

SEPTEMBER 2022

Herb Letter

OFFICIAL NEWSLETTER OF THE HERB SOCIETY OF AMERICA
BATON ROUGE UNIT



Monthly Meeting, September 22, 2022

6:30–8:00 p.m.

LSU AgCenter Botanic Gardens, Lone Burden Conference Center
4560 Essen Lane, Baton Rouge, LA

Debi O'Neal: Bees and the Plants They Love...and Need (see p. 2 for details)

Herb of the Month — Coffee (*Coffea* spp.)

The genus *Coffea* has over 120 species of shrubs or small trees, including *Coffea arabica* and *C. canephora*, which make up 40–60 percent and 20–40 percent, respectively, of the world's coffee production. The plants are grown for their seeds, also known as coffee beans.

According to researchers at Johns Hopkins University School of Medicine, the antioxidants and other active substances in coffee may reduce internal inflammation and protect against a number of diseases, including coronary heart disease, stroke, diabetes, and kidney disease—but they recommend that consumption be in quantities that avoid the negative side effects such as increased heart rate, raised blood pressure, anxiety, and trouble falling asleep! More information on p. 5. 🍃

Message from the Chair

It's the season for change and we have a lot of changes coming your way. Fall is knocking on the door, and we are excited! Fall planting in The Heritage Garden at Burden and in the Sensory Gardens at Independence Park is so much fun. The temperatures are cooler, and the herbs really flourish in the fall. We invite everyone to visit the gardens and enjoy the herbs in their glory.

We've survived the last two years and we are moving forward. Our focus this year is Community Outreach and Education. The Herb Society will be participating in several community events this season so look out for announcements in our newsletter and in the *Advocate*. Some of our members will be guest speakers at community events in October and November.

On October 11, we will present a gardening workshop, **All Things Herbs**, at the Galvez Library in Prairieville at 6:30 p.m., and on November 10 there will be a presentation at the Feliciana Garden Club in St. Francisville. Check out our October newsletter for more information.

We will also be tabling at Magnolia Mound Creole Christmas Fair on November 27 and will have membership information available. More on that in the November newsletter!

Kevin Folivi, one of our garden interns, has set up an Instagram account for our unit; you can find it at <https://www.instagram.com/hsabatonrouge/>. Check us out on Facebook, <https://www.facebook.com/BatonRougeUnitHSA>, and look for us soon on YouTube.

Our membership is growing, and we welcome everyone. Please check out our website, HSABR.org, for more membership information and application.



— With the earth under my nails,
Sylvia Lowe 🌿

Monthly Meeting

September 22, 2022, 6:30–8:00 p.m.
LSU AgCenter Botanic Gardens, Lone Burden Conference Center
4560 Essen Lane, Baton Rouge, LA

Bees and the Plants They Love...and Need. Debi O'Neal, Master Gardener and member of the Capital Area Beekeepers Association, will present our September program. She says, "Bees need pollen and nectar sources throughout the year. Fortunately, a good many of these plants are herbs. This presentation will list a number of beneficial plants through the different seasons. Most of these plants are also needed by most pollinators." So come and hear how our herb gardens benefit essential insects and other pollinators!

As always, visitors and guests are welcome. Admission is free for HSABR members, \$5 for all others. Please bring small bills if possible. 🌿

August Meeting Recap

At our August meeting, outgoing Chair Art Scarbrough gave an overview of the past year and pointed out a few challenges for the upcoming year, including garden maintenance, EdCon, and community involvement.

Kathleen Harrington gave an informative presentation on the Herb of the Year, Violas. Her PowerPoint presentation on [Native Violets of Louisiana](#) is available on the HSABR website.

The Annual Meeting of HSABR was called to order and after determining quorum, Julie Walsh presented a slate of officers for the upcoming year. The slate was accepted and seconded. Unanimously elected were:

Sylvia Lowe (Chair)
Kathleen Harrington (Vice-chair)
Cathy Scarbrough (Secretary)
Claudia Ross (Treasurer)

The rest of the meeting was spent discussing ideas for the future, including outreach opportunities, video suggestions, and software possibilities for membership.

—Cathy Scarbrough 🌿



*Outgoing Chair Art Scarbrough and new officers for 2022–23:
Sylvia Lowe, Chair; Kathleen Harrington, Vice-chair;
Cathy Scarbrough, Secretary; and Claudia Ross, Treasurer*

Sensory Garden Update

The Sensory Garden is doing great, and we will be starting to plan the fall planting soon. Currently, we are meeting on Saturdays to work. For September the dates are the 10th, 17th, and 24th, but if anyone still wants to work on Thursdays, you're very welcome to come then, too! There is always weeding to do and removing plants that have died because of the season. Now that we have gone to Saturday mornings, we hope to see more members out there. Thanks to all who help!

