



La Yerba Buena

THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 250, January 2011

The San Antonio Herb Society is organized to bring together those who are interested in using, growing and promoting the general knowledge of herbs to the membership and the public at large.

Program Thursday, January 13, 2011 Herb of the Year is Here: Meet Horseradish!!



Once more, the expertise and dedication that is SAHS finds its way to our meeting podium. You'll welcome past president Eileen Achorn as this month's program speaker. Horseradish?! Yep, and here's a peek: Horseradish (*Armoracia rusticana*, syn. *Cochlearia armoracia*) is a perennial plant of the Brassicaceae family, which also includes mustard, wasabi, broccoli, and cabbages. The plant is probably native to southeastern Europe and western Asia, but is popular around the world today. It grows up to five feet tall and is mainly cultivated for its large white, tapered root. Neat stuff. Eileen will treat us to even more great information and fun stuff. She's written a brochure and will offer a preliminary view that evening as well.

Members whose names begin with A-F are asked to come a little early and bring a treat for the hospitality table. Once you are settled, come back to the front door and help greet everyone—great way to learn names!

Don't forget to bring the recipe for publication in the newsletter.

We're in the San Antonio Garden Center, located on the corner of Funston and N. New Braunfels. For more information, check out our website at www.sanantonioherbs.org



Membership Renewal Time

Please see the membership renewal form on page 7 of this issue. Fill it in, even if you've been a member for a long time. Let us know how you can help the SAHS thrive!

March and Spring Sales

are not that far off. Make sure you save at least one week-end so volunteering at a plant or book sale is on your list of things to do for SAHS. Think SAWS Spring Bloom, Fiesta, King William, Festival of Flowers and probably more. Always fun to meet new friends and make a few more dollars so we can keep these lights on! Watch this newsletter for updates and schedules.



Hearty Handshakes to...

Evelyn Penrod and Maria Luhrman for their efforts toward the lovely, thoughtful winter banquet. These two fine ladies and their cadre of helpers gave us what was most assuredly a great success in banquets!!
Many Thanks!!

Members' Share Table...

...is always open. Bring your gently used items to share with other members. Items left over at the end of the meeting will be thrown away.

News from Out of Town and Former Members

SAHS received a lovely Christmas greeting card from Lorraine Jennings. Lorraine was our programs guru several times over the years. How she managed to come up with the wide variety of topics, I'll never know, but they were always worth coming to meetings. Living in Tyler near her daughter is good, but she wants us all to know that she misses us and being here in SA.

Thanks for all you've done for SAHS, Lorraine.

We hope ALL our long-distance members have a Happy and Peace-filled 2011.

Members' Sale Tables

Contact Jean Dukes at least 2 weeks in advance to arrange for a table.

Hospitality Table Schedule:

Jan: A-F
Feb: G-M
Mar: N-S
Apr: T-Z

Inside this issue:

Member Recipes	2
Over the Fence	3
November Minutes, Meeting Review	4
Treasurer's Report, Membership Report	5
Brian's Garden To-Do List & SIG reports	6
Membership Form	7



Be sure to view the unabridged version of this newsletter @ www.sanantonioherbs.org

If you would like to receive the SAHS newsletter electronically, please contact Lyn: belisle@satx.rr.com

Member Recipes

Here are the recipes provided with some of the terrific dishes brought to the December banquet

Orange Slice Cake

submitted by Karen Cabral as found in /About.com/southern food

Ingredients, cake:

- 1 C butter or margarine
- 2 C sugar
- 4 eggs
- 1 tsp soda
- 1/2 C buttermilk
- 3 1/2 C all-purpose flour
- 1 lb chopped dates
- 1 lb chopped orange slice candies
- 2 C chopped pecans
- 1 1/4 C flaked coconut (1 can, 3 1/2 oz)

Ingredients, icing:

- 1 C fresh orange juice
- 2 C confectioners' sugar

Directions

Cream butter or margarine and sugar until light and fluffy. Add eggs, one at a time, and beat well after each addition. Dissolve soda in buttermilk and add to creamed mixture. Place flour in large bowl and add dates, orange slice candy and nuts. Stir to coat all pieces well. Add flour mixture and coconut creamed mixture. Dough will be very stiff and easier to mix with hands. Put dough in a greased and floured 13x9x2-inch cake pan. Bake at 250°F for 2 to 3 hours. Combine orange juice and confectioners' sugar and pour over hot cake. Let the orange slice cake stand in the pan overnight.

