



BOOK ENDS REVIEW
WITH CHUCK VOIGT



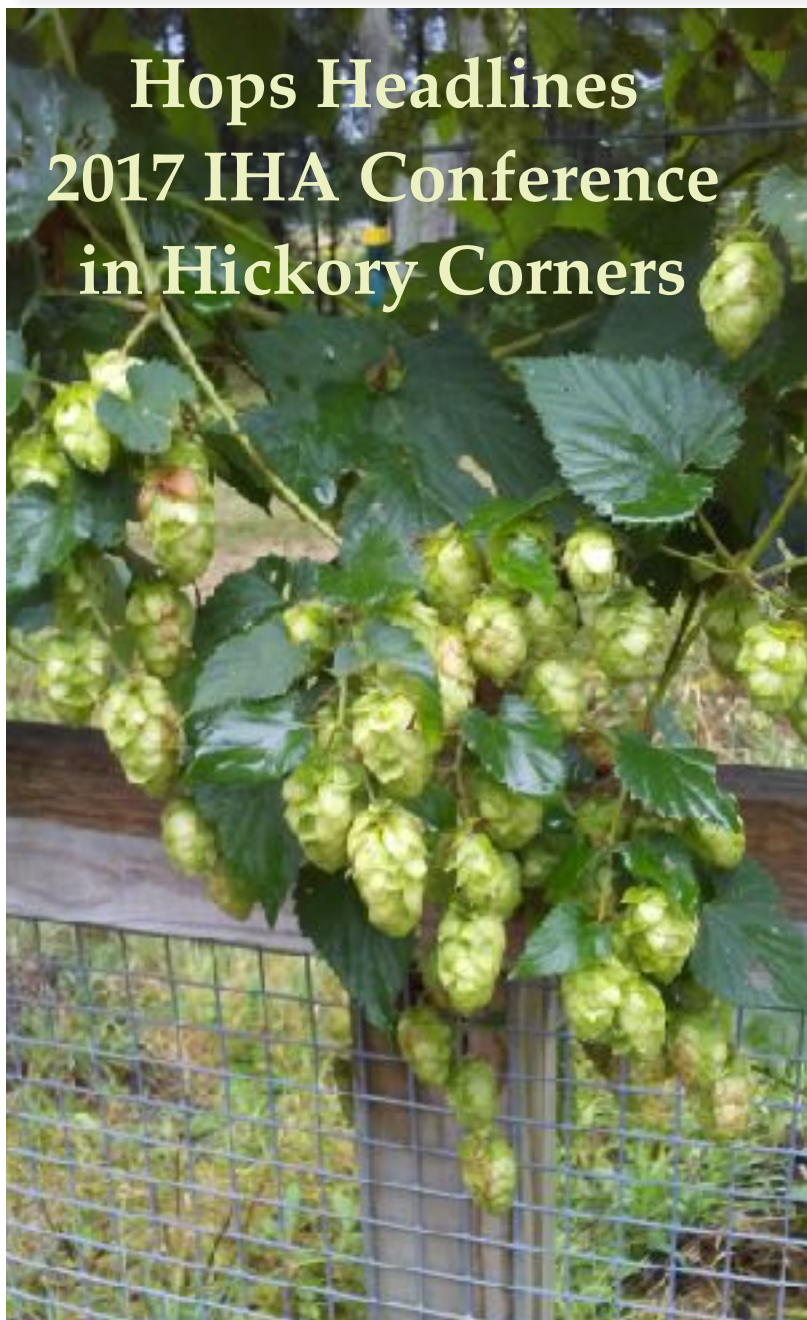
CONFERENCE IN 2017
HOPS = 2018 HOY



CONFERENCE IN 2018
ANISE HYSSOP = 2019 HOY

IHA NEWS

Hops Headlines 2017 IHA Conference in Hickory Corners



Uniting Herb Professionals – IHA engages, facilitates, and celebrates the growth of herbal endeavors using mentorships, networking, information technology, and education. It establishes industry leadership by identifying, cooperating, and linking with other like-minded entities.

It was a beautiful location to gather for the 2017 International Herb Association conference in Hickory Corners, Michigan. The weather started out a little cool and rainy but ended up spectacular with gorgeous sunny days. The planning was organized by Susan Betz with a wide array of speakers, tours, and delicious food. Thank you, Susan, for all of the time and effort you put into organizing the conference and it went without a glitch. Oh, maybe the bus breakdown was interesting but it was after our superb dinner at Southern Exposure. Kudos also to Marge Powell for registration and Donna Frawley for organizing the Great Hops Cook-Off and the tasty selections that were made by our member cooks. Not to forget Chuck Voigt for serenading us at the Banquet Saturday evening despite his not feeling well. Chuck Voigt and Stephen Lee coordinated the auction – thanks everyone! Lastly Dave Betz for making the wonderful wooden boxes that Susan gave as gifts to the speakers – they are priceless!

The conference is a time to get caught up with our friends and their herbal endeavors over the past year and meet new friends and get them acquainted with our goals. A revised mission statement was put forward and approved by the attending membership – see it above under the heading.

—Theresa Meiseler



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EDITOR'S NOTES

Going into my second year of editing the IHA newsletter is every bit as exciting and challenging as my first year. As with anything in life, the newsletter constantly changes and evolves.

In pursuit of said changes, I am proposing to experiment with a new section with a similar theme to "Throwback Thursdays." The section will be called "Memory Lane" (or something similar) and act as a space to recall herbal memories through pictures, photos, and writing. Please help me get this section started by sending in some of your favorite herbal memories.

In early September, the IHA held it's annual herbal conference in Michigan and this issue is the second time around for me putting together a conference issue. I would like to thank everyone who generously submitted articles and/or pictures from the conference to make this another great issue.

If you missed the conference this year, you can get a flavor for the event in the pages of the newsletter. I recommend the conferences as a great way to learn, network, make new friends and reconnect with old friends. If you haven't gone to one previously, make an effort to attend the one next year which will be in Arkansas. See the newsletter for information on next year's conference.

I am always open to suggestions and look forward to comments and ideas from members for the content of the IHA newsletter. In the meantime... please keep sending pictures, articles for future issues!

