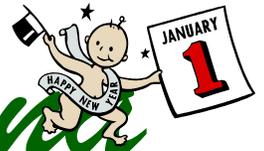




# La Yerba Buena



THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 262, January 2012

*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 12, 2012 Roses, Roses, Roses: Herb of the Year, 2012



Roses have been with mankind for probably as long as any history buff can determine. Ancient China and Egypt both have record of roses in early forms. There are facts as well as rather flowery (sorry, couldn't resist that pun) legends surrounding this amazing herb. And yes, we can and do consider this plant an herb. Essential oils and extracts from the rose have given us wonderful fragrance. This flower has traditionally been made into a variety of salads, syrups and hydrosols.

But what do you know about the benefits of using roses in your daily life - not just to look at and smell, but to utilize everywhere from the kitchen to the medicine chest or the crafts table?

The latest SAHS herb booklet will be unveiled at this meeting. Packed full of great information and recipes, it is the year's best bargain! Be the first on your block to get yours plus a couple more AND have it autographed by the committee members!

Come out in January and get a whiff of what this fabulous Herb of the Year for 2012 has in store for you!

**NOTE:** The Antique Rose Emporium will set up a sales table as an adjunct to our presentation this evening. *Welcome!*

Members with names beginning N-S, it's your turn to bring some treats for our Hospitality Table; be sure to provide a name card (and recipe) for the dish you bring. Bring your dish by 6:30 pm so we can sample your fare during our fellowship time. Once you are settled, come back to the front door and help greet everyone—a great way to learn names! Come ready to have a great time visiting with your Herb Society friends at the lovely 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](http://www.sanantonioherbs.org)

### In February: Bill Varney of Urban Herbal

This should be a great program. Bill's presented to us a few years ago and offered up some really tasty treats made using scented geranium (that year's featured herb). Wonder what he's up to these days? Come February 9th and find out!

### Membership Renewal: Dues are Due

Membership dues are due now. Please give yours to Norm Hastings at the January or February meetings. You can always send your renewal via USPS, too! Pay no later than the end of February.

Per our **membership co-chair, Norm Hastings**, the dues structure is as follows: \$20 Single, \$30 Dual, \$40 Business. A copy of the membership form is on page 5 for you to tear out, fill out and turn in with your check.

### Newsletter Notes...

See a photo that you'd like to have? Please contact the newsletter editor via email for an electronic copy of that file(s). We're happy to share!

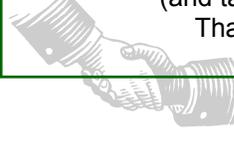
### Special Interest Groups (SIGs)

If you have a particular area of interest, get in touch with one of our SIG leaders. They'll help you get one started. Here's your chance to do even more herbal things during the month! Start something new in 2012!

### Hearty Handshakes

to **Marilyn Nyhus** and **Marguerite Hartill** and their helpers for the planning and completion of our annual Winter/Holiday Banquet. It was truly simply elegant (and tasty and friend-filled)!!

Thanks so very much!



### Did You Know?

Technically, hot chocolate contains actual chocolate, which is made with sugar. Traditionally, hot cocoa is made only with cocoa and not chocolate.

### Members' Sale Tables

Contact **Marilyn Nyhus** at least 2 weeks in advance to arrange for a table.

### Hospitality Table

#### Schedule:

Jan: N-S

Feb: T-Z

Mar: A-F

Apr: G-M

May: Banquet

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GO TEXAN.

Be sure to view the unabridged version of this newsletter with its full color photos @ [www.sanantonioherbs.org](http://www.sanantonioherbs.org)  
If you would like to receive the SAHS newsletter electronically, please contact Lyn: [belisle@satx.rr.com](mailto:belisle@satx.rr.com)



## Member Recipes

Thanks to *everyone* who shared their recipes for the wonderful dishes brought to our banquet.

### Artichoke Spread

submitted by *Kathy Bruce*

#### Ingredients

- 1-8oz pkg frozen artichoke hearts, thawed
- 1 C fresh parsley leaves, packed
- 1/2 C chopped toasted walnuts
- 1 lemon, zested and juiced
- 2 cloves garlic
- 1/2 tsp kosher salt
- 1/2 tsp freshly ground black pepper
- 1/2 C extra virgin olive oil
- 2/3 C grated Parmesan cheese

#### Directions

In a food processor, combine the artichokes, parsley, lemon zest and juice, salt and pepper. Run the machine to coarsely chop all the ingredients, stopping the machine a few times to scrape down the sides. Then, with the machine running, drizzle in olive oil. Stir in Parmesan cheese and toasted walnuts. Serve with crackers, pita chips or toasted bread.

