

Tulsa Herb Society

Newsletter

March 1, 2025

THS Thymes



February Meeting Highlights

Our February business meeting held on Tuesday, February 11, 2025, at the Tulsa Garden Center was a learning, reflective, and fun event. We learned to access the new webpage at tulsa herbsociety.org created by website chairman, Chrissie Gray, and she taught us how to find the monthly newsletter and upcoming activities there. Members learned a detailed 2024 treasurer report from club treasurer, Nancy Foster, with upcoming donations for local charities, and we shared some St. Valentine's Day themed snacks. Our program speaker was Andy Fusco, Acting Executive Director and Director of Horticulture at the Tulsa Garden Center. He gave a presentation explaining the past, present, and future of the iconic Tulsa organization, grounds, and projects.



Upcoming Events

March 4 - THS board meeting at the Tulsa Garden Center (TGC) library, 11:00 a.m.

March 4, 11, 18, & 25 - every Tuesday of the month - Crafting will be meeting downstairs at 9:00 in the TGC. The crafting team will be making ribbon hairbands, air clay flower frogs, catnip mice, and dragonfly suncatchers as well as a banner for Springfest. The cooking team will start meeting March 18, making delicious jams and vinegars. Let them know if you are interested in learning these techniques.

March 11 - THS March Tea at the Tulsa Garden Center, 10:00 a.m. This is a members-only event. Please contact Mary Roberts (text 541-441-3120 or email marymroberts64@gmail.com) and Linda Callery (text 918-774-5245 or email lindacallery@me.com) if you can attend and provide finger food for this lovely luncheon. The theme for this year's tea is "Art in the Garden" where tablescapes and art displayed will create a beautiful and fun time.

April 1 - THS board meeting at the Tulsa Garden Center library, 11:00 a.m.

April 8 - THS business meeting and program will be a history of the Garden Center mansion and Museum of Tulsa History at 10 a.m. Gayle Campbell will give a presentation on the history of the two buildings built by Tulsa brothers.

April 11 & 12 - Springfest at the Tulsa Garden Center lawn just east of the mansion, 9.00 a.m. - 3:00 p.m. each day. - Please contact Marla McMahon if you can volunteer.

May 6 - THS Plant Exchange at the Tulsa Garden Center, 9:30 a.m. Members only.

May 6 - THS board meeting at the Tulsa Garden Center library, 11:00 a.m.

May 13 - Bus trip to Stillwater. See below.

May Bus Trip



Our May 13 bus tour is set, and sign-up started at our February meeting. We have booked our bus from Village Travel and will depart from the Garden Center Tuesday, May 13, at 8:30 a.m. Our first stop will be The Botanic Garden at OSU, with a guided tour and a boxed lunch. Then, we will head to Bustani Plant Farm, also in Stillwater, for a tour and shopping, and afterwards it's back to the Garden Center. This event is a members-only event and costs \$25 per person. Look for sign-up sheets and co-chairs Beverly Allen and Kim McCoy at our March Tea. Pay by cash or check and complete your order form for lunch and your emergency contact form. Please note, the bus holds a total of 55 passengers.



From the President, Kathy Blank

I am hoping there are early indications of spring while you are reading this. The ground outside is snow covered as I am writing this message.

There have been so many exciting things happening with THS the first quarter of this year.

- Ten new members, including another man.
- THS has its own WEBSITE!!! Thanks to Chrissie Gray for all her time, talent, and hard work. tulsaherbsociety.org
- Andy Fusco, acting Executive Director of the TGC of Woodward Park, held the annual affiliates meeting and welcomed everyone to work together and support each other. He was also our February program and talked about how we support the Garden Center and how they want to support us.
- Sue Stees is leading us with needed Standing Rules and By-Law changes.
- Patsy Wynn is taking orders for new THS Tee shirts and aprons and developing an updated directory.
- Nancy Foster and committee prepared a yearly budget and proposed donations to Global Gardens, A New Leaf, The Tulsa Botanical Gardens, and Tulsa Garden Center at Woodward Park.
- Mary Roberts and Linda Callery are chairing “Art in the Garden” for our March Tea. I can’t wait to see the artwork our talented members contribute to the décor!
- We were invited to help man a booth at the Tulsa Home and Garden Show March 6-9.
- Marla McMahan and crafters are preparing for our space at Springfest April 11 & 12.

- Beverly Allen and Kim McCoy are coordinating our May bus trip to the Stillwater OSU Botanical Gardens and Bustani Nursery. Take your basket, boxes, or bags so you can bring home lots of wonderful plants.
- Julie Knebel is chair of our two-day July Community Speaker Events. She will have more information for us at the March meeting. Be sure to sign up to help both days.
- Lastly, for this month, I want to give credit to Paula Virtue and her talented daughter, Jenna Rademaker, for creating and updating our wonderful THS brochure.

Now, get out there in the mud and start cleaning and planning your 2025 garden. Make a list of things you will need to buy at Bustani's in May.

Good roots support new leaves,

Kathy




Rosemarian Report,

Sharon wrote and a "Thinking of You" card to Michelle Lawrence and a "Get Well" to Sue Stees.