Garlicky Roasted Potatoes w/ Herbs

submitted by ? as found in /myrecipes.com

Ingredients

- 2 Tbs chopped garlic
- 1 Tbs olive oil
- 1 1/2 lbs Yukon gold or red potatoes, quartered (about 4 C)
- cooking spray
- 1/2 tsp sea salt
- 1/4 tsp fresh ground black pepper
- 1/4 C chopped fresh flat-leaf parsley
- 1/2 tsp grated lemon rind

Directions

Preheat oven to 475°F

Combine garlic and oil in a small saucepan over medium heat. Cook 2 minutes or until golden, stirring frequently. Remove garlic with a slotted spoon; set aside. Drizzle the now-fragrant oil evenly over potatoes in a large bowl, tossing well to coat.

Arrange potatoes in a single layer on a baking sheet coated with cooking spray and sprinkle with salt and pepper to taste. Bake at 475°F for 30 minutes or until potatoes are golden. Combine reserved garlic, parsley and lemon rind in a small bowl; sprinkle garlic mixture evenly over potatoes.

King Ranch Chicken

submitted by ?

Ingredients

- 3 to 4 lbs boneless chicken thighs
- 12 fresh corn tortillas (cut up)
- 2 cans cream of chicken soup
- 1 C green pepper chopped
- 1 C onion chopped
- 1 Tbs chili powder
- 1 lb cheddar cheese, grated
- 1 can Rotel™ tomatoes



Directions

Simmer chicken thighs until tender; dice and save stock. Line bottom and sides of a well-greased 3-quart casserole with 6 tortillas, cut up. Sprinkle with 2 or more Tbs chicken stock. Combine soup, onion, green pepper and chili powder.

Pour half of this mixture, half of the chicken and half of the cheese on tortillas. Make a second layer of tortillas, chicken, soup mixture and cheese. Top last layer of cheese with Rotel™ tomatoes. Bake at 350°F for 1 hour, until hot and bubbly. May be prepared in advance and reheated.

Serves 12 to 15.

Crock Pot Sweet and Sour Green

Beans

adapted and submitted by Diana Hargrove

Ingredients

- 2 lbs fresh or frozen green beans
- 4 slices bacon, diced
- 1 small onion, diced
- 1 Tbs flour
- 1/4 C water
- 1/4 C apple cider vinegar
- 2 Tbs agave nectar
- 1/2 tsp salt
- black pepper to taste

Directions

Cook beans until tender crisp. Add to crock pot. Fry bacon, pour off all but 2 Tbs fat; sauté onion in fat. Dissolve flour in water; stir into onions and cook until slightly thickened. Stir bacon and remaining ingredients into onion mixture. Pour over green beans and mix well. Cover and cook on high for 1 hour, then turn to low setting 7-9 hours. Makes 6-8 servings.

Scalloped Cabbage w/ Fennel & Cranberries

submitted by ?

(Ingredients were provided, but no directions. If the person submitting this would like to provide the remainder of this recipe, we'll reprint it in the February newsletter. Thanks!)

Ingredients

- 1 1/2 lbs raw cabbage, cut up thin
- 2 med. fennel bulbs
- 1 C Swiss chard
- 1/4 C Thai spinach
- 1 C walnuts
- 1 C dried cranberries
- 2 C vegetable broth
- 1/2 C cranberry juice
- 1 Tbs olive oil

Directions: none provided

Pea Salad

Submitted by Cindy Moore

Combine:

- 1/4 to 1/2 lb bacon, fried & crumbled
- 1/2 lb frozen baby peas, cooked & chilled
- 5-6 stalks celery, coarsely chopped
- 4-5 oz medium cheddar cheese, cubed same size as celery chunks
- salt & pepper to taste

Mix together:

- 2 Tbs sweet pickle relish & enough Miracle Whip that all ingredients stick together.

Combine pea mixture and relish mixture and sprinkle paprika over top of serving bowl.

Good with barbeque.



