

Annual Meeting and Educational Conference



May 4–7, 2017

Marriott Little Rock | 3 Statehouse Plaza | Little Rock, Arkansas 72201 | 501-906-4000

Thursday, May 4 Pre-Conference

7am–7pm **Conference Registration Open**

Pre-Conference Tours

9am–3pm **Tour and lunch at Moss Mountain Farm** (*garden home of P. Allen Smith*)
Cost: \$120 (includes transportation, lunch, tour of home, and gardens)

A motor coach will pick us up at the hotel door to take us to Moss Mountain Farm, the Arkansas garden home of our honorary president, garden designer, author and TV personality P. Allen Smith. Hailed by the New York Times as a “stunning estate overlooking the Arkansas River”, the 500 acre Moss Mountain Farm serves as an epicenter for promoting the local food movement, organic gardening, and the preservation of heritage poultry breeds. We will tour the terrace gardens, rose garden, one acre vegetable garden, Poultryville, and Smith's garden home which is used as a set for his PBS television series. Prepared by Moss Mountain Farm's chef and using herbs from the garden, lunch will be served under the arbor.

In Smith's words, "Here we hope to share the beauty of this place and extend the warmest hospitality to all of our guests." Please wear comfortable shoes. There is a gift shop on the premises and, if Smith is available, he will stop by to greet us.

9am–4pm

Self-guided Tour of Downtown Little Rock

FREE

Maps and more information will be provided at registration

Our Arkansas Unit hosts will provide you with self guided tour maps of the downtown Little Rock area for taking in the sites of Little Rock at your own pace. Self-guided walks or longer hikes of one or two hours or more include such Little Rock highlights as the Old State House Museum, River Market District, River Walk, the Historic Arkansas Museum which is the location of the Mary Fletcher Worthen Medicinal Herb Garden, the Witt Stephens Jr. Central Arkansas Nature Center, the William J. Clinton Presidential Center and Park, Heifer International Village, and Mt. Holly Cemetery. The METRO Streetcar is a 3.4 mile streetcar system connecting the cities of Little Rock and North Little Rock spanning the Arkansas River and linking many of these popular destinations.

Pre-Conference Dinner

6–8pm

Rockin' at the Mansion – *Arkansas Governor's Mansion, Grand Hall*

Cost: \$75 (transportation to and from the dinner not included)

The Arkansas Governor's Mansion sits on eight and a half acres in the heart of the historic Quapaw Quarter of Little Rock. Since 1950, the three story Georgian-Colonial style mansion has served as the official residence for numerous Arkansas governors and their families. We are thrilled to hold our 2017 pre-conference dinner in the Mansion's Grand Hall, the site of official formal dinners and receptions. We will stroll through the Mansion's gardens on our way to the ballroom, descending via the grand staircase as do all honored guests and dignitaries. A focal point of the ballroom is the seal of the State of Arkansas inlaid in the wood floor, laser cut and fashioned from the wood of fifteen trees native to Arkansas. Our three course dinner will be prepared by the Governor's Mansion chefs using local ingredients and herbs from the Mansion Herbarium, the herb garden tended by members of the Arkansas Unit.



DINNER ENTERTAINMENT

Vali Talbot presents *Parsley, Sage, Rosemary and Tunes*

Singing and playing guitar since she was nine years old, Vali Talbot performs music that reflects her Celtic ancestry. Drawn to Irish and Scot-

tish music and the American mountain music that grew from those genres, she has performed as a solo act and with different bands playing in the US and Ireland. Talbot has been a member of both the Arkansas and New Orleans Units of HSA. For this evening's enjoyment, she researched and collected a surprising number of folk tunes that contain references to herbs, flowers, and plants. Enjoy the talents of a fellow HSA member in this after-dinner presentation.

Friday, May 5 Annual Meeting and Educational Conference Day One

7am **Registration Open**

7–8:30am **Breakfast** (*included in Educational Conference Registration*)

9–10:30am **Annual Meeting**

9am–9pm **Silent Auction** Open for bidding Bidding will close after dinner at 9pm

11am **Arkansas Governor's Mansion Culinary Team Presents:**
Cooking with Herbs and Spices

For over 40 years, the Arkansas Unit has had an extraordinary relationship with the Governor's Mansion in downtown Little Rock. The Mansion Herbarium, designed and tended by the members of the unit, has provided fresh herbs for the kitchens and dining rooms of numerous Arkansas governors. Please join head chef Don Bingham and chefs Dan Darrah, Altus Buttry, and Patrick Herron as they prepare their signature dishes highlighting their favorite herbs from the garden and relate anecdotes about decorating and entertaining at the Arkansas Governor's Mansion.

