

Tulsa Herb Society

Newsletter

October 2025



THS Thymes

SEPTEMBER MEETING HIGHLIGHTS

Members met on a beautiful Tuesday morning September 9 and explored 2 gardens and a fine restaurant in Claremore, Oklahoma. First we met at the Master Gardeners' Teaching Garden where docents explained the history of the garden, some of the ornamental plants, and art within the garden next to Rogers State University. After touring that garden, members met at the Belvedere Mansion in Claremore for lunch and some peach tea at The Pink House restaurant. After a delicious meal and some dessert, we drove and explored the Rogers State University Conservation Education Reserve. There Robert gave us information about the grounds and its native plants. Some members explored Claremore's shopping on their way home.



UPCOMING EVENTS

Oct. 7 - THS board meeting will be in the TGC library, 11:00.

Oct. 7, 21, & 28 - Cooking and crafting will be meeting at the TGC at 9:00. Please read the Sunday night emails and/or THS Facebook posts to know what your group will be cooking and creating.

Oct. 14 - The THS Harvest Luncheon is scheduled. The THS meeting begins at 10:00, and the theme of this year's luncheon is "It's Fall, Ya'll." This year's chairmen for the event are Donna Brooks and Debra Boyd. Donna would also like some members to decorate the window sills, so if you are able to help with a table or window sill, please contact her at 918 798-2023. If you plan to attend and have not signed up to bring a food item, please text Donna.

Nov. 4 - THS board meeting will be in the TGC library, 11:00.

Nov. 4, 18, & 25 - Cooking and crafting groups will be meeting at the TGC at 9:00. Please read the Sunday night emails and/or THS Facebook posts to know what your group will be cooking and creating on those Tuesday meetings.

Nov. 11 - Our THS monthly business meeting begins at 10:00 in the Tulsa Garden Center, and the theme will be "Pumpkins, Anyone?" The educational presentation for the meeting will be led by Leigh Taylor, the Garden Manager at the TGC. Leigh will share their recent experiences at the Royal Horticultural Society Chelsea Flower Show in England. Please bring snacks to share at the meeting.

Dec. 2 - THS board meeting will be in the TGC library, 11:00.

Dec. 4 & 5 - Setting up for Carols & Crumpets at the TGC beginning at 9:00. Please note what you have signed up to do. This is a time when all hands are on deck for our biggest fundraiser to support the Tulsa Herb Society programs.

Dec. 6 - Carols and Crumpets 8:00 - 3:00 - This is the day! Tell your friends! Let's have fun!

Dec. 9 - Our Holiday Luncheon will be Tuesday, Dec. 9. Kristie Nix-Blunt is the chair and will be giving more information at the October and November meetings and providing signup sheets for various duties. We specifically need table hostesses. The small and large gift exchanges will be available as usual.

MEMBERS' BIRTHDAYS IN OCTOBER

1	Linda Harrison	 The image shows a square card with a red border. At the top, it says "October Flower" in a red script font. In the center is a detailed illustration of a cluster of orange and yellow marigold flowers with green leaves. At the bottom, it says "Marigold" in a red script font.
2	Elam Blank	
2	Carol Puckett	
2	Karen Wilson	
5	Betty Kusleika	
8	Rita Singer	
9	Kim McCoy	
10	Sharon Ferguson	
16	Bette Weeks	
21	Teresa Malaby	
25	Janis Stukert	
26	Sue Stees	
30	Maggie Shiroma	

OCTOBER HARVEST LUNCHEON

Our October Harvest Luncheon is a members-only event and will be in the TGC Auditorium on Tuesday, October 14, at 10:00. Tulsa Herb Society members setting up tables may arrive at 8:30 to decorate, and members bringing food may come at 9:30.

Donna Brooks and Debra Boyd are chairing our fall luncheon. Because we want to make sure we have enough tables, you must sign up if you want to attend this fun party! Please contact Donna Brooks 918-798-2023 or Debra Boyd 918-260-5025.



NOVEMBER MEETING



Leigh Taylor is the Garden Manager of the Teaching Garden at the Tulsa Garden Center and will be speaking at our November 11 gathering after our business meeting. The presentation will begin roughly at 11:00.

Leigh will be talking about attending at the Royal Horticultural Society Chelsea Flower Show in England during a spring visit. The Royal Horticultural Society was established in 1804, and it is the leading gardening charity in the United Kingdom.

