



Jill Kuhel hosted NHS's August gathering.  
Photos: Cheryl Alberts



## I went to a garden party ...



Co-President Janet Lindsteadt

The August garden party at Jill Kuhel's was a lovely morning. The tour of her garden had so many plants and herbs to look at and learn so much about them from Jill. I picked up some good ideas to implement in my garden beds. Rocky Bray educated us about lemongrass and Cheryl Alberts served m'judra, her own Lebanese version of lentils, rice and bulghur wheat, caramelized onions and other veggies, served with flat bread. What a great Mediterranean dish, I had never heard of before! Cheryl, and regularly Marilyn Phelps, have taken The Society around different parts of the world cooking authentic dishes, sharing their recipes and family stories. It is great to have such knowledgeable people in The Society willing to share and tell us what they know and experiment with.

I also hope all of you tried some of the anise hyssop tea Jill made for us. It was refreshing and Jill noted it helps with the summer heat.

My anise hyssop is blooming too. Some pronounce anise as ANN-iss and I have also heard it pronounced as ANN-niece. Whichever way you pronounce it is a great pollinator plant. I especially like to get up close to a plant and watch the honeybees. I just read honeybees will fly almost two miles to find flowers and a single hive can house somewhere around 50,000 bees. The article also said queen honeybees and bumblebees are also capable of being active all day and all night to keep the baby bees fed and it is the only insect that produces food that can be eaten by man!

One of my favorite summertime treats is pouring warm honey over flowering anise hyssop, then spread on a slice of crusty baguette. Also, try drizzling the anise honey over watermelon or cantaloupe (and add some chopped mint). Quite tasty!

*Spring shall plant and Autumn garner until the end of time. ~ Robert Browning*

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## September 23, 2023, NHS Agenda

Aldersgate United Methodist Church, 8320 South St.

### 9:30-10 a.m. Social tea time

### 10-10:20 a.m. business meeting

President: Janet Lindsteadt/Jill Kuhel

Secretary: Pam Knott

Treasurer: Rocky Bray

Program: Amber Jones/Jenni Dougherty

Newsletter: Cheryl Alberts

Membership: Ann Lif/Kathy Dawes

Plant Sale: Janet Buck

Herb Garden at the Regional Center: Ann Lif/Janet Buck/Denise

Wiemer/Pam Wealand

### 10:20-10:30 Herb of the Month

Elderberry by Jenni Dougherty

### 10:30-10:50 The Magic of Herbs & Spices, Cooking

**Around the World** by Marilyne Phelps

We will explore the cuisine of Italy, specifically of Genoa (Genova), capital of the Ligurian region. Pesto alla Genovese, one of the most famous sauces to come out of Liguria, will be incorporated into another iconic Italian dish, lasagne/lasagna.



### 10:50-11:15 Program

Herbal sleep remedies by Alex Svoboda

### 11:15-11:30 Herb 101

Tinctures/infused alcohols by Sharon Ohmberger

### 11:30 -Noon Social Time

### Herbert's Herb Bits, Susan Hanlon

Mint—Sweet, cool and refreshing.

Uses: mint jelly for lamb, iced tea, fruit salad garnish, green peas, yogurt dips.

Tip: fresh mint leaves are always used raw. Spearmint and peppermint are most common of over 30 varieties.



University of Maryland  
Extension

## 2023 NHS Meeting Dates, Programs

Jan. 28 Soups/Sides Luncheon

Feb. 25 Herbal Love Charms, Spells, Potions

March 25 All about garden tools

April 22 Plant sale projects & program

May 6 Annual plant/bake sale, New Hope United Methodist Church

June 24 9 a.m. Tufa Pots project, Susan Scott home

July 8 2 p.m. Curious Roots Herbal Farm tour, Louisville **POSTPONED**

July 22 Gary Fehr, no-till gardening benefits

Aug. 26 Garden tour, Jill Kuhel home

**Sept. 23** Herbal sleep remedies, Alex Svoboda

Oct. 28 Member demonstrations

Nov. 18 Holiday centerpiece project

Dec. 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.

