



La Yerba Buena

THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 238, January 2010

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 14, 2010

Dr. Elizabeth De La Portilla on Curanderismo

The January Meeting for the San Antonio Herb Society will focus on the traditions and traditional methods of healing. Before there were doctors, surgeons or hospitals, local societies looked to the natural and supernatural worlds for their healing powers. Local herbs were used and traditions were passed down generation to generation. In Latin America, Mexico and the southern western states of the US, these healers were known as curanderos (or curanderas). They were respected members of their communities. These healers were herbalists; some focused on physical ailments and some were midwives. The study and practice of these ancient traditions is called "Curanderismo." Dr. Elizabeth De La Portilla, who is an anthropologist currently with San Antonio College, will discuss this very old and honored tradition. She will explain how the Latin American and Mexican cultures viewed illness and then looked to sources of healing that are different from those of our current culture's views of health and illness.



This is sure to be a fascinating lecture that you will not want to miss. As an added bonus, Dr. De La Portilla will have available for purchase, and will be available to sign her book, "They All Want Magic: The Nature and Practice of Curanderismo."

Join us on January 14th, 7:00 pm, at the San Antonio Garden Center for an exciting evening as we welcome Dr. Elizabeth De La Portilla.

The appetizer tables open at 6:30pm. Those whose names begin N thru S, please bring a finger food (with recipe to share). 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



In February, SAHS Brings You Ed Bradley; The Subject is Roses

Ed Bradley will lead off a program featuring Roses. A member of the San Antonio Rose Society since 1985, Ed is also Master Rosarian (designation by the American Rose Society) as well as a Master Gardener. He and his wife won 84 awards across four rose shows in 2009 alone. His presentation should be jam packed with terrific cultivation and growing information including a nod to environmentally friendly habits.

SAHS members Diane Lewis and Jean Dukes will offer up some culinary tips and a discussion on the characteristics of rose essential oil. We hope you will join us in February!

Dill (Anethum graveolens) 2010 Herb of the Year



Dills are annual or biennial plants native to southwest Asia and Southern Europe, and naturalized in the rest of Europe and America. They belong to the family Apiaceae, formerly called Umbelliferae for the umbrella-like umbels of flowers characteristic of the family. The common name is sometimes said to derive from the Anglo-Saxon verb dilla, meaning "to lull," because of dill's sedative effect on the digestive system.

Common dill grows very upright, usually with only one hollow stalk, with feathery linear leaves and greenish-yellow florets in a large, open umbel up to 6 inches across. The whole plant is fragrant. It may reach 2½ to 3 feet in height. Indian dill, *A. sowa*, grows to over 3 feet and differs slightly in flavor.

(first of three installments)

Members' Sale Tables at General Meetings

Contact Jean Dukes or Evelyn Penrod to reserve a table at least 2 weeks prior to the meeting. Have your sales table set up by 6:30 pm and removed by 9 pm.

Hospitality Table Schedule:

January: N-S
February: T-Z
March: A-F
April: G-M

Contact Sandra Lyssy to help set up the hospitality tables each month.

Membership Renewal *Time!*

Inside this issue:	
Member Recipes	2
Over the Fence	3
December Meeting Report	4
December meeting minutes, Membership Report and SABot Notes	5
Membership Form	6
SIGs & Treasurer's Report	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

Some of the goodies on the buffet in December included these treats:

Cranberry-Basil Sauce

Submitted by Jackie Compere

Ingredients:

- 1 12-oz bag fresh cranberries
- 1/2 to 1 C sugar (adjust as desired)
- 1 C water
- 1 C fresh basil leaves

Wash and sort cranberries. Please sugar and water in saucepan and bring to a boil after the sugar has dissolved. Add cranberries, lower heat and simmer for 10 minutes or until berries have popped and sauce appears cooked. Cover pot and let cool.

Add basil leaves to cooled mixture and puree all with an immersion blender or transfer to a regular blender and puree. Chill and serve.

Note: Basil's flavor is sensitive to heat, so add after sauce is cooled.