Over the Fence... 2011 Program Line-up



February: George Ojeda, Executive Chef & Catering Supervisor of the University Health System on Chocolate & Herbs.

March: Deb Bolner of Bolner Spices, speaking on *Cool Off*, cooling herbal wipes.

April: Ann McCormick, Herb 'n Cowgirl—Creating Culinary Containers

May: Spring banquet; Board election

June: To be determined

Have ideas for programs?

Contact Jean Dukes, program VP and pass 'em along!

Next Board Meeting

January 31, 6:30 pm. These meetings are open to the general membership. Please contact one of the Board members to place an item on the agenda or for location or other details prior to the meeting day.

Another Board Idea

The SAHS Board has decided to take on a fundraising event for a scholarship program for local culinary students. If you are interested in serving on this committee, please contact Jean Dukes @ 210 566 4379 or 10days@earthlink.net.

And Yet Another Board Topic

The Bexar County Master Gardeners requested SAHS to provide the name(s) of one or two of our membership who'd be available as a topic "expert". They are updating their published list of "go-to" people among the garden and other plant interest clubs in San Antonio. If you'd like to be considered as one of our representatives, contact any Board member.

Tee shirts, totes and aprons available

Are yours faded and tattered? Contact any Board member to order items to be picked up at the next general meeting. Remember to wear your tee shirt or apron when volunteering for the SAHS

SA Botanical Garden Events

Tree Care Classes; Fridays, January 21 – February 25, 12:30 pm – 4:00 pm, registration required.

Course Description: This 21-hour course was designed to help prepare professional arborists to take the ISA Certified Arborist examination. Nonprofessionals are also welcome to attend the entire course or other sessions to gain a better understanding of the benefits of trees and develop their tree ID and tree care skills. Call 210-207-3250.

Real Christmas Tree at Your House This Year?

City of SA is no longer picking up live trees. BUT you CAN take your old, de-decorated tree to one of several sites to trade for mulch on January 8-9 or 15-16 from 8am to 5pm. Call SA City Service at 311 or www.sanantonio.gov/swmd for details.

From Brian Townsend, longtime member:

Start taking Christmas lights and stuff down real soon, or just wait until July 4th! Think about settin aside items you haven't used in two years or more and either donate them to charity or tag them for a spring garage sale.

Where Have YOU Been Lately?

Heard that Helga Anderson is planning a trip to Germany with her grandson later this summer.

Anyone else traveling? Where are you going?

Bill Varney, co-founder and former owner of the Fredericksburg Herb Farm...

...now has an online business, according to Diane Lewis. The link takes you to his "news" and then you can select the "Urban Herbal Shop" from the menu.

http://urbanherbal.com/bill_varney/index.htm

SAHS Internet Presence

Our page may be found by going to our existing web page, www.sanantonioherbs.org, and clicking the big blue "F" icon or going directly to www.facebook.com

The SAHS is continuing to monitor how the new "Meetup.com" page is doing as advertising our organization. It costs several dollars each month to maintain the page, so to keep it, the page must bring in several new members each month. Maria Lührman has volunteered to be moderator of the page as part of our research. Check out the site and give your input to Maria. Go to <http://www.meetup.com> and search for San Antonio Herbs.

GVST classes

GVST offers monthly "Essentials of Gardening" classes which emphasize water-saving landscaping and gardening practices. They are open to the public and free, but do request a \$5 donation to help cover expenses.

Schedule: Classes are 3rd Monday of each month, 12:15-3pm, at San Antonio Garden Center.

Be sure to confirm the dates and locations prior.

Call 210-251-8101 for info.

Great web site for bird feeder suet blocks

Site has some great basic information on the who/what/where/when/how of suet block bird feeding. There are lots of recipes (choose based on the kinds of birds in your yard) and many methods of placing them. There's some good solid basics on why wintering birds need these high-calorie tidbits. Check it out. <http://www.sialis.org/suet.htm>

From the SA Garden Center Board to us:

Your members may be interested in visiting our next meeting for the San Antonio Garden Center Clubs. We will meet Wednesday, January 5th at 10 am at 3310 N. New Braunfels @ Funston. The topic "Herbs are Hot". Shari Anderson, owner of **Omni Star Farm** will speak on old time remedies from the kitchen and garden. Meetings are free and open to the public. For more information go to our website www.sanantoniogardencenter.org or call us at 210 824-9981.