—Judy Hines 🌿

[For anyone new to the area or to the organization, the Sensory Garden, located in the Independence Botanical Gardens, features a variety of herbs and other plants used for food, seasoning, and visual display. Its name comes from the herbaceous plants that stimulate the five senses of taste, touch, sight, hearing and smell. The Gardens are on Independence Blvd. between E. Airport Ave. and Lobdell Ave. and are free and open to the public from 7:00 a.m. until sundown daily. —Ed] 🌿

Road Trip!

HSABR members and friends are invited to tour the Fleur de Lis Tea Company in Amite, Louisiana, on Saturday, September 24! Take a walk around the beautiful tea fields and tea house, ask questions, and gain insight into everything from seed to finished product. The tour culminates in their gorgeous tea house where you will get a taste of the first Louisiana-grown tea!

Place: Fleur De Lis Tea Company
58265 N Cooper Rd, Amite City, Louisiana 70422
<https://www.fleurdelisteaco.com>

Date: September 24, 2022

Time: Noon-promptly

Cost: \$17.50 per person attending

To register, contact Claudia Ross, HSABR.Beaucoup@gmail.com
or call/text 225-268-5256



Herb of the Month: Coffee (*Coffea* spp.)

From the Herb Society of America:

Facts:

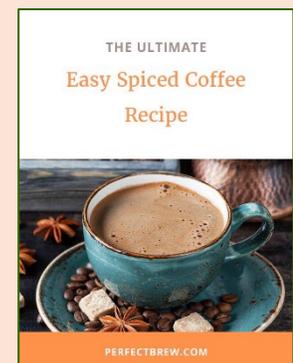
- *Coffea arabica* has a milder, more flavorful, aromatic, and sweeter taste, though it is less hardy than other species. *C. canephora* is cheaper to produce because of its hardiness, and its beans have twice as much caffeine as *C. arabica*. Each has several cultivars, grown in Latin America, Africa, India, the Caribbean, and other places around the world.
- In addition to the seeds, the fruit and leaves of the plant used to make coffee also contain caffeine. Not all species of the *Coffea* genus contain caffeine.
- In addition to coffee beverages, culinary uses for coffee include flavoring baked goods, ice cream, sauces, and other desserts. Natural acids and enzymes are present in coffee grounds, which can be added to seasoning rubs to tenderize meat and enhance flavor.
- Coffee grounds, the ground coffee beans that remain after brewing, are used as a soil additive or can be composted to add nutrients to the soil and compost. Grounds contain nitrogen, calcium, potassium, iron, phosphorus, magnesium, and chromium. They are also known to decrease heavy metals in the soil.
- Coffee grounds can be used to repel insects, including mosquitos, fruit flies, beetles, and others due to the presence of compounds such as caffeine and diterpenes.
- The coarse, abrasive texture of coffee grounds makes them useful for scrubbing pots and pans and to scour sinks and other nonporous surfaces. The antibacterial and antiviral properties contribute to cleaning surfaces. (Avoid using coffee grounds on porous materials, as they can stain.)
- There are several components in both oils from roasted and green coffee beans that have medicinal properties. For example, triglycerides and free fatty acids in green coffee oil are used in cosmetics to help retain skin moisture and act as anti-aging components. [See also [9 Reasons Why \(the Right Amount of\) Coffee Is Good for You](#) from Johns Hopkins —Ed.] 🌿



Easy Spiced Coffee

Julie Walsh tells me she's a big fan of spiced coffee, grinding her own spices to add to the brew, and shares this recipe that she likes: [Easy Spiced Coffee](#).

She does offer some words of caution, though: "Word of warning, if you use your coffee bean grinder to grind the spices, it takes a while for the spice residual to pass. Not a bad thing at my house but not everyone likes their coffee spiced!" 🌿



Coffee Tips and Recipes

- Unroasted coffee seeds, known as beans, are green prior to roasting.
- Roasting at a high heat then cooling prepares them for brewing. Roasting levels can range from light to dark. Lighter roasts create lighter brews, which are more acidic than darker brews.
- Darker roasts have less acidity and a bitter roasted flavor. Lighter roasts have a slightly higher concentration of caffeine than darker roasts.
- Beans are ground before brewing and range from fine for deeper flavors like espresso, to medium for automatic drip coffee makers, and coarse for use in a coffee press. Coffee grinds can only be brewed one time as a bitter flavor will result.
- Store beans, whole or ground, in an airtight opaque container at room temperature away from sunlight. The flavor of stored beans or ground coffee degrades with exposure to moisture, air, heat, and light. Coffee can be frozen if in an airtight container.
- Remove lingering smells on your hands after cooking (fish, garlic, onions, etc.) by scrubbing your hands with coffee grounds. Rinse with warm water. 🌿