Guacamole-Stuffed Deviled Eggs

submitted by Jean Dukes

Ingredients

- * 6 hard-cooked eggs
- * 1 fully ripe avocado
- * 2 tsp. lime juice
- * 1/4 cup Vegemaise
- * Salt to taste
- * cilantro leaves

Directions

Cut eggs in half lengthwise. Remove yolks; process in food processor with avocado, salt, lime juice, cilantro and vegemaise until smooth. Sprinkle with more cilantro. Keep refrigerated until ready to serve.

All Natural Carrot Salad

A Luby's recipe revised by Jane McDaniel

Ingredients:

- 2 lbs carrots, fine dice
- 20 oz crushed pineapple
- 3 Tbs honey
- lemon pepper and salt to taste

Directions

Mix all ingredients together. Let stand for 30 minutes before serving.

Options: 1 C raisins and 6 oz plain, natural yoghurt may be substituted for the pineapple.

Fresh Fruit with Crema Fresca Salad

Submitted by Joe-Beth Kirkpatrick

Ingredients:

- 1 bunch red seedless grapes
- 1 bunch green seedless grapes
- 3 kiwi fruits, peeled and sliced
- 1 or 2 mangos, peeled and diced
- 1/2 tsp fresh-ground cinnamon
- Crema fresca

Directions:

Wash all the grapes & allow to dry. Cut in half. Arrange fruit in a large serving bowl. Sprinkle cinnamon over all and drizzle with crema fresca (go easy on this—you want the flavor and just enough to let the grapes become a little less slippery).

Smoked Turkey and Cranberry-Orange Ailoli Finger Sandwiches

Ingredients:

- 1/2 C Mayonnaise
- 1/2 C prepared cranberry sauce
- 2 Tbs orange zest
- 20 slices bread, crusts removed
- 1/2 lb thinly sliced deli smoked turkey
- Garnish: sage leaves and fresh cranberries

Directions

In a small bowl, combine mayonnaise, cranberry sauce and orange zest. Spread mixture on 10 bread slices; top with sliced turkey. Cover each with remaining bread slices. Cut each sandwich into fourths. Garnish with sage leaf & cranberries.

Easy Chicken Divan Casserole

Submitted by Kathryn Seipp from Country Woman Magazine with modifications

Ingredients:

- 4C frozen broccoli, cut up, cooked and drained
- 1 1/2C cooked cubed chicken
- 1 small can sliced black olives
- 1 can (10 3/4 oz) cream of chicken soup
- 1/2C mayonnaise
- 1 1/2 tsp lemon juice
- 1/2 tsp curry powder
- 1 tsp dried parsley
- 1 tsp dried sage
- 1/2 tsp salt
- 1/2 tsp ground black pepper

Topping

- 1 C shredded cheddar cheese
- 1 C toasted bread crumbs
- 2 Tbs butter

Directions

Combine broccoli, chicken and olives in the bottom of a greased 1 1/2 qt casserole. Set aside. In a bowl, combine soup, mayonnaise, lemon juice, curry powder, parsley, sage, salt and pepper until evenly blended. Spread over chicken and broccoli mixture.

Topping: Sprinkle cheese evenly over chicken mixture. Melt butter and combine with bread crumbs. sprinkle over cheese. Bake at 350°F for 30 minutes.

Veggie Tamales = Calabacita

submitted by Jeanne Hackett

The Dough:

- 4 C instant masa harina
- 1 C oil (corn or peanut)
- 3 C very hot water, flavored with chili powder, ground cumin & salt, to taste.

Directions

Combine all the ingredients, working with your hands once the dough is cool enough to touch, until thoroughly mixed. Dough should look shiny - you may need to add more oil. note: This is more art than science!

Press a very thin layer of dough onto the smooth side of the corn husks that have soaked for an hour (or overnight). Use your hands or a spoon. fill with a couple tablespoons of filling. roll up the husks and steam as you would any other tamal. (My favorite method: In the evening, steam your tamales in your steamer for one hour. Turn off the heat and leave the tamales in the tightly-lidded steamer overnight. The next morning, your tamales are perfectly done and don't worry, since there's no meat, there's no spoiling.)





