

**The International Herb Association with The Huntsville Herb Society is offering a Public Education Day on July 18, 2009 at the Huntsville Botanical Garden in Murray Hall**

**9:00am Welcome/Opening Tina Marie Wilcox, IHA President**

**9:15-10:15 Marge Powell A Shortcut to Herbal Distillates**

Marge Powell's interest in body care grew from work with herbs and her philosophy that products we use to nourish our skin should be plant based and chemical free. An herbalist for over 20 years, she has conducted hands-on workshops and classes on making salves, ointments, herbal medicine, soap, natural perfumery, and using culinary herbs. Having learned her craft from many prominent herbalists, she has most notably completed Susun Weed's Wise Woman curriculum. Her work as an herbalist led her to wonder about what was in the soap and lotions we use so often and liberally. Thus was born her work in creating products that include primarily edible ingredients (Adhering to Rosemary Gladstar's adage "If you can't eat it, it doesn't belong on your skin"). She is currently a board member of the International Herb Association and is past president of the IHA's former Southeastern Region.

**Once this watery by product of steam distillation of essential oils was considered to be just a left over. Now we call it "hydrosol" and are more understanding of it's benefits. As many of us know, hydrosols have become both trendy and very pricey.**

**Primarily Marge uses hydrosols as a component in lotions. However, they have many other uses. They are more gentle but still effective and, for example, have been used safely on cats as a flea deterrent.**

**Marge will demonstrate making hydrosol using items you can find around the house and your favorite plants. Marge has successfully made hydrosol from rose geranium, lavender, mint and other herbs. Come and learn to make your own wonderful, fragrant hydrosols.**

**10:30-11:15 Charles Voigt Making the Cut: Trials, Selections, & Awards**

Chuck is the Principal Research Specialist in Agriculture at the University of Illinois. His areas of expertise are Pest Management, Ornamental Horticulture, and Food Crop Systems. He maintains an interest in all vegetable crops, especially minor and specialty types. He works on maintaining genetic diversity in food crops through preservation of heirloom and other open-pollinated varieties. He is involved in the rebirth of herbs as an area of interest, gathering as much information as becomes available as this group of plants explodes in popularity. Chuck is a member of the Herb Society of America; the International Herb Association, choosing the Herbs of the Year through 2010; Garden Writers; Illinois Specialty Growers Association; Illinois Specialty Crops Conference; and the Chicago Botanic Garden. Besides educational responsibilities with the above organizations, and his university teaching responsibilities, Chuck also does Master Gardener training.

**After hearing Chuck complain about having to taste even more tomatoes to determine the next years *All America Selections* and hearing him discuss options for *The Herb of the Year* it was decided that others might like to know how he does it. Chuck has agreed to let us all in on how it's done.**

### 11:30-12:30 Stephen Lee **Herbes de Provence: A historically Delicious Blend**

Stephen's culinary interests are a result of a 'burgoo-ish' food heritage. Born in Indiana and reared in Kentucky, Stephen studied at the stovetop of his southern-cooking mother, at the hand and in the herb garden of his country-cooking grandmother, in the fields of his melon and strawberry-growing grandfather and in the bowels of a century-old germanic neighborhood bakery. University culinary training and personal tutoring by Irish-born, French-trained Master Chef Harvey Colgin prepared Stephen for his work and continuing education in the everyday-academies of small cafes, fine restaurants, banquet hotels and cooking schools. Stephen has authored *About 8 Herbs, Best of 10, Best of 5* and has been a ghost and associate writer of a myriad of books, magazine and newsletter articles. For 14 he years owned and operated *The Cookbook Cottage*, Kentucky's only cooking school. Twice Chairman of the Cooking Schools and Teachers Committee of the International Association of Culinary Professional, Stephen is also the Superintendent of the Culinary Department for the Kentucky State Fair, and is an Honest-To-Goodness Kentucky Colonel. Learn more at [www.herbmeister.com](http://www.herbmeister.com).

Stephen will teach us not only how to create our own herbal blend but will offer more about the history and uses of Herbes de Provinces than you're likely to have heard before.

### 12:30- 1:30 **Box Lunch (Catered by Catering Events) & Shopping Herbal Marketplace**

#### 1:30- 2:30 Art Tucker & Susan Belsinger **A Dilly of an Umbel**

Dr. Arthur O. Tucker to his students at Delaware State University is a botanist specializing in the chemistry and identification of herbs. As an advisor and writer for numerous popular gardening magazines, including *The Herb Companion*, he has helped untold numbers of gardeners grow healthier herbs, bring in better harvest, and enjoy herbal flavors and fragrances more fully. Dr. Tucker is the co-author, with Thomas DeBaggio, of - *A CompreThe Big Book of Herbs hensive Illustrated Reference to Herbs of Flavor and Fragrance*.

