

"The greatest gift of the garden is the restoration of the five senses."

... Hanna Rion

SAGE LEAVES

The Herb Society of America – Wisconsin Unit

July/August 2021 – Vol XXXXII #4

Unit Meetings

There will be no unit meetings in July or August.

Herb Day at Boerner Botanical Gardens – July 18, 11 a.m. – 3 p.m.
(Rain Date July 25, 11 a.m. – 3 p.m.)

***Unit Meetings:** 9:30 am Social, 10:00 am Meeting, Luncheon at 12:00 pm

***September 25 (Saturday):** St. Christopher's Church - Annual Meeting

***October 19:** St Christopher's Church – To be Announced

***November 20 (Saturday):** St Christopher's Church – Herb of the Year Study (Viola/Violet, Pansy, Heartsease)

December 8 (Wednesday): Holiday Luncheon – Town Club, Fox Point, 10 a.m. Social, Noon Luncheon – Full details in next issue of SAGE LEAVES.

Future unit dates:

Executive Board July 27

Board Meeting Aug., 18

Annual Meeting Sat., Sept. 25 TBA

Check out our web page for pictures from our May & June Unit meetings – Herb-Society-Wisconsin.org – Members Area, Calendar – password: HSA-WI@76

Please mark your calendars for the above dates and locations

Editor: Diane Kescenovitz, kescenovitz.diane@att.net – if you will be going out of town for an extended period of time, please notify Diane of change of address or request e-mail copy – thanks!

Subscription Rate: \$6 for 6 issues

Wisconsin Unit Web: Herb-Society-Wisconsin.org (Web Manager: Diane Kescenovitz), Member Area: HSA-WI@76

Herb Society of America office: Herbs@HerbSociety.org

Herb Society of America web: www.herbsociety.org



NEWSBUDS...

Summer is officially here! I hope you and your family are having a great start to the summer season. I know my family and I are gearing up for one of the biggest holiday celebrations of the year - the Fourth of July! Our Unit enjoyed our 45th Anniversary Celebration at our last meeting of this herbal year.

An organization is only as good as its board. We have a diligent, innovative board who made our unit successful during covid. Thank you to Marlene for arranging programs and always "having my back", Tricia for secretarial duties and wonderful cupcakes for our anniversary, Denise for finance duties, holiday zoom, facebook page and sunshine cards, Pat for membership records and communication email messages, Lore for leading grant & scholarship selections, arranging January zoom presentations, and reopening our library cart, Nino for Herb of the Month articles & presentations, Mary K. McDevitt for RSVP list for zoom/in person spring meetings—hopefully we will be back to our special lunch plans in fall, Joanne R. for creative Zoom Out & About activities, Joan A for Sunshine cards, Diane K. for Sage Leaves and website, and Susan Williams for Chairing the Nominating Committee. All of our board members have gone the extra mile this past year, especially the executive board with additional emails and phone calls. Special thanks to Kate N for final production of our 45th Anniversary brochure with contributions from Louise B, Denise and Diane. Deepest thanks to Susan McDonnell for the work on our herb binder for Herb Day at Boerner and to Nino for proofreading all of the pages created by members. I am so looking forward to our Herb Day!

Are you interested on being on the board: A Bylaws Chair is needed as an active board member familiar with our bylaws and page of policies and procedures (on website—Members Section), we will continue Board Meetings by Zoom. We also need a historian, to help organize our photos and copies of event publicity that could be scrapbook style or tech such as Dropbox or "the cloud". The historian could be a board position or not. We need a listing of the archives that we have in storage and in our closet at the church. Please consider either of these two unit positions or nominate someone for them.

This term as chair has been educational and rewarding for me as we promote the knowledge, use and delight of herbs through educational programs, research and sharing the experience of its members with the community. I've made more connections to our members and to HSA. I appreciate the gift card from the unit for my first term.