### Quesadilla Casserole

submitted by *anonymous*

#### Ingredients

- 1 lb ground turkey
- 1/2 C chopped onion
- 2-8oz cans tomato sauce
- 1-15 oz can black beans, drained & rinsed
- 1-15 1/4 oz can whole kernel corn & juice
- 1-4 1/2 oz can chopped green chilies, undrained
- 6 corn tortillas
- 2 C shredded cheddar cheese
- 2 tsp chili powder
- 1 tsp ground cumin
- 1 tsp minced garlic
- 1/2 tsp oregano leaves, chopped
- 1/2 tsp crushed red pepper (optional)

#### Directions

Brown meat, onion on medium-high heat. Add tomato sauce, beans, corn & green chilies; mix well. Stir in all the spices except red pepper. Bring to a boil. Reduce heat to low, simmer 5 minutes. Add red pepper to taste. Spread 1/2 cup of meat mixture on bottom of 13x9x2 inch baking dish sprayed with no-stick cooking spray. Top with 3 tortillas overlapping as needed. Layer 1/2 of remaining mixture and 1/2 of the cheese. Repeat with remaining tortillas, meat & cheese. Bake in preheated 350°F oven 15 minutes or until heated through. Let stand about 5 minutes before serving.

### Copper Carrots

Submitted by *anonymous*

#### Ingredients

- 2-4 lbs carrots
- 1 onion
- 1 large green bell pepper

#### Marinade Ingredients

- 1 can tomato soup
- 1 C sugar
- 1/2 C oil
- 3/4 C white vinegar
- 1 tsp prepared mustard (yellow or brown)
- 1 Tbs Worcestershire sauce
- 1/2 tsp salt
- 1/2 tsp pepper



#### Directions

Slice carrots then boil for 3 minutes and drain. Cut onion and bell pepper (diced, but not too small). Mix with cooked carrots. Combine ingredients for marinade and bring to a boil. Continue cooking and stirring until thick. Pour over vegetables. Serve hot or chilled.

### Green Beans with Almonds & Basil

submitted by *Cindy Moore* (from [plantanswers.com/recipes/herbs/beans.html](http://plantanswers.com/recipes/herbs/beans.html))

#### Ingredients

- 1 lb fresh green beans, washed and strings removed
- 3 Tbs butter, melted
- 1 1/2 Tbs fresh Parsley, minced
- 3 Tbs slivered almonds
- 1 tsp fresh Basil, minced

#### Directions

Cover the beans in a large saucepan and cook in a small amount of boiling water 10-12 minutes or until crisp-tender. Drain well. Sauté almonds in butter in a small skillet until lightly browned. Stir in fresh parsley and basil. Pour over green beans, tossing gently. 4 servings.

### Orzo & Shrimp Salad

submitted by *Nora Richards*

#### Ingredients

- 1 C cooked orzo
- 3/4 C lime vinaigrette & cilantro salad dressing
- 1 C chopped tomato
- 1/2 to 3/4 C sliced olives
- 1 small mango, chopped
- 1/2 lb shrimp, sliced in half

#### Directions

Toss together and enjoy.

### Chicken or Turkey Tetrazzini

Submitted by *Barbara Quirk*

#### Ingredients and Directions

Melt 1 stick butter (1/2 C)

Stir until dissolved 3/4 C flour into the butter.

Gradually add:

- 2 C milk
- 1 C cream (or half-and-half)
- 4 C chicken broth
- 1/2 C liquid from 4.5 oz can sliced mushrooms

Cook above slowly until smooth. Then add:

- 2 C grated cheese (I use Kraft American in the blue box)
- 1-4.5 oz can sliced mushrooms (juice used earlier)
- 4-6 C cubed cooked poultry

Season with salt, pepper and red pepper flakes - I used some frozen peppers I had on hand. Cook 1 lb spaghetti and add to the meat mixture. Pour all into a greased a 2 or 3-qt casserole dish. Bake until bubbly in a 325°F oven. This is a very versatile recipe. I think I'll try it with chopped artichokes next time.

