

The Poppy Post

Spring 2021 Issue



The Northern California Unit of
The Herb Society of America



Parsley 2021 Herb of the Year

Spring is here and it's time for us to get busy in our gardens as Mother Earth awakens from her Winter slumber!

This is our first newsletter in a long time. We hope to put out an issue every quarter that contains useful, informative, and entertaining content about herbs and plants that is seasonally focused— how to cook with them, which feed pollinators, how to make herbal remedies, crafting techniques, harvesting and drying, and more. We'll also have gardening advice and tips and tricks that you can use to grow, harvest, and enjoy your herbs.

This is one way that we can connect with our greater community. Feel free to forward our newsletters to friends, families, and colleagues. We also have a website, www.norcalifornia-herbsociety.org, with information about our unit's activities and resources for both members and the public.

Spring blessings-

Lisa-Marie Maryott
NCAL HSA Unit Chair

GIVE PARSLEY A CHANCE

At our January monthly meeting, member Rose Loveall of Morningsun Herb Farm gave a presentation on the virtues of our Herb of the Year, Parsley. Members can view the video recording and presentation PDF on our unit's Members Only website. Read more about its history and uses in our [Herb in the Spotlight](#) article.

CALLING ALL WRITERS!

Do you have herbal and other gardening and horticulture information that you'd like to share? Consider contributing articles, recipes, photos and more to our quarterly newsletter. Each newsletter is seasonally-themed, so if you have great Summer or Autumn information to share with us, please send it along to info@norcalifornia-herbsociety.org. We'd love to hear from you!

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2021 Plant Sale - It Was a Success!

Annually for the past several years, we've held an annual plant sale fundraiser as a part of the Urban Expo in April at Rodgers Ranch Heritage Center. Our business member, Morningsun Herb Farm (owned by Rose Loveall) provides us with the plants that we sell. It's not only an opportunity to raise money for the unit, but it has always been an opportunity to share our love and knowledge of herbs with the public. Our customers always walked away happy with their purchases.

Then the pandemic hit... and the 2020 Plant Sale was cancelled.

This year, we really wanted to again provide herbs and other plants to our local community. So we embarked upon an online sale with curbside pickup process. We've never done this kind of sale before, so it was new territory. But we used retail models that were familiar to us – businesses that had changed how they delivered goods to customers to meet the county health requirements around the pandemic. We dove in and created our online store with over 130 different plants to choose from (herbs, natives, pollinators, and vegetables this time), and communicated it to our Herb Interest list and some local garden clubs. We worked with Morningsun to create an inventory of these plants that were dedicated to the Plant Sale. And we crossed our fingers that what we created would work.

We ran the online sale from March 21 through April 4. Curbside pick up days were April 9 and 10. Customers were able to select a day and time for pickup when they placed their orders, and we had the date/time options staggered so that we didn't have everyone showing up at once and stressing our volunteers and the ranch's neighbors (we wanted to minimize traffic into and out of the neighborhood). We monitored the store, tracked orders daily, and responded to customer email inquiries. Plants were delivered the morning of April 9 and boxed, organized, and readied for pick up.



Well, it all worked swimmingly! We ended up selling a little over \$3,200, which is about 4/5 of our sales at the 2019 Urban Expo. Not bad for our first online sale! Our customers were happy with the plants they purchased this year and seemed pleased with the ease of the process. This was a success!

Thank you to all of our customers who bought plants this year and supported our organization!

Thank you to everyone who worked with me to make this a success – to **Rose Loveall/Morningsun Herb Farm** for not only her labor and the plants, but her tireless patience through the process; to **Martha Sheer** who helped pull the online store together and helped monitor and track orders FROM IOWA no less; to **Denise Koroslev** and **Brenda Miguel** for helping pull and organize the sale inventory at Morningsun; to our order pickers **Karol Dondero, Rachel Lewis, Susan Wagner, Debbie Arnold, Denise Koroslev,** and **Susie Somers** who filled orders at Morningsun; and to our curbside pickup volunteers **Lynda DeVol, Kathy Grow, Brenda Miguel, Denise Koroslev, Lana Rocha, Debbie Arnold, Susie Somers, Shelly O'Connell,**

Deborah Marchand, Bonnie Stephens, Karol Dondero, Amy Farajian, and Zoe Farajian; and to all of the unit volunteers who went up to label plants at Morningsun each Friday for the past couple of months. This event wouldn't have happened without you all!