Please remember to bring snacks to share at the meeting. The hospitality committee has chosen the theme "Pumpkins, Anyone?"

CAROLS AND CRUMPETS IS SATURDAY, DECEMBER 6



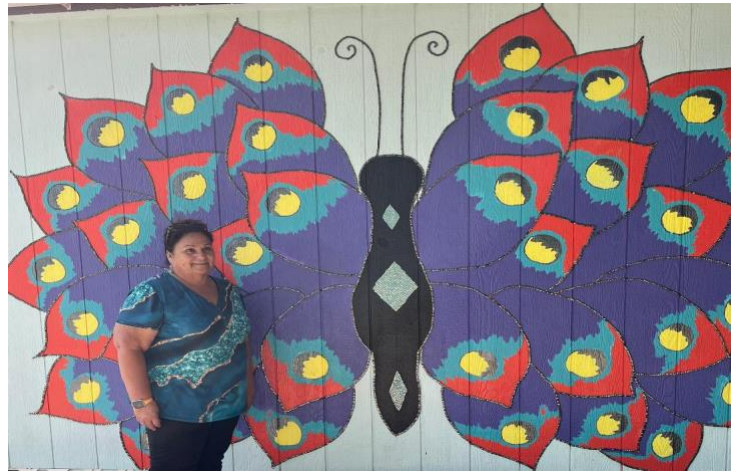
Our biggest fundraiser will be here before we know it. Please sign up to bring cookies and/or work shifts to make this as successful as it has been in years past. Patsy Wynn and Sally Taggart are co-chairs of this traditional event.



Carols & Crumpets is coming!

MEMBER SPOTLIGHT

LINDA CALLERY



Hi, I'm Linda Stone Callery, and I have been interested in and around art all my life. My dad, Willard Stone, was a world renowned wood sculptor. He was inducted into the Oklahoma Hall of Fame in 1970. I followed him around all my growing-up years and watched him creating his art, thus finding my calling.

We have a small museum at our home place in Locust Grove. I have been working the last 5 years on raising the necessary money to relocate the museum to a larger building in downtown Locust Grove. We are a 501(c)(3) organization and have raised enough to buy the first bank building that was built in Locust Grove. We are now working to raise the money to transform that building into a world class museum.

In May of 2019, the Master Gardeners here in Rogers Co. asked me if I would paint a butterfly on the storage building by our teaching garden. We wanted to have one that people could stand in front of and take their pictures, like the ones you see all over the USA.

I wanted to do something unique and colorful, so I came up with the current idea of a peacock-looking butterfly. Then to add a little bling to it, I outlined it. It is an iridescent 1/4" tile with a special touch added to the body of the butterfly.

I love working in glass, fused glass specifically. I create glass scapes on wood canvases. I want to do something different from what everyone else does, and I want to spread joy with my art.

ROSEMARIAN REPORT, SHARON FERGUSON

Get well/thinking-of-you cards were mailed to Kim McCoy, Elam Blank, and Nancy Foster.

Thank you cards were sent to Karen Betts and Rhonda Hicks.



FROM THE PRESIDENT, KATHY BLANK

It's Fall, Ya'll!

I'm eager to attend our Harvest Luncheon October 14th. Donna Brooks and Debra Boyd are chairing the event with lots of support from our members. I love their theme, and it inspired me to write this month. I've been told that I need to spend more time doing the following FALL activities on our newly upgraded patio.

- View our labor from this spring and summer!
- Watch the hummingbirds before they leave for winter.
- Listen to the buzzing of bees that cover the very large flowering basil plants.
- Marvel at the huge number of tiny insects that cover the lantana.
- Enjoy the fluttering leaves as they fall to the ground.
- Laugh at the dogs chasing squirrels over and over again.
- Drink another cup of herbal tea on the patio!

It doesn't take long before THIS is what I'm doing!

- Spraying myself with bug repellent. (They love to bite me.)
- Gathering the last of the cucumbers, peppers, and tomatoes.
- Looking for caterpillars or chrysalis on the milkweed.
- Adding the new perennials on the ever-changing garden map.
- Caging plants so the squirrels and I don't pull them out in the spring.
- Trying to pull the weeds where I am putting the cages.
- Listening to Elam make more plans to expand next summer. Yikes!

Soon we will all be clearing inside spaces for all those pots we can't leave outside in the cold. Elam will need to move about 20 pots to our inside entryway, and there are more and larger pots every year. I hope you can take the time to enjoy all you created this summer. Those weeds will still be there waiting for you, but your flowers and vegetables will soon fade.

