



# Herbal Seasons

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

## FROM THE PRESIDENT



### Hi from your new president!

At the close of our 13th conference, we look forward to 2005 and begin planning for events of next year. As a new president, I looked back to the beginnings of the West Virginia Herb Association. In 1992, with just a handful of people, our mutual interest in herbs and all aspects of them, brought us together. As the group has grown to include over 600 members, we have been made aware of the wide diversity of interests in herbs.

Several priorities have been established for the coming year. First, to make our 501-C3 a reality. Second, to design a user-friendly membership list and maintain it. Third, explore all possibilities for day-long mini-conferences, since the costs of organizing a 3-day conference are rising. Fourth, remember our roots and our mission. I encourage input from any and all members, please.

— Dot Montgillion

## FROM THE PAST PRESIDENT

Hello from the past president,

As many of you may know, I am now the past president for the next year. I will be assessing Dot, our new president, to be able to continue where I have left off. I know that she will do a great job.

I wanted to comment on our recent fall conference and how great it is that so many came and shared their knowledge of herbs. I heard many positive comments from newcomers that I shared with the conference committee and now you. Folks really appreciated the organization of the conference and the content of the presenters. It was our first time at the Lakeview Resort, and other than some rain, the weekend and the setting were beautiful. Cascade Anderson Geller, our keynote speaker, was well received by our group and shared her herbal spirit with us. I hope that many of you that could not attend will consider some of the changes we are going to make this year and attend the workshops that we hope to conduct.

I want to wish you all a happy holiday season. I really love this time of year; finally we get a break in the outside work. Keep an eye on our website: new things are being posted and some changes will be made there too!!

Herbally, Dave



from the Editors

## FROM THE EDITORS

As of this issue, Mel and I are stepping down as newsletter editors. We would like to thank the WVHA for entrusting us with this duty. Bill Church has agreed to take over from the Spring Issue on.

A big welcome and thank you to Bill!

Thanks also, to everyone who submitted articles, pictures and calendar events for this issue, and over the last two years! Below are categories to keep in mind for upcoming issues. — Lynn

## DEPARTMENTS

From the President  
Member Highlights  
Herbal First Aid  
Medicine Bag  
Herbal Tips  
Mushrooms  
Ancient Herbalism  
Herb Gardening  
Herbal Cookbook  
Association News  
Regional News  
Organic News  
Congratulations  
Questions and Answers  
Book Reviews  
Internet Resources  
Letters to the Editor  
Events of Interest  
Calendar of Herbal Events



*Pregnant  
Plant*

## ADVERTISING RATES

Members may list calendar events for free, 30 word limit each event. Non-members may list one calendar event free and any additional events for \$5 (30 word limit each event).

Business card size ads are \$5 for members. Double size ads are \$10 and so on. For non-members, business card size ads are \$10, double size ads \$20 and so on.

Free calendar events can be e-mailed to bchurchwv@lycos.com

Mail ads/events with check, payable to WVHA, to newsletter editor, Bill Church, Editor, Wind Dancer Herbs, Rt 1 Box G • Glenville, WV 26351. Be sure to have it to us by the deadline schedule outlined at right.

## Herbal Seasons

### Quarterly Newsletter for Members of the West Virginia Herb Association

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 WVHA to use and enjoy – let's make it the best it can be! We especially welcome your articles, recipes, artwork, photos, cartoons, useful websites, and news items for printing in the newsletter. Did your product win an award? We will announce it in the News section of Herbal Seasons. Format for submitting to the Calendar of Events, is Date/Time/Event Name/Place (City/State)/Cost/Description/Contact. Limit - 30 words.

The schedule for submitting all items is:

For the Spring Issue - Deadline is Feb 3rd

For the Summer Issue - Deadline is May 3rd

Submit by e-mail to bchurchwv@lycos.com put WVHA Newsletter in the subject, and your ad or article in the body of the e-mail if possible.

Or mail to: Bill Church, Editor  
Wind Dancer Herbs

Rt. 1 Box G • Glenville, WV 26351

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!