Keep growing forward, Melody

Executive Board:

Chair:	Melody Orban
Vice Chair & Program:	Marlene Mravik
Secretary:	Tricia Hallam
Treasurer:	Dense Nelson

Committee Chairs:

By-Laws:	
Communications:	Pat Greathead
Facebook Admin:	Denise Nelson
Finance:	Denise Nelson
Grants/Scholarship:	Lore Borth
Historian/Archives:	
Holiday Party:	Denise Nelson
Horticulture:	Nino Ridgway
Librarian:	Lore Borth
Luncheons:	Mary Kay McDevitt
Membership:	Pat Greathead
Nominating:	Susan Williams
Out & About:	Joanne Ruggieri
Sage Leaves:	Diane Kescenovitz
Sunshine:	Pat Greathead & Joan Amundson
Symposium:	Denise Nelson
Web Master:	Diane Kescenovitz



**REMEMBER – TO CHECK FOR BUSINESS ENVELOPE COMING IN EARLY SEPTEMBER –
IMPORTANT INFORMATION FOR THE ANNUAL MEETING WILL BE IN IT!**

**You should receive your Renewed Membership card soon (mailed to your home) –
Please contact Denise Nelson if you have not received your 2021-2022 HSA Card by
July 15**

*Out
&
About*

Happy Summer. Can you believe we're in July already?

Two things coming up: **Book Discussion** of Susan Wittig Albert's *Thyme of Death* at 1:00 p.m., via Zoom, on July 7th (please email me to let me know you'll be attending so I can send you an invitation) and

A Walk About Elaine Wilhelm's Garden on Wednesday, July 14th at 10:30 a.m. Her address is 855 Lone Tree Road, Elm Grove. Rain date - same time, same place - July 21st. If it rains that day, bring an umbrella or wear a very large hat!! Lunch to follow, for those who want to come, at Parkside 23 on the corner of Pilgrim Rd. and North Ave. (Again, please email me to let me know you're coming and if you plan to join us for lunch so we can make reservations at the restaurant.)

In September we'll have our birthday party for members whose birthdays are in July through December. Our theme will be *The Mad Hatter*. If anyone has an *Alice in Wonderland* book you can browse through to send us ideas, just let me know. I'm searching for the story, but haven't found it so far.
Be safe and thank you.

Joanne (joa38rugg@gmail.com)

Memorial for Donna Knop

Donna Rae Knop Memorial Service to be held at Bayshore Lutheran Church, [1200 E. Hampton, Whitefish Bay](#) on Friday, July 16, at 1:00 pm. A social gathering will take place at picnic shelter #8 in Kletzsch Park immediately after the service.

As our HSA representative, AJ will offer a few words about Donna at the service. PLEASE email or call AJ with a memory you'd like to share so she can add it to the content of the "Honoring Donna" message.

Also, if you can bake 1 to 2 dozen cookies for the reception, Mike Knop (husband) and Kerri (daughter) would appreciate it. Donna always shared her baking and cooking skills with us at HSA meetings, Symposium, Herb Fair and special events.

Meet our 2021 Scholarship Winner!

The 2021 pandemic restrictions prevented us from sponsoring this spring's Herb & Artisan Fair, the fund raiser for our annual \$1,000 scholarship for eligible baking and culinary arts students enrolled at Milwaukee Area Technical College (MATC) and Waukesha Area Technical College (WCTC). However, the Executive Committee for the second year in a row graciously voted to proceed with the scholarship award nonetheless. We are once again very grateful.

This year's winner is Aditi Ayaran, who just finished her first year at WCTC. Like last year's winner, Aditi is enrolled in a double major, pursuing Associate Degrees both in Baking and Pastry Management as well as Culinary Management. Despite her heavy class schedule, Aditi achieved a 3.83 GPA in her first year!

Aditi has varied interests and passions: she currently earns scholarship money by working in WCTC's Multicultural Student Mentorship Program, and has in the past worked as a volunteer advocate for the refugee community at the Aurora Clinic at Walker's Point. She must also be a good mathematician, as she worked 20-30 hours per week in 2018 and 2019 tutoring K-12th grade students at the Mathnasium in New Berlin.

Aditi's references couldn't say enough good things about her: Baking Instructor Michelle Gasperek offered "Aditi is a model student, very enthusiastic, always eager to learn new things...I see her as becoming very successful in baking and pastry work. She has an excellent attitude, is a model student, always comes to class on time prepared and with her assignments done. An excellent student, a delight for any instructor."

