



At least 12 inches of snow fell in and around Lincoln the week of Jan. 8, closing schools and much of the city for three weekdays. While variable, it takes about 10" of snow to create an inch of water. Here snow covers some dry cone foliage.

Photo: Cheryl Alberts

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Welcome, 2024, and With It, Herb Poetry

by President Jane McGee



Hello to 2024! NHS programming chairs Jenni Dougherty and Jill Kuhel have a full year of great programs to look forward to. A great escape from this winter chill!

I was searching the internet for new stuff on herbs and found "Busy Izzy and Friends" at <https://www.youtube.com/@BusyIzzyandFriends/releases>. It is a charming channel that your children or grandchildren might enjoy. The poem below is from the channel and gets me ready to get out in the sun.

"My friends and I planted herbs in pots,
brightly colored with yellow spots.

PARSLEY, CHIVES, a HINT OF MINT,
BASIL, THYME, and ROSEMARY
help to make healthy food
taste EXTRA...ORD...INARY.

Herbs are plants with leaves and seeds
that flavor foods. They are not weeds.
Herbs can grow in a garden or pot,
used for cooking, and used a lot.

Photo: Nebraska Extension



Fresh or dry they're flavoury ,
Snaxalicious and savoury.
In fruit salads or in tea
Herbs are great for you and me.

Boiled, baked, steamed or stewed!
Home-grown herbs for wholesome food."
-- Busy Izzy

Have a great start to 2024 and dream about all the gardening to come!

Some insects and certain bees
pollinate herb varieties.

Jan. 27, 2024, NHS Agenda

Aldersgate United Methodist Church
8320 South St.

- 9:30-10 Social Tea Time**
- 10-10:20 Business Meeting**
- 10:20-10:40 The Magic of Herbs & Spices, Cooking Around the World**
Chai Masala, Marilyne Phelps
- 10:40-11:10 Program, Suji's Indian Grocery, East Indian Herbs and Spices**
- 11:20-11:30 Handout of herb-related stories and reference books**
- Noon Social Time**

Herbert's Herb Bits

by Susan Hanlon

"Behold, I have given you every herb bearing seed which is upon the face of the Earth... to you it shall be for food."

-- Book of Genesis



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

2024 NHS Meeting Dates, Programs

- Jan. 27 East Indian Herbs and Spices**
- Feb. 24 Biodynamics; Seed Share
- March 23 History and Language of Herbs
Herb Burning Bundles
- April 22 Earth Day – Lincoln Regional Center
Herb Garden Dedication
- April 27 Plant Sale Prep
- May 4 Annual Plant Sale, New Hope United
Methodist Church, 1204 N. 45th, Lincoln
- May 25 Member Herb Garden Tour
- June 22 Road Trip – Curious Roots Farm
- July 27 Peppers
- Aug. 24 Garlic and Edible Flowers
- Sept. 28 Herb Art Show, Soup Potluck
- Oct. 26 Halloween Herb Lore;
Simmering Pot Herbs
- Nov. 23 Herb Pasta Demo
- Dec. 7 Holiday Luncheon and Gift Exchange

Meetings at Aldersgate United Methodist Church,
8320 South St., Lincoln, NE 68506, 9:30-11:30 a.m.
Feel free to bring a snack to share. Bring your tea cup!



Member Spotlight: Anne Vidaver



Hobbies/passions: Growing orchids, succulents and gesneriads. Belong to several plant clubs. Have help with the outside garden. Herbs of great interest, especially what people do with them. OLLI classes are informative and fun. I travel when I can.

How did you learn about NHS? It's been so long ago, I don't recall, though from a member.

What is your favorite herb? Currently my favorite is mustard (and honey). I recently discovered the combination and use it widely.

What would you like us to know about you? I'm president of the Lincoln Botanical Garden, a group hoping to get a botanical garden and conservatory for Lincoln: a green place all year. Room for herbs and native plants. I'm a retired UNL plant pathologist who worked with economic crops. I was and still am fascinated by the invisible world (especially bacteria and their viruses). One of these discoveries, a specific bacterial virus, is now a commercial surrogate for COVID.

Tell us about your significant other, children, grandchildren, pets. I've been a widow for many years; it was my husband who brought us to Lincoln. I'm a WWII refugee who has done well. My son (computer A.I. nerd) and family live in Belmont, MA. My daughter (section head, Dept. of Health, State of Wisconsin) and family are in Madison. My four grandkids are all talented musicians and scholars. Besides plants, I enjoy koi fish (want some?) and a disarming cat.

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 8th of the month, will appear in a later issue. Everyone is welcome to send articles and information to neherbalsociety@gmail.com Attention Cheryl. Please do not format articles or recipes.

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.

2024 NHS Officers, Board Members

President

Jane McGee

Vice-President

Jenni Dougherty

Jill Kuhel

Secretary

Pam Knott

Treasurer

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Newsletter

Cheryl Alberts Irwin

Membership

Ann Lif

Kathy Dawes

Plant Sale

Janet Buck

Marilyne Phelps

Bonnie Bake

Past President

Janet Lindsteadt

Contact:

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.

Membership Corner, by Kathy Dawes



We had a great turnout for our Dec. 2, 2023, holiday luncheon with more than 40 members and several guests in attendance, including new member Viv Sidlo of Lincoln. Welcome Viv to the NHS!

Membership dues are due: \$10 individual membership and \$15 for family membership.

Checks should be made payable to Nebraska Herbal Society (see form below) and mailed to:

Dawes

Nebraska Herbal Society
Attn: Treasurer
P.O. Box 4493
Lincoln, NE 68504-4493

Please join us for Social Tea Time from 9:30-10 a.m. before each meeting in the front meeting room (the large room to the right of the Aldersgate church entrance, 8320 South St., Lincoln).

Nebraska Herbal Society of Lincoln



To join the Nebraska Herbal Society of Lincoln, please complete the information and mail your check to: Nebraska Herbal Society Attn: Treasurer P.O. Box 4493 Lincoln, NE 68504-4493.

Membership levels: Individual \$10 ____ Family \$15 ____

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

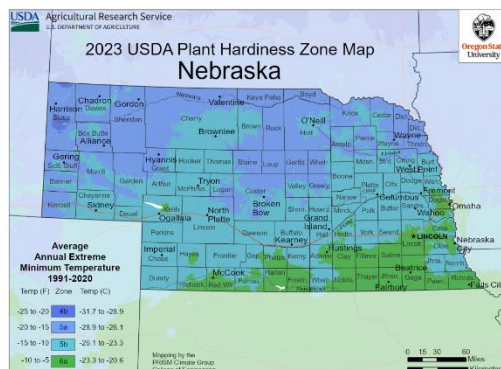
Email _____ (important to include for newsletter)

May we have permission to publish your information in a membership directory? Yes ____ No ____

USDA Plant Hardiness Zone Map, Ann Lif

thardiness.ars.usda.gov/system/files/NE150_HS.png

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The USDA Plant Hardiness Zone Map is the standard by which gardeners and growers can determine which perennial plants are most likely to thrive at a location. <https://planthardiness.ars.usda.gov/home>

Most of Nebraska remains in a 5 zone, with its most southern regions moving into a zone 6. USDA was able to pull information from 13,412 weather stations; the last map in 2012 used information from 7,983 stations. <https://cropwatch.unl.edu/2023/usda-hardiness-zone-sees-few-changes-most-nebraska>

November-December Photos