Skye Suter

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PRESIDENT'S THOUGHTS

Dear Herb Lovers,

First of all--let's keep all those, especially Marge Powell's family, affected by the recent hurricanes in our prayers. Also remember those who risked their lives to rescue stranded people and those who are helping in many ways to clean up and rebuild.

Wasn't that an exciting IHA conference! Many thanks to Susan Betz, who put together such an informative conference, getting us ready for "Hops, Not Just for Brewing." Hops is certainly the most timely Herb of the Year. As I've traveled, sharing information about hops, I'm thrilled that we're not the only ones talking about growing and using hops. I'm so sorry that I had to leave early and missed the better part of the conference. Thanks to Theresa Mieseler for coming to the rescue and completing the Proceedings book, which has made me feel like I experienced some of sessions.

If you haven't submitted your hops article to Gert Coleman for the Herb of Year book, you need to do that now. Let's get that book circulated. Please contact your local gift shops and book stores to encourage them to stock the books. We can make them a good deal on the current book as well as even better deals on earlier publications.

This is my last letter as IHA President. It's been a challenging and rewarding experience. I've especially enjoyed getting to know so many herb gurus. We have an important organization that fills a niche in the herb industry. Let's all work to increase membership and let the world know we're not a secret society.

I'm looking forward to Arkansas in 2018.

Diann Nance



Herbs of the Year 1995 - 2025

1995 Fennel
1996 Monarda
1997 Thyme
1998 Mint
1999 Lavender
2000 Rosemary
2001 Sage
2002 Echinacea
2003 Basil

2004 Garlic
2005 Oregano
2006 Scented
Geranium
2007 Lemon Balm
2008 Calendula
2009 Bay Laurel
2010 Dill
2011 Horseradish
2012 Rose
2013 Elderberry
2014 Artemisia
2015 Savory

2015 Savory
2016 Capsicum
2017 Coriander &
Cilantro
2018 Hops
2019 Anise-Hyssop
2020 Rubus spp.
2021 Parsley
2022 Violet
2023 Ginger
2024 Chamomile
2025 Yarrow



IHA FOUNDATION REPORT

FOUNDATION ANNOUNCES WINNER OF BOOK AWARD

The Trustees of the Foundation of the International Herb Association announced on September 9th at the Michigan Annual Conference Gala Dinner that the recipient of the 2017 THOMAS DeBAGGIO BOOK AWARD was **Tammi Hartung** of Desert Canyon Farm, Canon City, Colorado for her book *Cattail Moonshine & Milkweed Medicine, The Curious Stories of 43 Amazing North American Native Plants*, Storey Publishing, 2016. ISBN: 9781612126609

History, literature, and botany meet in this charming tour of how humans have relied on plants to nourish, shelter, heal, clothe, and even entertain us. Did you know that during World War II, the US Navy paid kids to collect milkweed's fluffy white floss, which was then used as filling for life preservers? And Native Americans in the deserts of the Southwest traditionally crafted tattoo needles from prickly pear cactus spines. These are just two of the dozens of tidbits that Tammi Hartung highlights in the tales of native North American flowers, herbs, and trees that have rescued and delighted us for centuries.

Cattail Moonshine & Milkweed Medicine was also named a 2016 Silver Nautilus Book Award Winner.

Mrs. Hartung is also the author of *Homegrown Herbs, A Complete Guide to Growing, Using and Enjoying more than 100 Herbs* and *The Wildlife-Friendly Vegetable Gardener, How to Grow Food in Harmony with Nature*. She has been growing and working with herbs for more than 30 years and is a frequent teacher and lecturer. She and her husband cultivate more than 500 varieties of herbs, heirloom food plants, and perennial seed crops on their organic farm in Colorado.

Thomas DeBaggio, an American herb business pioneer, was a courageous journalist who became a nationally prominent herb grower and gardener, who introduced a number of herb cultivars. Late in his middle years, he became a defiant and poignant voice for fellow Alzheimer's patients. The Foundation is proud to continue this book award in his honor.

Stephen Lee, Foundation Board of Trustees



*There is nothing in the
world more peaceful
than apple-leaves with
an early moon.*

~Alice Meynell

In the last issue of the newsletter we asked you to share with us the names of those living individuals whom you felt might be "the" authorities and/or experts in various herbal fields - be that medicinal, horticultural, culinary and/or any other aspect of this amazing realm.

We didn't get enough initial response to that request to compile a list and tell you why that list is so important - to you and to us. So let's give it one more try and . . .

LET'S PUT A NAME TO IT

Can you help in a little survey? We are trying to determine the top players in the world of herbs today. If you are a golfer you know the name Jordan Spieth or Dustin Johnson, if you follow baseball you know Bryce Harper or Mike Trout, if you follow home renovation you know Drew & Jonathan Scott or Joanna Gaines and if you are a foodie you know Rachel Ray, Alton Brown, Martha Stewart or Bobby Flay.

So what are the names - of living persons, we should know when thinking of herb authorities? Please send the names of those you consider herbal experts - and their herbal field of expertise to Steve Lee at herbmeister1@gmail.com

We'll compile the list, give you the results in the next newsletter, and tell you why it matters.



LITTLE BITS ABOUT US!

.....NEW MEMBERS!

Donald Alcumbrack
Martin, MI

Ben Cohen
Small House Farm
Sanford, MI

Janice Cox
Natural Beauty at Home
Medford, OR

Sara Holland
Wimberly, TX

Adrienne Jackson
Raleigh, NC

Theresa Dieseler
Shady Acres Herb Farm
Chaska, MN

Gudrun Penselin
Rainbow Healing
Wembley, AB, Canada

Helen Jositas
Oakland, MI

Shelia Kneeshaw
Detroit, MI

Paula Simpson
Tuakau, New Zealand

James Sayers
House of Life Botanicals
Youngstown, OH

Jeff Steinman
Hop Head Farms, LLC
Hickory Corners, MI

Scott Allen Stokes
Southern Exposure Herb Farm
Battle Creek, MI

Rex Galbert
Williamsburg, VA

Rebecca Wood
Hopewood Holistic Health
Athens, OH

"Thank you for the warm welcome. If I had to write something about what defines my mission and business it would be:

The House of Life, Botanicals. Herbal Creations Made With Intention. Focused on Education through, "Life-Sessions," Jim Sayers, CNC (Certified Nutritional Consultant) Herbalist and Reiki Master, has a true passion for Wellness-Body, Mind and Spirit that is expressed through his Connection to Community."

