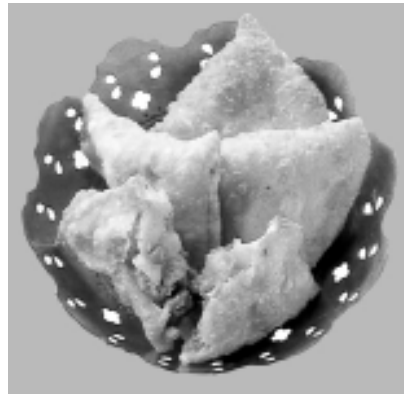




## ***SAHS April Program:*** **Herb and Spice Blends for Healthy Indian Cuisine**

**Join us on April 10<sup>th</sup>** as Diane Lewis shares healthy recipes & tips on how to get the best flavor out of herbs & spices used in Indian cuisine. Enjoy the aroma of smoky cumin, warm cinnamon, spicy ginger, bay leaves, & other spices as Diane demonstrates how to make ***Garam Masala*** spice blend. Learn about the health benefits of turmeric, chili peppers, cardamom, fennel, coriander & other spices as she demonstrates how to create a customized ***Curry Powder*** to taste. Sample delicious dishes seasoned with these spice blends and others laced with fresh mint & cilantro, including delicious ***Pappadums with Mango Chutney, Cucumber Raita, Tandoori Chicken, & Vegetable Curry.*** Learn how to grow fresh herbs in your garden to create these healthy and flavorful dishes at home!



Diane Lewis is a former San Antonio Herb Society Programs VP. She completed a BS in Medical Technology from the University of Missouri, an AAS with honors in Landscaping and Horticulture from Palo Alto College, and a certificate of achievement from John C. Campbell Folk School as a student of International Vegetarian Cooking. Diane currently teaches health oriented herb cooking, gardening, and landscape design classes at the San Antonio Botanical Gardens for the Northeast Independent School District, visit [www.communityed.neisd.net](http://www.communityed.neisd.net). She has presented programs for home & landscape shows, herb societies, gardening groups, herb farms, & nurseries. She is a landscape designer and consultant with primary focus on herbs, native plants, wildscapes, and xeriscapes. Diane interned with Texas Parks & Wildlife urban biologists, assisting them with the Wildscape Program. Working many years as a microbiologist has given her added insight into natural gardening methods and the science of gardening.

The meeting is on **Thursday, April 10th, 2008**. The program will begin at 7:00 (with refreshments served beginning at 6:30) at the San Antonio Garden Center, located on the corner of Funston and N. New Braunfels. The meeting is free and open to the public. For more information, check out our web site at [www.sanantonioherbs.org](http://www.sanantonioherbs.org).