

# Nebraska Herbal Society



Save the Date! Bring a friend!

**Saturday, Feb. 25: 9:30 a.m. social  
10 a.m. meeting** (see p. 2)

Program follows.  
8320 South St., Aldersgate Church

## NHS News, Co-President Janet Lindsteadt

Our gardens still sleep during the month of February. Garden catalogs arrive and we can plan our beautiful herb and vegetable gardens looking just as pictured in the catalogs.



*Lindsteadt*

February has its moments of “winter doldrums” but signs of spring are quietly appearing. The inside winter projects are getting tiring but that north wind is still giving the temperature a “wind chill.” I am a fan of the four seasons we have here in Nebraska; winter to me is the time to slow down, just a little bit.



*Chamomile. Photo: publicdomainpictures.net*

I was recently given some chamomile and I am enjoying learning more about

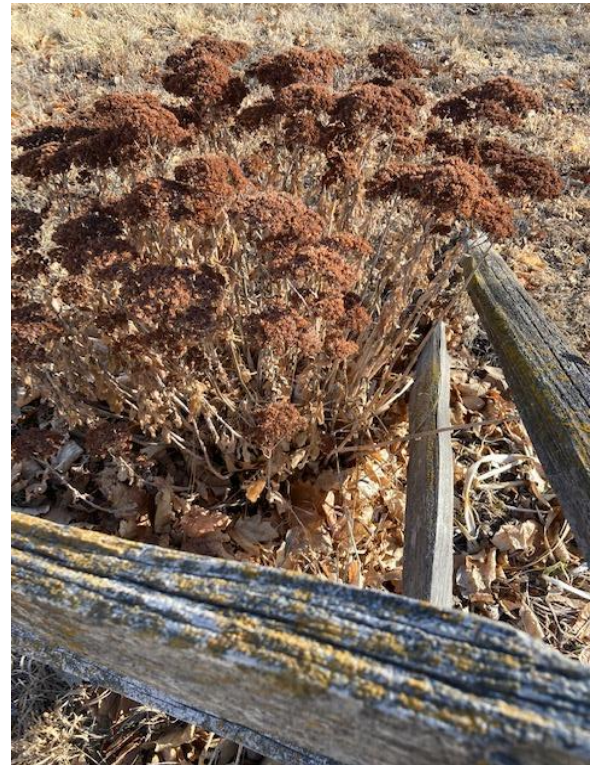
it. Chamomile has the unique name “Physician’s Plant” because, when

planted near ailing plants, it helps ...to revive them. German chamomile’s highly scented dry flower heads contain an aromatic oil that has antiseptic and anti-inflammatory properties. A chamomile infusion can also be made to spray onto seedlings to prevent damping-off.

Chamomile can also be used in herb pillows and potpourri. It is another useful herb that I’ll need to plant in my garden.

I hope to see you at the February meeting with all its enchantment of herbal charms. And please bring a guest!

*At the touch of Love, everyone becomes a Poet - Plato*



*The brown sleep of winter will soon be replaced with new life and growth. In a few months, pollinators will hover around flowering plants such as this purple sedum. Photo: Cheryl Alberts*

## From Soups to Charms, Potions, Spells

Amber Jones, co-program coordinator



*Jones*

Thanks to everyone who brought soup to share at the January meeting. It was fun to hear about all the different types of delicious soups!

Our February program is Herbal Love Charms, Potions and Spells. We will create a variety of food, drink and other potions as well as provide fun information about their uses. Hope to see you there!

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# February 25, 2023 NHS Agenda

**9:30-10AM Social Tea Time** – Come early and socialize!

## 10-10:20 Business Meeting

President's report: Janet Lindsteadt/Jill Kuhel  
Secretary: Pam Knott  
Treasurer: Rocky Bray  
Program: Amber Jones/Jenni Dougherty  
Newsletter: Cheryl Alberts Irwin  
Membership: Ann Lif/Kathy Dawes  
Plant Sale: Janet Buck  
Herb Garden at the Regional Center:  
Ann Lif/Janet Buck/Denise Weimer



*Above: Parsley, Herb of the Month Photo: esofcorsa.com*



*Right: One of many types of balela. Photo: themediterrandish.com*

**10:20-10:30 Herb of the Month, Parsley:** Denise Weimer

**10:30-10:45 The Magic of Herbs & Spices demonstration**

**Cooking Around the World:** Marilynne Phelps  
Middle East salad balela

**10:45-11:15 Program Herbal Love Charms, Spells & Potions:**

Amber Jones, Jenni Dougherty

**11:15-11:30 Herb 101, Seed Starting:** Jill Kuhel

**11:30-Noon Social Time**

Invite a  
Friend  
This Month!



