



Rosemary  
for  
*remembrance*

Sage  
for  
*long life*



Thyme  
for  
*activity*

Lemon Balm  
for  
*friendliness*

Illustrations by NHS Member, Shirley Maly

## 2023 NHS Dates & Programs

January 28 – Annual Soup Luncheon  
February 25 – Herbal Love Charms, Spells, and Potions  
March 25 – All About Garden Tools  
April 22 – Plant & Bake Sale Prep Workshop  
May 6 – Annual Plant and Bake Sale at New Hope United Methodist Church  
June 24 – Member Project (Tufa Pots) at the home of Susan Scott  
July 8 – Member Outing, Curious Roots Herb Farm, 2 pm  
July 22 – Gary Fehr - No-till farming/gardening practices and the benefits it provides  
August 26 – Garden Tour, home of Jill Kuhel  
September 23 – Herbal Sleep Remedies, Alex Svoboda  
October 28 – Member Demonstrations  
November 11 – Hands-On Project, creating a centerpiece for the Holiday Luncheon  
December 2 – Holiday Luncheon

Meetings will be at Aldersgate United Methodist Church, unless otherwise indicated.

### Save the dates!

Tea is served before and during meetings. Bring your own tea mug! Members are also invited to bring light snacks to share.

## 2023 Herb of the Year

Ginger  
(*Zingiber sp.*)



## Nebraska Herbal Society

P.O. Box 4493  
Lincoln, NE  
68504-0493

[www.neherbalsociety.org](http://www.neherbalsociety.org)  
[facebook.com/NEHerbalSociety](https://facebook.com/NEHerbalSociety)  
[neherbalsociety@gmail.com](mailto:neherbalsociety@gmail.com)

## Are you interested in herbs?



Would you like to learn about the history of herbs, growing herbs, or cooking with, using, or preserving herbs? Then, you'll enjoy joining the **Nebraska Herbal Society!**

NHS monthly meetings include a speaker presentation plus herbal information shared by NHS members and, occasionally, hands-on workshops. Annual events include the Spring Herbal Plant and Bake Sale, summer garden tours, autumn herbal luncheon, and a catered holiday luncheon. There are opportunities to visit beautiful gardens during the year as well. Membership in the **NHS** includes a monthly newsletter that is filled with information and herbal recipes. You don't need to be an herbal expert to join the NHS, just interested in learning about herbs!

The NHS regular meetings are open to the public, and are usually held on the 4th Saturday of the month from 10:00 am—12:00 pm. Meetings in 2023 will be held at Aldersgate United Methodist Church (8320 South St, Lincoln). Please see the back of this flyer or the website for dates and program details.

Contact our Membership Co-Chairs for more information, call:

**Ann Lif** – 402.430.1335 (mobile)

**Kathy Dawes** – 402.423.9165 (landline)

Or email us at:

**neherbalsociety@gmail.com**

## How we began. . .

The seed for the Nebraska Herbal Society was planted in November 1976 when Dr. Emil Pierson, Dr. Esther Bennett, Louise Damke, Edna Shields, C.J. (Cecily) Best, Lavern Rush, and Hazel Schrieber met to discuss forming a society to promote the growing, propagating, harvesting, and storing of herbs. Dr. Pierson created a constitution and by-laws, with a four-person board presiding. At the first official Society meeting at the Pioneers Park Nature Center on January 31, 1977, board members were elected and several committees formed. And so, the Nebraska Herbal Society was germinated. . . and grew!

An initial goal of the Nebraska Herbal Society (NHS) was to work with the Louise Doole Herb Garden at the Pioneers Park Nature Center, named for Louise Evans Doole, a long-time resident of Lincoln. Louise was a very early promoter of the growth and use of herbs in Nebraska. An editorial staff member of the *Nebraska Farmer* magazine, Louise had written a simplified book about growing and using herbs for the “window sill” gardener. After her death in 1966, her husband Howard Doole, along with Esther Bennett, Director of the Nature Center, established the garden in her memory.

The Nebraska Herbal Society celebrated its 40th anniversary in 2017. It has evolved into a vibrant organization still devoted to the “growing, propagating, harvesting, and storing of herbs.”

## Please join us!

[www.neherbalsociety.org](http://www.neherbalsociety.org)  
[facebook.com/NEHerbalSociety](https://facebook.com/NEHerbalSociety)  
[neherbalsociety@gmail.com](mailto:neherbalsociety@gmail.com)

To join the Nebraska Herbal Society, please provide the following information:

**Please print legibly.**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Single Membership: **\$10.00** per year

Family Membership: **\$15.00** per year

Where did you hear about the Nebraska Herbal Society?

\_\_\_\_\_  
\_\_\_\_\_

☐ I agree that my information may be shared with NHS members.

Please make checks payable to:

**Nebraska Herbal Society**

P.O. Box 4493

Lincoln, NE 68504-0493