Now let's get those plants in the soil and start enjoying them...

Lisa-Marie
NCAL HSA Unit Chair

What To Do In The Garden Now

By Shawna Anderson

Ah, Spring is in the air! It is planting time! But there's more to your garden right now than buying pretty plants and putting them into the ground...here are some of the tasks you should be doing at this time of the year.



Spring Garden Maintenance

- Pull those pesky weeds that have been flourishing in your beds and pots, and either compost them or use as food or medicine! Some of these wild weeds are quite nutritious and beneficial to your health. Always verify first that they are indeed edible, though!
- Add a nice, organic compost to your garden beds and containers. Add it and/or fish emulsion to fruit trees and vegetables too.
- Inspect irrigation for leaks and repair as needed. Or install irrigation if required.
- Dead-head any remaining roses and fertilize them with an all purpose organic fertilizer. This this help keep blooms going strong.
- Fertilize all containers with an organic, water soluble fertilizer.
- Now that the frost has passed, prune citrus and all other tender plants such as bougainvillea, lantana, and fuschias.
- Remove spent flowers from camellias and rake up fallen flowers.
- In May and June, begin inspecting plants for pests and possible diseases.
- Make sure that you are watering your plants enough and that they are not stressed.
- Mulch, mulch, mulch! This will retain moisture needed and help to suppress weeds.
- Sharpen up your gardening tools and get them ready for harvesting and maintenance activities.

What to Plant

Now is the time to get things in the ground!

- Direct sow vegetable seeds such as lettuce, radishes, spinach, peas, and carrots
- Direct sow ornamental seeds such as sunflowers, zinnias, bachelor's buttons, and cosmos
- Plant starts/transplants of herbs such as Tarragon, Thyme, Sage, Fennel, Oregano, Cilantro, Basil, Lemon Balm, Borage, Dill, Chives, Parsley, Rosemary, and Summer Savory. Don't forget your mints too, but make sure to keep them contained versus in the ground (super invasive!).
- If night temperatures are in the 50s or higher, plant warm season vegetables such as tomatoes, peppers, squash, and beans
- Plant berries (strawberry, blueberry, blackberry, and raspberry) and kiwis

Happy gardening!

Loads of green are showing up and while it is very pretty and refreshing to see this renewal of springtime, it means weeds, and more weeds! We have been working to pull them and clean up the beds. The fun part is that amongst those interlopers we have tiny seedlings and plants popping up. So cute to see them and marvel at the success of all our efforts of fall planting being rewarded.

Pathways that were created last year in the lavender bed are looking good. We currently have cardboard down in that area to discourage grass from being there and will put wood chips in the pathway once the grass is under control. *Please save plain cardboard boxes if you have them as we could use them in other areas where this is a concern. Let me know if you can save any to bring to the next gardening day. *

There are several beds that need revamping. Focus now is on cleanup of these areas. Then a project plan will be completed

so we can track what is happening in the herb gardens. We have relocated some plants from other areas to better incorporate them.

We have so much interest from members regarding the garden that I am starting a gardening committee that all interested members are invited to join. It is not too late to express your interest! The garden committee will talk about and develop project plans for the beds that we want to undertake this season.

Debbie Arnold has taken lead on creating A Five Essential Herbs bed. She said her inspiration for this was a video that Rose Loveall posted on the Morningsun Herb Farm website. Check it out. If you want to be involved in working on other areas of the garden that are being redone send me an email or text. We would love to have you involved!

Educational programs are an interest that we are working to incorporate. If you would like to assist with crafting and/or teaching about the herbs that we have in our gardens, please let us know. We welcome everyone and their interests.

Thank you to everyone who works in our garden! Deborah Robinson, Susan Wagner, Lana Rocha, Denise Koroslev, Debbie Arnold, Lisa-Marie Maryott, Amy Farajian, Kathy Grow, Valerie Ghirardo, Karol Dondero, Lynda DeVol, Chris Holm, and my husband, Kevin O'Connell. The gardens look beautiful and are thriving thanks to all of you.