## Membership Corner, Co-Membership Ann Lif

If you have been to a meeting and said, " 'This is so good! Who made this? I would love the recipe!' "

Then share the delectables!

- ★ Email recipe to [neherbalsociety@gmail.com](mailto:neherbalsociety@gmail.com) to include in the newsletter or
- ★ Write it down on a recipe card including your name to share when you come to the meeting

### Time for annual dues:

\$10 individual membership  
\$15 for family membership  
Checks made out to Nebraska Herbal Society, mail to:  
Attn: Rocky Bray, Treasurer  
P.O. Box 4493  
Lincoln, NE 68504-4493

## 2023 NHS Officers, Board

### Co-Presidents

Jill Kuhel  
Janet Lindsteadt

### Vice-Presidents

Amber Jones  
Jenni Dougherty

### Secretary

Pam Knott

### Treasurer

Rocky Bray

### Public Relations

Marilyne Phelps

### Newsletter

Cheryl Alberts Irwin

### Membership

Ann Lif  
Kathy Dawes

### Plant Sale

Janet Buck

### Contact:

[neherbalsociety@gmail.com](mailto:neherbalsociety@gmail.com)

*The purpose of NHS is to promote the culture, harvesting, and uses of herbs, through a variety of activities to meet the interests of the membership.*

## Are You ZONED In?

An online resource has information for organic gardeners, from beginning gardening to raised beds to finding your correct planting zone. Check out all the 'dirt' at <https://kelloggsgarden.com/>.



*The shaded map shows planting zones. Image: kelloggsgarden.com*

## Golden Winter Soup, Janet Buck

2 Tbsp. butter  
5 cups (½ inch) cubed, peeled  
butternut squash (about 1 ½ lbs.)  
2 cups (½ inch) cubed russet potatoes  
1 tsp. kosher salt  
½ tsp. freshly ground black pepper

2 cups sliced leeks (2 medium)  
4 cups fat-free, less-sodium chicken broth  
1 cup half-and-half  
3 Tbsp. chopped chives (optional)  
Freshly ground black pepper (optional)



*Butternut squash. Photo: Publicdomainpictures.net*

Bake cut-up squash in oven for about 30 minutes or until it is soft. Scoop out the cooked squash and cut into cubes, discarding skin and seeds. Melt butter in large Dutch oven over medium heat. Add squash, potato, salt and pepper to pan; sauté 3 minutes. Add leeks; sauté 1 minute. Stir in broth; bring to a boil. Reduce heat and simmer 20 minutes or until potato is tender, stirring occasionally. Place half of vegetable mixture in a blender. Remove center piece of blender lid and allow steam to escape; secure blender lid on blender. Place a clean towel over the opening in the blender lid to avoid splatters. Blend until smooth. Pour into large bowl. Repeat procedure with remaining vegetable mixture. Stir in half-and-half. Cover and keep warm. Garnish with chives and pepper if desired.



## Lentil Soup with Carrots, Lemon and Cilantro, Marilyn Phelps

(Recipe was doubled for NHS soup lunch, regular amounts listed here.)

3-4 tablespoons olive oil  
1 onion chopped (I like onions so chop more)  
3 cloves garlic minced  
1-2 tablespoons tomato paste  
2 teaspoons ground cumin (or more to taste)  
1 teaspoon salt  
1 teaspoon black pepper  
¼ to ½ teaspoon cayenne pepper (to taste)

1 quart vegetable or chicken broth  
1 ½- 2 cups water  
1 - 1 ½ cups lentils (ie red lentils)  
2 big carrots, peeled and  
chopped into small pieces  
Juice of ½-1 lemon (depends on your taste)  
4-6 tablespoons of chopped cilantro (optional)



In a good-sized pot, heat the oil and add the onions. Sauté on medium until light brown. Add the minced garlic and sauté for a minute more.