Many thanks to Karen Betts and Rhonda Hicks for arranging our September field trip. We visited two interesting outdoor spaces and enjoyed great fellowship while having a lovely lunch at the Pink House. It was fabulous seeing two gorgeous works of art created by Linda Callery in the Teaching Garden. (See the Member Spotlight article on page 4.) It was a wonderful day even though Ann Wilkinson and I couldn't follow directions. It didn't help that her Waze app told us to go right and my Maps app said to go left. At one point, we found a Roger's State University policeman who showed us the way—with his lights on. (Ann asked for those.)

Did You Know? Leaves that fall from your trees might feel like a burden, but in reality, they offer an invaluable garden resource.

- Leaf ground cover is particularly good for protection of herb gardens.
- Make a garden path. They will help kill vegetation as they decompose.
- Insulate outdoor container plants.
- Mix into your compost pile.

- Improve your lawn by mowing them in. The bits of chopped leaves will decompose quickly and add valuable nutrients to your grass.

Here's a Tip: Form a new garden bed using a technique known as "lasagna gardening" or "sheet composting." Use newspaper or cardboard as the base, then alternate layers of organic materials like leaves, grass clippings, kitchen scraps, and even manure.

Good roots support new leaves,

Kathy



TULSA HERB SOCIETY BUSINESS MEETING NOTES FROM SEPTEMBER 9, 2025 FROM KIM MCCOY SUBSTITUTING FOR SECRETARY MARGARET PAVOLOTECH

President Kathy Blank called the meeting to order at 1:04 p. m. after lunch at The Pink House in Claremore, OK. Kathy noted the minutes from our August business meeting are in the newsletter on the THS web site and asked all to please read them. We will vote on them in October.

Kathy reported there are a few things we have to discuss now and will save the remaining items for the October meeting. The main thing for today is the nominating committee and the slate of officers for 2026. Kathy then called on Beverly Allen to discuss the nominations of officers.

NEW BUSINESS

Nominating Committee

Beverly Allen announced that Nancy Foster is the head of the Nominating Committee and she and Malinda Blank are on the committee with her. Nancy could not attend today's outing to Claremore, so she would present the slate of officers for 2026. Kathy Blank is returning as our President, and Patsy Wynn, who is also not here today, is returning as First Vice President. Our new Second Vice President nominee is Chrissy Cheek. She is here and was asked to stand so all could meet her. Margaret Pavletich, who is not here, has agreed to continue in her role as secretary, and Nancy Foster, who also is not here, will continue as Treasurer for 2026. If anyone has someone else they would like to add as one of our officers, they may be nominated now or before the October meeting, which allows two opportunities to be added. You must first have approval from that person before your nomination. We will vote on the

officer candidates at the October meeting, and installation of the officers will be at the November meeting.

Voting

President Kathy reported that we will also vote on some other things at the October meeting that require you to think about or be aware of prior to the meeting. A vote will be required for a budget change to accommodate the Snowflake Café. We will have to amend the 2025 budget to reallocate funds towards the Snowflake Café. This will require a vote of the membership in keeping with our bylaws.

We are also going to discuss and vote on changing Standing Rule N. which will increase the cost of having a newsletter printed and mailed to you. We want to raise the cost from \$15.00 to \$25.00 yearly which will require a vote. Please review the standing rules so you understand how they are written and will be prepared to vote on that next month. Robin Ferrell said we currently have 6 members receiving the printed and mailed newsletter. In addition, Robin would like to have a backup person help with the printing and mailing of the newsletters. This will require a printer, ink, paper, and postage. You will be reimbursed for your expenses. Please talk to Robin if you can help.

Claremore Trip

Karen Betts discussed the trip to Claremore to visit the Rogers County Master Gardeners' Teaching Garden that morning and that we would continue to the RSU Conservation Reserve after the meeting adjourned. Karen and Rhonda Hicks offered maps if anyone needed one. She mentioned Robert's phone number is on the map if anyone is unable to find the lab, and she also explained the parking for the lab visit.

Harvest Luncheon

President Kathy reported the Harvest Luncheon will be October 14 at our monthly meeting. This year's theme is, "It's Fall Y'all." This event is for members only and an accurate head count is needed so please contact Donna Brooks or Debra Boyd to sign up if you have not already done so. Donna mentioned we currently have 8 table hostesses and we may need one more. She asked if anyone would like to sign up today, or you may call her later. Jane Salzmänn asked if she could sign up 2 new members prior to the event so they could attend. President Kathy informed Jane that would be fine and to contact Nancy Foster for the membership application forms and process.

