



# POTOMAC POTPOURRI

## The Newsletter of THE HERB SOCIETY OF AMERICA, POTOMAC UNIT

Vol. XLII No.01

January/February 2018

### PRESIDENT'S CORNER

Happy New Year. I hope I get to see almost every member this year. I know a few of you are too far away, and we miss you. Come visit.

We'll see a couple of changes this year. Our March meeting, March 17, a Saturday, will be held in a classroom at American University, my neighborhood. Parking is free on Saturdays. Once we know which classroom they will tell us the closest parking area. American University has turned itself into an Arboretum so include time before or after the meeting to walk the grounds. They are quite lovely, even if it will be early spring. There is also the Katzen Art Center which has interesting exhibits and is also free. And, of course, Pat Kenny has an interesting program on the C&O Canal.

The plant sale this year will be on a Saturday and Sunday, instead of Friday and Saturday. It will start at 10 AM on Saturday and we will set up on Friday. We will be in the same spot as last year, the East Terrace, between the bathrooms and the food, as I like to say. This year there will be other vendors, along the road with the food. We will be working with Kathy Horan, like before, even though she has retired she will be volunteering at the FONA plant sale.

I recently had coffee with the new chair of the FONA board. She is interested in FONA working with other Arboretum Stakeholders, of which the Herb Society and especially the Potomac Unit is one. We talked about the need for FONA to resume publicizing Herb Garden events as they have in the past. This was discussed at our recent meeting. I expect to see Under the Arbor programs in the FONA newsletter.

Congratulations to Phyllis Sidorsky who will be awarded the Reed Award for the Creative use of Herbs. And, thanks to Jo Sellers for starting the nominating process.

Finally, we are sorry to hear of the passing of Jim Duke, PhD. He hosted one of our annual picnics at his Green Pharmacy Garden in Fulton, Maryland a number of years ago. You will learn more about Dr. Duke later in this newsletter.

Happy Holidays and see you next year in the herb garden.

Penni

### NATIONAL HERB GARDEN NEWS

Please join us for Under the Arbor (UTA) Programs in 2018. UTA's are held on Saturdays in May, June, September and October, from 1 to 4 pm, under the Herb Garden arbor. They are free educational events for visitors walking through the garden. Mid-Atlantic Units provide the program. At the moment, we have two multi-units programs planned.

May 19: Multi-Unit on hops. Presentations can be discussed at our January and March meetings.

Potomac Unit members are encouraged to develop programs that can be presented.

Next year's Chile Celebration will be October 6. Come join us in the National Herb Garden.

Penni St. Hillaire

## OUR NEXT POTOMAC UNIT MEETING

will be Wednesday, January 17, 2018 in the Ballroom of River Farm, the headquarters of the American Horticultural Society, Alexandria Virginia. Our speaker will be Monica Y. Chapman, a small animal veterinarian working on a graduate degree in Western Veterinary Herbal Medicine.

Monica came upon us when we were setting up for our June 2016 annual picnic at The State Arboretum - Blandy Experimental Farm. We all introduced one another and a mutual interest was expressed. Her mother lives in Bethesda and we started the idea of asking her to tell us about her life's work.

The title of her talk is "Western Veterinary Medicine - an overview of using herbs in a clinical setting with some case studies." Bring your questions as she is willing to chat during lunch.

## HERBAL BEADS

We'll start 2018 off in a hurry with our first workshop of the year on January 5. We'll likely be a smaller group than usual, as some of the regular bead makers will be taking a respite from winter by traveling to warmer places. If you've not come to a bead workshop and are curious about what we do and how we do it, please come. There will be room at the table for you. We'll meet, as usual, at the Arlington home of Eugenia Yang, beginning at 10, working till around noon, followed by a potluck lunch. If you plan to come, please let me know so I can contact you if weather forces us to cancel.

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301.384.2566

## TRIPS AND TOURS

On April 12, 2018 Thursday the first 30 folks that sign up will enjoy an herbal lunch at Rosemary House followed by a lecture given by Susanna Reppert Brill titled DO YOURSELF A FLAVOR-NUTRITION VALUE OF HERBS. Rosemary House located at 118 S. Market St., Mechanicsburg, PA is about a 2 hour drive from our DC area. You should plan to arrive at 11 am. Cost is \$30.00 per person. Send your check (payable to Potomac Unit HSA) to Jo Sellers at 5831 Fitzhugh St., Burke, VA 22015

Jo Sellers

## FROM OUR MID-ATLANTIC DELEGATE

### PLANT SALE

Our Plant Sale is gearing up, orders have gone in, tent will be bigger, and the volume of plants ordered has been increased. REMINDER it will be Saturday and Sunday NOT Friday and Saturday. We still have a few "holes". Looking for small numbers of Catnip, Rue, Lemon Balm, Sweet Woodruff plus the other treasures you usually bring in the amounts you can provide.

The flyer is almost ready to go (waiting on confirmation of hours from Penni and will be available at upcoming Unit Meetings and Board Meetings. Once the time is confirmed I can email you an electronic copy for you to forward to groups that may be interested—just let me know.

### L'ACADEMIE LUNCHEON

Our annual Joan Burka Memorial Luncheon was a great success (as usual). Unfortunately the luncheon was our last one because the L'Academie has closed its doors.

