



Herbal Seasons

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

Fall 2010

Over the Garden Gate

Summer began with another Lavender extravaganza at La Paix heritage farm. Hosts Myra Bonhage-Hale and Dale Hawkins put on a great show, as usual, and the good news is that they've decided to continue it next year on Dale's farm. More details later.

Here in mid WV we've had a drought. Even the weeds are whimpering. My lavender and most other herbs keep right on blooming though, which is one of the many reasons I love them. Serving brown rice with herbs like lemon verbena and rosemary in it is good whether it's hot or cold. I'm also enjoying snipping up various herbs in salads and on fruit desserts. Now, if it would just rain. Of course, 30 miles away, Dot's had four inches of rain in one day this week.

So, time to think of cool fall days and our annual Fall Herb Festival! This year we hope to entice you to come with a wide variety of speakers - some old, some new. Coming back, for instance, is John Doughty of Parkersburg - to teach us the art of making nature (mostly herbal) prints; and, new to us as a group, are: Linda Rago- speaking on Plant Spirit Medicine, Tsula Botting - on Herbs for Life, and Doug Jolley- on Herbs for Ornamental Use.

The theme this year is The Versatility of Herbs and the Herb of the Year is Dill. So, instead of a dessert contest, we'll be having an appetizer contest in which you can use dill if you wish (but it's not required). Just thought it might be hard to include dill in desserts (though not impossible, of course).

We also have a photo contest going on. All you photographers out there get those photos to me or to Dot by September 30th. The winners will be on our 2011 Calendar that will be handed out at the Festival. Check this newsletter for details on both contests and be sure to fill in and mail your registration form for the Herb Festival and for the photo contest, as well.

Be thinking of volunteering to serve on the board in some capacity or nominating a worthy friend. We're always looking for new ideas and enthusiasm.

See you soon.
Herbally yours,

Ann Nye
WVHA President

Welcome to the West Virginia Herb Association. We hope to see you at the coming year's work-shops, field trips, and conferences. If you are new to our group we want to give you an herbal welcome and explain a little bit about how the organization works. Our dues are assessed annually and are renewed in January. To be included in the annual Directory, published in February, you must be a current member as of Jan. 31st. If you are renewing your membership, we thank you for your support.

Lynn Lassiter is our newsletter editor. The newsletters are published quarterly approximately on Jan.1st, April 1st, Jul. 1st, and Oct. 1st. Articles must be submitted 30 days before each publication date. You can receive the newsletters by email or P.O. Please keep us informed of address changes for either so you won't miss an issue. This Association belongs to you, its members. It is as vital as each one of you make it. We're all busy but to keep an organization thriving each member must make an effort to contribute in whatever way you can-even if only by attending events and showing your support for the efforts of our tireless volunteers. Even little efforts contribute to a living, growing organization. We welcome you and we're glad you've joined us. Our Board members are here to listen to your ideas, thoughts, and feelings. Let us know how the Association can serve you.

From your WVHA Board Members:

President: Ann Nye nyeann@ma.rr.com

Vice-President: Melissa Dennison gardentreasures@hotmail.com

Treasurer: Kathy Flewelling kaflew@wildblue.net

Secretary: Andrea Lay solarmountain@wvdsl.net

Newsletter: Lynn Lassiter lynnlassiter@hughes.net

Members-at-Large: Lis Caudill caudillcove@wildblue.net; Janice Sumpter mssumpter@yahoo.com ; Jerry Wing 304-927-2707

Website: www.wvherb.org **Webmaster:** Ann Schenk, webmaster@wvherb.org

Need Member Assistance? Please contact:

Kathy Flewelling kaflew@wildblue.net

©2006-2010 All rights reserved; contact the editors for reprint permission. Information intended to be general and non-prescriptive; please consult your health practitioner regarding the use of any herbs. Mention herein does not constitute endorsement by WVHA, the Board, or the Editors, or any person, product, company, publication, or activity. Neither the Editors nor WVHA necessarily agree with, nor are we responsible for, the opinions of authors.

Website Updated

The WVHA website has been updated! Ann Schenk, with some help from Maureen Rogers, has been hard at work making changes to the website: www.wvherb.org . Take the time to check to check it out when you have the opportunity.

Regarding Lavender Wand Craft Posted in June 2009 Newsletter:

I would like to apologize for not including copyright information for the Lavender Wand Craft posted in the June 2009 Newsletter. This information was not intentionally left off. Please refer to the website below for more information regarding this craft.

Sincerely,

Susan Patterson

<http://www.allfreecrafts.com/nature/lavender-wands.shtml>

WVHA FIELD TRIP TO JIM DUKE'S FARM

The WVHA is sponsoring a field trip to Dr. James Duke's garden in Fulton MD. The event will be on Saturday Sept. 25th. We'll meet for lunch at noon (bring your own) and he will do the tour of his garden at 1pm. He's also promised music and singing so be prepared to have a fun day. No cost except for transportation there but YOU MUST MAKE A RESERVATION. He can only accommodate about 30 people and/or 15 cars. We can park nearby and ferry people over but I urge you to invite others to go with you rather than drive themselves or vice versa. Call or email me asap. First come, first served.... Directions to his place will be given when you reserve your spot.

