

Nebraska Herbal Society



Save the Date!

Saturday, Jan. 28: 10 a.m. meeting
11 a.m. soup lunch (see p. 2)
Business meeting to follow.

Unless otherwise noted, meetings are held the fourth Saturday of the month at:
Aldersgate United Methodist Church, Sunshine Room
8320 South St.
Lincoln, NE 68506



Janet Lindsteadt puts finishing touches on the NHS tree at the Bess Streeter Aldrich House. Made by NHS members, the decorations showcase yard and garden items. This is the third year NHS has decorated a tree at the Elmwood Aldrich house. NHS Photo

NHS News, Co-President Janet Lindsteadt

NHS ended 2022 with a lovely holiday luncheon catered once again by Kat Davis. I found the spring salad, with a touch of ginger and horseradish in the dressing, really refreshing. I also liked the cauliflower casserole seasoned with dill. Kat has catered our holiday luncheon for years; consequently this year we included her as a recipient of a year-end contribution from NHS.



Kat Davis

Please note the list of the 2023 officers and board members in this newsletter. We welcome their commitment and enthusiasm to serve in the upcoming year of 2023! New names added are: Jill Kuhel (Co-President), Jenni Dougherty (Co-Vice President), Pam Knott (Secretary), Cheryl Alberts Irwin (Newsletter), Ann Lif and Kathy Dawes (Co-Membership).

A special “thank you” to those retiring -- Sara Zimbelman (Co-Vice President), Joan Leitner (Secretary), Morgan Handley (Newsletter), and Josie Cannon (Membership). They have volunteered their time and talent in the past uncertain years, and really helped get the society where it is today -- a great educational and fun organization.

Some of us are remaining on as officers and board members because we want to make sure the transition is as smooth as possible. I truly believe it takes at least the first year of volunteering to get to know the group. And, what a great group we are!

The NHS board meeting will follow the regular meeting on Saturday, Jan. 28th. Retiring officers and board members will exchange notebooks and additional information to the current officers and board members, along with their words of wisdom. NHS Members are always invited to stay and see what gets discussed. For example, plans are already underway for the plant sale, thanks to Janet Buck, Plant Sale Chair.

2023, we are here!

“A seed neither fears light nor darkness, but uses both to grow.”

-Matshona Dhliwayo



Left: Nature-inspired ornaments graced a tree at the Bess Streeter Aldrich House in Elmwood during December. Right: Herbal-infused foods prepared by Kat Davis, Beaver Creek Bakery, were enjoyed at the NHS December meeting. NHS photos

Soups, Sides, Ginger Highlight Jan. 28 Gathering

Happy New Year! Thanks to everyone who came to the December meeting to celebrate the holidays with good food, gift exchange and lots of fun together.

Our Jan. 28 program will be the annual Soup/Sides meeting. Members bring their favorite soup and/or sides and we sample a variety of soup types and styles -- yum! Please bring a written description about your soup (ingredients, etc) in case anyone has allergy or other dietary restrictions. Also, please be ready to talk about your dish. Bowls and spoons will be available, but some savvy members know to bring a muffin pan so they can sample multiple soups in one container.

We look forward to seeing you at the January meeting to sample and hear about your soups. Also featured is an Herb of the Month presentation by Josie talking about the Herb of the Year – Ginger.

Jenni and I have been planning programs for 2023 and will update you with the schedule. We look forward to a great year of programs! As always, tea is served before and during the meeting, so please bring your tea mug!

Cheers!
Amber and Jenni,
Your NHS Program Coordinators



Ginger, Herb of the Year, is to be featured at the January NHS meeting. Photo: yesofcorsa.com

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 are due on the first Saturday of each month and if received after the deadline will appear in a later issue. Everyone is welcome to send articles and information to 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.

2023 NHS Officers, Board Members

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

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