Thanks

President Kathy thanked Karen and Rhonda for organizing today's trip to Claremore. Great job was done by both ladies!

There being no further business, President Kathy adjourned the meeting at 1:14 p.m.

Respectfully submitted,
Kim McCoy

TULSA HERB SOCIETY OFFICERS AND COMMITTEE CHAIRMEN

Officers:		Committee Chairs:	
President	Kathy Blank	Carols & Crumpets	Patsy Wynn & Sally Taggart
1st Vice President	Patsy Wynn	Cooking	Beverly Allen & Beth Teel
2nd Vice President	Gayle Campbell	Crafting	Marla McMahon,
Secretary	Margaret Pavletich	Facebook	Chrissie Gray, Eve Joseph, &
Treasurer	Nancy Foster	Newsletter	Sharon Ferguson
		Historian	Beth Teel
		Hospitality	Robin Ferrell
		Parliamentarian	Betty Muratet
		Publicity	Janna Johnson & Maggie
		Rosemarian	Shiroma
		Speakers Bureau	Sue Stees
		Website	Carol Puckett & Julie Knebel
			Sharon Ferguson
			Karen Watkins
			Chrissie Gray

Herb of the Month Report

Sage

by Betty Muratet



I love this herb. I've given it to some of the Herb members at the Christmas exchange. I have two different kinds growing right now in my raised bed. The common sage that you normally see has gray-green fuzzy leaves, and I found another one that is variegated light green-yellow leaves.

Growing Sage (*salvia officianalis*) is very easy. Did you know this aromatic perennial herb comes from the mint family and grows to about 2 feet tall.

Sage thrives in well-drained soil and full sun. Plant it in the spring after the last frost, spacing plants 18-24" apart. Sage prefers slightly alkaline soil with a PH of 6.0-7.0 and moderate watering. Allow the soil to dry between waterings to prevent root rot.

Harvest leaves as needed once the plant is established. Prune in spring to maintain shape and promote bushier growth. Sage is relatively drought-tolerant once established, and it can live for several years.

Besides culinary uses in poultry stuffing, pork and sausages, and some soups, sage has been used medicinally for digestive, skin ailments, and to improve memory and cognition. I may use it more as I age!

This herb is rich in antioxidants to promote overall health, including oral and brain function. Sage is used for aromatic purposes, such as burning in smudge sticks for rituals and purification. Some sage varieties make attractive ornamentals with their colorful flowers that attract pollinators like bees and butterflies.

Sage is often paired with other herbs like Rosemary especially in Mediterranean cooking. This herb's robust flavor makes it ideal for hearty dishes, and it's typically added during cooking rather than as a finishing herb to allow its flavors to mellow and integrate.

I have dried this herb by rinsing it and stripping the leaves, patting the leaves to get the water off. I put it in the oven on a cookie tray with only the light on. It may take a day or two to get it dry enough.

This chicken breast recipe is from Trattoria by Patricia Wells. It goes well with lemon risotto.

4 boneless, skinless chicken breasts (or cutlets)
3 Tbs. lemon juice
28 fresh sage leaves
3 Tbs. extra-virgin olive oil
3 Tbs. unsalted butter
2 tsp. sea salt
Freshly ground black pepper, to taste

Step 1. Marinate chicken with the lemon juice, sage, and olive oil for 30 min. The lemon flavors tenderizes the chicken.

Step 2. After 30 minutes remove chicken and pat dry. Strain marinade and put aside. Reserve sage leaves separately aside.

Step 3. In a large skillet, melt butter and 2 Tbs. of olive oil until hot and bubbly. Add the chicken breasts smooth side down and cook until evenly brown, about 5 minutes. (Cooking time will be much shorter if using cutlets). Turn breasts over and season generously with salt pepper. Tuck reserved sage leaves around the chicken and cook until chicken is browned on the bottom but still juicy—about 5-10 minutes more. Don't scorch the sage.

Step 4. Remove chicken to platter and season the second side with salt and pepper. Scatter Sage leaves on top and also add lemon wedges to the plate. Cover loosely with foil. Discard any fat from the skillet. Add reserved lemon marinade into skillet on high heat. Reduce to a glaze, add tablespoon of butter, and pour over chicken. Serve ASAP.