

# Nebraska Herbal Society

Save the Date! Bring a friend!



**Saturday, March 25: 9:30 a.m. social  
10 a.m. meeting** (see p. 2)  
Aldersgate United Methodist Church  
8320 South St., Lincoln, Nebr.

## NHS News, Co-President Jill Kuhel

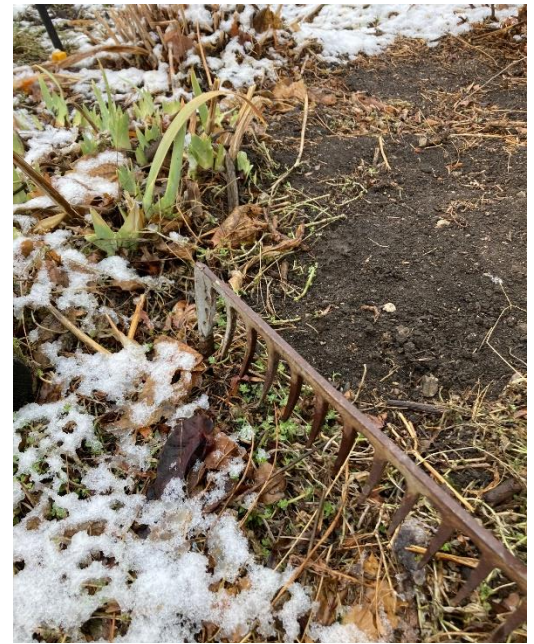
This time of year we desperately begin to look for signs of spring. We start seeds and keep an eye out for our perennial herb friends to emerge in the garden. In early March I noticed the horehound was leafed out. The day after our February meeting was the first thunderstorm of the season. Some of my Native American friends celebrate the first thunderstorm as the return of the Thunder Beings, marking the end of winter and life again coming to the earth, with an impromptu potluck with corn soup and fry bread. All hopeful signs that we have survived another winter and spring is near.



*Kuhel*

We have an interesting lineup for the March meeting. Marilyne Phelps will take us to Greece demonstrating making spanokopita, saffron piláfi and tzatziki. Earl May is going to talk to us about tools. I'll be doing the herb of the month on Rubus, which includes raspberries and blackberries. Dianna Lear will introduce us to the fabulous world of scented germaniums and how they are propagated.

I appreciate everyone arriving for the social time before the business meeting, so we can get started in a timely manner, leaving plenty of time to focus on the learning about the endlessly fascinating world of herbs.



*Early March presented a skiff of snow and these iris peeking through, next to an old rakehead that serves as a shoe scraper. Photo: Cheryl Alberts*

**One remains!**  
Bring \$20 to the March meeting and this short-sleeve, medium-size Tshirt can be yours!



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# March 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 Wiemer

*Rubus,  
Herb of  
the  
Month*



*Greek  
Spanok  
opita*



**10:20-10:30 Herb of the Month, Rubus:** Jill Kuhel

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

**Cooking Around the World:** Marilynne Phelps

Greek spanakopita, saffron pilafi, tzatziki

**10:45-11:15 Program:** Earl May talks about tools

**11:15-11:30 Herb 101, Scented geraniums, propagation:** Dianna Lear

**11:30-Noon social time**

## Membership Corner-March

Co-chairs Ann Lif and Kathy Dawes

Happy St. Patrick's Day!



Lif

Dawes

## Invite a Friend in March!

We hope to see you in March as we learn about Rubus and tools of the trade.

February was filled with a fun, education packed meeting. More than 35 people attended. This month you will see changes to the flow of the room as we work to get members closer to the action.

Many members gave us a thumbs up and nice feedback to the new program improvements. There was so much useful information and lots of yummy food shared by members.



We are making changes this year. One is new nametag design, shown here. Check-in is changing to improve room flow so you can, greet your friends, and meet new visitors. We purchased a new honey pot for tea time. As we use up the tea offerings we currently have, we plan to buy a mix of quality teas to taste. We are open to suggestions!

