



September 24, 2009



## 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.  
VOLUME III, NUMBER 1

### What's Bugging You? Presented by *Deni Labelle* HSABR Member

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

#### Bug Off, Naturally

Say bye-bye to bugs and chemical insecticides. Folklore and anecdotal evidence have long supported the use of nontoxic essential oils, spices, and powders to repel insects.

Today, research shows that some plant oils combat pests as well as DEET does—without harming your health.

For all spray-on applications, dilute 20 drops of essential oil with 1 cup of grape-seed oil and 1 1/2 cups of purified water; shake well.



#### Beneficial Insects

The Three P's of beneficial insects are: Pollinators, Predators and Parasites. Pollinators such as Honeybees fertilize flowers, which increases the productivity of food crops ranging from apples to zucchini. Predators such as lady beetles and soldier bugs, consume pest insects as food. Parasites use pests as nurseries for their young. On any given day all three "P"s are feeding on pests or on flower pollen or nectar in a diversified garden. If you recognize these good bugs, it is easier to appreciate their work and understand why it's best not to use broad-spectrum herbicides.

#### 10 of the Most Beneficial Insects for your Garden

1. Lacewings
2. Lady Beetles
3. Wasps
4. Predatory Bugs
5. Ground Beetles
6. Hover Flies
7. Syrphid Flies
8. Parasitic Flies
9. Aphid Mummies
10. Spiders



#### Officers:

*Rita Salman, Chairperson*

*Lori Mann, Vice-Chairperson*

*Kathy Mullin, Treasurer*

*Sondra Thornhill, Secretary*

The Baton Rouge Unit of The Herb Society of America's meetings are open to the public. There is a \$3 fee for non-members and includes handouts and a free plant. Members attend free. Unless otherwise specified meetings are held at the Baton Rouge Garden Center, 7950 Independence Blvd. at 7:00 PM.

#### 2009

September 24 - *What's Bugging You?*

October 24 - *Crafting with Herbs*

#### 2010

January 28 - *Herbs for Health*

February 25 - *Dill: Herb of the Year*

March 25 - *Plants for Pets*

April 22 - *Propagation*

May 27 - *LA Culinary Institute*

September 23 - *Cayenne - Hot Enough For You?*

October 28 - *Citrus-Orange You Smart!*

Raise money for your favorite charity or school just by searching the Internet or shopping online with GoodSearch - [www.goodsearch.com](http://www.goodsearch.com) (search for Herb Society of America in Kirtland, OH).



### Flowers to Attract the Good Bugs

\* Top Choice

LW=Lacewings; LB=Ladybugs; HF=Hover Flies; W=Mini Wasps

Sweet Alyssum	HF
Wild Bergamont	HF
*Dill	LW, LB, HF, W
English Lavendar	HF
*Fennel	LW, LB, HF, W
Crimson Thyme	HF
Butter & Eggs	HF, W
Feverfew	HF
*Coranider	LW, LB, HF, W
*Fern Leaf Yarrow	LW, LB, HF, W
Goldenrod	HF
*Golden Margeurite	LW, LB, HF, W
*Four Wing Salt Bush	LW, LB, HF Mother Earth News, Aug-Sept 2004

*From The Desk of Rita:*

**IMPORTANT!** Grow Your Own Herbs, buy plants from HSABR and the money stays here to put on programs like this.



### HERB SOCIETY BOOKS:

- The Herb Society of America New Encyclopedia of Herbs & Their Uses, by Deni Brown
- The Herb Society of America's Essential Guide to Growing and Cooking with Herbs, edited by Katherine K. Schlosser.

### VISIT OUR WEBSITE:

[WWW.BRHERBS.COM](http://WWW.BRHERBS.COM)

Place us in your "Favorites" & visit often. We are frequently making updates.

THE BUG	THE REMEDY	THE TECHNIQUE
Ants	Peppermint essential oil or citronella essential oil	Use 3 to 5 drops on window sills, on doorways, and under kitchen sinks
Blackflies	Cinnamon or Turmeric Oil	Spray or dab on clothing or exposed skin
Cockroaches	Citrus Oil, especially kaffir lime oil	Spray on problem areas (i.e. under kitchen sinks)
Mosquitoes	Catnip or Thyme Oil	Spray or dab on clothing or exposed skin
<i>WHOLELIVING.COM</i>		

The HERB SOCIETY OF AMERICA, Inc. was founded in 1933 for the purpose of furthering the knowledge and use of herbs.

\*The BR Garden Center is located at 7950 Independence Blvd.

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