12 Noon **Rosemary Circle and Golden Sage Luncheon**

In 2016, the Arkansas Unit celebrated its 60th anniversary making it the ninth oldest extant unit of The Herb Society of America. This luncheon, recognizing members' longtime service gives us an opportunity to remember and honor our HSA past. Bill Worthen, director of the

Historic Arkansas Museum for over 40 years and son of AR Unit founding member Mary Worthen, will welcome us and share a few thoughts on the importance of HSA in his family's life.



1:30-2:30pm

HSA Honorary President, P. Allen Smith presents:

Keynote Presentation "Rocking with Herbs at Moss Mountain Farm"

P. Allen Smith, an author, television host, entrepreneur, and conservationist, has a passion for American style. He uses his Arkansas home, Moss Mountain Farm, which the New York Times hails as a “stunning estate,” as an epicenter for promoting the local food movement, organic gardening, and the preservation of heritage poultry breeds. Smith created his farm to serve as a place of inspiration, education, and conservation and provides visitors from around the country locally sourced meals to introduce them to an expression of the regional cuisine.

In 2009, Smith founded the Heritage Poultry Conservancy, which is dedicated to the preservation and support of threatened breeds and strains of domestic poultry. In addition, he strives to educate future generations through his work with Kids Plant It Earth. The curriculum he developed for the program teaches students about being good stewards of the planet through gardening.

Smith studied garden history and design at the University of Manchester in England, is an honorary member of the Garden Club of America and recipient of their Medal of Honor, is a fellow of the Royal Horticulture Society and a former board member of the Royal Oak Society. His work is featured in national publications, highlighted at key events and commemorated in best selling titles including P. Allen Smith's *Garden Home* and *P. Allen Smith's Seasonal Recipes from the Garden*, which is a nod to his love for organic, regional cuisine.

His media company, Hortus Ltd., produces three national, award-winning television shows: *Garden Home* (which has enjoyed 14 seasons on PBS), *Garden to Table*, also on Public Television, and *Garden Style*, now in its 17th season of

syndication.

2:30pm

Book Signing / Break Area



3–4pm **Theo Witsell – *Wild Plants and Places of “The Natural State”*:
*An Overview of Native Plants and Habitats***

This illustrated presentation is designed to give both visitors and locals a taste of why Arkansas is called “The Natural State”. Through outstanding photography of plants and scenery, Witsell will provide an overview of the ecology and native vegetation of Arkansas and will highlight plants that were used by Native Americans, early settlers, and people today. He will also explore a variety of habitats important to the native flora of the state including prairies, glades, barrens, woodlands, forests, and wetlands and their conservation. Theo Witsell is the senior botanist and ecologist for the Arkansas Natural Heritage Commission and a Research Associate at the Botanical Research Institute of Texas. He is co-editor of the recently published *Atlas of the Vascular Plants of Arkansas*. A native Arkansan, Witsell holds a Masters Degree in Botany from the University of Arkansas at Little Rock. His interests include the ecology and conservation of rare plants and their habitats, restoration of degraded ecosystems, and anything to do with shale barrens of the Ouachita Mountains. He is an avid native plant gardener.

4:15pm

District Meetings

5–9pm

All-Out Arkansas Marketplace

Plan to meet your HSA friends from around the country in an All-Out Arkansas Marketplace at the Little Rock Marriott. Vendors from all over Little Rock and beyond will be there and educational displays by HSA units and individuals will be featured.

6pm **Cash Bar**

7pm **Dinner – *Little Rock Barbecue*** (included in Educational Conference Registration)

7pm **Registration closes**

Saturday, May 6 Annual Meeting and Educational Conference Day Two

7am **Registration open**

7–8:30am **Breakfast** (included in Educational Conference Registration)

8:30am **Unit Chair Meeting Room**

8:30am **Member at Large Meeting**



10am **Susan Belsinger and Arthur O. Tucker, Ph.D.**
Hedonistic Herbalism: A Sensory Experience

Let this dynamic duo guide you through the chemistry of herbs

and discuss how scent + taste = flavor. These self-proclaimed fragrance and flavor junkies will discuss how they go about smelling and tasting herbs and will describe some of their favorite herbs for this experience. Susan and Art will reveal fragrance and flavor profiles of six different herbs representing the celebrated tastes: sweet, sour, salt and bitter, as well as pungent and umami. Susan Belsinger and Arthur Tucker recently co-authored [*The Culinary Herbal: Growing & Harvesting 97 Flavorful Herbs*](#) published by Timber Press in January 2016, where they discuss in detail the fragrance and flavor of many culinary herbs. Their book will be for sale and Susan and Art will sign copies.