Submitted by Peggy Jones for the SA Garden Center

SA Wine Festival (KLRN benefit)

Familiar with this series of events? One of the last each year is the wine & cuisine tasting. In 2011, it'll be February 20th, from 6 to 10 pm at the Alamodome. Here's an opportunity for a group of us SAHS members to put on our tee shirts and volunteer to "cork & pour". As a volunteer, ticket price is only \$25 (instead of \$45) and parking is free. Each year, various groups get together to put in a little bit of public face time at an event not normally associated their stated missions. Also as a volunteer, you work only 2 of the 4 hours of the event duration. SO, fellow members, contact Joe-Beth VERY SOON. She's coordinating anyone who wants to go, have a great time meeting, corking and pouring AND tasting AND listening to the great music provided. Call Joe-Beth, 210-590-9744. For more info on the festival, see this web page: <http://www.sawinefest.com/>

A reminder to all who attend our meetings:

"Please *"bus" yourselves*". This means that each and every one of us are responsible for picking up our trash and disposing of it properly. More often than not lately, it is those of us who tarry to visit a little longer that wind up cleaning up someone else's mess. Our rent expense does NOT include cleaning fees. Remember, many hands make light work. Thanks very much.

Minutes from December General Meeting

December 09, 2010

Yvonne Baca thanked everyone for coming to the Christmas banquet. She also thanked Maria Luhrman and Evelyn Penrod, this year's banquet committee co-chairs, for their work. Maria Luhrman made all the beautiful center pieces (moss-stuffed wire wreath forms planted with thymes).

Minutes and treasurer's report in November newsletter were approved.

Yvonne reminded everyone about membership renewal. Name tags are to be ordered again after Christmas banquet. If you are a new member and have attended 3 meetings or have lost your name tag, contact Gayle Morris.

Reminder of newsletter articles welcomed, deadline is a week from Friday after our general meeting.

The next meeting of the SA Garden Center Clubs on Wed. Jan 5 at 10am at the garden center. The topic will be "Herbs are Hot" with guest speaker Shari Anderson, owner of Omni Star Farm. She'll talk about old time remedies from the kitchen and garden. The meeting is free & open to the public.

Joe-Beth Kirkpatrick announced the upcoming KLRN Wine & Cuisine Festival. Volunteers work 2 of the 4 event hours plus get 1/2 off admission. Great way to check out new foods etc.; great way to put SAHS in front of a different market. Contact Joe-Beth at 210-590-9744.

Meeting was adjourned for dinner and entertainment.

Maria Lurhman introduced the MacArthur High School French Club who sang Christmas carols in French. After the singing, the gift exchange was begun with Maria calling out numbers. Next meeting is Jan. 13, 2011, with speaker Eileen Achorn on the Horseradish, 2011 Herb of the Year. Banquet closed at 8:30pm.

Submitted by Karen Abel

December Banquet

This evening's meeting and banquet were filled with friends both new & old PLUS some fabulous food and singing by the French club from McArthur High School. We visited, ate, took photos, ate, visited more, ate, raced to the gift table and gener-



ally had just a wonderful evening. This is an "as always" - it's hard to think of a time when we did NOT find each other's company or the program well worth the time and effort to be at the Garden Center about this time in December.

Submitted by Joe-Beth Kirkpatrick



DISCLAIMER: Information presented in this newsletter and at the SAHS meetings is for educational purposes only. It is not intended to diagnose, treat, or replace the advice of a health professional. Herbal formulas are given for reference purposes only. Use of any items mentioned in this newsletter are at the decision and discretion of the individual.

Ed. Note regarding the photos printed in this newsletter: Many photos do not gracefully reduce in size in order to be fit into the spaces herein. Try checking the full color version of this newsletter in the SAHS web pages. The photos are much more easily viewed when you can enlarge them with the programs in your home computer.



