

Tulsa Herb Society

NEWSLETTER

February 1, 2025

THS Thymes



January Program: Tea Time with Tae Tae

The Tulsa Herb Society program for January was a presentation by Tatum Thrasher. The Sunday Night email from January 19 included the high points and vocabulary from her presentation. She talked about the history of teas that came from Asia and were then brought along trade routes to Europe and then the rest of the world. She shared how herbs are valued in teas for their culinary and medicinal properties.



Upcoming Events:

February 1 - Late dues are increased to \$35.

February 4 - THS board meeting at the Tulsa Garden Center in the library, 11:00.

February 4, 18, and 25 - Cooking group will be meeting at 10:00 - 11:00 on Feb. 4 in the Garden Center kitchen to discuss the cooking schedule. Meet at 9:00 on the 18th and 25.

February 4, 18, and 25 - Crafting group will be meeting at 9:00. Planning for future crafts and springfest will be discussed.

February 11 - THS business meeting and program at the Tulsa Garden Center, 10 a.m. The program will be presented by Andy Fusco of the Tulsa Garden Club.

The March Tea is Tuesday, March 11. Calling all artists and table hostesses! For March, Tea is Art in the Garden and we are asking THS artists who would like to display their art to contact us as soon as possible. Contact Mary Roberts and Linda Callery. As we know there are various art forms that would be interesting to display. So please let us know your ideas on this. We are also looking for our fabulous table hostesses who can create art in the garden in their tablescapes. If you have never hosted a table before, we have many expert past hostesses who would be willing to help.

Tulsa Garden Center membership renewals are done in their office during working hours or online at www.tulsagardencentre.org. Remember that 60% of our membership must be members of the Tulsa Garden Center to have zero cost for our monthly meetings at their facility.

Member Birthdays in February

8	Lea Weaver	
10	Edie Maxey	
11	Carla Childs	
19	Kim Tackett	
22	Pam Larkin	
24	Cheryl Johnson	

From the President, Kathy Blank

Winter seems longer when you are anxious to get in your garden to clean out and plant again! Karen has reminded us to wait as long as we can to allow all those hibernating among the dead growth to survive until summer. I'm sure you are making plans for your 2025 gardens, ordering seeds and plants.

If you have any personal changes for our directory, please let 1st VP Patsy Wynn know as soon as possible. Be sure to let her know if you can help her with the t-shirt/apron orders.

Remember to get your THS dues to Treasurer, Nancy Foster. Only paid members are allowed to attend the March Tea.

* It is important to our affiliate for at least 60% of our membership also join the Tulsa Garden Center. It is easy to do online at Tulsagardencentre.org. Your membership not only helps the Garden Center and THS, but you get several great benefits. Their newsletter, *In the Garden*, is a beautiful, informative publication. Your membership gives you discounts on workshops and free admission to over 360 other gardens across the country.

February's program will be Andy Fusco, acting Executive Director of the Garden Center. He will bring us the latest news about the Center, Teaching Gardens, and Woodward Park.

I want to thank the 22 members of the THS board for helping me to move into the role of President. I have some "catching up" to do and some different ideas to try. I am grateful to have so much support and encouragement.

We should remember Gayle Campbell in our thoughts and prayers. She has undergone some extensive surgery and is presently recovering. She will not be available to make meetings for several weeks.

Here's hoping you, your garden, and all those who live there are doing well. Have a cup of herbal tea while you stay warm and wait!

Good roots support new leaves,
Kathy



Membership Opportunities

Springfest Co-chair April 11 & 12 Contact Crafter Marla McMahnnon	May Bus Trip Co-Chairs Contact President Kathy Blank by text. You will eventually be working with 2nd VP Gayle Campbell.	July Community Speaker Events General Chair to oversee both days Chairs for events Contact Kathy Blank by text. You will eventually be working with 2nd VP Gayle Campbell.
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Rosemarian Report from Sharon Ferguson



Two notes were sent to members in January. The first was a thank you note to Tatum Thrasher for her report on tea. The second note was a get well card to Gayle Campbell after surgery.

Tulsa Herb Society Officers and Committee Chairs 2025

<i>Officers:</i> President 1st Vice President 2nd Vice President Secretary Treasurer	Kathy Blank Patsy Wynn Gayle Campbell Margaret Pavletich Nancy Foster	<i>Committee Chairs:</i> Carols & Crumpets Cooking Crafting Facebook Newsletter Historian Hospitality Parliamentarian Publicity Rosemarian Speaker Bureau Website	Patsy Wynn & Sally Taggart Beverly Allen & Beth Teel Marla McMahon, Chrissie Gray, Eve Joseph, & Sharon Ferguson Beth Teel Robin Ferrell Berry Muratet Janna Johnson & Maggie Shiroma Sus Stees Carol Puckett & Julie Knebel Sharon Ferguson Karen Watkiins Chrissie Gray
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Tulsa Herb Society business meeting notes during the program January 14

The meeting was called to order at 10:02 a.m. by Kathy Blank, President.

December's Meeting Minutes: Beverly Allen read redacted parts of the minutes to the group. Pat Morris made a motion to approve the minutes as presented and Julie Knebel seconded it. The group approved with a show of hands.

Herb of the Month and Year - Chamomile presented by Robin Ferrell.

Officer Reports:

First VP - Patsy Wynn - Patsy welcomed 6 new members to the club. Patsy asked for members to sign up to present the herb of the month and briefly explained what information to supply. Patsy asked members to let her know if more name tags are needed.