Belsinger is a culinary herbalist, educator, food writer and photographer. She travels widely giving lectures and demonstrations, has published in *Fine Gardening*, *Organic Gardening*, *Food & Wine*, *The Herb Companion* and *The Washington Post*. She has appeared on Good Morning America, CBS Morning News and National Public Radio. Susan has written a number of best selling cookbooks which are perennial favorites of her fellow HSA members. is an Emeritus Research Professor and Co-Director of the Claude E. Phillips Herbarium at Delaware State University in Dover, DE. He is the author of six books and hundreds of book chapters, refereed scientific publications and popular articles on herbs, essential oils, and the flora of the DelMarVa Peninsula. He continues work on the enigmatic *Voynich Codex* whose depictions of plants, animals and minerals firmly define it as an herbal from 16th century New Spain.

11am **Book Signing** (*area outside the Theatre*)



11:15am **Bill J. Gurley, Ph.D.**
Can I Take This With My Prozac?": An Introduction to Herb-Drug Interactions

Herbal dietary supplements have become a mainstay in the American health care system. Despite the prevalent use of supplements, many health care providers as well as the public are not aware of the idiosyncrasies associated with these products, especially regarding their drug interaction potential. This presentation will serve as an introduction to herbal dietary supplements and their potential to interact with conventional medications when taken concomitantly. Several clinically relevant herb-drug interactions

will be presented and other factors affecting the drug interaction potential of herbal supplements will be discussed.

Dr. Bill Gurley is an internationally recognized expert in the area of botanical dietary supplements and effects on human drug metabolism and disposition. He is Professor of Pharmaceutical Sciences at the College of Pharmacy at the University of Arkansas for Medical Sciences. Dr. Gurley has over 25 years experience in the areas of analytical this area has resulted in over 150 publications and abstracts and he has given over 130 invited lectures on various aspects of botanical supplement safety including testifying before a special panel of the U.S. House of Representatives. He has been quoted or has appeared in over 250 media outlets including such newspapers as the New York Times, Los Angeles Times, Chicago Tribune; magazines Newsweek, Readers Digest and Consumer Reports; and television Good Morning America, Dateline NBC, and ESPN. His work has been funded by various private institutions as well as the National Institutes for Health. He serves on the editorial boards of journals *Clinical Pharmacology & Therapeutics*, *Phytomedicine*, and *HerbalGram*.

12 Noon **HSA Working Lunch** (*included in Educational Conference Registration*)
 Committees or all other HSA special groups are encouraged to sit together and spend time exchanging ideas.
 Box lunch may be taken outdoors as well.

1:30pm **Tina Marie Wilcox – *The Widow Wilcox of Rattlesnake Ridge – How Folks Used Plants in the Arkansas Ozarks***

The Widow Wilcox came to Arkansas with her family in the last part of the 1800's. Everything the family needed to start a new homestead was packed on a wooden wagon that was drawn by two gray donkeys. With the trees and other plants found on Rattlesnake Ridge along with seed that they had packed with them, the widow and her family built a life in the wilds of present day Arkansas. Using hand tools and the common knowledge of the time, they built a log cabin, grew crops of sorghum and tobacco, made remedies with mullein, horehound, and numb tongue and dug sassafras, ginseng, and yellowroot to use and sell. In this living history presentation, Tina Marie Wilcox uses humor and drama to capture the imagination and inform folks about the history of the beneficial plants of the Ozark Mountains.

Since 1984, Wilcox has served as the head gardener and herbalist at the Ozark Folk Center State Park's Heritage Herb Garden in Mountain View, Arkansas. She coordinates annual herb events there and facilitates the production of herb seeds and plants for the park. She writes a weekly herb and garden column "Yarb Tales" published in the Stone County Leader. She co-authored a reference book *The Creative Herbal Home* with Susan Belsinger.

2:30pm **HSA Native Herb Conservation Committee Panel**
Go Native – How to Integrate Native Herbs into Your Landscape

The Native Herb Conservation Committee is the proud parent of HSA's signature programs, GreenBridges™ and Notable Native Herb™. In this panel discussion, you will learn about these three important conservation efforts, how these programs can enhance your own unit meetings and membership, what resources exist that you can access, and how to create a more sustainable garden. Native Herb Conservation committee members will give a brief history of the three initiatives, along with ways to introduce native herb selections into existing gardens. Going "native" will enhance your landscape, attract more pollinators and create green corridors that allow safe passage for plants and pollinators.