Treasurer's Report, November 2010

Submitted by Kathryn Seipp

INCOME	
Membership	20.00
Cookbook Sales	0.00
Resource Guide Sales	0.00
Bundled book Sales	0.00
Booklet Sales	0.00
Shirts, Aprons, Totes Sales	0.00
Interest on Savings	0.00
TOTAL INCOME	20.00
EXPENSES	
Attendant Fee	45.00
Banquet	111.90
Copies	0.00
Honorarium	50.00
Hospitality	0.00
Rent Expense	85.00
Storage Rent	0.00
Postage & Delivery	176.36
Total Expenses	468.26
Total (Income-Expenses)	-448.26
ASSETS	
Cash and Bank Accounts	
Cash on Hand	100.00
Frost Cert of Deposit	1,154.09
Frost Checking	3,810.92
Frost Savings	2,386.79
TOTAL Cash and Bank Accounts	7,351.80
TOTAL ASSETS	7,351.80
LIABILITIES	0.00
OVERALL TOTAL	7,351.80

'10 - '11 SAHS Board Officers

Yvonne Baca - President

210-313-8705 (cell), yvonne943@yahoo.com

Jean Dukes - Vice President Programs

210-566 4379, 10days@earthlink.net

Gayle Morris - Membership

210-497-7416 or 210-912-9787 (cell)

gaylemorris09@gmail.com

Karen Abel - Secretary / Recording

210-326-8685; kl89murray@yahoo.com

Kathryn Seipp - Treasurer

210-495-3591, kseippccc@aol.com

Jeanne Hackett - Publicity / PR

210-735-5333, jeannehackett@sbcglobal.net

Lyn Belisle - Webmaster & Green List Coordinator

210-826-6860, belisle@satx.rr.com

Other Contacts

Marilyn Nyhus - programs assistant

727-643-1380 (cell); rudyardmar@yahoo.com

Maria Luhrman - membership assistant

210-474-0550; mluhrman@yahoo.com

Joe-Beth Kirkpatrick - Newsletter

210-590-9744, joby53@gmail.com

Sandra Lyssy - Hospitality

210-659-5561; slyssy123@yahoo.com

Patty Wilson - T-shirts, Cookbooks

210-647-0838, dwilson@satx.rr.com

More Information Contacts

SAHS web page: www.sanantonioherbs.org

SAHS toll-free phone: 888-837-4361

SAHS Facebook & Meetup pages



From the Membership Chair

LOOKING FOR 10-YEAR STAR RECIPIENTS

If you have been member continuously for at least 10 years, you have earned a star! You must be in our attendance or membership records OR you must be able to show proof of dues payment for those years.

Please contact Gayle at gaylemorris09@gmail.com or 210-497-7416.

NAMETAG ORDERS

The next nametag order goes out following the March meeting. If you've lost your nametag (or the magnetic backing) and you'd like to order a replacement, please contact Gayle Morris. Replacement nametags are \$12.50 and magnetic backings are \$1.00; both must be paid for in advance.

Submitted by Gayle Morris, Membership Chair



Brian's October To-Do List for The Garden

Compiled by MG Brian D. Townsend
One touch of nature makes the whole world kin. ~William Shakespeare



In Our Herb Garden:

Plan spring herb garden, consider location, space, size, shape, sun, and plant groupings. * Plan companion planting. * Review seed catalogs and visit with herb growers as to new varieties and then order seeds. * Keep in mind as you read and plan that many herb books, and even seed packets, are written for growing conditions other than ours (we are zone 8b, and we even have our own microclimates). * Start seeds of perennials and later annuals in a cold frame or greenhouse. * Temperature extremes (abnormally high day/night, then a hard freeze blows in) during winter months may cause new growth for perennials and resultant freezing. Mulch should help protect plants. Wait until the ground warms to remove frost victims. * Spruce up the garden. Remove fall debris (and compost it).

- HERBS: A Resource Guide for San Antonio

General Yard & Garden Notes:

Rye seed will germinate in winter and provide some erosion control. Do not waste your time with Bermuda seed; it only germinates when soil is warmer (after mid-April).

Spray dormant oil on roses, fruit trees and pecans when we have 2 consecutive days of temperatures over 45 deg. The oil is an effective control for scale, phylloxera and other wintering insects.

Do not fertilize your lawn now, or use any "Weed & Feed" (does not matter how warm it might be or what's coming up green!), only the winter weeds will benefit. Wait until May 1. Aerate and top-dress your lawn with compost (1/2" for St. Augustine and 1/4" for Bermuda grasses) to restore compacted soil.