Take credit for your good cooking. If you share any home cooked treats, we would like to know who made it and what is in your dish. Put your name next to the dish, and if you wish, share the recipe. If you would like to share it in the newsletter, submit it to [neherbalsociety@gmail.com](mailto:neherbalsociety@gmail.com) attention Cheryl and she will publish it in a future newsletter. Try some recipes from our NHS cookbook and let us know what you think.

Bring a Friend!

## 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.*



<https://www.facebook.com/neherbalsociety>

# 2023 NHS Plant Sale and Festival

## Plant Sale Chair Janet Buck

The Nebraska Herbal Society's 21st annual plant and bake sale is Saturday, May 6 at the New Hope Methodist Church at 45th and Orchard streets. Set-up, including pricing items, is May 5. More information about set-up will be provided later. It is such a good time and a great way to buy herbs that might be hard to come by elsewhere AND lets the Lincoln community know what the Nebraska Herbal Society does.



*Buck*

Gary Fehr of Green School Farms will once again be growing and supplying us with our herbs and some vegetables. Gene Gage will not have scented geraniums available to us, as his, most unfortunately, were destroyed in a fire in his greenhouse.

As done previously, on-line ordering is available, this year March 15-April 24, in addition to on-site purchasing the day of the sale. The website for advance orders is: [www.greenschoolfarms.com](http://www.greenschoolfarms.com). Note this is **different** than last year. Place your herb orders soon! Gary shows how the pre-orders will work this year (below). At pre-order, online check-out, please note that you will need to choose the NHS Plant Sale as where you are ordering from, in order to help keep orders straight for Gary. His short video explains how to order on-line:

<https://www.loom.com/share/c3245f7e3f64486b9471fd58d88bc0a8>

Members are encouraged to bring perennials from your own gardens and house plants, as well as seeds and any vegetables, herbs or flowers you have started from seed. Please have all your plants in pots and labeled. Anyone having scented geraniums is most welcome to bring them.



*Bake*

The bake sale of herbal products will be organized by Bonnie Bake. Please make small packages or containers of cookies, muffins, cakes, herbal mixtures, and any other herbal foods, to offer for sale. Items from the Herbal Society cookbook are always well received. If you make a batch of something, consider holding aside a small amount for taste testing. Samples are always quite popular!

Another sale attraction is gently used garden items, such as garden tools, flower pots and garden décor. Please consider donating any unused items for the sale.

We also have a gift items area, which includes things like body scrubs or herbal seasoning mixtures. We have in the past had decorated flowerpots, teacups with herbs planted in them as herbal soaps. Anything that has an herbal theme is welcome. If you are planning on making herbal seasonings, herbal salts or flavored sugars, we will need these items ahead of time. Please make arrangements to get them to Janet Buck

([jsbuck@windstream.net](mailto:jsbuck@windstream.net) or 402-540-7912) or Bonnie Bake ([bonbake24@gmail.com](mailto:bonbake24@gmail.com) or 402-570-5297) by April 15. That will give us time to see how many containers we need, order them and create the labels.

And, finally, we will have a raffle with herb-themed baskets that customers and members can buy chances for. If you have any items you would like to donate to these baskets, please bring them to the April meeting, to the set-up on Friday, May 5, or get them to Janet Buck ahead of time. Nancy Klammer will organize these baskets for us once again. The themes for the three baskets are 1) bees, 2) "herbal delights" (teas, bath salts, etc.), and 3) culinary herbs.

This is the main NHS fund-raiser for the year, as well as a wonderful way to get better acquainted with your fellow Herb Society members, as well as a really fun time. We will be requesting helpers at upcoming meetings; please consider volunteering some time to help us out.

# Plant sale pre-order instructions, Gary Fehr, co-founder Green School Farms

1. We no longer have a separate NHS website, we've consolidated into a single website for my farm Green School Farms. This means that NHS members will see my farm name on the home page instead of NHS. Note that my own farm customers will be putting in preorders in addition to NHS.