Tricia Smith, Hospitality Instructor at WCTC, offered "...she has a grueling schedule, in my Culinary class from 8:30 to 3:20, then in Baking from 5:30 to 9, and is always on time, very dedicated. When I ask for a volunteer to take notes for other students, she quickly volunteers. She's kind to others, very patient, open to new opportunities and experiences in food. I predict she will have a very bright future...she could successfully run a restaurant."

Aditi says she uses herbs in her baking and cooking classes, and has helped with her family's garden at home for many years, planting, harvesting and preparing the garden for winter.

What are Aditi's plans for her future? Come to our January meeting, meet Aditi and ask her yourself!!

Lore Borth for the Scholarship Committee: Nancy Kelly, Denise Nelson, Karen Klimczak, Nell Schneider and Susan Williams.

July Herb of the Month: Summer Savory

(Nino Ridgway)

A most appropriate herb for July! Savory is also known as "bohnenkraut", or "bean herb", in German. It pairs beautifully with any kind of bean, but especially green beans, and I cannot make 3 bean salad without it. It is an important ingredient in Italian seasoning. Summer savory has more delicate leaves than the evergreen winter savory, has a more pleasant, peppery taste, and is generally easier to work with fresh.

Summer savory is an annual that is easily grown from seed. If it is trimmed frequently, it can be kept from blooming for several months. Once it blooms, however, it will quickly go to seed and lose flavor. Plant this delicious herb in a sunny spot and you will have plenty of fresh seasoning for salads, soups, stews, savory breads, and many German and Italian dishes. If you don't use all your fresh savory, it is easily dried in a dehydrator or by hanging bunches. It keeps for a few years in a tightly sealed jar.

August Herb of the Month: Cayenne Pepper

(Nino Ridgway)

Cayenne pepper is a type of spicy hot pepper that can be grown in any area with a 3 1/2 months or longer growing season. In Wisconsin, plants are normally seeded by mid-March, transplanted to the sunny garden by late May, and harvested late summer. One plant will yield 20-40 long, slender seed pods, which can be used fresh, dried, or pickled.

Cayenne pepper plants will grow 18-24 inches tall and 12-18 inches wide. Young plants may occasionally be nibbled by rabbits, but otherwise have few pests. They should be staked or caged so that heavily laden branches will not break off. Note that pepper seeds are highly attractive to mice. They will dig up seeds planted in the garden or greenhouse, and they will eat dried pepper pods in storage in order to get to the seeds!

Cayenne is one of the hotter peppers, so it is often ground into a powder or chopped into dried pepper flakes for addition to recipes. In Thai and other Asian cuisine, it may be cooked whole in a recipe and then removed at the table.

RECIPES

Lemon Tarragon Pasta Salad with Chicken

(thecraftingchicks.com)

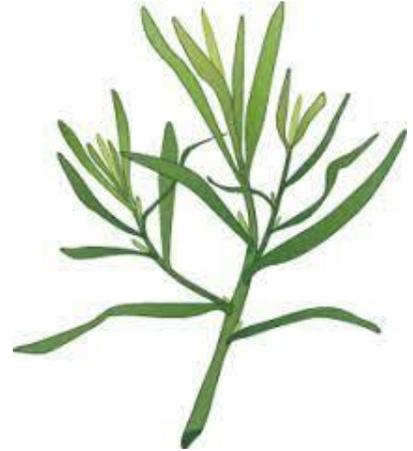
Salad:

3 cups uncooked bow tie pasta (cook as directed)
2 cups cubed cooked chicken breasts
1 cup chopped celery
2/3 cup chopped green onions

Dressing:

1 cup Mayo (can substitute ½ cup with sour cream or yogurt)
zest, juice and pulp from 1.5 lemons
1 Tbsp. minced shallot
1-2 Tbsp. fresh tarragon leaves chopped
dash of salt
½ - 1 tsp sugar

Mix all together. Pour over salad and let marinate 30 min to 2 hours.