Susan Belsinger is a culinary herbalist, food writer, educator, and photographer. She is the author of over a dozen books, writes for national magazines, and as a contributing editor, appears regularly in the Herb Companion magazine. Gardening is a way of life for many of us; living harmoniously with nature is a common goal. Growing vegetables, herbs, and flowers organically, harvesting them at their peak, and bringing them in to the kitchen to create healthy, good-tasting dishes is a way of life for Susan. She delights in kitchen alchemy--the blending of harmonious foods, herbs, and spices--to create real, delicious food that nourishes our bodies and spirits and titillates our senses. Susan uses herbs in her everyday life to create a healthy lifestyle. Her work is to write and teach about these experiences and it brings her great joy to share these things with others.

Art Tucker and Susan Belsinger love to team up for herbal presentations - especially those featuring the herb of the year - they research and gather data and other miscellaneous, interesting info beforehand and then get together and tell you all about it. Art's approach is from an academic, scientific and factual viewpoint while Susan's is more down-to-earth, from a cook's point of view featuring fragrance and flavor. Both are gardeners with a passion for herbs and a sense of humor, so when these two join forces, facts and fun flies, and sometimes they surprise one another and even themselves.

**2:45- 3:45 Susan Belsinger & Donna Frawley *Cooking with Dillicious Anethum graveolens***

Donna started her business Frawley's Fine Herbarry in 1983. Her interest in herbs started in the culinary area and grew to include all aspects of herbs. She began by selling at the local farmer's market and then opened a home-based business which continues today. Donna majored in Home Economics and used that interest and skill to develop 55 culinary herb blends (wholesaled to other businesses), 8 herb flavored vinegars, and 7 herbal teas. She carries 100 bulk culinary herbs and spices plus fresh herbs. Donna has authored two books, *The Herbal Breads Cookbook* and *Edible Flowers Book*, has a DVD "*Cooking With Herbs*", and she also writes a monthly herb column in her local newspaper. Donna hosts cooking parties and speaks on many culinary herb topics. Donna is a member of the Valley Herb Society, the Great Lakes Herb Business Association, the Michigan Herb Associates and the International Herb Association.

**Get ready to cook with Dill, Herb of the Year 2010! Back by popular demand, this dynamic cooking duo will be demonstrating simple, tasty, dillicious" recipes. Donna and Susan met and became fast friends through IHA and, even though their cooking styles are different from one another, have been exchanging recipes ever since. They have herbs, cooking and eating in common. Find out how Donna uses dried dill from in her famous herbal blends, how she uses it both dried and fresh to flavor some of her favorite dishes; and how Susan uses fresh dill in dishes from appetizers to salads. Experience the expertise of two enthusiastic cooks in one and get to taste dillicious treats.**

**4:00- 5:00 Tina Marie Wilcox *Starting a Kitchen Herb Garden from Scratch***

Tina Marie has been head gardener and herbalist at the Ozark Folk Center's Heritage Herb Garden in north Arkansas since 1984. She tends extensive gardens; plans and coordinates annual herbal events; and facilitates production of sale plants, seeds and herbal products for the park. She has presented countless entertaining, educational herb and gardening programs throughout the United States. Tina is the current President of The International Herb Association, a member of the Herb Society of America, United Plant Savers and the American Botanical Council. *The Creative Herbal Home*, coauthored with Susan Belsinger, was published in 2007. Tina has written several articles for *The Herb Companion*, *Herbs for Health and Grit*. She and Susan Belsinger collaborated on two chapters in the book, *Designing an Herb Garden*, a Brooklyn Botanic Garden All-Region Guide. She also writes a weekly column, *Yarb Tales* in the *Stone County Leader* and [www.ozarkfolkcenter.com](http://www.ozarkfolkcenter.com). Tina's philosophy is based upon experiencing the joy of the process, perpetrating no harm, and understanding life through play with plants and people.

**A Kitchen Garden is practical and illustrates the beauty of vegetables, herbs and edible flowers. This program will describe the processes used to convert a Bermuda grass island with a few flowers into a garden of great beauty and utility.**

**Half day sessions are \$45 before 6/15 and \$50 after 6/15.**

**All day including Lunch is \$75 before 6/15 and \$85 after 6/15.**

**HBG Members receive \$10 Saturday discount for either a half day or for the whole day.**

**Lunch, included in all day price, is \$13 for half day attendees**

**7:00pm Banquet (Catered by Catering Events) \$30 and Awards**

**For reservations contact Janet Green at [fjanetgreen@yahoo.com](mailto:fjanetgreen@yahoo.com) or 931-937-7231**

**The International Herb Association Annual Conference Professional Day & Annual Meeting  
July 19, 2009 at the Hilton Garden Inn (4801 Governors House Drive)**

**9:00-10:00 Marge Powell & Kay Whitlock Surviving or Not Surviving Tough Economic Times**

Marge, is an educator, teaching classes on making salves, ointments, herbal medicine, soap, natural perfumery, and using culinary herbs.