James Sayers
New Member

Whether you are new or a long standing member, we would love to hear from you! Write to us and tell us about yourself, your business, your herbal events, or organization so that we can get to know you. Send information and photos to Skye Suter at theherballeaf@gmail.com

*Friend to the herbal world, **Lucia Ferrara Bettler** peacefully spiritualized on the autumnal equinox surrounded by her family, holding her beloved Michael's hand. Although not a recent member of IHA, she did serve on the board and was a past president.*

She was noted for giving her heartfelt and eloquent blessing of the garden every year for the past 20 years or so at Festival Hill in Round Top, Texas. Lucia was a dear friend to many of us, she was a great cook, educator, and gardener and wise in many ways. She always delighted us with her array of herb-related products, her selection of herb, gardening and cook books from her shop, "Lucia's Garden", which she brought to many herbal events--she had something for everyone--whether it was whimsical, spiritual or practical (kinda like her). My heart is heavy and sad to lose an herbal gal pal: I will miss her impish grin, her hearty laughter, her wise woman ways and her gentle and generous spirit.

Susan Belsinger



Susan Belsinger and
Lucia Ferrara Bettler.



CONFERENCE AWARDS !

The IHA awarded the prestigious **Otto Richter Award** to **Scott Allen Stokes**, co-owner of of Southern Exposure Farm located in Battle Creek, Michigan. Scott is inspired by the garden designs he sees in his travels overseas and at home. He has become one of the most recognized garden and design experts in Michigan and is a sought after speaker.



Photo: Susan Betz

IHA ARCHIVED SERVICE AWARDS

2017	Susan Betz
2016	Karen O'Brien
2015	Linda Cunningham
2014	Conrad Richter, Pat Crocker, Carol Little, Amy Taylor
2013	Francesco DeBaggio
2012	Art Tucker
2011	Nancy Momsen
2010	Tina Marie Wilcox
2009	Janet Green
2008	Davy Dabney
2007	Marge Powell
2006	Kay Whitlock
2004	Tom Wajda
2002	Donna Frawley
2001	Charles Voigt
1998	Don Melton
1997	Pat Reppert
1996	Portia Meares
1994	Mary Peddie
1993	Sal Gilbertie
1992	Michael Bettler
1991	James Simon

IHA ARCHIVED PROFESSIONAL AWARDS

2017	Matthias Reisen
2016	Pat Kenny
2015	Betsy Williams
2014	Ann Sprayregen, Davy Dabney
2013	Tina Marie Wilcox
2012	Marge Powell
2011	Pat Crocker
2010	Charles Voigt
2009	Dorene Petersen
2008	Terry Hollemback
2007	Francesco DeBaggio
2006	Jim Long
2004	Susan Belsinger
2001	Cyrus Hyde
1998	Rosella Mathieu
1997	Arthur Tucker
1996	Bertha Reppert
1994	Adelma Simmons
1993	Linda Ligon
1992	James Duke

Photo: Susan Betz



The **2017 IHA Service Award** for outstanding service over and above what would be expected of an IHA member in the areas of, but not limited to, lecturing, writing, facilitating and contributing time and resources for the betterment of IHA, went to **Susan Betz** for her diligent commitment to the IHA in all areas. In addition to serving on the IHA Board of Directors until 2017, Susan went above and beyond in her single-handed efforts in putting together the 2017 IHA Conference at a spectacular venue in Southern Michigan. Susan is an author, teacher, lecturer, and conservationist specializing in herbs and native plants. Find out more about Susan at freshstartherbs.org

Photo: Stephen Lee



The **2017 IHA Professional Award** for outstanding contributions to the herb industry in the areas of growing, marketing, product innovation, education, research, public relations and authorship, went to herb farmer, and plant expert **Matthias Reisen** for his steadfast commitment to herbs and the IHA. Matthias lives by his convictions and is dedicated to herbs in a big way. Along with his life partner and loving wife Andrea, he feels blessed to be a caretaker of the land they have farmed for over 36 years. Healing Spirits Herb Farm in upstate New York. healingspiritsherbfarm.com

*Agastache* spp.

Introducing the 2019 Herb of the Year™ Anise Hyssop

An Herbal Adventure in the Ozarks

"Stay All Night, Stay a Little Longer" — Bob Williams



International Herb Association 2018 Educational Conference September 21 & 22, 2018

Dear fellow members of the International Herb Association,

The Ozark Folk Center State Park in Mountain View, Arkansas is the perfect place for the International Herb Association 2018 Meeting. We will gather for a pre-conference event on September 20, have our conference on September 21 and 22 and then have a post-conference activity on Sunday, September 23. Stay tuned for all of the details!

The garden is composed of many theme gardens and natural areas throughout the park. The Herb of the Year™ and other herbs of current interest are featured in raised rock garden beds. The Kitchen Garden is just outside the Skillet Restaurant, within easy access of the chefs and line cooks. The Ozark Spring, waterfalls and pool remind us that settlers depended upon life-giving water for sustenance. The plants in and around the spring are native to the Ozarks.



Celebrate Music, Crafts
and Herbs
at the
Ozark Folk Center State Park
1032 Park Avenue,
Mountain View, AR 72560

Visit www.ozarkfolkcenter.com for an overview of the venue. Nature surrounds the air conditioned, native stone buildings. Click on the Stay and Eat page to see the award-winning Skillet Restaurant where we will enjoy herbal meals. Check out the affordable, modern comfort of the Cabins at Dry Creek. Each room has two queen-size beds, a mini-refrigerator, cable television, Wi-Fi, private bath and coffee maker. Decks and pet-friendly room options are available.

Please note that some Cabins at Dry Creek rooms will be out of service for renovation during September of 2018. Call today and make your reservation to insure that we will all be together. The number is [870-269-3851](tel:870-269-3851), press 1.

Mention that you are a part of the International Herb Association Conference to be placed in our block.

From the Bill and Hillary National Airport in Little Rock, take the scenic, two-hour drive up into the hills. Autumn in the Arkansas Ozarks is delightful. Visit Blanchard Springs Caverns and hike in the Ozark National Forest; fish or float the White River or shop for antiques and listen to pickers on the square in Mountain View. What you won't find here are tourist traps, long lines or heavy traffic. Here's hoping you'll make your way to the Ozarks to gather with IHA friends.