Member Birthdays in March

1	Jackie Ahrens	
1	Tammy Smith	
3	Debi Engles	
5	Kim Hagen	
7	Beverly Allen	
11	Mary Stillwell	
15	Teresa Dawkins	
16	Melinda Blank	
22	Susie DeMarco	
29	Betty Fulk	

From the Parliamentarian, Sue Stees

Amendments to the Constitution and Bylaws must be presented to the membership in writing at least thirty days before any regular meeting. We need to present the changes in writing at least thirty days before any regular meeting. Voting for the following changes will take place at the March meeting.

ARTICLE VIII Committees

c. Newsletter

1. shall be responsible for publication of monthly newsletter and the mailing to all members.

Change to read:

1. shall be responsible for publication of monthly newsletter and the **distribution to all members via the tulsaherbsociety.org website, email, or the postal service.**

h. Speakers' Bureau

2. shall maintain and update the THS speaker program folders.

Change to read:

2. shall maintain and update the THS speaker program records.



Tulsa Herb Society Officers and Committee Chairs 2025

<p>Officers: President 1st Vice President 2nd Vice President Secretary Treasurer</p>	<p>Kathy Blank Patsy Wynn Gayle Campbell Margaret Pavletich Nancy Foster</p>	<p>Committee Chairs: Carols & Crumpets Cooking Crafting Facebook Newsletter Historian Parliamentarian Rosemarian Speakers' Bureau Website</p>	<p>Patsy Wynn & Sally Taggart Beverly Allen & Beth Teel Marla McMahon, Chrissie Gray, Eve Joseph, & Sharon Ferguson Beth Teel Robin Ferrell Betty Muratet Sue Stees Sharon Ferguson Karen Watkins Chrissie Gray</p>
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Tulsa Herb Society Business Meeting Notes from February 11

Kathy Blank, President called the meeting to order at 10:05am

Monthly Meeting Minutes: Approval for the minutes of the meeting in January was delayed till next month because they were published on the new website and the members were not aware that they were available there.

Herb of the Month: Patsy Wynn gave a presentation about Mexican Mint Marigold.

Officer Reports

First VP-Patsy Wynn - Patsy welcomed 7 new members to the Herb Society. Patsy announced that we will have a new directory this year. Briana, from the Garden Center, will assist in putting it together.

Patsy has T-shirts and aprons available on a table and will be taking orders. She asked for payments to be made to her by check to prevent any confusion. The payment includes the tax.

Second VP-Gayle Campbell - The March Tea chairs are Mary Roberts and Linda Callery. Sign-up sheets are on the table, and we are in need of more people to sponsor tables. The theme of the Tea is "Art in the Garden." They are looking for sculptures, paintings, and any other art that members have made for their gardens to decorate the area.

The May Bus Trip - Beverly Allen and Kim McCoy are in charge. They have sheets on the table and ask members to sign up. They ask that members pay by check or cash. The trip will be on May 13th. They will go to the Botanic Gardens at OSU, where they will have lunch, then the group will go to the Bustani Plant Farm, where we can buy plants. The cost is \$25 per person. The bus will leave the Garden Center at 8:30 a.m.

Secretary Margaret Pavletich - Nothing to report

Treasurer Nancy Foster - Nancy went through the budget report in detail. Copies were on each table for members to share. She reported that the Board had already approved the budget. Nancy reported that the Venders at Carols & Crumpets all did very well. She further reported that Credit card expenses have gone up since last year.

Nancy went over the donations that the Herb Society will make this year. These are yearly donations. They will go to the Garden Center, Global Gardens, A New Leaf, and the Tulsa Botanic Garden.

In our Standing Rules it says we will donate \$400 a year to provide plants for the Herb Garden at the Garden Center. That needs to be changed to "up to \$400." Julie Knebel made the motion to change the wording to reflect "up to \$400," and Betty Muratet seconded the motion. The motion passed unanimously.

Committee Reports

Carols & Crumpets - Patsy Wynn, Sally Taggart - Sally reports that they are working on it.

Cooking - Beth Teel, Beverly Allen - Beth reports that cooking will start March 18th

Crafting - Marla McMahon, Chrissie Gray, Eve Joseph, Sharon Ferguson - Marla reports that crafts have already started.

Facebook - Beth Teel - nothing to report.

Historian - Betty Muratet – nothing to report.

Hospitality - Janna Johnston, Maggie Shiroma - Janna and Maggie invited all the members to enjoy the refreshments today.

Newsletter - Robin Ferrell - The newsletter will be on the website.

Parliamentarian/By-Laws - Sue Stees - Sue Presented changes to G of the Standing Rules concerning publication of the newsletter to non-members. The board recommended that this rule be eliminated. Karen Watson made the motion to eliminate this rule, and Betty Muratet seconded it. It passed unanimously.

Sue read the changes to Standing Rule N, regarding the donation of up to \$400 a year to the Garden Center. Robin Ferrell made the motion to accept this change in wording, and Jan Edwards seconded the motion. The membership approved the change.

Sue read the change to Standing Rule S, to read, "Upon the death of a member, a memorial brick will be purchased for the Teaching Garden at Woodward Park." A motion to pass this wording was made by Beverly Lightner and seconded by Melinda Blank. The change was passed unanimously.