Second VP - Gayle Campbell - Gayle announced she will not be available for a while. Gayle asked for a volunteer chair for May's Bus Trip. She also asked for a volunteer to chair the July Guest Speaker event.

Secretary - Margaret Pavletich - No report.

Treasurer Nancy Foster - Nancy reported the present balance. The new budget will be reported at the February meeting. The budget committee is composed of Nancy Foster, Sue Stees, and Beverly Allen. Nancy encouraged members to join the Tulsa Garden Center. She also announced that a brick had been approved for a deceased member and will be placed in the garden.

Carols & Crumpets (C&C) - Sally Taggart - Sally announced there will be a meeting on January 28 at 10 a.m. to wrap up the results of C&C. All are invited.

Cooking - Beverly Allen - They have completed the inventory and will have cooks meet before the Board Meeting next month. Cooking will begin in February.

Crafts - Marla McMahon - Crafts begin next Tuesday with a meeting to collect ideas about crafts for the upcoming year. All are welcome to attend.

Facebook - Beth Teel - No report.

Hospitality - Janna Johnston - No report.

Newsletter - Robin Ferrell - Robin announced that the goal is to start on February 1st to have the newsletter on the new website. She stated that information for the newsletter must be submitted to her January 20th.

Parliamentarian- Sue Stees - Sue announced that there will be a change in the standing rules. The changes will be presented to the group during next month's meeting.

Publicity - Julie Knebel - Julie announced that *Tulsa People* magazine is featuring THS in their "benefits" section of the magazine in February.

Rosemarian - Sharon Feguson - No report.

Speaker Bureau/Study Group - Karen Watkins - Karen shared excerpts from the book *Bringing Nature Home* to explain why we do the things we do with nature.

Website Development - Chrissie Gray - Chrissie stated the website will start on February 1st. She stated there will be a public side and a member's side to the site. It will be at tulsa herbsociety.org.

Old Business - None.

Springfest is April 11 -12 - needs a chair.

Kathy Blank, President announced that Gayle has descriptions for all committee chair member responsibilities. They are available to anyone who would like to chair a committee.

Herbal Teas presented by Tatum Thrusher.

Kathy Blank - President ended the meeting at 11:05 a.m.

Respectfully submitted,
Margaret Pavletich,
Secretary



Herb of the Month

Mexican Mint Marigold

By Patsy Wynn



The Mexican Mint Marigold, aka Mexican tarragon, is an ancient herb. It is an easy-growing plant with many uses, including being used in tea, in chocolate, or as a savory.

This very ancient herb goes by a variety of common, but somewhat confusing names. “Mexican mint marigold” is the most common, but you’ll also find it listed as Texas tarragon, Mexican tarragon, cloud plant, coronilla, winter tarragon, sweet mace, sweet marigold, and Spanish tarragon. It isn’t, however, related to French tarragon at all.

Mexican mint marigold has a lot to offer, it thrives in the hot, humid South, where many herbs languish. Its small, bright flowers blossom in fall when other herbs have played out for the season. Its licorice-anise flavor is a successful stand-in for French tarragon, and it looks good in the garden.

The paragon, native to the mountains of Mexico and Guatemala, is a neat, upright bush some 3 feet tall with narrow sharply toothed dark green leaves. Its scent recalls that of tarragon more than it does the pungent aroma of its familiar bedding-plant cousins, so called French and African marigolds. In fall, if the growing season is long enough, the tips of the stems bear clusters of ¾ inch golden yellow flowers.

Besides cloud plant, Mexican mint marigold has many other aliases, most alluding to its fragrance: sweet mace. Mexican or winter tarragon, sweet - or - mint scented marigold, root beer plant, Mexican marigold mint, and yerba anis. Its Latin generic name, *Tagetes*, probably comes from Tages, an Etruscan deity said to be the grandson of Jupiter.

Cloud plant, as this herb is known in Mexico, was first documented there in the 16th century by Spanish explorers. According to legend the ancient Aztec chieftains used a powder made from aromatic leaves of mint marigold to calm the hapless victims of sacrificial rituals. The leaves have also been used medicinally in folk remedies for malaria, colic, and colds; a poultice of leaves is a traditional treatment for rattlesnake bite.

Medicinal uses include treatment for upset stomach, for stimulating the appetite, as a diuretic and stimulating beverage. There are reports from various parts of Mexico and the southern United States of message-carrying, long-distance runners using especially strong mint marigold tea to give them strength and stamina. The robust tea acts similar to the caffeine in strong coffee. Traditionally, the leaves were an important flavoring of the chocolati, the foamy, stimulating cocoa drink of the Aztec.

Mexican mint marigold does well in regions where French tarragon struggles. For example, French tarragon doesn’t thrive in the hotter southern states. Even in the Missouri and Arkansas Ozarks, French tarragon suffers with the heat, but Mexican mint marigold thrives in hot climates.

You can grow Mexican mint marigold in any average garden soil. Depending on your climate you may grow it as a perennial or an annual. While Mexican mint marigold is said to be hardy in zones 8-11, it will grow easily in zones 6-7 if it mulched well in the fall. The plant expands into a small clump in the second year and can withstand temperatures as low as 5 degrees Fahrenheit, provided it has 6-12 inches of straw mulch piled on the plant after the first frost of fall