3:30pm **Felder Rushing: Herbs in the Slow Mode – Gardening with All Senses, All Seasons**

Slow Gardening is a big tent for all kinds of gardeners trying to find and follow their personal garden bliss – in whatever form they take – and savoring little everyday experiences using all the senses through all seasons...and sharing with others. Horticulturist Felder Rushing is a 10th generation American gardener who doubles his pleasure between a celebrated Mississippi cottage and a terrace house in Lancashire, England. The retired Extension Consumer Horticulturalist has 18 gardening books under his belt, countless magazine articles (including *Landscape Architecture*, *Organic Gardening*, *Horticulture*, *Fine Gardening*, *House and Garden*, and *National Geographic*) and for over 35 years continued his twice-weekly newspaper columns. The longtime online gardening Q&A guy for HGTV hosts a weekly live NPR gardening program from wherever he is lecturing across the country and around the world. The founder of Slow Gardening, Felder was featured in *Southern Living Magazine's* 25th anniversary issue as one of the "25 people most likely to change the South" and has been featured in three *New York Times* articles for his practical but off-beat gardening approach.

4:30pm **Time to Mingle** – in the hotel or in the neighborhood.

5pm

Registration Closes

6pm

Cash bar

7pm

Awards Dinner (separate charge)

Sunday, May 7 Post-conference Tour



Photo: Dean Wheeler / Soirée

7–8:30am **Walking Tour of Sculpture Park on River Walk
with Dean Kumpuris, M.D.**

Cost: \$50 per person (25 people max)

*We will share 20% of this tour's proceeds to support
the Sculpture Garden at the River Market Project.*

Bring your binoculars and your walking shoes for an early-morning trek along the Arkansas River where nature and culture intersect. Dean Kumpuris, MD, is a leading Little Rock gastroenterologist, a City Director since 1995, and a philanthropist and volunteer who spearheaded a project to enhance and expand

Little Rock's Riverfront Park by raising funds to install numerous sculptures along the Arkansas River and beyond. In less than ten years, nearly 100 sculptures have been installed, all accessible to the public. In addition to promoting the the sculpture installations, Kumpuris spends free time on weekends planting native plants which encourage a broader range of wildlife to show up and delight those who stroll the gardens. Please take advantage of this rare opportunity to walk Riverfront Park passing along the Arkansas River from the Broadway Bridge to the Bill Clark Wetlands with Dr. Kumpuris hearing from him what a unique and special environment has been created. There are a number of smaller sculptures in the Vogel Schawartz Sculpture Garden just north of the Marriott as well. This tour is a fundraiser for HSA, with 20% of the proceeds to be shared with Dr. Kumpuris's project.

9:30am–5pm Lunch Tour to Garvan Woodland Gardens and the private Hot Springs garden of Jim Elmore

Cost: \$60 per person (36 people max)

A deluxe motor coach will arrive at the door of the Marriott to take us to our Hot Springs destination, an hour's drive southwest of Little Rock. Garvan Woodland Garden is a botanical garden of the University of Arkansas. Nestled in the picturesque Ouachita Mountains of southwest Arkansas, the gardens were a gift of the local industrialist and philanthropist Verna Cook Garvan. A number of outstanding gardens and structures can be found in the garden such as the Dierks Promenade, Garden of the Pine Wind, and the Floating Cloud Bridge. Arguably the most famous of these is the Anthony Chapel, brilliantly designed of wood and glass soaring to nearly six stories. Designed by Maurice Jennings and collaborators Fay Jones and David McKee, the chapel seats 160 and is a sought after wedding site. A box lunch will be served at the Visitors' Center and may be enjoyed in an air conditioned private room we have secured or anywhere on the grounds. After lunch, we will board the bus and travel to the home and garden of Jim Elmore in Hot Springs. A very popular stop on local garden tours, Elmore's garden has a distinctly Asian feel. Dwarf conifers and miniature plantings are featured. A large Zen garden, moss garden with stone pathways, and a handcrafted Chinese gate may be seen. Native dogwoods, three species of cypress, and numerous weeping plums create the mood. There is a large pond with dozens of koi. A cellist will play in the garden and light refreshments will be served.

Cancellations/Refunds

Cancellations of conference registrations and tours received at HSA on or before April 2, 2017 will receive a 100% refund. Cancellations on or after April 3, 2017 will receive a 50% refund. There will be no refunds for cancellations of conference registrations and tours after April 15, 2017. All cancellations must be in writing or e-mail.