Changes to the By-Laws were printed in today's agenda and will be voted on at next month's meeting as printed in our bylaws.

Publicity - Carol Puckett, Julie Knebel - Julie reports she will try to get an article ready for the Garden Center's quarterly publication.

Rosemarian - Sharon Ferguson - Sharon sent a get well card to Sue Stees.

Speakers' Bureau/Study Group - Karen Watkins - Karen gave a talk about why there is a shortage of fireflies in nature and what we can do to remedy this shortage.

Website Development - Chrissie Gray - Chrissie gave an update and instruction on the new website to the group. She added that a website is never finished; it keeps evolving.

Old Business

A new member, Teresa had signed up to bring gifts for the gift exchange bags at Christmas but was not able to attend. She has her gifts to distribute today to the other members who participated. She asked them to meet with her.

New Business

Members were reminded that Springfest is April 11 & 12, 2025. Marla reminded members to sign up to man the Herb Society Booth inside the barn.

Members were also reminded that the Plant Exchange will be the 1st Tuesday of May. The plant exchange will begin at 9:30 a.m. before crafts.

Andy Fusco, the new Director of the Tulsa Garden Center gave a presentation about the Garden Center and thanked the Herb Society for their donation and continued support of the Garden Center community.

The meeting ended at 11:07 p.m.



Herb of the Month Report

Chicory

by Julie Sluss



Chicory...it's not one of those herbs we think about very often. With the recent Super Bowl hosted in New Orleans, fond memories of beignets and the distinct coffee/chicory blend from Café Du Monde sparked my curiosity to explore *Cichorium intybus* for the first time.

This perennial herbaceous herb is a member of the Aster family. Common chicory is also known as blue daisy, blue dandelion, blue sailors, blue weed, bunk, coffee weed, cornflower, horseweed, ragged sailors, succory, wild bachelor's buttons, and wild endive.

Many varieties are cultivated for salad leaves, chicons (blanched buds), or roots (var. *sativum*), which are baked, ground, and used as a coffee substitute and food additive. In the 21st century, inulin, an extract from chicory root, has been used in food manufacturing as a sweetener and source of dietary fiber. Chicory is also grown as a forage crop for livestock.

Chicory is native to Eurasia and has been cultivated for over 5000 years by Egyptians as a medicinal plant. Ancient Greeks and Romans used chicory as a vegetable and in salads. The plant was brought to North America by early European colonists where it is both a cultivated crop and a weedy plant.

The entire plant is edible. It contains more than 20% of daily requirements for vitamins K, A, C and B per 3.5 ounce. The high inulin content is used as a sweetener and has been used to promote healthy intestinal flora (think probiotics) and bolster the immune system. Its root has long been cultivated as a coffee substitute/additive. Roots are peeled, baked, roasted and ground to mix with coffee. Chicory is also cultivated as fodder for livestock due to its nutritional value and drought tolerance.

In the 1840s, the port of New Orleans was the second-largest importer of coffee (after New York). Louisianans began to add chicory root to their coffee when Union naval blockades, during the American Civil War, cut off the port of New Orleans, thus creating a long-standing tradition.

Chicory is not a demanding plant as it grows in roadsides, waste places, and other disturbed areas. It's blue flower blooms spring--summer and enjoys full sun. Hardiness is zone 3-8. It is drought tolerant but prefers well-draining sandy soil, pH 5.5-7.0. Companion buddies are beets, carrots, cukes, radishes and onions. Aphids, snails, anthracnose, bacterial soft root and fusarium wilt are known pests and diseases to this plant; whoever, it is low maintenance and not very demanding.

Chicory attracts bees and butterflies when the flower heads open before sunrise, inviting them to dine on their fresh morning white pollen but the buffet starts to close by afternoon. Interestingly, thanks to this blooming habit, the Swedish botanist Carl Linnaeus, included chicory in his "floral clock." This clock was an imagined garden filled with flowers that bloom at different times of day to indicate the time. Chicory marked the four o'clock hour in the early morning in Sweden because the flower heads begin to open just before sunrise there and close again in the afternoon.

Please come to the March Tea where I will be sharing additional fun history on this versatile and amazing herb.

Sources: Wikipedia and Gardener's Path by Kristine Lofgren

Valentines for Veterans

On February 4th, our THS crafting group started out 2025 with its first project—valentines.

Marcia Clark spearheaded the session and laid out a smorgasbord of supplies, which other crafters added to, until there were two long tables covered by red and pink and white card stock, foam hearts, paper doilies, decorative paper, "Happy Valentine" stickers, bookmarks, and pretty ribbons. Twenty creative ladies cut, glued, and signed the one-of-kind valentines, and by 11:30, they had made 103 valentines and bookmarks.

So how did they get the valentines to the veterans? Marcia took them to Triad Eye Institute, which encourages organizations, clubs, and individuals to make valentines and then drop them off at a Triad location so that they can be handed out to Green Country veterans. This annual event is sponsored by Griffin Radio's 92.9 The River and 99.5 Big Country in conjunction with Triad Eye Institute.