304-842-6385

nyeann@ma.rr.com

Request from Mike Schenk:

If anyone has access to Bipolaris-infected stiltgrass, I'd appreciate a substantial sample to examine, if you could bring it with you to the field trip. Bipolaris is the fungus which is devastating stiltgrass in several locations, including central WV. Russ Richardson has documented it at Crummies Creek. I can forward links, pictures and some postings if anyone is interested. aschenk2@mac.com

UPCOMING EVENTS:

2010 Herb of the Year is Dill

So here are a few dill recipes from our cookbooks:

Swedish Dill Sauce by Claryce Yost from Vol.2, pg. 34

Combine 1/2t. dry mustard and 1/2t. water in a small bowl and let rest 10 min.. Then add: 1 T. finely chopped onion, 1 tsp. dill weed, 1T. vinegar, 1/2 chopped and peeled cucumber, and 1/2c. low-fat plain yogurt. Mix thoroughly. Serve cold as an accompaniment for hot or cold fish. May also be used as a dip for raw veggies.

Dilly Bread by Nancy Martin from Vol. 1, pg.15

Mix together: 2t. yeast and 1c whole wheat flour. In a saucepan combine: 1c. cottage cheese, 1/4c. water, 2t. dill weed, 2T. sugar, 1T. dry onion flakes, 1T. butter, 1t. salt, 1/4t. baking soda, and 1egg-slightly beaten and heat to lukewarm. Add to yeast and whole wheat flour mix. Stir in 1c. unbleached flour or as much as is needed until the batter pulls away from the side of the bowl. Pour out on a floured surface and knead, adding another 1/2c flour, until smooth and elastic. Spray bowl with Pam, place dough ball back in bowl and spray it. Cover top of bowl with plastic wrap and let rise in a warm place until double. Punch down and knead into shape for a 9 x 5" pan or an 8 " round pan. Place dough in greased pan and let rise again till double. Bake at 350 degrees for 45 min.. Cool on rack. Rub butter over crust while still warm.

Nancy tells me she makes this bread in her bread maker now.

Dilly Beans by Nancy Martin from Vol. 1, pg. 53

Pack 2# long clean and trimmed green beans into 4 hot sterile pint jars, leaving 1/4" at the top. To each pint then add: 1/4t. pepper, 1 clove garlic, and 1 dill head. Combine 2 1/2c. water, 2 1/2c. vinegar, and 1t. salt in a sauce pan and bring to a boil. Pour over beans leaving 1/4" headspace. Adjust lids and process 10 min. in boiling water to cover lids 1 - 2". (Fill canner 3/4 full and bring to boil. Add jars and more boiling water. Start 10 minutes when water boils again after jars are put in). Let stand two weeks before using.

Tentative Fall Herb Festival Schedule for Saturday, October 9th, 2010

On Saturday October 9th, 2010 registration will begin at 8:00am.

Throughout the day:

John Doughty will be on the lower level of EEC demonstrating Nature Printed Materials; Ellie Cronlund will offer chair massage; and June Mc Carthy will do a yoga class for gardeners. Additional weed walks will be offered if we have enough participants.

In the regular schedule, the following will be presented:

David Ahrend - Morning Weed Walk

Anne Romance - Benificent Beings - Whole Health with Herbs

Carol Mc Carthy - Seed Saving

Sue Cosgrove - Life in the Soil (and then some!) and Afternoon Mushroom Walk

David Hawkins - A Costa Rica Eco Adventure: A Visit to Finca Luna Nueva

Bonnie Buchman - Natural Relief from Seasonal Allergies

Linda Rago – Plant Spirit Medicine

Dr. Mario Morales - Ginger Cultivation and Medicinal Properties

Doug Jolley - Herbs for Ornamental Use

Tsula Botting - Herbs for Life

Eve Von Deck – Soothing the Soul with Herbal Oils

Marion Harless - Landscaping with Herbs; Weed Walks

Andrea Lay - Herbal First Aid

Annette Gall -

Photo Contest

For you photographers (and you need to be a member), we're having a photo contest from now through Sept. 30th for the three photos that will be on our 2011 Calendar. If you came to the conference last fall, you should have received a calendar and that will give you an idea of what we are looking for. Pictures need to be in Portrait mode(vertical) and be in one of these categories:

Seasons of the Year with Herbs
Herbs with Animals or People
Herbs in Crafts or Cooking

Please mat them and send to me at: Ann Nye, 263 Ridgeway Drive, Bridgeport WV, 26330. The matting is so that we can display them at the Festival. You may pick them up at that time. Please put your name and address on the back of each photo. Submit as many as you like with at least one mat that will fit all.