Easy Pesto

Ingredients:

1 cup of packed fresh basil leaves
1/8 cup of pine nuts
1/4 cup grated parmesan cheese



1 clove of garlic
1/3 cup of virgin olive oil
Sea salt and freshly ground pepper

Place washed and dried basil leaves, garlic and pine nuts in a food processor. Pulse ingredients until coarsely chopped. Add a portion of the olive oil, processing the mixture until all ingredients are incorporated and the mixture is smooth. Season as desired with salt and pepper.

If using the pesto immediately, add the remaining oil and pulse until the mixture is smooth. Scrape into a serving bowl and add parmesan cheese.

If freezing, don't add the Parmesan cheese. Place in an airtight container and pour remaining oil over top of pesto. It will freeze for up to three months. Stir in 1/4 cup Parmesan cheese after thawing.

Basil Lemonade

This refreshing beverage couldn't be easier to prepare. Simply combine all of the ingredients in a blender and blend until the basil is completely broken down. No need to strain!

Serves 2

Ingredients:

1/4 cup fresh lemon juice
2 cups water
3 tablespoons pure maple syrup
1 tablespoon fresh minced basil

Lavender Lemonade

2 c boiling water
1 c dried lavender flowers
2 c cold water
1 c lemon juice
1 c sugar

1. Make an infusion by boiling water and then pouring the water over the lavender.
2. Let it steep (covered) for 10 min.
3. Strain and discard the lavender and put the water back into the pitcher.
4. Add cold water, lemon juice and sugar, stir till sugar dissolves.
5. Refrigerate before serving.

Aromatherapy from the Kitchen

(Posted on August 14, 2018 by Mystical Magical Herbs in Craft and Fragrance Ideas, Herbal Remedies)

While aromatherapy these days refers to essential oils, initially it meant simply the use of fragrance for healing.

Citrus: If you cook, enjoy herbal teas or garden, you already have the benefits of aroma therapy waiting for you. The fragrance of lemons and oranges have a clean, refreshing scent that combats depression. Save the peels and toss them in a crock pot. Add 8 cups of water and simmer on low all day. The peels will release a scent that promotes well being.

Vanilla: Chefs and bakers know the worth of 100% vanilla extract and vanilla beans. Vanilla adds flavor to ice cream, cookies, cakes and muffins. The next time you're in need of a 'mood-lifter' dab a little vanilla extract on your left wrist and inhale deeply. Aromatherapy at its best.

Mint: Stimulates our senses with its clean, crisp scent. Because mint contains natural menthol, it unclogs stuffy noses due to head colds or sinus pressure. Add 1 tablespoon dried or fresh mint to a small sauce pan, pour in 3 cups of water and simmer on low. A minty scent should fill the kitchen within minutes.

Cinnamon: Most kitchens are stocked with ground cinnamon or cinnamon sticks. The warm scent of ground cinnamon adds a special touch to the holidays. For a different and delicious treat, add 1 teaspoon of cinnamon per 2 scoops of ground coffee to the coffeemaker. Stir a cinnamon stick into hot cocoa for a delicious treat. The combination of cinnamon and cocoa helps to soothe a sore throat.

Basil: Good cooks know basil stimulates the appetite when simmered in sauces; but did you know regular consumption of basil has the exact opposite effect? A cup of freshly made basil tea revs up your metabolism and helps you burn fat at a higher rate. To banish fatigue, sprinkle 1/2 teaspoon of dried basil in the palm of your hand, rub gently and inhale deeply.

Rosemary: Winter is coming and with it, colds, flu and that blah feeling. Add 3 heaping tablespoons of dried or fresh rosemary to a crock pot. Pour in 8 cups of water and simmer on low all day. Fabulous aroma and a positive mood enhancer.