### Lavender & Friends Butter

submitted by *Yvette (Corvette) Erwin*

#### Ingredients & Directions

1 stick butter (1/2 C), softened

Add 1 Tbs lavender, 1 tsp rosemary and 1/2 tsp thyme in a bowl together. The herbs should be dried & crushed, though it might be perfectly yummy with fresh.

Now add the amount of honey you wish and mix all ingredients. Keep mixing until all components are the same consistency and eat on bread or crackers.

## Over the Fence... 2012 Program Line-up



**February:** Bill Varney of *Urban Herbal*, Herbs for the Urban Gardener; **Nominating Committee** announced

**March:** St. Philip's College Culinary Dept;

**April:** Cindy Meredith of the *Herb Cottage* in Hallettsville; SAHS Board nominations announced

**May:** Spring Members' Banquet; **SAHS Board election & confirmation**

### Have ideas for programs?

Know a great speaker for an interesting herbal topic? Contact Marilyn Nyhus or Marguerite Hartill, program chairs, with your suggestions.

### Next Board Meeting

January 30, 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.

### Totes, Tees and Aprons

The SAHS totes have longer handles and are terrific for your grocery cart. Tee shirts and aprons help identify SAHS members during our various events. Contact is Patty Wilson.

### Help SAHS Publicity Get the Word Out!

Every month, SAHS provides **flyers** via email. You can print them and post them at stores in your area, stores that you would be frequenting anyway. Contact Jeanne Hackett at [jeannehackett@sbcglobal.net](mailto:jeannehackett@sbcglobal.net), or call at 210/735-5333.

### SAHS Internet Sites

Our **Facebook** page may be found by going to our existing **web page**, [www.sanantonioherbs.org](http://www.sanantonioherbs.org), and clicking the big blue "F" icon or going directly to [www.facebook.com](http://www.facebook.com)

### What's Cookin'?

Good herbalists are good cooks, and the fact that we're almost sold out of both our San Antonio Herb Society cookbooks proves it. Both Vol. I and Vol. II are out of print, with Vol. II almost unavailable, but each one is packed with creative and tested herbal recipes that are perfect to introduce to a new audience. So, for our next cookbook, we're compiling and publishing an exciting **new volume** called *The Best-Loved Recipes from the San Antonio Herb Society*.

If you have a favorite recipe from either of our previous cookbooks and wish to nominate it for the new cookbook, please send the name of the recipe, the Volume it appears in and the page number to Lyn Belisle: [belisle@satx.rr.com](mailto:belisle@satx.rr.com).

A cookbook committee is being formed and we'd love to have your input. Indicate if you'd like to join us by emailing Lyn at the above address. Kathy Bruce and Karen Cabral are acting committee chairpersons and will be contacting the membership after the first of the year for updates. By this time next year, we hope there will be lots of copies of *The Best-Loved Recipes from the San Antonio Herb Society* ready for holiday giving and holiday cooking!

*Submitted by Lyn Belisle*

### Organic Hen Eggs & Cartons

What's better than farm-fresh and organically raised hen eggs? Not much. The folks raising and providing the eggs for sale do need your help through your saving and donating empty cartons. Please bring your **empty egg cartons** to Jean Dukes at the January meeting.

### GVST's Fall "Essentials" Programs

Classes for Spring pending. Class updates can be found at the GVST website [GardeningVolunteers.org](http://GardeningVolunteers.org)

### Bees, Honey and Hummingbirds

**Guadalupe County Master Gardeners** meet Thursday, Jan. 19th, 7 pm in the AgriLife Extension Bldg., 210 E. Live Oak, Seguin. Mark Gretchen will present a program about bees and his honey business.

Jan 28th, Judit Green will speak on "Attracting Hummingbirds" at the Guadalupe County Community Garden, Guadalupe County Annex Building, 1101 Elbel Road, Schertz, 9 to 11 am.

Meetings are free and open to the public. For more information, call 830-303-3889 or go to

[www.guadalupecountymastergardeners.org](http://www.guadalupecountymastergardeners.org)

### Interested in Texas Native Plants?

**Native Plant Society of Texas, San Antonio chapter** meets 4th Tuesdays except December & August  
6:30 pm – Native plant and seed exchange  
7:00 pm – Meeting and program

Lions Field Adult Center, 2809 Broadway (at Mulberry)

Webpage: [www.npsot.org/sanantonio](http://www.npsot.org/sanantonio)

### American Herb Association in 2012

The **AHA annual conference** in 2012 will be in Austin, Texas, May 2 & 3. Sounds like a field trip! Mark your calendars now and save the date for this worthy weekend. Keep an eye out for their schedule to be posted on their web page:

<http://www.herbsociety.org/events/conference-12.html>

### SA Botanical Garden Events

**Butterflies Exhibit** extended to February 12

**Dog Days** - A Winter Paws; January 21-22, 9am - 5pm

Treat your favorite 4-legged friend(s) to a garden experience! \$5 cash donation per pooch (on a leash, please). Saturday, 1/19, is the same day at a beginner bird walk (9 am) and a SAWS WaterSaver Walk (10 am).