Artistic credits:

Plants: Melanie Degen, Other art: Lynn Degen

Dave's photo on Page 1: Daniel Gorsich

Dot's photo on Page 1: Myra Bonhage-Hale

**WVHA Board of Directors:** (all 304 prefix)

**President,** Dot Montgillion, smokecamp@iolinc.net, 269-6416

**Past Pres.,** David Hawkins, herbdoc@wvdsi.net, 482-5406

**Vice President,** Sarah White, rtclrherbs@aol.com, 743-0699

**Treasurer,** Donna Riley, donna36692@aol.com, 745-4906

**Secretary,** Laura Yokochi, lyokochi@aol.com, 782-3190

**Members-At-Large:**

Tammy Perine, rusticclass@rtol.net, 452-8689

Ieda Darnell, 379-4804

Judy McConnell, jtmc4@earthlink.net, 273-3562

Website: www.wvherb.org

Webmaster: Maureen Rogers, herbworld@aol.com

**Need member assistance?** Contact Dot Montgillion, 1289 Smoke Camp Road, Weston, WV 26452 (304) 269-6416, smokecamp@iolinc.net

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## MAKE A POND AND WATERFALL

By Laura Yokochi

### LOCATION

1. Part sun/part shade.  
Too much sun will cause algae growth
2. Away from tree roots.
3. At the bottom of a slope for a natural waterfall.

### EQUIPMENT NEEDED

1. Shovel
2. Sheet of plastic or pond liner
3. Old carpet or foam
4. Sand or pea gravel
5. Rocks of all sizes
6. Pump and hose for waterfall, don't buy a filter.

### GETTING STARTED

1. Mark the shape with a hose - Remember, the bigger the pond, the easier the care.
2. Remove sod
3. Start digging!
  - The hole should be at least two feet deep in the middle, but three is better
  - Make stepped ledges - don't dig straight down. This will make it easier to disguise the liner.
  - The edges of the pond should be slightly higher than the surrounding ground to avoid run-off water and mud

### LINING AND EDGES

1. Make sure no sharp rocks are sticking up.
2. Line the bottom with foam or old carpet. Do the same with the waterfall.
3. Line the pond with plastic or rubber. Cheap plastic works in clay soil.
4. Overlap the waterfall liner - it should fall over, not under the pond liner.



*Laura Yokochi and WVHA Region 3 members in Laura's side garden. The subject of the Region 3 meeting was "How to Make a Natural Pond and Waterfall Yourself" (Laura did almost all the work herself). — Photo by Myra Bonhage-Hale*



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## REGIONAL NEWS

### *Region IV*

Mark and I have been regional coordinators for the past six years and feel it's time we take a sabbatical; therefore, we will not be conducting regional business in the upcoming year. If anyone would like to assume the responsibilities of being the coordinator for Region 4-B, please drop us a line at: WVHA IV, P.O. Box 69 Chloe, WV 25235.

As we've fulfilled our responsibilities, we've been blessed with many new friends and lots of good memories. We'd like to extend our sincere gratitude to all those who have supported us through the years.

Blessings, Deanna & Mark

P.S. Thanks to all those committee members who helped put together another great conference. After being involved in conference planning, etc., for the past eight years, I could appreciate the challenges the

committee had to face this year being at a new facility. As a participant only this year, I was impressed with how smoothly things went . . . Thanks to all the presenters, exhibitors and attendees as well.

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### CONGRATULATIONS!

To Myra Bonhage-Hale who writes: My photo of Judith Vojik (my apprentice 2000) and her friend Dale Coyle (WVWC 2002) raising the roof of a recycled satellite dish (the roof of one of the twelve pavilions put up for the Lavender Fair) won 3rd prize in the People Places and Plants magazine (mid-Atlantic edition) - it will be in the Winter issue. And in the Autumn issue of PPP magazine, La Paix was featured as the West Virginia success story! Also, WV Public TV will feature La Paix's silver labyrinth in an upcoming Outlook show. You can see some other photos of the pavilions on [www.lapaixherbfarmproducts.com/Pavillions.htm](http://www.lapaixherbfarmproducts.com/Pavillions.htm)

## FALL CONFERENCE NEWS

### “Honoring Herbal Traditions”

From the opening ceremony of African drumming and prayers to the closing circle, we honored herbal traditions from around the globe. We also honored our WV Herb Association’s tradition of presenting an educational and enjoyable conference - a tradition of 13 years now.