Appetizer Contest

For our other contest in the fall, Dill is the Herb of the Year so instead of a dessert contest at the conference, we'll have an appetizer contest. You can bring your best dill recipe for dip or whatever, but you don't have to use dill. Just come up with something tasty using herbs of any kind. First prize is \$50, 2nd- \$25, and 3rd-\$10.

You'll need to have your entry submitted by 11 am on the day of the conference, Saturday, OCT. 9th, 2010. Please take your entries to the EEC building where there are stoves and refrigerators, if needed. Put your name on the bottom of your container or serving plate. Label your appetizer and leave a copy of the recipe and directions. Be sure to pick up your containers at the end of the day.

**MSU-WVHA'S FALL HERB FESTIVAL 2010
VENDOR REGISTRATION FORM**

This form is for those wanting to have a table in the WV building on Saturday, Oct. 9th, 2010 at the Fall Herb Festival at Jackson's Mill, WV. There is room for approximately 20-25 tables(30" x 8').

Business tables are \$35. This fee includes a free membership in the WVHA for 2011 and free registration for the Fall Herb Festival.

If you want to do an education display only, those are free, as usual. To attend classes as well, you must pay the \$30 registration fee which would include your 2011 membership in WVHA. A box lunch is available for \$10 to those who preregister and pay by Oct. 1st. Please return this form with your fee, if any, as soon as possible to:

Kathy Flewelling
RR 2 Box 71 E
Proctor, WV 26055
Make check to: West Virginia Herb Association (WVHA)

Check one: _____ educational or _____ business table.

Name _____

Address _____

Name of Institution or Business _____

Do you need electricity? Yes _____ No _____

Box lunch(\$10ea.) Veg. _____ Reg. _____

We look forward to seeing you at the Festival. If you want brochures to hand out, we will send them to you. Brochures needed _____.

Herbally yours,
Ann Nye
WVHA Pres.

REGISTRATION FORM FOR FALL HERB CONFERENCE

Please send the following information with your check or money order made out to WVHA to:
Kathy Flewelling, RR 2 , Box 71 E, Proctor, WV 26055

Name: _____
Address: _____
City _____ St. _____ Co _____
Phone _____ Email _____

Registration is \$30 per person(which includes your 2011 membership in WVHA).
Vendor fee for businesses is \$35 per person(which includes your 2011 membership in WVHA).
Box lunches are available @ \$10 each if purchased by Sept 30th, 2010.
Please check: Vegetarian _____ or Regular _____

Additional calendars can be purchased for \$1 each if you return this form by Oct. 10th so we have
time to get them printed. Calendars _____ @ \$ 1= _____ included.

Green Heron Garden Classes

Hello Everyone! We hope you have had a delightful Summer and are finding ease in this time of transition into Autumn. This is a reminder that our Fall sessions of classes are coming up:

Saturday September 18th: ** 10am - 4pm **Note change of date** PLANT SPIRIT

HEALING: Finding your path and spiritual nourishment through plants. Fall Session: "Separating the Wheat from the Chaff". Plant Spirit Healing offers tools and experiences for self-discovery, soul growth and emotional well-being. This session will focus on letting go of what is in the way of your personal growth, and nourishing that which enhances you spiritually. In addition to deepening our relationship with plants, teachings in this Fall session will include the human energy field - the Chakra System - and how plants heal on this level. Cost is \$60.

Sunday afternoon October 3rd: 1-4pm NATURE CONNECTIONS: An opportunity to experience and enhance harmony with the cycle of the seasons. Fall Session: "Harvesting Wisdom". We will be celebrating the Fall Equinox with offerings and ceremony at the Medicine Wheel, as well as enjoying still time in Nature. Cost is \$40.

Please let us know if you will be attending, by responding to anmari@mailstation.com , or calling us at 304-783-5271. We look forward to sharing wonderful experiences with plants and nature with you.

Anne and Chuck

Upcoming Fall workshops at Hidden Hollow Farm in Mineral County, WV. Class fee is \$35 which includes all instruction, materials, supplies and handouts. Herbal tea, spring water and snacks are provided. Pre-registration is required. For registration information, check the website www.hiddenhollowfarmwv.com , email hiddenhollowfarmwv@hughes.net or call 540-336-3997.

Saturday September 25th 2:00 p.m. - 6:00 p.m Making Herbal Cosmetics & Skin Care Products. Enjoy an afternoon of herbal pampering! Learn to make and use a variety of herbal recipes including facial steams, scrubs, masks, toners and creams, hair rinses, foot baths, lip balms, and more. Participants will have an opportunity to try products during class and will take home plenty of samples.

Saturday October 30th 10:00 a.m. - 2:00 p.m. Herbs for Winter Health. Enhance your health this winter by using herbs and foods specifically for building the immune system. Learn what herbs are useful for easing common cold and flu symptoms. Make some recipes for the herbal medicine chest from common kitchen ingredients. Recipes for healthy immune-building soups and stews will be shared.