Remember, you can **volunteer** at the Botanical Garden.

Contact Cindy Simms and attend a new volunteer orientation (held the 1st Friday each month @ 9 am).

Recipes, continued from page 2

### Spicy Lentil-Potato Stew

*Submitted by anonymous*

Ingredients

1 1/2 C lentils

2 1/2 to 3 qts veg broth

1 large onion

5-6 red potatoes

olive oil

cilantro

spices to taste: cumin, turmeric, Santa Fe red pepper

Directions

Put enough olive oil in to cover the bottom of a 4 quart pressure cooker. Over a medium-high setting, heat oil and add chopped onion and spices until soft, just starting to caramelize. Add potatoes and remaining vegetables and stir. Add vegetable broth and cover. Cook until pressure cooker hisses; let it hiss for 10 minutes. Take off heat and quickly cool under running water until pressure has equalized and cooker can be opened.



### Ambrosia

*Submitted by Sandra Woodall*

Ingredients

This recipe has a many variations as there are cooks. I used grapefruit, oranges, pear, apple and coconut. As far as I know, as long as there is citrus and coconut, it's ambrosia.

## Minutes from December 8, 2011 General Meeting & Holiday Banquet

Appetizers were served at 6:30.

Dinner was served at 7:00.

Ten tables were set up with our new SAHS tablecloths and approximately 71 members and guests were in attendance. Numbered ornaments were picked at random to determine the order of dining by matching those with numbered tables. After dinner there was a very short business meeting that President Yvonne called to order at 7:50.

A few items quickly discussed included: there was only one candidate for the annual 10 year pen award, Carol-lee Fisher (currently resides in Bastrop); a reminder from Madelyn Sprague about knitting scarves for the Special Olympics; a reminder about renewing annual SAHS membership with nametags issued after attending 3 meetings; the January meeting topic of "Rose as Herb of the Year"; reminder of the need for Chairs for both the Membership Committee and the Community Ed SIG.

Also announced were the plans for a new SAHS Cook Book which will glean recipes from the two previous cookbooks for a "best of" edition. Volunteers were solicited from the membership to be on that committee.

Marilyn Nyhus then introduced the evening's entertainment, noted local musician Dana Clark. Marilyn

encountered Dana during a National Night out event. From her keyboard, Dana entertained with a number of Christmas oldies, some standard and some with a Texas and San Antonio twist. The music had

members singing, dancing, swaying, jingling, and generally 'gettin' down'. A good time was had by all! Thank you, Dana!!

A gift exchange was held at 8:30 and everyone enjoyed both the fun of giving AND receiving then discovering their new presents. The table decoration poinsettias were also given away as door prizes. A quick cleanup and the meeting was adjourned at 9:00.

A good time was had by all.

The end!! Merry Christmas everyone...and a Happy New Year!!!!

*Submitted by Mike Belisle, Secretary*

### Review: Annual Holiday Banquet

*No review this time. Just enjoy this photo album instead. Merry Christmas and Happy New Year for 2012 to all!*



Regarding photos in these pages: If you see a photo that you'd like a copy of, please email the newsletter editor for same. Happy to share!!



# San Antonio Herb Society Membership Application/ Renewal

January – December 2012

If you joined after October 1, 2011, you are a member through December 2012.