SCHEDULED SPRING GARDENING DAYS

- Saturday, April 10, 2021 11:00 am – 1:00 pm
- Saturday, May 8, 2021 10:00 am – noon
- Sunday, May 30, 2021 10:00 am – noon
- Sunday, June 20, 2021 10:00 am – noon

That's the buzz for now,
Shelly O'Connell, Garden Coordinator & Vice-Chair

Keeping Cut Herbs Fresh

Tips & Tricks

Do you want to know how to keep your fresh, cut herbs – well, fresh? You can keep Parsley and other herbs fresh for up to a month using these tips and tricks from the *Taste of Home* magazine.

The trick is to treat fresh herbs like flowers – doing this will get you the most longevity out of your herbs. Like flowers, fresh herbs benefit from having a freshly-cut stem. This maximizes the herbs' ability to take up water and remain turgid—the scientific term for fresh and firm, not droopy, plant cells.

Start with a freshly-cut stem for fresh herb bunches such as parsley, basil, cilantro and mint. Next, prep your “vase,” which is any sturdy tumbler that won't tip over without a fight. Add about an inch of water. Just like with flowers, make sure no leaves are immersed in the water. This hastens spoilage and quickly ups the funk factor. To keep herbs fresh for up to a month, take the time to carefully clean and arrange the herb bunch.

Pro Tips: Use the knowledge that you'll be storing your fresh herbs in a vase the next time you pick up a bunch. Choose a tidy one and prolong its life in the refrigerator. Just like at the florist, parsley and cilantro last longest when they're kept in the cool. Our home refrigerators are notoriously dry places, though. Easy fix? Tie a produce bag around the top of the bunch to protect your herbs. The bag traps humidity so the herbs don't wither. And each time you use the herb, change the water and turn the produce bag inside out so any moisture that has built up inside the bag can escape.



Herb of the Year - Parsley

By Rose Loveall, Owner of Morningsun Herb Farm

Parsley, *Petroselinum crispum*, is The Herb Society of America's Herb of the Year. It is not just a pretty garnish to put on your plate. It is a plant with a long history of usefulness in the kitchen, as a medicine, and as a spiritual protector.

Description: Parsley is a true biennial, completing its life cycle in 2 years. Because of this it needs to be planted every year, as once it flowers the flavor changes and the plant will die. It is a native to the Mediterranean.

It is in the Apiaceae/ Umbelliferae family which includes celery, dill, anise, cilantro, parsnip, fennel, carrot, and poisonous hemlock. There are more than 300 genera, including important herb and culinary species as well as poisonous plants.

Most members of this family, including Parsley, are aromatic herbs with alternate, feather-divided compound leaves and hollow stems. The flowers are often arranged in conspicuous umbels – flat topped cluster of flowers. Each small individual flower is usually bisexual, with five sepals, 5 petals, and an enlarged disk at the base of the style. The fruits are ridged and composed of two parts that split open at maturity.

History and uses: Parsley has a long history far beyond its culinary use. In ancient Greece, it was used for funeral ceremonies, and was associated with Hades and Persephone, Gods of the Underworld. The Romans used it for a drink to prevent inebriation and to freshen the breath. The Roman herbalist Pliny mentioned that Parsley had great esteem, especially for culinary purposes.

Much folklore about parsley has to do with growing parsley while counteracting evil. In 18th century England, seeding was done on Good Friday and in Ireland on St Patricks Day, to avoid interference with the devil. Because the seed takes a long time to germinate, it is said that the seed has to travel 9 times to Hell before it germinates, and a few seeds are lost each time.

Parsley seems to have been historically associated with virility and heroism in the male sphere, and death and witchcraft in the feminine.

By the 16th century parsley has made its appearance both in cookbooks and modern herbals. Leaves and roots were commonly used for sauces, teas and broths. Some of the primary historical medicinal indications are for bladder and kidney health.

Culinary Use: Parsley has a gentle, grassy flavor, sometimes considered to have a 'mineral' aftertaste. Leaves are primarily used, but stems can also be added for a stronger flavor. Only certain varieties of parsley will produce a starchy root, which is dug in the winter when cold temperatures will sweeten the root.

Flat leaf Parsley has a stronger flavor and is usually used for cooking. Parsley is usually added to any cooked dish at the very end. Both Italian and curly parsley are used for fresh use, although Italian flat leaf is more popular.