More information will follow in the winter issue of the IHA News and on the IHA website (iherb.org)

**Make sure to
press 1 when
prompted.**

**Information for the
Autumn 2018 IHA Conference featuring
Anise Hyssop the 2019 Herb of the Year™**



Anise Hyssop, *Agastache* spp. has been selected as Herb of the Year for 2019.

Incorporating herbs in to all aspects of our lives reflects the growing interest and trends to get back to the earth Anise Hyssop is an herb with benefits and properties that require our attention....

If you would like to speak about Anise-Hyssop or other herbal related subjects at the upcoming conference, see "Call for Speakers" information below.

**Call for Speakers
Deadline is March 1st, 2018**

The conference committee is putting out a call for speakers for the 2018 Annual Conference in Mountain View, Arkansas. Conference dates are September 21 and 22, 2018.

The IHA's annual conference is the premier event focused on small and medium sized business. We want to hear from herbal shop owners, farmers, writers, researchers, educators, and regulators - anyone with knowledge of interest to the herb business and herbalists.



TINA MARIE WILCOX
2018 Conference Chair

Speaker Applications

If you are interested in being a speaker please download the application form from our website <http://www.iherb.org> or contact the conference committee chair, Tina Marie Wilcox at tina.wilcox@arkansas.gov

**HOY 2017:
Cilantro & Coriander**



The 2017 HOY™ Book on Cilantro & Coriander is selling well. If you would like to purchase some copies of this issue or other past HOY™ issues to sell and distribute, please contact Matthias and Andrea Reisen at herbs@healingspiritsherbfarm.com.

**HOY 2018:
Hops,
Not Just for Brewing**



The 2017 HOY book on HOPS is currently in production and will be available in the near future.



BOOK ENDS



A BOOK REVIEW OF THE
2017 IHA THOMAS DEBAGGIO BOOK AWARD WINNER

BY CHUCK VOIGT

The DeBaggio
Book Award Winner,
Tammi Hartung

CATTAIL MOONSHINE & MILKWEED MEDICINE BY TAMMI HARTUNG



Tammi Hartung, author of *Cattail Moonshine & Milkweed Medicine*.

"Tammi was proud and happy to receive this award. Receiving the award was made even more special for Tammi because she had known Thomas DeBaggio. It was a moving trip down memory lane for her."

- Ann Sprayregen

Last November, my sister, Donna, and I were visiting Jim Long and Josh Young at Long Creek Herb Farm on the Missouri/Arkansas border. We all decided that a visit to Crystal Bridges Museum in northwestern Arkansas would be a good day trip. After viewing the art collections for several hours and having a wonderful lunch, we all headed to the gift shop to see what was there. Since I'm not really into jewelry or other stuff usually found in such places, and have not overcome my fondness for books, I began to browse the titles on their shelves, thinking, "This will help me pass the time." *Cattail Moonshine & Milkweed Medicine* somehow caught my eye.

As I flipped through the pages, the book opened on a page that said, "A Modern-Day Medicine Maker," which was a tribute to my dear friend, Daniel Gagnon, owner of Herbs, Etc. in Santa Fe, NM. This caught my interest, so I began to actually read the descriptions of several plants, and found the information to be eclectic in nature, easy to read, with fun factoids abounding. Now, I was really hooked. My companions had completed their shopping, so I made up my mind to purchase this interesting book, paying full gift shop retail for it, not knowing where I might find it again.

That night, I began at the beginning and was delighted to find that the bits I had read earlier were not a fluke. Within a few days, I had read it cover to cover, enjoying each quirky aside more than the last. While the text is loaded with factoids about the history, lore, medicinal usage, and more about 43 useful plants, each portion is compartmentalized, so that each section is a mini article in itself. Each one is just enough to pique one's interest, without ever becoming boring. When I get time, I may follow up on many of these ideas with Internet searches to learn more.



BOOK ENDS

REVIEW CONTINUED...



Cattail Moonshine & Milkweed Medicine, by Tammi Hartung, is a 2016 release by Storey Publishing <www.storey.com>.

Its ISBN number is 978-1-61212-660-9, and the retail price I paid was \$18.75, plus Arkansas sales tax. I feel it was worth every penny, and highly recommend this 2017 winner of the IHA Thomas DeBaggio Book Award to anyone with an interest in plants. I'm going to re-read it as soon as I finish the *Scarpetta* novel I've just started, to see what I might have missed the first time through.



Among the plant people profiled, in addition to Daniel Gagnon, are David Camerlo, Alex Whitmore, the Lopez family, Randy Reynolds, and Donna Brown, each of whom does something fascinating with plants. Any plant person who reads these tributes will be inspired to find a niche that fits their own quirky plant loves.



Of the thousands of factoids contained in this book, I only found 2 or 3 which made me say to myself, "That doesn't sound like what I think I know about this." Who knows, the fault there might be with me and not the factoids themselves. Tammi Hartung has done a masterful job of weaving all this information into such a joyous, fact-filled, yet readable book. All the reviewers on the IHA Foundation Board who read this book gave glowing reports on how thoroughly they had enjoyed it. I'm so thankful I picked it up that day in the gift store and later nominated it for the book award.

I remember a hundred lovely lakes, and recall the fragrant breath of pine and fir and cedar and poplar trees. The trail has strung upon it, as upon a thread of silk, opalescent dawns and saffron sunsets. It has given me blessed release from care and worry and the troubled thinking of our modern day. It has been a return to the primitive and the peaceful. Whenever the pressure of our complex city life thins my blood and benumbs my brain, I seek relief in the trail; and when I hear the coyote wailing to the yellow dawn, my cares fall from me — I am happy.

~Hamlin Garland, McClure's, February 1899

The Conference

A Hops Sampling Presentations from the 2017 Conference

Set against the backdrop of scenic Gull Lake, (thank you Susan Betz), the 2017 conference consisted of a delightful and interesting group of presentations over two day period.

The conference began with the **Otto Richter Memorial Lecture** delivered by **Scott Alan Stokes** of **Southern Exposure Herb Farm**. **Susan Belsinger** gave a presentation **Hops: From Pint to Pillow to Bitters, Bath & Beyond** and then **Ben Cohen** spoke about **Wild-Crafted Herbs and Fresh Pressed Oils**, stressing the importance of locally sourced ingredients. Next **Tina Wilcox** delivered a presentation with her usual flair, **Getting a Grip on the Slick**, and the day was rounded out by the **Great Hops Cook Off** coordinated by **Donna Frawley**.