Iced Pumpkin Spice “Latte” Smoothie

1 cup coffee
½ cup milk of choice
2 teaspoons pumpkin pie spice (or ½
teaspoon each ground cinnamon, nut-
meg, ginger, and allspice)

1 teaspoon vanilla extract
½ cup canned plain pumpkin
4 ice cubes

Blend all ingredients to create a seasonally inspired drink. Using pumpkin adds beneficial fiber. Limit sweeteners; try pure maple syrup in a small quantity (starting with 1 teaspoon).

—Johns Hopkins nutritionists
[Hopkinsmedicine.org](https://www.hopkinsmedicine.org) 🌿

Whipped Mocha Body Butter

20 whole coffee beans
1 cup organic refined coconut oil
1 cup organic refined shea butter

1 cup organic roasted cocoa butter (or
wafers)
1 cup organic sunflower oil

Pour whole coffee beans into coconut oil and heat on stovetop over low heat for 10–20 minutes. Once the oil has developed the desired fragrance, remove from heat and strain through a metal strainer. Melt coffee-infused coconut oil with remaining ingredients in a double boiler. Allow to cool slightly before pouring mixture into a large bowl. Put the bowl in the refrigerator until mixture begins to harden around the edges (about 45 minutes). The mixture should look cloudy. Whip with a hand mixer on high speed for 8 to 10 minutes, until thick and fluffy. Put the bowl back in the refrigerator for another 5 to 10 minutes to set, then transfer to pantry jars. Store in a cool, dark place for up to 6 months. Makes about 2 quarts.

— [Mountain Rose Herbs](https://www.mountainroseherbs.com) 🌿

Help Make Our Newsletter Better!

Like to read stories about what our members are doing in their gardens? Like photos of plants? So does everyone else! Help us keep our newsletter interesting by contributing something! It doesn't have to be a long, scholarly article (although if you do want to contribute something like that, we'd be glad to have it!); just a few words about your herbs, a recipe you love, or a photo of what's looking good in your garden right now will add a lot.

Please send submissions to hsabrnewsletter@gmail.com. We'll appreciate it greatly! 🍃

—Kathleen Harrington
HSABR Newsletter Editor

Sensory Garden Maintenance

Maintenance sessions for the Sensory Garden at the Independence Botanical Garden, 7950 Independence Blvd., Baton Rouge, LA 70806, are now on Saturday mornings from 7:00–9:00 a.m. All are welcome, even if you can come only once a month or less. If you can help keep the largest herb garden in this area looking its best, please contact [Judy Hines](#). 🍃

Unless otherwise specified, monthly meetings are held on the fourth Thursday of the month from January through October, at the LSU AgCenter Botanic Gardens, Ione Burden Conference Center, 4560 Essen Lane, Baton Rouge, LA., from 6:30 – 8:00 p.m. Visitors and guests are welcome. Admission is free for HSABR members, \$5 for all others.

HerbLetter is a monthly publication of the Baton Rouge Unit of the Herb Society of America, for and by its members and friends. For questions, comments, corrections, or to submit articles, announcements, or photos, please write hsabrnewsletter@gmail.com. Items must be received by the 10th of each month for inclusion in the next issue of HerbLetter.

Disclaimer: It is the policy of The Herb Society of America, Baton Rouge Unit, not to advise or recommend herbs for medicinal or health use. Information offered in this newsletter is for educational purposes only. Neither the Herb Society of America nor the Baton Rouge Unit (HSABR) makes medical claims or dispenses medical advice. Women who are pregnant or nursing, and persons with known medical conditions, should consult their licensed healthcare provider before taking any herbal product. HSABR neither endorses nor is in any way responsible for the content of links shared here. Readers must do their own research concerning the safety and usage of any herbs or supplement

Upcoming Events

SENSORY GARDEN MAINTENANCE SESSIONS

SATURDAYS, 7:00–9:00 A.M.:

September 17
September 24
October 1
October 8
October 15

October 27, 2022

MONTHLY MEETING, 6:30–8:00 P.M.

Corinne Martin, a certified clinical herbalist and author, will speak.

No meetings in November and December because of Thanksgiving and Christmas

February 25, 2023

Herb Day

April 27–30, 2023

EDCON BATON ROUGE