*Luciana Shasta*  
Afara Culture Center

This year’s conference was superb. The quality of presenters and workshops was top notch. The Herbal Marketplace was a success. The local tours were enjoyed by many. The entertainment was the best ever. People learned, networked, socialized, were motivated and inspired. Our association has much to be proud of in offering such a valuable gathering.



*Dot Montgillion*  
Smokecamp Crafts

Thank you to Dot Montgillion, Deanna Crowe, Ann Nye, Clint Hickman, Judy McConnell, Liz Caudill, Luciana Shasta, Daniel Parker for your significant contributions. (My tired brain says I’ve left someone out..... thank you)

Thank you work study folks for helping the conference run smoothly. Thank you vendors, for your offerings and for your donations to our auction and raffle. Thank you presenters, especially Cascade Anderson Geller, our keynote presenter.

Finally, an extra big thank you to those who supported the Association by attending the conference. Your involvement and benefit is what we work so diligently for.

— Anne Romance, Co-chair, conference committee

*Photos on this page taken by Daniel Gorsich*

## ACKNOWLEDGMENT

We would like to give thanks for the photos in this year’s conference brochure. The cover pic was taken by Margaret Smith Volkwein, and is a picture of Sarah Hotchkiss’ stone steps. The inside photos were taken by Daniel Gorsich and Myra Bonhage-Hale. —Lynn



I send a heartfelt thank you to all the members who helped make it happen. It is indeed a privilege to work with such dedicated, hard working, responsible people. A special warm thank you to co-chair Nona Conley who is so capable and such a hard worker. She is my saving grace. Thank you to each chairperson for seeing that your area of responsibility was fulfilled: Dave Hawkins, Workshop Comm.; and the track leaders, Eve Drennan, Elaine Ferry, Sara White, Sue Myers; Donna Riley, Budget/Registration Comm.; Laura Yokochi, Public Relations Comm.; Chris Gall, Vendor/Education Display Comm.; Myra Bonhage-Hale, Work Study Comm.

A thank you to the local Morgantown folks who went the extra mile to connect local people and resources with the Herb Association: Linda Christen, Sue Myers, Ieda Darnell.



*Cascade Anderson Geller*

## FALL CONFERENCE NEWS

### MINUTES of the WV HERB ASSOCIATION ANNUAL MEETING

October 30, 2004, Lakeview Resort, Morgantown, WV

President Dave Hawkins called the meeting to order at 5:40 p.m. Secretary Laura Yokochi gave a short report about the 2003 meeting, since printed copies of the minutes were not available.

Scott Snyder, Growers Network Chair, spoke about the previous year's activities. The SARE Grant is finished and a copy of the beautifully illustrated booklet prepared for the Grant is available for \$5 to cover the cost of mailing. The portable herb dryer is now at the home of Dave Hawkins, but needs some work in order to be functional. It is available to non-members as well as members. The Chinese Medicinal Grant will end in January. Judy McConnell requested that copies of financial reports and minutes of the Growers Network meetings be made available to the Board on a regular basis. As several members are unable to open attachments to emails, these should be copied and pasted into the body of the email.

Lynn Degen newsletter editor reminded everyone to send in submissions for the winter newsletter right after the conference. This will be the last newsletter edited by Lynn and Melanie. Bill Church will take over as newsletter editor.

Daniel Parker, a new member with computer expertise, has volunteered to work to upgrade our website. Currently Maureen Rogers is webmaster.

Deanna English, of Region IV, reported that she and Mark would no longer be able to coordinate Regional activities. The remote location of their home and lack of electricity makes it difficult to communicate. Deanna made a motion that all WVHA presidents, past and future, receive honorary family memberships. Judy McConnell seconded the motion which passed unanimously.

Dave Hawkins wants members to think about what activities we should plan in 2005. Our yearly conferences are a lot of work for the planning committee, but many members do not attend. It was suggested that a survey be included in the newsletter or on our website. The WVHA exists for the benefit of its members and it is important that activities fit their needs. He also suggested doing several one day conferences around the state rather than just one three day conference.

The Board has discussed changing the by-laws so that members are elected to the Board but not a specific position. The Board would then elect its own

officers. This will be published in the newsletter and voted upon at a future meeting.