Parsley is a good 'blending' herb, mellowing flavors from both other herbs and vegetables. It is often paired with garlic, olive oil and lemon, butter, or in tomato-based sauces. Parsley is used in many 'simple' recipes and is considered a green as much as an herb. It can be deep fried or used in tempura, egg, and cheese dishes. Parsley is traditional in bouquet garni, a mixture of parsley with other herbs such as rosemary, basil and oregano.

Parsley can be frozen in water or oil, or can be dried, although the flavor when dried is very muted.

Growing and Harvesting: Flat leaf is frost hardy down to 15 degrees F, curly Parsley is slightly less hardy. It grows 12-24" and has greenish yellow umbel flowers in year 2. It needs fertile and moisture retentive soil and works well in containers. It does well in full or part sun and requires moderate watering.



Fertilize once a month if in the ground, twice a month if in a container. Use fish emulsion and sea kelp at half recommended strength. Slow-release fertilizer can also be applied (Parsley loves to eat!).

It is propagated from seed. Before planting, soak the seeds for up to 24 hours prior. Parsley needs darkness and a minimum of 60 degrees F to germinate.

Harvest the leaves year-round and seeds and root in Winter.

Interested in its **medicinal uses**? Check out our [Nature's Medicine](#) column where Parsley's health benefits are showcased.

The Health Benefits of Parsley

By Lisa-Marie Maryott, Clinical Herbalist

It is the policy of The Herb Society of America not to advise or recommend herbs for medicinal or health use. This information is intended for educational purposes only and should not be considered as a recommendation or an endorsement of any particular medical or health treatment.



When taking my herbalism courses and doing my clinical internship years ago, Parsley was not an herb that we talked about much. Although I know that so many of our culinary herbs have medicinal value too, I kind of compartmentalized it in the “culinary” drawer – until recently. I happened upon an article that touted its long history of uses, so I started digging a little deeper to better understand the health benefits of an herb that often gets relegated to the garnish platter.

As Rose Loveall states in her article in the *Herb in the Spotlight* column, Parsley (*Petroselinum crispum*) can have a mineral aftertaste. This is because it **is packed full of vitamins and minerals** (making it **nutritive**) – it is a source of vitamins A and C (antioxidant and cardioprotective), and a good source of calcium, magnesium, potassium, and iron. It is a rich source of vitamin K (one tablespoon gives you about 70% of the recommended daily intake) which is important for bone health. It's vitamin A content, along with lutein and zeaxanthin, are important for eye health and may help prevent eye diseases such as age-related macular degeneration. It contains other healthy constituents such as Apegenin, which is a flavone that is highly antioxidant, making Parsley useful in preventing cancer and cardiovascular disease. And while many nutritional benefits are best received from the raw form of Parsley, Apegenin content is actually increased and better utilized by the body when Parsley is cooked or dried.

Parsley is a great eliminator – its **diuretic action** uses the urinary system (kidneys and bladder) to move toxins, waste, and excess fluid/water out of the body via urination. While you'll get this action drinking a tea or infusion of the leaves, the root has a stronger diuretic action and is best made as a decoction (simmering the root for about 30-40 mins in water). There is a history of its use in reducing the size of and/or eliminating kidney stones. This diuretic action is also the reason why herbalists recommend the herb for reducing blood pressure. Its alterative action helps clear metabolic waste via the digestive system, making it useful for skin conditions like rashes, acne, and eczema.

Parsley's **anti-inflammatory action** can calm irritation due to kidney or bladder infections and it was used externally by eclectic herbalists to calm irritation in the eyes and sore glands too.

And finally, this is a culinary herb and like many of the herbs you find in an herb and spice cabinet, it supports digestive health. Parsley has a **carminative action**, meaning that it helps prevent or reduce indigestion, gas, and bloating. Its **nervine action** will help calm and relax the digestive tract, making it helpful with intestinal cramping (try mixing it with Peppermint to increase this relaxing action).

The leaves, roots, and seeds are all used medicinally. There are different ways that you can prepare and use Parsley:

- **Add it to dishes** either in fresh or dried form. This is the quickest and tastiest way to prepare and use it.
- As a **tea, infusion, or decoction** (recognizing that some constituents like Vitamin C may be decreased by heating the plant – although Apegenin is increased this way). This is a quick way to prepare and use Parsley too.
- As a **vinegar extract** (use raw apple cider vinegar for added health benefits) which can be stored in the refrigerator longer (1-2 months).
- As an **alcohol extract (tincture)** which doesn't require refrigeration and has a shelf-life of 2-4 years (remember to add a little vinegar to your extract since vinegar is great at pulling minerals out of plant material).