Print, complete and mail form with your check to	San Antonio Herb Society PO Box 90148 San Antonio TX 78209
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PLEASE FILL OUT COMPLETELY AND PRINT CLEARLY

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

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

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? \_\_\_\_\_

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 booths at  Spring or Summer Plant or Book 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)—your interest area \_\_\_\_\_

\*\*\*\*\*

Office Use Only  
Date received \_\_\_\_\_ CASH / Check # \_\_\_\_\_ Date \$ given to Treasurer \_\_\_\_\_

Green Member \_\_\_\_\_ Date information entered into data base \_\_\_\_\_



## Brian's January To-Do List for The Garden

Compiled by MG Brian D. Townsend



*Winter is an etching, spring a watercolor, summer an oil painting and autumn a mosaic of them all. ~Stanley Horowitz*

### 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 blow 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 Notes for the Mid-Winter Season:

Protect tender plants with covers or mulch when freezes are forecast. Remember that plastic and/or cloth over a plant or a greenhouse will heat up if the sun appears. Be prepared to open it up for ventilation. (\* Plastic directly against leaves in a freeze can actually conduct heat away and freeze-burn the leaves. - me)

Cut off the frozen tops of lantanas, firebush, poinciana, esperanza and other root-hardy plants and perennials at any time. If the brown foliage and stems don't bother you, leave them as cover, until early spring, for the base of the plant and for birds as foliage for shelter and to search out food.

Pruning of all trees (including fruit trees) and bushes can begin now. Dress pruning wounds on oaks immediately (paint cuts with latex paint, not pruning paint – LR). Prune back all shrub branches within one foot of the house. Texas Cooperative Extension publications explain proper pruning techniques. Call (210) 467-6575.

Take advantage of bad weather (or holiday, any reason will do!) to study Texas A&M's Plant Answers Web site at <http://aggie-horticulture.tamu.edu/>.

Use dormant ("horticultural") oil to eliminate SCALE insects on hollies, camellias, euonymus, photinias, oaks, and pecans, fruit trees during winter. Read and follow label directions as they pertain to temperature and rainfall.

Have soil tested for pH level in lawn and raised beds. Add acidifying iron supplements to acid-loving plants and replenish their pine bark or pine needle mulch.

It is time to replant sweet peas and English peas if the cold weather destroyed the seedlings. Deer also love the seedlings.

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.

Now is a great time to build walkways and retaining walls.

Finalize vegetable garden in preparation for planting next month. Consider adding drip or soaker irrigation for more efficient watering.

Control winter weeds with regular mowing or completely removing them (especially the roots, any parts remaining will resprout) by hand or with a weeding tool.

*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 on the SAHS website.*

## SIG-nificant Events

SIG leaders, keep us posted on your group's events.

### Healthy Living with Herbs SIG

After all these years together, our little SIG decided to have our December "meeting" out. So of course we trundled on over to Green Cuisine on N. Flores. This year, it seemed like everyone had tons to do and dining out was a nice change. Gotta tell you, the staff there are some of the nicest folks you'll meet! After we all got there and had the chance to meet



Chris Behrend, the co-owner, we were treated to some tasty appetizers on the house! Deee-licious, for sure.

Also different was our annual gift exchange. Now we've done the Secret Santa thing and the white-elephant-steal-twice thing and they ARE fun - especially amongst these fine folks.

THIS time, though, we invented a gift card swap. Everyone was to bring a gift card worth \$10 from anywhere they chose. We put all these cards inside greeting cards & envelopes (no peeking!) and all these in a big bag. Everyone got to pull a card from the bag (still not peeking). Even tho' we had the opportunity to put cards back in and redraw, no one would (a couple of us DID swap cards later). It was fun to see all the different places the cards were from. Restaurants, nurseries, department and specialty stores - all kinds.

Well, this was definitely a friends, food and fun sort of evening. What better way to start the Holiday than that?

From our SIG to all SAHS members, we wish you and yours the Happiest Christmas/Hanukah/Holiday ever.

January will find us working out our schedule for 2012 at Randy's new home.

*Submitted by Joe-Beth Kirkpatrick*

### Culinary SIG

*Below is the report for the Culinary SIG meeting last night (as you can tell, I hope, it was another wonderful gathering!):*

It was sugar and spice and everything nice for our December Culinary SIG at Bev's hilltop home for a cookie exchange and potluck. A balmy evening let us take advantage of the huge outdoor porch overlooking the Hill Country to enjoy the company and the feast. The cookie exchange theme (sort of) was "memory" cookies: those cookies we enjoyed in years past, plus a few that were discovered just three days prior, and, assessing on the yummy-scale, deserving to become instant memory cookies. Each of us introduced our cookie and the journey it took to become part of the exchange. As lovely as all these sweet treats were, and we did plenty of tasting to attest to that, it was the stories and fellowship and good will among us that were especially sweet and satisfying for us, making for a wonderful holiday party. We agreed we have yet another tradition for our SIG! Next month, we go to Carol's for Soup -- and let's hope we have a chilly evening to better savor what will certainly be heart and soul warming food and company.

