

The Thymes
Official Newsletter of the Illinois Valley Herb Guild



October 2021

Volume #7 Issue #10

Welcome to the Illinois Valley Herb Guild Newsletter.

Guild Officers: *President-Amy Williams, Vice President-Lorraine Terando, Treasurer-Vicki Gensini, Corresponding Secretary- Craig Arbet, Recording Secretary - Arlene Brandner, Social Media Director/Newsletter- Dave Dunagan*



Minutes – Illinois Valley Herb Guild – September 21, 2021

The meeting was held at the Putnam County Senior Center in Standard and opened at 6:30 p.m. by Lorraine Terando. Jan Webster kindly introduced our speaker, Jan Powers.

After the presentation, refreshments were served, followed by the business meeting.

Business meeting was called to order around 7:30 p.m.

Lorraine thanked Barb Dahlbach and her husband, Dennis for hosting the Weiner Roast in August – what a beautiful night and spectacular home & garden!!

Lorraine provided a summary of upcoming programs put together by the Program Committee.

Barb Dahlback will contact Capponi's in Toluca about having the Christmas Party on Monday, December 6.

A sign-up sheet for Herb of the Month and Refreshments was sent around the room. Vicki will either email or distribute this information at the next meeting.

The meeting concluded with the announcement of our new President, Amy Williams. Lorraine Terrando and Vicki Gensini will remain Vice-President and Secretary, respectively.

Motion to adjourn made by Al Granata, seconded by Jan Webster. The motion carried at 7:50 p.m. Respectfully submitted by Amy Williams

TREASURER'S REPORT

September 2021 Treasurer's Report

Opening Balance Checking: \$5,544.99

Monthly Income:

Monthly Expenses:

Dues - \$180.00

Jan Powers (program) - \$50.00

Total Monthly Income – \$180.00

Total Monthly Expenses - \$50.00

Closing Balance Checking - \$5,674.99

Announcements and Upcoming Events

Important: NOTICE: New Time for meetings will be 6:30 PM

Attention Garlic Lovers: Lorraine asked me to email the group and let you know that Addy's Acres will be taking orders for their fresh garlic harvest for the October Herb Guild meeting. Addy's Acres will be in the parking lot at **6 pm on October 19th** for members to pick up their orders. The information and price list is below. **Please call Lorraine (815-878-7994) with any questions and your order. The deadline to order is Tuesday, October 12th.** Thanks!

October Meeting Speaker:

Diana Deutsch will be presenting the following topics. Storing various types of tubers for the winter and also cleaning up the garden.

Refreshments Provided

Refreshments for October meeting will be provided by Cathy & Al Granata

Herb Of The Month



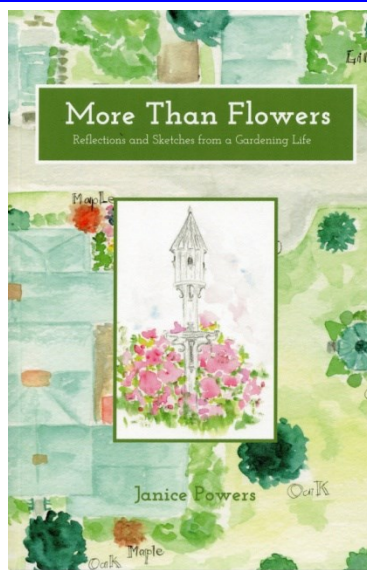
HOTM will be presented by Craig Arbet

September Program: Jan Powers, author, illustrator, and Peoria Herb Guild member,



Jan presented the fascinating history of her house & garden located in the heart of Peoria. She spoke about how she admired both the home and garden as a child. So much so, she would sneak into the garden and pretend she lived there. As fate would have it, she found herself and, to the surprise of her husband, purchasing the house in the 1980s. She expanded on how her passion for gardening, carried down from days spent with her grandfather, led her to discover her hidden talent of illustrating with watercolor. She shared many of her beautiful watercolor illustrations, which included greeting cards and original artwork, featuring the illustrations of her home's original garden design and current garden design. Also on display were two of her topiary plants, another hobby that keeps her busy. *Tip: She reaches into the foliage to find the plant's header and snips it off. It then stops vertical growth and promotes horizontal growth.* She most enjoys drawing topiaries. Her newest book, *More Than Flowers – Reflections and Sketches from a Gardening Life*, tells the story of her garden and its most fascinating history. She mentioned the home and gardens date back to the mid-1800s. In conclusion, she encouraged all members to keep a garden journal and showed us two of her delightful watercolor garden journals.