Work compost or manure into beds in preparation for spring vegetable planting. - EO

January is a good month to prune oak trees. Oak wilt is not active in the coldest part of winter. Follow up with a pruning paint, or better with a latex paint, AS SOON AS YOU CUT. Prune back all shrub branches within one foot of the house. Texas Cooperative Extension publications explain proper pruning techniques. Call (210) 467-6575.

Birds & our Backyards:

Suet is a high-energy food for insect-eating birds and is beneficial during the winter months when other food sources are low. Put it in wire cages made for the purpose (allow some time for the birds to find it as the suet is not a naturally recognizable food source).

It is time to place (repair/ replace) all of your birdhouses. Tit-mice, chickadees, wrens, woodpeckers, owl and martins will be looking for nesting boxes very soon.

Thoughts for Backyard Bird feeding: Do not endanger the welfare of birds or other wildlife; respect the rights of others; bird aficionados who pro-actively feed birds in their yards, have an opportunity to teach non-birders by example that feeding the birds is an enjoyable and beneficial experience. It enhances our enjoyment of the outdoors, it connects us with nature in a positive way, and it gives us the opportunity to create in our children and in others a sense of caring and responsibility for nature and the environment that will serve us all well in the years to come. Gather wood chips and wood mulch to put in woodpecker houses (This lets them think they're cleaning/preparing their own "house" nest). - me

RED-WINGED BLACKBIRDS (*Agelaius phoeniceus*) are showing up at area bird feeders. They leave their wintering grounds up in Canada (from Nova Scotia to Alaska) and head as far as Costa Rica, Cuba and the Bahamas. They can be friend or foe, their antics are a delight to watch, but they will literally take over

a feeding station and devour everything (on the positive side, they are insect eaters as well).

Thanks to MG and SAHS long-time member Brian Townsend for this monthly article. Brian has culled this information from the wisdom of a number of local and regional gardening experts, plus our own HERBS: A Resource Guide for San Antonio. Please see the full length version of this on the SAHS website.

SIG-nificant Events

SIG Leaders... What has your group done lately?

Don't forget to get a note to the newsletter editor for next month!

Healthy Living with Herbs SIG

December found us at the home of Jean and Sid Dukes for our annual Christmas gathering. The Mexican-themed dinner pot-luck was terrific (always is).

The variety of dishes we can collect is outstanding. Plus they ALWAYS taste great! Afterwards, we visited a little more and had fun playing a picture game guided by Jean (we drew without looking). Of course, all this was probably enhanced with

Jean's terrific "Healthy" Margaritas!! Our gift exchange is two-fold: We had previously drawn names back in November for a true exchange, and also bring white elephant gifts for another, more fun session. This year: Books, foods, trinkets, shopping bags, tiny salt cellars, yard art and more.

In January, we'll meet at Marilyn's to plan our 2011 sessions. Cheers!

Submitted by Joe-Beth Kirkpatrick

Culinary SIG

The Culinary SIG is on hiatus for December. Check back with us later in January for our 2011 schedule.

Weed-n-Gloat SIG

No words for December—just dreaming about next summer's bounty!!

Herbal Crafts SIG

The Craft Herb SIG met for a Christmas party and a planning session. After mimosas and some of the best food in San Antonio, we discussed the new year's venue. We filled our calendar and wished that we had more days to do other things. I guess we can save some things for next year or if we feel good about it, we just may do more than one meeting a month. Then we exchanged presents, hugs and wishes for a Merry Christmas and the best New Year. We all send our greetings to the Society for the same thing.

With the new people who have joined, we are now at 16 members so we have some exciting new ideas this year. We will meet the 3rd Saturday of the month with a few exceptions. So read the newsletter to keep up with us. We will be meeting January 15 at 10:00 am to make gift bags with Herb and Nature stamps and herbal sprays or sprigs.

Please **RSVP by January 7, 2011** to Sally Ann Hnatiuk at mustang_sally6@msn.com

Submitted by Sally Ann Hnatiuk



San Antonio Herb Society Membership Application/ Renewal

January – December 2011

If you joined after October 1, 2010, you are a member through December 2011.