A ballot for new officers was passed out. The terms of President (Dave Hawkins), Vice-President (Deanna Crowe), and Member-at-Large (Eve Drennan) expired. Dot Montgillion was elected to the office of President-Elect at the 2003 meeting and only needed to be confirmed on the ballot. Anne Romance nominated Sarah White as Vice-President and Nona Conley seconded the motion. Judy McConnell nominated Anne Romance who declined. Dot Montgillion nominated Sue Myers who also declined. Nona Conley moved that the nominations be closed and Linda Christen seconded the motion. Anne Romance nominated Ieda Darnell as Member-at-Large and it was seconded by Nona Conley. Judy McConnell nominated Carol McCarthy for the same position and was seconded by Laura Yokochi. Nona Conley moved that the nominations be closed and Linda Christen seconded the motion.\*

Dot announced that the Herb Journal, a new WVHA publication, was available for \$5 at the Association table. Ann Nye was thanked for editing, typing and copying this journal, modeled upon a similar publication by the New Zealand Herb Association. Ann Nye was also responsible for putting together our cookbooks.

Deanna and Mark English were thanked for their very successful work with Region IV. It is hoped that other Regions in the state will follow the example set and become as active. It was announced that the closing ceremony would be at 4 p.m. Sunday and members were urged to stay for the closing as well as help with clean-up.

Carol McCarthy asked whether or not our Association now has non-profit status. Dave said that he and Donna Riley, Treasurer, were in the process of going through previous financial statements and applying for that status.

Dot reported that she had contacted Jackson's Mill and found that a chef had been hired for the kitchen, so we would have an easier time with food if we decide to hold future conferences there.

The meeting was adjourned.

— *Submitted by Laura Yokochi, Secretary*

\*On Sunday morning, the ballots were counted and it was announced that Dot was confirmed as President, Sarah White as Vice-President and Ieda Darnell as Member-at-Large.

## REGIONAL NEWS

### REGION 3 OUTING: WVU GREENHOUSE AND THE SAAB GARDENS

On Saturday, August 7th, Region 3 members and other guests met to visit the WVU Greenhouse, tour the gorgeous Saab gardens, and partake of an herbal pot luck lunch. It was a beautiful day, much enjoyed by all, new members, potential members and us old 'uns. Sue Myers, the first woman to be in charge of the WVU Greenhouse, and the first to practice sustainable methods of greenhouse production, is a long time WVHA member (since the beginning). Region 3 WVHA thanks you, Sue, for all your heart, spirit, kindness and great gourmet chicken and rice!



Members of Region 3 and guests in the WVU greenhouse with Sue Myers.



A view from the driveway of the Saab residence.



Two of the many vistas of the Saab residence gardens. In the spring, 20,000 bulbs bedazzle the eye in these gardens. Mark Saab is a landscape architect and full time gardener.



# HERBAL COOKBOOK

Here are some recipes from the WVHA Herbal Cookbooks:

## MARINADE FOR VENISON Vol. 3

1 C. beef broth	1 t. salt
1 T. pickling spice, whole	1/2 t. celery seeds
1/2 t. dried basil	1/2 t. marjoram
1/2 t. dried thyme	1/2 t. sage
(If you want to, use 1 1/2 t. fresh of above herbs.)	
1 bay leaf	3 peppercorns, crushed
3 whole all spice, crushed	2 T. lemon juice
1/4 C. vinegar	

Combine and cover meat. Refrigerate 10 - 12 hours. Remove meat, drain. Cook as desired. Makes 1 1/4 C.

## PUMPKIN-CRANBERRY BREAD Vol. 1

3 1/2 C. flour	3 C. sugar
1 t. nutmeg	1 C. cooking oil
1 t. cinnamon	4 eggs
1 t. allspice	2 C. pumpkin (16 oz.)
2 t. baking soda	2/3 C. nuts, optional
1 1/2 t. salt	1 1/2 C. fresh cranberries
1/2 t. baking powder	

Sift together flour, spices, soda, baking powder and salt and set aside. In a large bowl, cream together sugar and oil. Beat in the eggs, then add the pumpkin alternately with the dry ingredients. Stir in nuts and cranberries. Pour into loaf pans or large muffin tins. A few fresh cranberries can be set on top of the batter before baking. Bake at 350 F. for 50 - 60 minutes, or 30 - 40 minutes for muffins.