Garden Events this Summer

(Melody)

Bookworm Gardens Sheboygan <https://www.bookwormgardens.org/fairyfolk-festival>

Fairyfolk Festival July 27 - August 1, 9 am - 5 pm

The Garden Conservancy: Open Days Program Tour, July 31 and Aug. 28-29. Admission \$10 per garden. The July gardens include Sievert Garden in Waukesha, Dragonfly Farm in Mequon, and Radler's Rosarium in Greenfield. The August gardens include four gardens on the North Shore of Milwaukee County. Advance purchase required. Information: [gardenconservancy.org/open-days](https://www.gardenconservancy.org/open-days) [https://www.gardenconservancy.org/open-days-schedule/milwaukee-county-wi-open-day-2](https://www.gardenconservancy.org/open-days/open-days-schedule/milwaukee-county-wi-open-day-2)

FBBG (Friends of Boerner Botanical Garden) Evening in Will Radler's gardens, Friday, Aug 20, 6:30-8:30pm
<https://gggazing.wordpress.com/information/>

On Saturday July 11, 2020, the twenty-sixth annual **Greendale Garden Gazing Walking Tour** will begin at the [Greendale Gazebo](#), located in the **village** center of beautiful, [historic downtown Greendale](#). On that day, from 8:00 a.m. until 12:00 noon, rain or shine, Greendale Garden Gazing club members will be there to greet you.

Milwaukee Journal Sentinel Listing of Garden Events

<https://www.jsonline.com/story/life/home-garden/2021/06/02/home-and-garden-calendar-events-milwaukee-area-summer-2021/7496519002/>

Garden District Neighborhood Association: Garden Tour, 10 a.m.-2 p.m. July 31. Free. Driving tour of about 12 gardens in the 13th aldermanic district. Map will be published on the Garden District Facebook page. <https://www.facebook.com/MilwaukeeGardenDistrict>

July 17, 2021 **Shade Gardening Seminar & Sanger House Gardens Tour**
In-person event with Melinda Myers

Harvesting Herbs for Culinary Magic

Melinda Myers (Ebert's Village Gardener Express)

Add a flavorful boost to any meal with garden fresh herbs. You'll quickly discover fresh really is best!



Harvest herbs whenever you need them for cooking or garnishing a favorite dish. Adjust the quantity of herbs used to allow for variations in flavor intensity and your family's preference. In general, you will need 2-3 times more fresh as dried herbs. So if the recipe calls for one teaspoon of dried parsley use one Tablespoon (3 teaspoons) of the fresh parsley leaves.

Use a pair of garden scissors or pruners for harvesting. Make your cuts above a set of healthy leaves. The wound will close faster and the remaining plant will look better. Rinse off the clippings and remove tough stems and bad leaves. Store the extra, unwashed leafy herbs in a vase of water and loosely covered with a plastic bag. Keep basil on the kitchen counter and cold

tolerant herbs like parsley and cilantro in the refrigerator. Wrap thicker leafed herbs like sage and thyme in a paper towel set inside a plastic bag and place in a warmer section of the fridge.

Don't be afraid to keep harvesting. Regular picking encourages new growth for future harvests. Just be sure to leave enough foliage to maintain plant growth. You can harvest as much as 50 to 75% from established annual herbs and one third of perennial herbs at a time. Clip off leaves and stems before the plant begins flowering to encourage more tender growth. You'll get the greatest concentration of flavor when the plant has formed buds, but before they open. But don't discard the flowers if you waited too long. Enjoy the beauty and added flavor of basil, lavender, lovage, monarda, oregano, Rosemary, sage, sweet marjoram and thyme blossoms.

Diane Kescenovitz
2427 W Plum Tree Court
Mequon, WI 53092
(Return Service Requested)



LAVENDER LADY

*A mysterious lady of every age
Whose fragrance wafts through history's page
Memories of old lace, dainty and sweet
Bouquets exude perfume exquisite to greet*

*A design copied for landscape display
The scent most desired even today
Simple gray spikes articulate grace
Aura evokes plans for tender embrace*

*Colored tints vary to violet, mauve or blue
Paths and hedges drift to purple hue
An aromatic old world herb always the same
Legion are myths one delights to rename*

*The lavender fantasy travels worldwide
Intriguing secret lessons tucked inside
Culinary and medical values may yet be explored
The illusions and lore will forever be adored*

Jejanssen "Under the Leaf"



If you have an event, article, recipe, etc. in which you feel members might be interested, please send to Diane at kescenovitz.diane@att.net and I will try to put it in the next issue of SAGE LEAVES if there is room.

Future SAGE LEAVES will be mailed out to arrive by 9/1/21 and 11/1/21.