. The roots were still loose and small enough to come up easily. In large masses, I would gather an armful. The stems would diverge to many root locations. I would

then use a tool or free hand to pull roots one small area at a time, until the entire mass was uprooted.

By June 16, I began seeing rare seed pods turning blue. The roots were becoming firmer and harder to uproot before the stem broke. By June 23, seeds in green pods which I opened were blue. I don't know if this indicates an ability to germinate. The roots were firmer yet, and I had a greater percentage of stem breakage versus uprooting. Tree seedlings and small shrubs were being bent to the ground under the vines.

My overall strategy was to attempt 100% removal in hard-to-access spots and edges of the infestation. In easy-to-access spots, I concentrated on speed, removing stems which were going to seed.

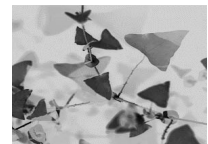
I examined areas which were infested last year. Those areas which we worked on in July had relatively few vines. The areas we worked on after seed set had many young vines this year. We used weed-whackers last year to cut the vines near the ground in some heavy infestations. Those spots did not show evidence of heavy regrowth from the roots -- the wall of dead vines was not bridged by regrowth, although new vines from this year were climbing the old dead vines from last year. I conclude that there is a large advantage to removing old vines, since new growth uses these for ladders. Winter removal of dead vines is a good idea.

Vines which were removed last year and which bore blue seeds were bagged on the spot and left to compost in situ, so as not to spread seeds. I dumped several of those bags out this Spring, and saw little germination from the piles, so I conclude that this treatment killed most of the seeds.

Germination appears to be continuous through the season. Areas which were absolutely cleared of vines June 9 had vines growing June 23. It will be necessary to perform periodic removal at a site until first frost, I believe, until the seed bank is exhausted.

In this process, I broke some pokeweed and raspberry stems, uprooted a few small tree seedlings, and broke several black cohosh flower stalks, but overall there was very little damage to the native plants. Bedstraw vines tended to be pulled along with the tearthumb.

I observed growing ends of a minority of tearthumb vines which had holes in the leaves, and observed one Japanese beetle chewing on a tearthumb vine.



*What you see when you close your eyes after a day of pulling tearthumb*

I would estimate that we removed 90% of tearthumb from several thousand square feet in about 80 hours field work. Areas which received early effort last year were dramatically less dense in tearthumb this year than areas which received quick, late attention.

Mike Schenk

My daughter's yard had 14 different vines pulling large trees over and it took a year to get it cleared enough to start planting. 5 years later, the hops, grapevine, poison ivy, and the wisteria are still trying to come back in spots but the others have been subdued. Well, maybe not the coral vine, either. I used a pickaxe to get through the locust tree roots to get to the vine roots. Literally hacked my way through it. The debris is still composting in a row 4 x4'x110' long along the back edge of the property. Ann Nye



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**Free Weeds :U Pick 'Em**  
Give a weed an inch and it will take a yard.  
**Weed 'um and reap!**





## Herbal Seasons

1289 Smoke Camp Road  
Weston, WV 26452

**Moving?** Please return your Mailing label along with your new address. Thank you!

## Membership Form, Change of Address Form

Yes, I would love to join the West Virginia Herb Association **WVHA!**

**I am very interested in:**

- Growing Herbs,  Cooking with herbs,  Continuing Education  Improving my Health with Herbs,
- Creating Herbal Art. **Note:** CEU's available.

**Volunteering sounds like fun!**

- Have my Regional Coordinator contact me.

- There is a change in my contact info  This is a renewal of my dues.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

County: \_\_\_\_\_

Email, Website: \_\_\_\_\_

Business Name: \_\_\_\_\_

### Member Dues

- Individual \$20       Family \$30
- Professional \$50     Corporate \$100

Please return your completed membership Form and check or money order to:

**WVHA** c/ o Judy McConnell  
605 Sand St.  
Ravenswood, WV 26164

[www.wvherb.org](http://www.wvherb.org)

The mission of the West Virginia Herb Association is to promote the ethical and environmentally sound propagation, cultivation, harvest, and use of herbs in West Virginia.