The next day sorted with website designing information presented by **Theresa Meiseler** followed by a historical presentation on hops, **Hops or Not, A Tale of *Humulus lupulus*** by **Rex Talbert**. **Jeff Steinman** from **Hop Head Farm** gave the **Scoop on Hops**, revealing the workings of a hops farm, then **Stephen Lee** showed us **Nips & Nibbles From the Herb Garden**. After lunch, **Scott Alan Stokes** made creating marvelous decorations look easy. **Conrad Richter** of **Richter Herbs** had a different take on bitters and presented **West African Bitters and the Eternal Quest for Virility**. The final presentation of the day was given by **Janice Cox**, magazine writer and author of books on beauty with herbs. Her presentation **Natural Beauty with Hops** nicely rounded out a fabulously hoppy conference.

Photo: Janice Cox



Above: A still-life created by Janice Cox including samplings of items from the conference.

Below: Hops art created for Janice's presentation on herbs and beauty.



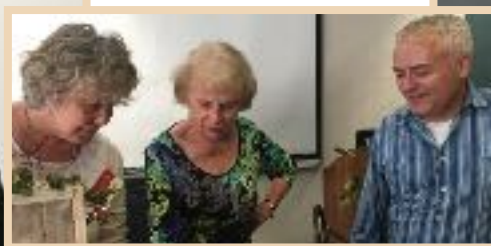
Below: A sampling of something slimy from Tina Wilcox's presentation "Getting a Grip on the Slick."



Photos this page: Susan Belsinger, Janice Cox, Donna Frawley, Skye Suter.



Left: Gert Coleman with her teas.
Above: Scott Stokes showing Pat Crocker and Marion Bardman items from his presentation. Ben Cohen talking about his "Small House" business.



The cook-off participants and our two lovely interns. Left to right: Pat Crocker, Marge Powell, Donna Frawley, Skye Suter, Gert Coleman, Jeanne Calkins, Susan Belsinger, Adrienne Jackson, Kathryn Clayton, and Janice Gay.

Conference Moments



A special thanks to Susan Betz who did such a fabulous job organizing the 2017 Conference on Hop!



Donna Frawley, in the middle, with interns Jennifer Gay to the left and Jeanne Calkins to the right.

Jenifer and Jeanne are two wonderful ladies. Competent, capable and good company about sums them up.

Thank you for your hard work and support.

Photos: Susan Belsinger, Skye Suter



Clockwise: The back of Marge Powell, Gert Coleman, Susan Betz, Tina Wilcox and Susan Belsinger taking "break" at a truck stop due to a bus "break", Marge Powell examining a wall of plants at KVCC, Janice Cox, Gert Coleman, Marion Bardman, Skye Suter, Theresa Meiseler, Gudrun Penselin, Susan Betz and Pat Crocker posing in front of the carriage house at Gull Lake, Adrienne Jackson sporting a handmade apron - no sewing!



The Auction is one of the highlights of the IHA conferences. Each year, wonderful items are donated for this event.

Each year, Chuck Voigt dons his "special apron" for the occasion and runs the IHA auction on the evening of the banquet. Chuck was energized and did a yeoman's job, while working through a cold to make us part with our money. In deference to his cold, the usual hecklers took it easy on Chuck this year. Marge reported that the auction and silent auction made a nice chunk of money for the coffers.

Keep 2018 in mind and come up with some super items to donate for the next conference in the Ozarks.



Go Chuck!

Pre-Conference Tours

Visits to Kalamazoo Valley Community College: Culinary Arts & Sustainable Food Systems, Brewing Program, & Western Michigan University Gibbs House Farm

KVCC Culinary Arts & Sustainable Food Systems photos. Clockwise from top left: Grow system for young plants, strawberries, hops growing from watering tub, Chuck Voigt in front of experimental hops, raised growing beds, young artichoke.

Photos: Susan Belsinger, Skye Suter



Thursday's tour started out in Kalamazoo with a collaborative business between growers, the university and end users. We had a personal tour of the greenhouses and growing areas, then onto the culinary school with a tour of the brew classroom and teaching brewery from the master brewer and instructor, T. Mieseler



Gibbs House Farm photos. Clockwise from top left: A bagged fruit for propagative experimentation, Joshua Shultz and Daniel Bair, managers at Gibbs House Farm, Property plan, elderberries, ginger browning in a poly-house.



Pre-Conference Tour Southern Exposure Herb Farm Tour & Dinner



The latter part of the Pre-Conference day was spent at Southern Exposure Herb Farm. We were greeted by owners Scott and Kevin Stokes. We had a tour of the house, outbuildings, the colorful gardens, and classrooms. We ended the evening at Southern Exposure with a scrumptious herbal dinner by Chef Elsie. They really are a great event center for weddings and classes. T. Mieseler



Southern Exposure Herb Farm. Top row: Southern Exposure sign, Kevin Stokes giving a tour. Second row: A colorful garden bed, an herbal dinner plate, fabulous dahlias. Third row: Trees and hostas, a garden nook, a hydrangea.

photos: Diann Nance, Skye Suter



Post-Conference Tours, Workshop & Walk

On Sunday, we had choices: attend Gudrun Penselin workshop on Bach Flowers or jump on the bus for a tour of Hop Head Farms, Bell's Comstock Brewery and Texas Corners Brewing Co. We were all happy we chose the selection we made and all joined for the last time Sunday evening at McCrary Hall for a barbeque dinner. T. Mieseler.



Hop Head Farms, Bell's Comstock Brewery, and Texas Corners Brewing Co. offered tours, samples & meet and greets. Pictured clockwise from top left: Jeff Steinman, Susan Belsinger, and John Liberty at Hop Head Farm, Adrienne Jackson, Pat Crocker and Kathryn Clayton sporting hop garlands, Hops growing in a field, "Glacier" hops strobiles with unusual striping, Fabulous tour guide Austin, manning the beer pulls at Bell's Brewery, Andrew and Ruth Schultz of Texas Corners Brewing Co., Susan Belsinger's favorite Michigan beer, Texas Corner's Summer Stampede Imperial IPA.