This issue's recipes are from two of our members, Rose Loveall and Martha Scheer. Thank you, ladies!

Lemony Leek and Mushroom Soup

From Martha Scheer

Original recipe from Nava Atlas "Vegetarian Celebrations" I have put my changes in () and notes at end. I find this a wonderful spring soup and a transition from my heavier winter soups into my spring summer soups.

Stock:

- 7 cups water (see notes)
- 1 cup chopped onion
- Green parts of leeks, from those to be used in the soup below, well washed
- 4 sprigs parsley (I put more, usually just the stems from recipe below)
- 1 large celery stalk, coarsely chopped (add celery leaves as well)
- 2 vegetable bouillon cubes (see note)
- Notes: I make my own vegetable broth by saving left over vegetable parts, I store it in the freezer or refrigerator. I then use 1 – 2 cups of that broth in place of the bouillon cubes and some of the water. I also add in the turnip parings from below.

Soup:

- 2 Tablespoons Olive oil
- 4 large leeks, white and lightest green parts only, chopped and well rinsed
- 2 medium Turnips, peeled and cut into 1/2" pieces
- 1 large celery stalk, diced (use 2 large stalks of celery)
- 2 bay leaves

14 ½ ounce can tomatoes with liquid, chopped (I use my own frozen tomatoes and add in a little more liquid if needed – 2 cups of fresh chopped replaces a can this size)

- 12 oz. fresh white mushrooms, sliced (I prefer brown mushrooms, could use other types as well, I chop smaller than a slice)
- Juice of 1 lemon or more to taste (add more lemon juice & the zest, chopped from at least 1 lemon)
- Salt and freshly ground pepper to taste
- 2 – 3 Tablespoons minced fresh parsley (use 1 – 1.5 Tablespoons in soup & garnish with the rest)
- 2-3 Tablespoons minced fresh dill (when no fresh dill, I add ½ - 1 teaspoon per quart of soup when heating to serve) (Can also use some of the fresh dill as garnish)
- Matzo farfel (coarse crumbs made of matzo flour) for garnish, optional (use fresh herbs as garnish)

Combine all the ingredients for the stock in a soup pot or large saucepan. Bring to a boil then cover and simmer for 30 minutes. Let stand until needed, then strain before using.

Heat the oil in a large soup pot. Add the chopped leeks and sauté over moderate heat, stirring frequently, until the leeks begin to go limp. Add the stock, turnips, celery, and bay leaves. Bring to a boil then cover and simmer for 10 minutes. Add the tomatoes and mushroom, continue to simmer until the vegetables are tender, another 15 – 20 minutes. Season to taste with lemon juice, salt, and pepper. Remove from heat.

Allow the soup to stand for several hours or cool and refrigerate overnight. Before serving heat through as needed. Stir in the parsley and dill. If the vegetables seem crowded, adjust the consistency with more water, then adjust the seasonings and lemon juice. Top each serving with a sprinkling of matzo farfel if desired.

Quick Miso Soup with Nettles and Spicy Thai Noodles

From Martha Scheer, adapted from *Gluten-free Recipes for the Conscious Cook* by Leslie Cerier

- 5 to 8 ounces rice vermicelli or soba (buckwheat) noodles
- 6 cups water
- 4 cups fresh nettle tops
- 2 cups chopped broccoli or asparagus
- 2 cups diced tofu or tempeh
- ½ cup coarsely chopped chives or scallions
- 2 cloves pressed garlic
- ¼ cup miso, or more to taste
- 1 to 2 T hot chili oil
- 1 to 2 T tamari

Bring a medium-size pot of water to boil. Put the noodles into the boiling water, turn off the heat and let them set for about 10 minutes or until soft. Drain, rinse with cold water and set aside in a colander.

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(continued from page 7)

Meanwhile, put the water in a soup pot over high heat and bring to a boil. Add nettles and broccoli and bring back to a boil. Add tofu and chives, turn heat to medium-low and simmer for 5 minutes. Stir in the garlic.

Dissolve the miso in a small amount of the hot broth, then stir into soup. Add more miso or garlic to taste, if desired.