*Sorry if this is maybe on the saccharine side....it really was a lovely holiday party and I'm still feeling the glow and maybe just a bit of a sugar high (12 dozen cookies can do that)!*

*Submitted by Jeanne Hackett*

### Herbal Crafts SIG

Meets every third Saturday.

Sandra Lyssy: 210-659-5561, [slyssy123@yahoo.com](mailto:slyssy123@yahoo.com);

Rebecca Kary: [karyrebecca@yahoo.com](mailto:karyrebecca@yahoo.com)

### Aromatherapy SIG

The SIG celebrated Christmas with a party! We sampled many dainties in which essential oils were used. Lavender Lemonade, Tangerine/Orange Herbal Tea, Herbed Mixed Nuts, Dilled Deviled Eggs, Very Veggie Tabuleh, Cinnamon Dudes and Raw Chocolate Orange Pie, are only a few of those dishes. We all look forward to learning more about essential oils in 2012!

For info, contact Jean Dukes at [10days@earthlink.net](mailto:10days@earthlink.net)

Submitted by Jean Dukes

### Weed-n-Gloat SIG

Caution: Weeders at Work!!

Submitted by Jane McDaniel



### SAHS Membership

According to the sign in sheet and head counts taken December 8th at the meeting/banquet, we had 71 people in attendance! What a great evening. Overall membership hovers around 140 at the end of 2011. Now, with the advent of 2012, we get to start over. Send in those membership forms as soon as you can and we'll see an even bigger membership in this New Year!



Don't forget to let Norm know if you need a new or replacement name tag by the January meeting evening.

### Warming Herbs for your Winter Recipes

The phrases 'warming' and 'cooling' are traditional ways to classify herbs and their actions. A warming herb is one that causes increased blood flow and a warming sensation.

Warming herbs are typically used for 'cold' conditions such as skin disorders, circulatory disorders, arthritis and joint pain. They also can stimulate the immune system. Ginger and garlic are two well-known warming herbs. Others include cayenne, black pepper, cinnamon and cardamom.

Try real cocoa with peppermint or add a pinch of cayenne to that cocoa for something that will keep you warm long after the cup is empty.



## Treasurer's Report, November 2011

Submitted by Kathryn Seipp

### INCOME

Membership	219.00
Miscellaneous income	0.00
<b>SUBTOTAL - INCOME</b>	<b>219.63</b>

### EXPENSES

Attendant Fee	45.00
Banquet	230.96
Honorarium (Berhend)	157.40
Rent Expense	85.00
Supplies	458.98
Sales Tax	-57.30
<b>SUBTOTAL - EXPENSES</b>	<b>977.34</b>
<b>TOTAL (Income-Expenses)</b>	<b>-758.34</b>

### ASSETS

Cash and Bank Accounts	
Cash on Hand	0.00
Frost Cert of Deposit	1,194.95
Frost Checking	3,187.41
Frost Savings	2,387.68
<b>TOTAL Cash and Bank Accounts</b>	<b>6,770.04</b>
<b>TOTAL ASSETS</b>	<b>6,770.04</b>
LIABILITIES	0.00
<b>OVERALL TOTAL</b>	<b>6,770.04</b>



### '10 - '11 SAHS Board Officers & Members

**Yvonne Baca** - President

210-313-8705 C; [yvonne943@yahoo.com](mailto:yvonne943@yahoo.com)

**Marilyn Nyhus** - Vice President Programs

210-606-2933 C; [rudvandmar@yahoo.com](mailto:rudvandmar@yahoo.com)

**Marguerite Hartill** - Programs Assistant

210-497-1355 H; [mhartill@aol.com](mailto:mhartill@aol.com)

**Norm Hastings** - Membership Co-Chair

210-860-4332 C; [normhastings@sbcglobal.net](mailto:normhastings@sbcglobal.net)

**Mike Belisle** Secretary, Recording

(210) 826-6860 H; [mbelisle@satx.rr.com](mailto:mbelisle@satx.rr.com)

**Kathryn Seipp** - Treasurer

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**SAHS web page:** [www.sanantonioherbs.org](http://www.sanantonioherbs.org)

**SAHS toll-free phone:** 888-837-4361

**Business Members**

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

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[drldesigns@swbell.net](mailto:drldesigns@swbell.net)  
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210-807-0891  
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Certified Aromatherapist  
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