Photos: Susan Belsinger



Gudrun Penselin, author of Healing Spirituality gave a workshop, The Healing Power of Plants and a walking tour of W. K Kellogg Pollinator Garden & Bird Sanctuary. Left to right: Gudrun collecting willow branches for her program, willow bouquets for program attendees, echinacea flower, tree framed view of Gull Lake.

Photos: Skye Suter





THE TRAVELING GARDENERS...



Leila Arboretum, Battle Creek, MI

After a jolly-good IHA conference at the Kellogg Center in Michigan, I packed up with my traveling companions, Pat Kenny and Tina Marie Wilcox, and we set out for the 9 to 10 hour journey back to Maryland. The day was gorgeous and we were cruising through the scenic countryside—probably had been on the road about 15 to 20 minutes—and out of the corner of my eye I saw a sign that said “Leila Arboretum” (and I thought nah I’m not mentioning this to them) and then we passed what looked like a garden of totem poles. All three of us craning our necks to see them as we whizzed by and then a brightly

painted botanical fence and that read “Kaleidoscope Children’s Garden”. I was like should we stop? And they were like “yeah!” and I replied “well we have a 10-hour drive, we probably shouldn’t—we should just keep on” and everyone got real quiet and about a mile down the road, I pulled a U-ey (as in U-turn) and everyone whooped!

So after turning into the entrance to the arboretum, and finding a parking place we head for the FantasyForest, a field full of phantasmagorical sculptures like we’ve never seen.

For the rest of the story see Susan’s blog at vegetablegardener.com Photos: Susan Belsinger



The weird and wonderful Leila Arboretum. Clockwise from top right: fantasy forest totems made from ash trees that were attacked by ash borer: green spirit woman, welcoming gremlins, giant squid. next to fantasy forest was the community vegetable garden where folks grow their own garden plots--lots of ethnic foods like bitter melon and hibiscus sabdariffa, also children's kaleidoscope gardens--carved wooden flower details on a bench, colorful stepping stumps, brightly colored flowers in a container, spoon fence.





IHA REGIONAL REPORTS Fall 2017

The IHA regional reports comprise a series of seasonal reports from our correspondents throughout North America (international correspondents welcome.) These Reports are a great way to share what is going on in our gardens, businesses, and the greater herb world. Please send reports and photos to Skye Suter at theherballeaf@gmail.com.

Gert Coleman

Middlefield, New York
Zone 5a

I've spent the summer upstate in Central New York, two zones cooler than Staten Island. We had a very rainy spring and the first part of summer. While that meant I didn't have to haul buckets of water across the street to the food gardens, it also meant a spectacular crop of slugs and snails that decimated the peppers and spilanthes before I could plant them. The plants recovered but the cool nights kept them from flowering and fruiting for quite a while. Only in late summer and early fall has the weather turned dry enough to water the gardens again.

I've been calling my gardens the Finally! gardens. They have been a test of patience and existentialism--long in the state of coming. I keep saying, "Finally!" as the nasturtiums set buds, the zinnias, calendula, and cosmos flowered, and the tomatoes grew tall and tangled with yellow flowers. The potato crop looks good, as do the brussels sprouts. Our big success has been in the fruits: the second-year elder bushes flowered and berried this year, the raspberry bushes had way more berries than we could eat, the strawberries my son gave us last year have multiplied and flourished (despite the slugs), and our two new blueberry bushes had enough fruit to eat a handful at each visit. The apple trees are hung with apples. And the hawthorn trees bear gorgeous red specimens that take forever to dry.



Nasturtium, a well hidden chicken, and "Kent Beauty" oregano.

Photos by Skye Suter



AVERAGE
ANNUAL
EXTREME
MINIMUM
TEMPERATURE

TEMP. (F) ZONE

60 TO -55	1A
-55 TO -50	1B
-50 TO -45	2A
-45 TO -40	2B
-40 TO -35	3A
-35 TO -30	3B
-30 TO -25	4A
-25 TO -20	4B
-20 TO -15	5A
-15 TO -10	5B
-10 TO -5	6A
-5 TO 0	6B
0 TO 5	7A
5 TO 10	7B
10 TO 15	8A
15 TO 20	8B
20 TO 25	9A
25 TO 30	9B
30 TO 35	10A
35 TO 40	10B
40 TO 45	11A
45 TO 50	11B
50 TO 55	12A
55 TO 60	12B
60 TO 65	13A
65 TO 70	13B

IHA REGIONAL REPORTS

Fall 2017

Last week, I sat across the street on the bench and watched the sunset. A fawn has grown tall and was feeding over there, way too interested in us. I feel surrounded by animals up here - every where I walk I hear rustling - or something, catching slight movements out of the corner of my eye: chipmunks, raccoons, porcupines, hummingbirds, hawks, snakes, beavers, bats, and lots of pollinators, too. Goldenrod is ablaze in the fields, with Queen Anne's Lace and asters adding color to the walks and my bouquets.

The annual IHA conference in Hickory Corners, Michigan was well-organized, with an amazing lineup of speakers and field trips. I enjoyed seeing the hops production and industry flourishing in Michigan. Kalamazoo has numerous breweries and brew pubs. The standout experience was seeing how Kalamazoo Valley Community College (KVCC), in partnership with Kalsec™, has created a series of programs, degrees, and certificates in food preparation and processing, through greenhouses, fields of crops, and test kitchens, with an emphasis on sustainability and local food as well brewing beer. Imagine getting college credit for growing herbs or starting bee hives! We all wanted to go back to school!

IHA conferences always renew my interest in herbs and strengthen my commitment to furthering the public's education on all things herbal. I love seeing good friends and making new ones, like Janice Cox of Oregon and Ben Cohen. I look forward to the 2018 conference in Arkansas, hosted by Tina Marie Wilcox.

*For man, autumn is a time of harvest, of gathering together.
For nature, it is a time of sowing, of scattering abroad.*

~Edwin Way Teale, Autumn Across America

Diann Nance

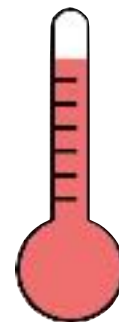
Clarksville, Tennessee
Zone 7a



Hummingbirds hovering
around Diann's feeder.