Heat chili oil and tamari in a large skillet over medium-high heat. Add the noodles and saute for 1 to 3 minutes until the noodles are evenly coated.

Ladle the hot soup into bowls, mound the noodles on top and serve immediately.

Looking for a different kind of chimichurri recipe? Check out the one below compliments of Martha Scheer.

Cilantro Mint Chimichurri

Original recipe from Jan Enderle, I of course always make changes!

- 1 bunch Fresh Cilantro
- 1 bunch Fresh Spearmint
- 3 cloves garlic, peeled
- 3 Tablespoons Red Wine Vinegar
- 1 Tablespoon ground Cumin
- 1 teaspoon Honey
- 1 teaspoon Salt
- ½ teaspoon crushed Red Pepper
- ¾ cups Olive Oil

Place all ingredients in blender and process until almost smooth.

NOTES: These are changes I have made: I find it was too salty, so used less salt. It does need some salt to blend flavors. The Red Pepper is optional and too taste. I have also added in ½ teaspoon ground allspice and ½ teaspoon ground coriander. You can also use less or no garlic.

The Parsley recipes are compliments of Rose Loveall.

Herbed Parsley Garlic Butter

Great for bread, chicken, or seafood

- 1 stick butter
- ½ c chopped parsley
- 1 T lemon juice

Process all ingredients till smooth. Store in covered container in the refrigerator.

Chimichurri Sauce

What is chimichurri? Chimichurri a bright green blended parsley and garlic sauce that originates from Argentina and Uruguay. The main ingredients in a chimichurri sauce are parsley, garlic, olive oil, oregano and red wine vinegar.

Typically, chimichurri is served with fish or meal, but you can also serve it with grilled or roasted veggies or as a salad dressing.

- ½ cup extra virgin olive oil
- 2 tablespoons red wine vinegar
- ½ cup fine chopped parsley
- 2-4 cloves garlic, fine chopped
- 1 tablespoon fine chopped chili (or 1 tsp dried red chili flakes), optional ¼ tsp dried oregano (or 2 tsp fresh chopped oregano)
- 1 level tsp coarse salt
- pepper to taste

Mix all ingredients together in a bowl. Allow to sit at least 10 minutes, but several hours will allow all of the flavors to release and mellow.

Do you have any fun herbally-inspired recipes you'd like to share? Email them to info@norcalifornia-herbsociety.org. Please send pictures of your dishes too!



Upcoming Unit Meetings & Events

Unit members meet most months on the second Sunday at 1:30pm at Rodgers Ranch in Pleasant Hill. Due to the pandemic, many meetings have been held online rather than in person. Venue is listed for clarification.

- **April 25, 10:30am-12:00pm** – Wheel of the Year for Sacred Living study group meeting, via Zoom
- **May 2, 1:30pm** - monthly meeting at Rodgers Ranch; topic is Chocolate! Presented by Debbie Arnold
- **Tentative: June 13, 1:30pm** – monthly meeting via Zoom and maybe also in person at Rodgers Ranch; topic is Mushrooms. Additional information will be forthcoming once the speaker is confirmed.

West District Meetings & Events

For members only. Contact Lisa-Marie Maryott for meeting information.

- **Monthly Herb Study**, first Monday of the month, 9:30am Pacific time; Hosted by the Rocky Mountain unit
- **Monthly Book Club**, fourth Friday of the month, 10:00am Pacific time

National Webinars

To register, go to <https://www.herbsociety.org/portal-log-in-page/hsa-webinars.html>. Most are free to members.

- April 13, 10:00am Pacific Time –**Shedding Light on the Solanaceae: An Exploration of Our Relationship with Nightshades** with Erin Holden
- Past webinars: go to <https://www.herbsociety.org/portal-log-in-page/past-webinars.html>



National Meetings & Events

Information about all of these meetings and events can be found on National's website, www.herbsociety.org.

Meetings/Events

June 10-11 - Virtual Educational Conference and Annual Meeting of Members (EdCon)

Our Mission

The Herb Society of America is dedicated to promoting the knowledge, use and delight of herbs through educational programs, research, and sharing the experience of its members with the community.

Consider becoming a member of the Herb Society of America! <https://www.norcalifornia-herbsociety.org/membership.html> or <https://www.herbsociety.org/join.html>