## Member Spotlight



*John Hanlon with tansy he planted at the Lincoln Community Playhouse. Courtesy photo.*

**Name:** John Hanlon

**How did you learn about NHS?** I got dragged into it! Seriously, my mother-in-law was one of the NHS founders.

**What is your favorite herb? Why?** Chives and basil, we use both in cooking. I'm a native of Philadelphia and most of our backyard was cemented over so I didn't have a lot of experience with plants growing up.

Lincoln really impressed me when I came here. It's just beautiful, with open spaces.

**Hobbies/passions:** Volunteer work for Nebraska Herbal Society, Bethany Women's Club, Lincoln Community Playhouse, Bryan Hospital, Veteran's Advisory Group of Lincoln. I enjoy volunteering, it's giving back to the community that's given so much to Susan and me.

**Please tell us something you'd like us to know about you:** I spent 23 ½ years in the Navy doing damage control: carpentry, plumbing, firefighting. I enjoy going to theatre at Lincoln Community Playhouse, Wesleyan University and the Loft; originally I thought theatre was only for sissies or for rich people. I guess I'm a sissy! I also enjoy helping build playhouse sets for the Lincoln playhouse.

**Feel free to tell us about your significant other, children, grandchildren, pets.** I've learned a lot from my wife Susan. I owe her a lot in the 42 years we've been married. Our cat Pip also helps us feel better.



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

## 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. 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.*

### *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

#### **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.*

## Nebraska Herbal Society of Lincoln



To join the Nebraska Herbal Society- 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 \_\_\_\_

### M'judra (Cheryl Alberts' Lebanese version)

¾ C lentils, rinsed, soaked 10 min, drained  
1/3 C rice, rinsed, soaked 10 min, drained  
1/3 C No. 3 bulghur wheat, rinsed, soaked 5 -6 min, drained  
2-3 onions, sliced thin  
1 ½ C water (variable)  
Chicken bouillon/stock

1-2 bay leaves  
½ t or more cumin  
½ t or more salt  
¼ t cracked pepper  
½ t or more zaatar (optional)  
1 ½ T olive oil



*M'judra topped with tomato salsa.  
Photo: Cheryl Alberts*

In pan, heat oil and saute thinly sliced onions. Salt them. Stir until they are caramelized, maybe 15 minutes, remove from pan, place on paper towel if greasy. In same pan, lightly brown vermicelli in a bit of oil, remove from pan, place with onion.

Into same pan, put water, any bouillon, salt, pepper, bay leaves and soaked, drained lentils. Turn up heat until lentils simmer partially covered for about 8-10 minutes. Add soaked, drained rice, finish cooking lentils and cook rice together, about 8 more minutes, partially covered. Note: don't let rice and lentils get mushy. Add soaked, drained bulghur, cook 6-7 more minutes. Test to see that all is done, should be about the same time.

When all is cooked, add caramelized onions and browned vermicelli, saving some onions for topping, cumin, optional zaatar, and anything else that sounds good, such as paprika or a bit of cinnamon stick. Serve warm with labban (Lebanese sour cream, khubz flat bread, both available from Middle East stores), and/or tomato topping.

#### Tomato salsa

3-4 peeled, diced tomatoes  
¼ or more cup thinly sliced onion  
1 t thinly sliced hot pepper (opt)  
1 T thinly sliced bell pepper  
¼ t salt

¼ t pepper  
1 T or more fresh lemon juice  
½ T olive oil  
minced mint (opt)

# August Artistry



*Jill Kuhel's garden party delighted guests at the August NHS meeting. Photos: Jill Kuhel, Cheryl Alberts*



## ***Herbal Garden at the NE Regional Center***

***Left: Common buckeye on valerian***

***Top: Dun skipper***

***Top right: Painted lady on soapwort***

***Right: Swallowtail near red bergamot-monarda***

***Photos: Ann Lif***