



October 23, 2008

THE HERB SOCIETY OF AMERICA BATON ROUGE UNIT



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.

For more information contact Rita Salman (225) 291-5684, ritasalman@cox.net

HOLIDAY CRAFT SCENT SACKS, By Jane Toth

HSA Family Corner writer on the national website

MATERIALS FOR SCENT SACKS:

- Dried herbs (*we use thyme, lavender, lemon verbena, spearmint, rose scented geranium*). But anything pleasantly scented would work. I dry herbs in the back of my car; they dry very quickly! Then I freeze the dried herbs for 3 days to kill any "critters".
- Printed Fabric (*little girls like pink!*) from which you can cut 8-9" squares with pinking shears, and
- Yarn or Ribbon (*15" long strands work well*).

PROCEDURE:

To make a scent sack, each participant:

1. chooses a 9" material square
2. chooses a piece of yarn
3. sniffs dried herbs
4. decides which herb(s) to put in the scent sack and tells us which one(s)
5. We put some pinches of the herb(s) in the center of the wrong side of the fabric to cover about 1/3 of the area.

Then we help the participant gather up the edges of the fabric around the herbs and tie the bundle tightly with the yarn to enclose the herb inside the sack. We suggest ways the scent sack can be used and how to pinch the sack to release the scent.

We tell the kids they can put the scent sack in their bureau drawers, give them as gifts, and my partner tells them that they can also put them in their "stinky shoes"!!! Lots of uses limited only by ones imagination.



Glad you came to our Herbal Educational Presentation. If you liked tonight's program, please join and support our mission. Our By-Laws state that you can attend THREE meetings as a guest, and then you must decide if you would like to join.

The Baton Rouge Herb Study Group, organized in 1989, became the Baton Rouge Unit of the Herb Society of America, Inc. in October 1991.

Officers:

Rita Salman, Chairperson

Lori Mann, Vice-Chairperson

Kathy Mullin, Treasurer

Sondra Thornhill, Secretary

The following regular monthly meetings are free, open to the public, and held at the Baton Rouge Garden Center at 7:00 PM unless otherwise noted.

October 23

HOLIDAY CRAFT

January 22

HERBS FOR HEALTH

February 26

BAY-HERB OF THE YEAR

March 26

NATIVE AMERICAN

April 23

PASSIONATE PLATTER

May 28

EAT YOUR FLOWERS