As the year approaches Autumnal Equinox, my mind switches to reminiscing about many things: how plants did or didn't do, what I should have planted but didn't, how I might have done a better job keeping the deer out of the garden, what was surprisingly successful. It's a good time to make notes so when winter comes, and I'm making plans for next year, I won't make the same mistakes. It doesn't always work; I tend to repeat some of the same errors. Looking back and looking forward while living in the present can make clowns of us humans.

As the hummingbirds prepare to fly south, they don't question what they are about to do. They just try to fatten up for the long flight. The squirrels burying nuts don't calculate how many they should store up for the winter. It's difficult not to envy their instinct. We second-guess our choices and prepare for what we think will happen. We even try to out-smart nature only to learn again that nature always wins. It's a humbling experience, but we are also blessed with the ability to recover and rebuild—maybe even to learn from our mistakes and make things better.



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IHA REGIONAL REPORTS...Fall 2017

Chuck Voigt

Urbana, Illinois

Autumn Equinox Report from the Grand Prairie

Well, it's been a busy couple of months since the last newsletter. As has become usual, the weather is a bit crazy here, with cool weather when it should have been the heat of summer, and now a mini heat wave, as official fall arrives. We haven't been in the 90s for weeks, but now expect at least 5 or 6 hot days in a row above that mark. It is certainly better than the hurricane damage in Texas, Florida, and elsewhere, with several more storms in the pipeline and Maria trying to wipe out Puerto Rico today.

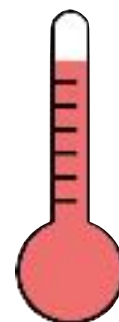
The garden has been productive this season. The only outright failure was the sweet peppers, which succumbed to bacterial spot for the second straight year. I think that a nasty storm that blew sand around might have caused the damage that gave the bacterium the entry wounds that it needed to infect. This year, I didn't have any jalapeno peppers to protect, so I left the diseased ones where they were, and there have been enough peppers to use in various tomato canning recipes. The eggplant quickly expired, although I don't really need a lot of eggplant (or any, truth be told). All the debris will be destroyed at the end of the season, to try to prevent the same thing next year.

The onions were large, and have been keeping much better than in recent years. I suppose I pulled them out of the moist earth sooner, which may have given them a better shot at a longer shelf life. My sister tells me that they are especially good tasting, not sharp and super pungent like the store variety. With cultivar names like 'Walla Walla Sweet' and 'White Candy', I guess we should have expected no less. Sweet onions usually don't keep very well, but we're checking them regularly. It's too bad I'm borderline allergic to onions, particularly raw ones, but I've always hated them, so that's not such a sacrifice. I do like them fried or caramelized, but have backed off of them, too, since my food sensitivity tests about 10 years ago. I no longer burn my tongue on super-insulated French onion soup, however, which is a mixed blessing, because it's so tasty.

Tomatoes did well early, but early blight started to burn the foliage about the time they began ripening. They have produced pretty well, despite this problem, and I have been spoiled again by the flavor of "real" tomatoes. I don't look forward to the winter ones. Let's all sing a chorus of the "Homegrown Tomatoes" song.

The watermelons have been very good, although the raccoons got into them and ruined about 25 before I got back from the IHA conference and rescued the rest. 'Crimson Sweet' and 'Sangria' made it through pretty well, but 'Yellow Doll' has a thin, soft rind, which doomed every single one of them to be 'coon food. Muskmelons were OK, but nothing to write home about, with the exception of one I tried this year for the first time. 'Sugar Cube' lived up to its name, with little fruits with firm, exceptionally sweet and flavorful flesh. I will grow these again.

Cucumbers were excellent, with Dasher II and Fanfare producing long, dark green fruit. Both are good, but Dasher II has all female blossoms, and so produces over twice as many cukes. They do require fertile male pollinators, whose seeds are included, but I like to plant at least one other cultivar to give the bees lots of pollen to move around. We made a couple of batches of Mom's Concrete pickles, which are soaked in lime water for 24 hours, then rinsed well and rested in ice water for 3 hours. The pickling liquid then stands on



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IHA REGIONAL REPORTS...Fall 2017

them overnight, is heated to boiling for 30 minutes, and then they are canned immediately. Salt, vinegar, sugar, celery seed, and turmeric are in the liquid.

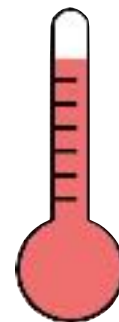
The bean fence has been a qualified success. The snap beans apparently resented being transplanted and have failed to make much of an attempt to grow up the fencing. I've picked them 3 times and have gotten enough to eat each time. Direct seeding is apparently the way to go. On the other hand, the four lima bean varieties hesitated a little while after being transplanted, then took off to the races and are now overtopping the 6+ -foot fence and trying their best to tear it down. I hesitate to walk too close, for fear of being grabbed and pulled into the mass. There are pods forming, and I hope the hot weather this week will fill them with tasty beans.

My blackberry popcorn has done well, with good pollination weather. The raccoons tried tasting a couple of ears, but found it too hard and sharp for their tender mouths. I also tried to renew my seed of the mini popcorn I've grown for over 30 years. It got in late, and is only now trying to pollinate. Since it didn't germinate well, I'm hoping to salvage enough for seed. If not, there's always next year. The seed is in the fridge, so shouldn't go downhill too fast from here.

I finally got 'Green Mountain' potatoes to yield well. They are a flavor favorite, but seed tubers are hard to find locally. Mail order is always expensive, but seems even more so when the cut pieces rot, rather than coming up. None of that happened this year, and I have enough to enjoy their low-alkaloid skins, the absolute best tasting baked potato skins ever. Weed control was better this year, so we were able to dig them without a lot of searching to find the hills.

Finally, my 'Gilfeather' turnip/rutabaga patch looks good, if a little caterpillar-chewed. I also have two rutabaga cultivars, and all are beginning to expand their roots. I'm still going to squeeze in a few radishes and maybe some butterhead lettuce for late eating, and then this season will move into history.

I had a great time in Michigan at the conference earlier this month, despite coming down with a cold on the drive up. Perhaps I received a germ from one of my high school classmates at my reunion over the Labor Day weekend. I sang a 45-minute program, and am glad in retrospect that the cold didn't come a week sooner. I hope all the other sniffles I heard at the Kellogg Biological Center have cleared up by now. My cough is gradually lessening, although it never goes away fast enough. I can't wait to get together again next year, back at the Ozark Mountain Folk Center. See you there.