Mix in the tomato paste and sauté for a minute.

Add the cumin, salt, black pepper, cayenne pepper and sauté for 2-3 minutes.

Add the broth, the water, 1/2 of the carrots and the lentils. Cover the pot and simmer 10 minutes.

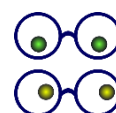
Uncover pot and add the other half of the chopped carrots. Cover the pot again and simmer for 10-15 minutes more or until the lentils are soft (they cook very quickly).

Using an immersion blender, puree half of the soup (or you can puree all of it for a smooth texture). If you like a chunky texture you do not have to puree any of it.

Stir in lemon juice and cilantro. Taste and adjust for salt, pepper, cumin and/or lemon.

Serve drizzled with a little olive oil, more cayenne and/or cilantro.

Watch for more recipes in future newsletters!



## Clip and Save!!



Photo: Cheryl Alberts

## 2023 NHS Dates & Programs

January 28	Ginger	Josie Cannon
February 25	Parsley	Denise Weimer
March 25	Rubus, blackberry+	TBA
April 22	Coriander, cilantro	Pam Cuttlers
May 27	Plant Sale!	Janet Buck+
June 24	Home tour	
July 22	Outing	
August 26	Lemongrass	Rocky Bray
September 23	Elderberry	Jenni Dougherty
October 28	Lemon thyme	Joan Leitner
November TBA	Hibiscus	Jill Kuehl
December TBA	Holiday Luncheon	

Meetings at Aldersgate United Methodist Church, 8320 South St, Lincoln, NE, unless otherwise noted.

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



Photo: Microsoft

## Come join us ...

To join the Nebraska Herbal Society, send your name, address, phone number and email address to: Nebraska Herbal Society, PO Box 4493, Lincoln, NE 68504-0493. Single Membership is \$10/year, family memberships are \$15/year. Checks are payable to Nebraska Herbal Society. The NHS newsletter strives for publication monthly. Articles received after the deadline will appear in a later issue. Everyone is welcome to send articles and information to [neherbalsociety@gmail.com](mailto:neherbalsociety@gmail.com) for the newsletter.

*Disclaimer: Neither the Society or this newsletter, directly or indirectly, dispenses medical advice or prescribes the use of herbs as a form for treatment for any health condition. This newsletter is for information only and may or may not reflect the opinions of the NHS or the board.*

## NHS Minutes, Jan. 28, 2023

Pam Knott, Secretary

The **general membership** meeting was held at Aldersgate Church at 10 a.m.

Several members brought soup and sides for a delicious luncheon.

The meeting was called to order by Co-Vice President Jill Kuhel. Newsletter articles need to be in by Feb.8.



Knott

Rocky Bray handed out treasurer reports from August 2022-December 2022. The year-end balance is \$6,747.17.

The annual NHS plant sale date is May 6. Setup is May 5.

A motion was approved to have a new inscription for the memorial stone out at the Regional Center herb garden that will cost \$155. Volunteers will be needed to move the plant bed to a new location in the spring.

A get well card and gift basket with soups was put together for Margaret Dentlinger who recently broke her leg. Shirley Maly now is at Legacy Retirement.



Crock pots abound at the January soup luncheon. Photo: Amber Jones

Josie Cannon presented the herb of the month, ginger. She was very informative and mentioned many different uses for ginger and how to make tea.

The soups were presented by the members that made them. It was a very nice variety of delicious soups. Some desserts featured ginger by Ann Lif.

February meeting will be Love Potion Charms with herbs and parsley is herb of the month.



The NHS **board meeting** was held at noon, Jan. 28. Jill Kuhel suggested that we need more herbal instruction at our meetings. A new schedule for the meetings was proposed. The minutes will only be sent out in the newsletter, which will save time in the business part of our meeting. The business presentation is expected to last 20 minutes. The herb of the month will be 10 minutes, the program will last for half an hour, then Marilyn Phelps is going to present international cuisine using herbs. Herbs 101 follows that.

Pay limits were discussed for outside speakers.

Our next board meeting is at 8:30 a.m., Feb. 25, prior to the regular meeting.