[https://www.washingtonpost.com/news/food/wp/2017/12/15/lacademie-de-cuisine-one-of-the-nations-top-culinary-schools-abruptly-closes-after-41-years/?utm\\_term=.dcc09ff46076](https://www.washingtonpost.com/news/food/wp/2017/12/15/lacademie-de-cuisine-one-of-the-nations-top-culinary-schools-abruptly-closes-after-41-years/?utm_term=.dcc09ff46076)

### HSA AWARD

Congratulations to our very own Phyllis Sidorsky on receiving the Joanna McQuail Reed Award for the Artistic Use of Herbs — a well-earned award.

### MID ATLANTIC DISTRICT/GATHERING

The Mason Dixon Unit are a force to be reckoned with! I visited Susan Walsh (Mason Dixon Chair) at a possible venue on Friday. I will keep you updated as things firm up. Thus far, we have a date—Sept. 21-23—and a probable location of the Wyndham in Gettysburg (it was very nice).

### DR. JAMES DUKE

No doubt you will hear more from Pat, but sad news. We received word from Katrinka on 12/11 as follows: "We have received word that Dr. Duke passed away yesterday. Dr. Duke was an HSA award winner and served as honorary president during Anne Abbot's term as president. American Botanical Council has an obituary on their home page. [abc.herbgram.org](http://abc.herbgram.org)"

Kim Labash

## HOLIDAY TEA

Our annual holiday tea will be held at Pat Johnsen's (*please note*: change from Jo Sellers), on Sunday, January 7, at 1pm.

## MEMBERSHIP

The committee would like to thank everyone who donated and participated in the December raffle. Special thanks to Phyllis Sidorsky for the lovely rosemary wreath.

### BIRTHDAYS 2018

January

Arlene Anderson  
Terry Hallihan  
Susan McCall  
Kathleen O'Brien  
Kimberly Rush-Lynch  
Susan Sikarski

February

Rosemary Eigen  
Susie Gordley  
Pat Kenny  
Peter Rinek

Wishing everyone a Happy and Healthy New Year!

Karen Kilday

## WEBSITE UPDATES

"Hops" – The Herb of the Year 2018 is up on our website.

The Potomac Unit website

<http://www.potomacunithsa.org/>



## OTHER NEWS

DR. JAMES A. DUKE, PHD, ETHNOBOTANIST, HERBAL MEDICINE ADVOCATE, MEDICINAL PLANT GARDENER, WRITER, TEACHER, POET, MUSIC MAN, JOKESTER, FATHER, HUSBAND, MENTOR, RENAISSANCE MAN.

We thought his database goals and his music-making were going to keep him going forever, at least we hoped so. You are bound to read many memoirs in the next weeks and months. Everyone in the world of ethnobotanical plants is going to tell of their experiences with him and show what pictures they have, especially the ones with them standing next to him. The best so far is the American Botanical Council's *Herbalgram* since he was a co-founder which includes Steven Foster's masterful tribute since he was a co-author of many books with Duke. I foresee a fine tribute in the next issue.

Dr. Duke, as I was most comfortable calling him, let go of his dear old 88-year-old body between Sunday, December 10th and the morning of the 11th at peace in his bed. His body had had enough, could no longer support his mind and spirit. Yet his spirit is with us, as we live and breathe; so take an extra breath, do your good work/play, and keep learning about and growing plants.

A note from Celia Larsen, Jim's daughter. "My father did not want a funeral service. A celebration of his life will take place in April 2018, just after what would have been his 89th birthday" (which was April 4<sup>th</sup>).

Pat Kenny

## NOTE FROM THE EDITOR

We were fortunate to have Dr. Duke speak at our Lavender Festival. He kept his audience enthralled with his words and with his music. Then he led them on a nature walk - I only regret I wasn't able to go along!

Madeline Wajda

## ENDNOTE

We encourage all our members to help get the word out to all plant interested friends and colleagues that the Potomac Unit is 'here and happening' and eagerly awaiting new people with a similar interest. We now have a variety of membership levels - \$15.00 for the Unit newsletter; \$25.00 for an interim (trial) one year Unit membership as well as the traditional \$60.00 HSA membership. We also have over half our Unit meetings scheduled on an evening or weekend day time to better accommodate those with a customary 9-5 work schedule.

Opinions expressed in the Potpourri are those of the authors and do not necessarily reflect those of the Herb Society of America (HSA) or the HSA Potomac Unit. Responsibility for the safe use of any herb or herb product lies with the reader.

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Submission deadline for the next issue of *Potpourri* is Feb.20, 2018. News of member and civic or nonprofit horticulturally themed events is welcome. Publication is at the sole discretion of the editor, who reserves the right to edit for brevity or any other reason. Neither the Potomac Unit nor the Herb Society of America endorses any product or event unless the product or event is specifically sponsored by the Unit or Society.

Please caption materials "Potpourri article" and transmit email materials to the editor's personal address [wajda.md@gmail.com](mailto:wajda.md@gmail.com) Articles should be reasonably publication ready; minor typos are not an issue. Single-spaced Arial 10 point font is preferred; conventionally written text without unusual formatting is required. Be kind to your editor!

**MATERIAL SUBMITTED IN ALL CAPITALS WILL BE RETURNED.**

## CALENDAR OF EVENTS

Jan. 5 Herbal Bead workshop

Jan. 7 – Holiday Tea, Pat Johnson's, 1 pm

Jan. 17 – Unit Meeting, River Farm, 11 am, "Western Veterinary Medicine"

Apr. 12—Lunch and Presentation at Rosemary House, 11 an

Apr. 28-29 – FONA Plant Sale

May 19 – Under the Arbor "Hops"

June 1, 2018 – 2018 Annual Meeting, Tarrytown, NY

Sept. 21-23—Mid-Atlantic District Gathering