Fehr

2. We want to be sure to credit NHS for orders intended as part of the NHS plant sale fundraiser. To do that, **anyone placing an NHS order will need to select the correct pickup option during checkout** (circled in red on the image).

Green School Farms

1. Your Email Edit

fehrgary@gmail.com

2. Delivery Methods

DELIVERY OPTION

- Please choose a shipping or pickup option (pickup is free) FREE
- 5/02 Home Delivery (within Lincoln only, \$5) \$5.00
- T-Shirt only, shipping in continental US (\$5) \$5.00
- Store Pickup FREE  
Swanson Russell (employees only) Pickup info
- Store Pickup FREE  
Hub Cafe Micromarket Pickup info
- Store Pickup FREE  
Nebraska Herbal Society Annual Plant Sale Pickup info
- Store Pickup FREE  
College View Farmers Market Pickup info

Continue

Order Summary

	Basil, Genovese	\$3.50
		Qty 1 Remove
	Basil, Purple, Rosie	\$10.50
		Qty 3 Remove
Discount Code		Apply
Subtotal		\$14.00
Tax		\$0.00
Total		\$14.00

SECURE SSL CHECKOUT

**Choose NHS as the pickup option**



The annual NHS plant sale is May 6.

3. If you make a mistake, don't worry, we can correct it, but the fewer corrections, the more streamlined the process will be.

## 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, typically the 8<sup>th</sup> of the month, will appear in a later issue. Everyone is welcome to send articles and information to [neherbalsociety@gmail.com](mailto:neherbalsociety@gmail.com) Attention Cheryl.

*Disclaimer Information in this newsletter is intended for educational purposes only and should not be considered as a recommendation or an endorsement of any particular medical or health treatment. Please consult with a healthcare provider before pursuing any herbal treatments.*

## Member Spotlight, Kathy Cartier



Cartier

### Hobbies/passions (one-two):

I like to sew, garden and am passionate about cooking.

### How did you learn about NHS?

I moved to Lincoln three years ago and picked up a copy of 55+ Magazine and saw the listing for Nebraska Herbal Society. I came to the next meeting.

### What is your favorite herb? Why?

Basil is my favorite herb. I use it in my cooking all the time. It is so versatile and delicious.

### Please tell us something you'd like us to know about you:

I have been a fiber artist and mixed media artist for 50 years. I make handmade oriental paper and use it in my artwork. I have been making wearable art scarfs with pieced silk fabrics, vintage kimonos, hand-painted silks. I also make angel dolls and art cards that can be framed.

### Feel free to tell us about your significant other, children, grandchildren, pets. This is a time to brag!

I have two sons, Scott and John. I moved to Lincoln to be close to John and his family, who include my two grandchildren Jay, 7, and Ren, 3. I also have a grandson Beckett, 12, who lives in California with my son Scott.



Knott

## NHS Minutes, Feb. 25, 2023 Pam Knott, Secretary

The NHS **board of directors** meeting was 8:30 a.m., Feb. 25, 2023, at Aldersgate church. The May 6 plant sale was discussed. Tax being charged on non-edible items was mentioned for further review. A separate table was recommended for the raffle and membership portion of the sale. Ann Lif is making laminated signs for the tables that can be used yearly.

The board meeting is to be held four times a year, with new people being introduced in November.

The **general membership** meeting commenced at 10 a.m. with a treasurer's report. Newsletter delivery by email only is recommended, with mailings to continue for those that do not have an email address. A sign-up sheet is available at the March meeting to help at the plant sale. Look for your raffle items and gently used garden tools to donate at the sale.

The Lincoln Regional Center herb bed is moving to the food court, and the new plaque is being made at the 48th Street Crafters Market. Denise Wiemer introduced the herb of the month, parsley, and its many uses.

Marilyne Phelps made balela salad, a Middle Eastern delight that was absolutely delicious.