[Watercolor Paintings and Notecards by StoneWellGardensArt on Etsy](https://www.etsy.com/shop/StoneWellGardensArt)



SCENTS OF THE SEASON ~ SPICY POTPOURRI MIX



Fall is in the forecast here, and I am very ready. I'm anticipating the rain and sweater weather that the weatherman predicts for this weekend. Texas weather is rather fickle, so I'll believe it when I see it, but I'm hopeful!

In celebration of fall's arrival, I will be making one of my favorite 'Simmering Scents' for the stovetop- a mixture of dried oranges, cinnamon sticks, cloves, star anise, and bay leaves. I simmer mine in a cute little enamel pot that a dear friend sent me with her own 'simmering potpourri' one year.

The photo above was made as 'traditional' potpourri, so I added in some essential oil of orange to make it more highly fragranced. I also added orris root powder to preserve the scent (which explains the dusty white powder on the side of the bowl, which did not make for a pretty picture, oh well....).

For a quick simmering scent- use peels of fresh oranges, lemons, and or apples, along with a few shakes of cinnamon or a cinnamon stick or two. I like to add in rosemary sprigs or mint sometimes in place of the cinnamon.

<https://www.stillroomherbs.com/p/what-is-stillroom.html>

WHAT IS A STILL ROOM?

A still room (or stillroom) is a creative place, a spot where herbs and such are mixed into lotions and potions and other healing elixirs.

Here is a bit of history about still rooms from Wikipedia.

The "still room" is a distillery room found in most manor houses, castles or large establishments throughout Europe dating back at least to medieval times. The lady of the house was in charge of the room, where medicines were prepared, cosmetics and many home cleaning products created, and home-brewed beer or wine was often made. Herbs from the kitchen garden and surrounding countryside were processed into what today we call essential oils, and infused or distilled, or brewed (etc.) as required to make rose water, lavender water, peppermint based ointments, soaps, furniture polishes and a wide variety of medicines. It was a working room: part science lab, part infirmary and part kitchen. In later years, as doctors & apothecaries became more widely spread and the products of the still room became commercially available, the still room became increasingly an adjunct of the kitchen. The use of still room devolved to making only jams, jellies, home-brewed beverages and as a store room for perishables such as cakes.

Originally, the still room was a very important part of the household, run by the lady of the house, and used to teach her daughters and wards some of the skills needed to run their own homes in order to make them more marriageable by having those skills. As practical skills fell out fashion for high born women, the still room became the province first of poor dependent relations, then of housekeepers or cooks. The still room was later staffed by the still room maid.



Amy Williams is Director of Technology at LaSalle-Peru Twp High School, home of the Cavaliers. She graduated from St. Bede High School and earned her degree in Social Work at Saint Mary's College, Notre Dame, Indiana (Go Irish!). Amy joined the I.V. Herb Guild in 2017 after she accidentally left her wallet at the Herb Faire! Vicki Gensini, knowing Amy called to tell her. And at this time, Vicki invited her to the next meeting. Her hobbies include bike riding, kayaking, watching college football, and of course, gardening. She grows a small, *sometimes* bountiful garden at her home In Peru. She's been married to her husband, Larry, for 33 years and has two daughters, Elizabeth and Allison.

Two Ingredient Pumpkin Cake

It can't get any easier than this! Just two ingredients and you have a moist delicious cake. Great when frosted with your favorite cream cheese frosting. Plan ahead, tastes best after chilling.

Ingredients

Ingredient Checklist

- ☐ 1 (18.25 ounce) package spice cake mix
- ☐ 1 (15 ounce) can pumpkin

Original recipe yields 15 servings

Nutrition Facts

Per Serving:

157 calories; protein 2.4g;
carbohydrates 27.5g; fat 4.3g;
sodium 300.4mg.

Directions

Instructions Checklist

Step 1

- ☐ Preheat the oven to 350 degrees F (175 degrees C). Generously grease a 9x13 inch baking pan.

Step 2

In a large bowl, mix together the spice cake mix and canned pumpkin until well blended. Spread evenly into the prepared pan.

Step 3

Bake for 25 to 30 minutes in the preheated oven, or until a knife inserted into the center comes out clean. Cool and serve, or store in the refrigerator. This tastes even better the next day.