Kay Whitlock's Oklahoma business, Just Yesterday, is a natural health food store focusing on herbs, an extensive variety of teas, a full line of aromatherapy and body products, classes, natural aromatherapy candles, gifts and tea accessories.

**Marge and Kay will offer their perspectives about the difficulties encountered in running a business in our current environment. As well as possible solutions to everyday problems, they'll discuss the painful option of changing direction or even closing.**

**10:15-11:15 Dr. Srinivasa Rao Mentreddy Basil: The Miracle Herb**

Dr. Mentreddy is an Associate Professor of Plant Science at Alabama Agricultural & Mechanical University teaching sustainable agriculture and turf management. His research in evaluation of crops with hypoglycemic properties, organic cropping systems development, evaluation of nutritional properties of crops, and general agronomic research has led to significant grants in basil research as well as other medicinal plants. Production research of field medicinal plants is conducted on the AAMU Winfred Thomas Experiment Research Station located in Hazelgreen, AL. True to his Indian heritage his philosophy of natural healing using fresh plant material influences his work. Dr. Mentreddy was the 2008 President of The Association of Agricultural Scientists of Indian Origin.

**Dr. Mentreddy will share with us the processes and results of his research of the medicinal and nutritional properties of basil, as well as his latest project studying service berry (*Amelanchier Canadensis*) and other related Native American medicinal plants.**

**11:30-12:30 Mimi Hernandez World Roots**

Mimi Hernandez is an herbal educator whose courses balance traditional reverence with scientific understanding and intuitive awareness. She is the Vice President of the North Carolina Herb Association, a Professional member of the American Herbalists Guild, and the advisor and primary instructor for the NC Biobusiness Network and the NC Greater Community College Network. Mimi received her masters of Science degree in Herbal Medicine from the Tai Sophia Institute. She also draws upon her rich Latino background and the Granny healers in her life. The One World Healing Arts Institute in Asheville, NC was inspired by Mimi's soulful vision of universal gratitude for generations of healing wisdom. More information can be found at [www.owhai.com](http://www.owhai.com) or [mimi@owhai.com](mailto:mimi@owhai.com).

**Experience elixirs of vitality from around the world from these adaptogenic roots. Learn cultural and ethno botanical uses of these roots along with the scientific research supporting these tonics for energy, cancer, immunity, and sexual vitality. Among these we will discuss Maca, Muira Puama, Solomon's Seal, Eleuthero, Aswaganda, Shatavari, and nettle roots.**

12:30- 1:30 **South of the Border Lunch (\$20 included in all day price) & Shopping Herbal Marketplace**

**1:30- 2:30 Phyllis D. Light [Appalachian Folk Medicine](#)**

A fourth generation Herbalist and Healer, Phyllis has studied and worked with herbs, foods and other healing techniques for over 30 years. Her studies in Traditional Southern Appalachian Folk Medicine began in the deep woods of North Alabama with lessons from her grandmother, whose herbal and healing knowledge had its roots in her Creek/Cherokee heritage. Phyllis' studies continued as an apprentice with the late Tommie Bass, a nationally renowned folk herbalist, as well as other herbal Elders throughout the Appalachians and the Deep South.

As a Practitioner and Appalachian herbalist, Phyllis has experience in both clinical and private settings including working in an integrative medical clinic. As a Consultant, Phyllis manages her own herbal consulting business advising businesses, schools, physicians and manufacturers.

Phyllis is a registered herbalist with the American Herbalist Guild, a member of the American Folklore Society and the Herb Society of America. Learn more about Phyllis, her workshops, classes and consulting at [www.phyllisdlight.com](http://www.phyllisdlight.com).

**[Get to know Phyllis as she shares her knowledge and philosophy.](#)**

**2:45- 3:45 Terry Holleback [Natural Farming: Where it came from & where it's going](#)**

Terry Holleback of Nancy's Meadow Herbs in Monroe, Wisconsin is the author of Inside Out Gardening: 10 New Gardening Rules. His nursery and gardens include a seed and cutting garden that supplies the herb business. His approach is "no till, no mow and no-such-thing as too much organic matter". He is currently involved in experimenting with the "Natural Farming" and "Permaculture" ideas coming out of Japan and Korea. The goal for Terry is to buy nothing for his gardens. The use of petroleum based technology is minimized as much as possible. Terry believes that the land can give you what you need to care for your gardens and growing with the cycles of nature can give you healthy and more vibrant plants.

**[Come and let Terry share his natural approach to today's farming.](#)**

**4:00- 5:00 [Annual Meeting of Members](#)**

**6:00- 6:45 [Social Hour - Hilton Hotel Bar](#)**

**7:00- 10:00 [Banquet \(\\$35\) & IHA Foundation Auction](#)**

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