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Windowsill pumpkins and herbs, summer squash ready for roasting, a vegetable melange with potatoes, parsnips, lima beans, and zucchini.

Photos: Skye Suter



IHA REGIONAL REPORTS...Fall 2017

Tina Marie Wilcox

Mountain View, Arkansas
Zone 7a

The Heritage Herb Garden at the Ozark Folk Center graces the park with colors, textures and sweet and pungent aromas. With their natural display, the herbs help us to interpret the history of the human use of plants.

Autumn leaves are falling. We rake and blow them from gutters, lawns and pathways for safety and neat appearances. Leaves are considered refuse by many people. These folks burn them or buy supersized plastic bags in which to send the nuisance waste away.

The plastic bags are used once for this purpose and are not useful to another living organism. Leaves, on the other hand, play important roles in the biological life processes of our home, the Eastern Deciduous Forest.

Leaves are composed of elements, especially carbon, calcium and the major nutrients needed for plant growth known as NPK. According to The Rodale Guide to Composting, oak leaves contain 0.8 % N (nitrogen), 0.35% P (phosphorus) and 0.2 % K (potash). After decomposition, leaves release these elements back to the soil which then become available for new plant growth. To break down, leaves need time, moisture, oxygen, nitrogen, soil microorganisms and decomposers such as earthworms, slugs and pill bugs.

Most of the leaves that fall on lawns and thoroughfares at the Ozark Folk Center are gathered and transported to large bins. Sometimes other plant refuse is added, though for the most part, the heaps are built with tree leaves. Every now and then the piles are turned with a tractor. Eventually the leaves break down into organic matter which is then incorporated into garden soils. This is a slow process.

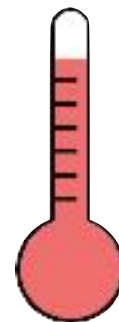
There is a wire leaf pen near the gardens in the Craft Village that we use for the faster, intensive compost operation. As we fill the pen this time of year, the leaf layers are amended with coffee cans of feather meal, soy bean meal and/or alfalfa meal and sprinkled with finished compost. The meals contain nitrogen that will combine with the carbon in the leaves to speed the decay process. The finished compost is added in small amounts to inoculate the leaves with friendly bacteria. These leaves are placed in the bottom of the compost barrel that we use to collect vegetable matter and egg shells from the Skillet Restaurant. In this way the leaves are incorporated into the mix that becomes superb compost the following growing season.

In woodland and other natural areas, autumn leaves are left in place to decompose naturally. Leaves can also be left under large shrubs as mulch and slow release fertilizer.

Perennial Mediterranean natives such as sage, lavender and thyme do not benefit from a covering of tree leaves. The leaves hold moisture and block light and air, creating favorable habitats for fungus that can kill the herbs.

Acorns, hickory nuts and many other seed bearing fruits are falling from trees. After decades of gardening in the Ozarks I have come to the conclusion that it is much easier to pick up these reproductive bodies as they fall into the garden than to uproot the seedlings and saplings in later years.

The future garden will benefit from the natural processes that we utilize to clean up tree refuse during the fall and early winter. If I don't see you in the future—I'll see you in the pasture.



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 A photograph of a forest path in autumn. The path is covered in fallen leaves, and the trees on either side have vibrant yellow and orange foliage.

Herbal Events Fall Calendar 2017

I WALKED ALONE IN THE DEPTHS OF AUTUMN WOODS;
THE RUTHLESS WINDS HAD LEFT THE MAPLE BARE;
THE FERN WAS WITHERED, AND THE SWEETBRIER'S BREATH
NO LONGER GAVE ITS FRAGRANCE TO THE AIR.

~ ALBERT LAIGHTON (1829–1887), "IN THE WOODS," C.1859

LOOKING AHEAD

OCTOBER.

5 - 9...28th Annual Symposium, Herbalism in Action.
Silverton, OR. <https://www.americanherbalistsguild.com/symposium/join-us-28th-annual-ahg-symposium>

13 -15...South East Wise Women Herbal Conference,
Black Mountain, NC. <http://www.sewisewomen.com/herbal-conference/program>

Through October 29... Chihuly at New York Botanical
Garden. Bronx, NY. www.nybg.org

NOVEMBER.

4 - 5... Spirit Plant Medicine Conference UBC.
Vancouver, BC. <https://spiritplantmedicine.com/>

11 -12... 23rd Conference, Ayurveda for Health &
Wellness. London, UK. <http://globalayurvedaconferences.com/23rd-conference-ayurveda-health-wellness/>

Nov. 30 - Dec. 3...SOHO EXPO 2017. Kissimmee, FL.
<https://www.southeastnpa.org/soho-expo.html>

DECEMBER.

7 - 9...20th International Conference on
Pharmaceutical Biotechnology. Madrid, Spain.
<http://biotech.pharmaceuticalconferences.com/>

15 - 17...The Gentle Spark that Heals: A Winter
Solstice Retreat for Women & Men. Rowe Center,
Rowe MA. <http://rowecenter.org/>

IT'S NEVER TOO EARLY TO MAKE SUBMISSIONS FOR FUTURE ISSUES!

IHA WINTER NEWSLETTER

Submission Deadline Date

JANUARY 13, 2018

Please send reports, photos , herbal events
or other relevant materials to

Skye Suter at theherballeaf@gmail.com

ON THE WHOLE I TAKE IT THAT MIDDLE AGE
IS A HAPPIER PERIOD THAN YOUTH. IN THE
ENTIRE CIRCLE OF THE YEAR THERE ARE NO
DAYS SO DELIGHTFUL AS THOSE OF A FINE
OCTOBER, WHEN THE TREES ARE BARE TO
THE MILD HEAVENS, AND THE RED LEAVES
BESTREW THE ROAD, AND YOU CAN FEEL
THE BREATH OF WINTER MORNING AND
EVENING—NO DAYS SO CALM, SO TENDERLY
SOLEMN, AND WITH SUCH A REVERENT
MEEKNESS IN THE AIR. ~ ALEXANDER SMITH
(1829–1867), "AN ESSAY ON AN OLD SUBJECT"