**YEARLY MEMBERSHIP REMINDER  
DUES ARE DUE JANUARY 1, 2005**



## DOLLY MADISON'S GINGER CAKE Vol. 5

This cake is made at Fort New Salem at their fall and winter festivals. It came from an old White House cookbook and may have been made here in early days as Dolly's sister and mother lived and are buried in Clarksburg, WV.

Cream: 1/2 LB butter 1 C. plus 2 T. sugar

Add: 5 eggs, one at a time, beating well after each.

Sift together, then stir in:

3 1/2 c. flour 1/3 C. ginger and 1 t. soda

Add: 1/2 C. sour cream 1 C. molasses

Stir til well combined. Grease and flour a spring-form or angel food pan and line bottom with greased brown paper. Bake at 350 F. for 50 min. to 1 hour til toothpick comes out clean. Cool slightly, remove from pan. Cool. Sprinkle with powdered sugar.

## BARLEY-MUSHROOM CASSEROLE Vol. 5

1 1/2 C. chopped onions	1 t. garlic powder
1/2 LB sliced mushrooms	4 C. water
1 C. barley	1 T. tamari (soy) sauce
1 t. thyme	2 beef bouillon cubes

Steam onions in small amount of water for 10 minutes. Add mushrooms and steam 5 more minutes, then add barley and steam another 5 min. Remove from heat and add water, herbs, soy sauce, and bouillon cubes. Put in greased baking dish and bake at 350 F. for 75 min.

## MEMBERSHIP FORM / CHANGE OF ADDRESS FORM

Yes, I would love to join the WV Herb Association! I am very interested in:  Growing Herbs,  Cooking with Herbs,  Continuing Education,  Improving my Health with Herbs,  Creating Herbal Art. Volunteering sounds like fun!  Have my Regional Coordinator contact me.  There is a change in my contact info.

Name \_\_\_\_\_

Address \_\_\_\_\_

County \_\_\_\_\_

Phone/Fax \_\_\_\_\_

E-mail/Website \_\_\_\_\_

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

### Member Dues:

- Individual \$20  Family \$30
- Professional \$50 (Eligible for CEU)
- Corporate \$100

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

WVHA c/o Donna Riley

Rt. 1, Box 198

Lost Creek, WV 26385

Or visit [www.wvherb.org](http://www.wvherb.org) (paypal)



## **Herbal Seasons**

1289 Smoke Camp Road  
Weston, WV 26452

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

**[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.

## **CALENDAR OF HERBAL EVENTS**



### **JUNE**

#### **June 25, 2005, Lavender Fair and More 2005.**

La Paix Herb Farm, Alum Bridge, WV. 304-269-7681,  
[lapaix@westvirginia.net](mailto:lapaix@westvirginia.net), [www.lapaixherbfarm.com](http://www.lapaixherbfarm.com)

### **SEPTEMBER**

#### **September 3, 2005, Pizza Fair and More 2005.**

La Paix Herb Farm, Alum Bridge, WV. 304-269-7681,  
[lapaix@westvirginia.net](mailto:lapaix@westvirginia.net), [www.lapaixherbfarm.com](http://www.lapaixherbfarm.com)

## **EVENTS OF INTEREST**

### **LAVENDER FAIR**

The Lavender Fair 2005 and Even More is planned for Saturday, June 25th, 2005. The usual gourmet food, wonderful demonstrations, displays, walks and how-to's are being planned again. We hope all WVHA members come and all of those who participated last year return! Please check out the website at [www.lapaixherbfarm.com](http://www.lapaixherbfarm.com) as the plans for the Fair come to fruition.

If you would like to participate, either by having a booth or doing a demonstration or walk, please contact me asap. My email address is: [lapaix@westvirginia.net](mailto:lapaix@westvirginia.net). This year the Sustainable Living for West Virginia group plans to have more demos on sustainable energy, building and transportation. Put Saturday, June 25th, 2005 on your calendar now! In 2004, the WVHA was a supporter and vendor at the Fair - thanks for your support then and hope the WVHA can support the Fair again. Something to look forward to.....

Joy, Peace, Love ,

Myra Bonhage-Hale, Steward, La Paix Herb Farm,  
Alum Bridge, W.V. 26321 (Lewis County).