PLEASE FILL OUT COMPLETELY AND PRINT CLEARLY

Name (as you would like it to appear on your name tag): _____

Address _____

City _____ Zip _____ new address

Phone (with area code) _____ Home/Work/Cell [circle one]

Alt. phone (with area code) _____ Home/Work/Cell [circle one]

E-mail _____

(Please check one) New member Renewal (due February 10, 2011)

Membership Category: Single (\$20) Dual (\$30) Business (\$40)

How did you hear about the SAHS? _____

Print, complete, and mail form with your check to:

San Antonio Herb Society
PO Box 90148
San Antonio TX 78209

After you have attended 3 meetings, you will qualify for your free permanent SAHS name tag. Sign up with the membership chairman.

What programs would you like to see in the coming year? The more details the better (continue on the back, if necessary): _____

I would like to be a GREEN member (receive my newsletter and other information of interest through email).

I do not want my personal information to be shared on the SAHS membership list.

I am interested in helping with:

Banquet Committee (help plan Spring or December Herbal Members' Banquets)

Hospitality Committee (decorate refreshment table, make tea, etc.)

Greeter (a great way to meet people and welcome everyone)

Chairperson for plant sales or other events

The booth at Spring Plant Sales Herb Market in October

Being a Board Member (please list position): _____

Writing articles for or helping with the newsletter, "La Yerba Buena"

Speaking at one of our meetings—your topic _____

Maintaining the Herb Garden at San Antonio Botanical Gardens

Working at the Sales Table at monthly meetings

Leading a Special Interest Group (SIG)

.....
Office Use Only

Date received _____ CASH / Check # _____ Date \$ given to Treasurer _____

Green Member _____ Date information entered into data base _____

Business Members

We thank our business members for their support. When you patronize their businesses, be sure to mention your SAHS membership.

Nature's Herb Farm

Mary Dunford
7193 Old Talley Road., #7
SAT 78253
(210) 688-9421

Nematode Nick's

Landscape Design & Installation

Organic Landscaping
Organic Fertilizing
Nick & Leslie Vann
3561 Kusmierz Rd.
St. Hedwig, Texas 78152
(210) 667-1500
www.nematodenick.com

Diane R. Lewis, B.S. & A.A.S.

Herb, Cooking & Gardening Classes;
Landscape Design
(210) 495-6116
drl designs@swbell.net
www.communityed.neisd.net

A Total Domain

San Juanita Preciado,
Residential & commercial contractor, with
emphasis on interior design
www.atotaldomain.com
Email: sj@atotaldomain.com
(210) 744-1707 (cell)

Ten Days Health Ministry Natural Health Counseling & Essential Oils

Jean Dukes, RN, CNHP,
Certified Aromatherapist
(210) 566-4379
10days@earthlink.net
www.youngliving.com/tendays

In Home Senior Care and

USANA Health Sciences
Nutritionals You Can Trust™
Greg & Jinnie Perkins
5805 Callaghan Rd. Ste. 205
SAT 78228
(210) 256-2273
www.inhomeseniorcare.net

Lisa Ann Stanley, Realtor

Coldwell Banker D' Ann Harper, Realtors
18756 Stone Oak Pkwy Ste 101
San Antonio, TX 78258
210-617 0544 Cell
210-483-7509 Business
210-483-4709 Efax
lstanley@cbharper.com



GO TEXAN.

The Hermits Garden

Jan and Phil Conwell, Resident Hermits
Custom Leather and Folk Art
conwell@hermitsgarden.com
<http://hermitsgarden.com>

Here's to Yum

Charles Harzman and Rene Maldonado,
chefs/owners
Serving the Alamo Hts/Broadway Business Area
Food for groups (delivery and/or catering)
210-782-2072 or 210-782-7856
heres_to_yum@yahoo.com

Health by Choice

"Nutrition That Works"
Sil & Yoli Huron, BA, CNHP
Certified Natural Health Counselors
210-735-9053
Website: www.barleybaby.com
www.health4ever@barleybaby.com

The Human Path

Herbology and Wilderness Medicine
Classes by Sam Coffman
210-807-0891
Sam@thehumanpath.com
www.thehumanpath.com

PLEASE SEND TO:

2011 Herb of the Year

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