Jenni Dougherty introduced love potions and herbs; she brought delicious potions samples to try. We made a lovely sachet with the scented herbs she gave for this purpose. A handout was given with recipes.

Jill Kuhel gave tips on how to start herbs from seed, including a great handout with full instructions on how to start your own seeds.



## Recipes

### Maitre d'Hotel Butter, Susan Hanlon

¼ C butter                      ½ tsp parsley, finely chopped      1/8 tsp pepper  
½ tsp salt                      ¾ C lemon juice

Cream butter in bowl. Add salt, pepper, parsley. Slowly add lemon juice. Good with steak or roast.

## **Balela**, Marilynne Phelps

### **Salad**

3 cans garbanzo beans (chickpeas, may be peeled)  
2 cans black beans, rinse well  
½ C chopped mint  
½ C chopped parsley

½ C red onion  
1 jalapeno pepper, seeds removed  
½ bell pepper, chopped  
1 pint cherry tomatoes, halved  
1 English cucumber, seeds removed

### **Dressing**

½ C olive oil  
2 cloves garlic, mashed with 2 tsp salt  
4-5 T lemon juice  
1-2 t sumac

4-5 T red wine or apple cider vinegar  
1-2 t ground cumin  
Aleppo or cayenne pepper to taste

Whisk dressing ingredients vigorously until mixture looks emulsified. Pour over salad, combine thoroughly. Let rest at least one hour to allow flavors to combine. The longer it sits, the more flavorful it becomes.

## **Vegetable-Burger Soup**, Dianna Lear

½ lb ground beef  
1 16-oz can stewed tomatoes  
1 8 oz can tomato sauce  
1 10 oz pkg mixed frozen vegetables  
¼ cup dry onion soup mix

In large saucepan brown meat. Drain off fat. Stir in 2 cups water and remaining ingredients. Bring to boiling. Reduce heat; cover and simmer 20 minutes. Makes 6-8 servings.

## **Panera Chicken Rice Soup**, Jenni Dougherty

½ C diced carrots  
½ C diced celery  
1 medium onion, diced  
1 T olive oil  
3 cloves garlic, minced  
32 oz chicken stock  
2 C water

2 C milk, divided  
½ tsp pepper  
½ tsp dried oregano  
1 bay leaf  
1 box wild rice & herbs  
2 lg chicken breasts, cubed  
½ C flour

Sauté carrots, celery, onion in 1 T olive oil. Simmer 10 minutes.

Add garlic, chicken stock, water and 1 C milk. Add pepper, oregano, bay leaf.

Add chicken. Heat to boil.

Add 1 C milk with ½ C flour whisked into the milk.

Reduce heat, simmer 20 minutes. Salt and pepper to taste.

## **Ranch-Flavored Oyster Crackers**, Susan Scott

2 packets buttermilk ranch dip mix (4 oz each)  
1 tsp dill weed  
¼ C vegetable oil

½ tsp lemon pepper  
½ tsp garlic powder  
1 bag oyster crackers (12 oz, about 5 C)

Watch for more recipes in future newsletters!



## 2023 NHS Meeting Dates, Programs (revised)

January 28	Soups/Sides
February 25	Herbal Love Charms, Spells, Potions
March 25	All about garden tools
April 22	Plant sale projects & program
May 6	Annual plant sale
June 24	Garden tour & project
July 8	Farm tour
July 22	No-till gardening
August 26	Garden tour
September 23	Herbal sleep remedies
October 28	Member demonstrations
November 18	Holiday ornament project/table décor
December 2	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.



## February Photos



*Could this be Love Potion No. 9?? wonders Bonnie Bake (left), alongside Cheri Belger, as they explore products described by Jenni Dougherty (left).*



*Denise Wiemer (below left) describes parsley as high in Vitamin K, which helps lower blood pressure.*



*Marilynne Phelps (bottom left) demonstrates how to make chickpea-based balela.*

*Jill Kuhel (below) relays how to make recyclable miniature greenhouses from food containers.*



**Photos: Cheryl Alberts**