Over the Fence...

2010 Program Line-up

February: Roses with Ed Bradley; Board officer nominating committee begins.

Next Board Meeting

January 25, 6:30 pm. These meetings are open to the general membership. Please contact one of the Board members for location or other details prior to the meeting day.

The Big Read

Eileen is coordinating our membership's participation in the Big Read Kickoff events this spring. SAHS plans to provide members to help with various demonstrations of the various ways herbs are used in our daily lives. The event schedule will be finalized soon. Contact Eileen for details or to volunteer.

The Board has approved the resupply of tee shirts and tote bags with the SAHS logo imprint. Look for these in the near future.

Board Nominating Committee

Needs your help. Please see any current Board member to volunteer.

Other Events

1st Sunday Haiku Hike,

Government Canyon SNA, Feb. 7

(Ed. Note: this event sounds a little distant from our normal herbally oriented topics, yet strikes a chord for those who truly enjoy being out of doors. This could be a good opportunity to include a little plant-walk/herb-walk state of mind.)

Enjoy an experience that combines immersion in the natural world and creative writing. Led by local poet Mobi Warren, the session includes an introduction to haiku, a three-mile hike, and quiet time sitting along the trail to write.

Open to ages 14 and older; group size limited to six; wear sturdy shoes, bring at least a quart of water, a journal to write in, and, if desired, a snack.

8:30 a.m.-12:30 p.m., reservations recommended. For reservation or more information, call or write (210) 688-9055, ext 291, reservations@friendsofsgc.org. Include name, e-mail address or telephone number for each reservation. No pets please. Subject to cancellation.

Sandy Oaks Olive Orchard cooking demo/ workshops

January cooking demonstrations & luncheons

1/9 Winter Warmers (\$45)

1/16 Visit Marakesh without having to go there (\$45)

1/23 Super Bowl Chic (\$45)

1/30 Preparing Fruit-topped Cakes and Tarts (\$35)

call early to reserve a spot - sessions fill up fast!

210-621-0044

Demonstrations typically include a complete lesson and meal, recipe cards, a tour of Sandy Oaks Olive Orchard and a sample from the Sandy Oaks product line.

2010 Herbal Forum at Round Top is March 19 & 20.

Diane Lewis is planning on going and can help get you registration information. Contact Vickie at Round Top: vickieh@festivalhill.org or (979) 249-3129.

Sandy Oaks Olive Orchard Olives Olé

Mark your calendars now for March 27. SAHS board has committed to a sale tent during this event. See Eileen to volunteer.

The Filling:

1-2 diced tatum squash

3 C frozen corn, thawed

1 large onion, fine dice

1 can diced tomatoes

2 bags of Morningstar Farms "Chicken" Strips, thawed and chopped (this is a soy product)

salt & pepper to taste

lots of fresh cilantro, chopped

Saute the squash and onion until barely tender. Add the rest of the ingredients and cook till flavors meld. Set aside until ready to use.

Options: substitute zucchini for the tatum; Rotel® tomatoes; cooked rice.



The Herb Companion e-news "Herbal Cough Drops"

As found in the online version of Herb Companion, 12/29/2009:

Homemade Herbal Cough Drops

Some good powdered herbs for this compound (with expectorant qualities that help loosen phlegm) include aniseed (*Pimpinella anisum*), elderberry (*Sambucus nigra*), ginger root (*Zingiber officinale*), mullein (*Verbascum thapsus*), osha (*Ligusticum porteri*) and thyme (*Thymus vulgaris*). Do a little research and create a mix that's right for you.

- Powdered herbs
- 1 cup sugar, or honey
- 1/3 cup light corn syrup, or honey
- 1 1/2 cups water
- Powdered sugar, for easy handling

1. Steep your preferred soothing herbs in 1 1/2 cups of water to make a tea.

2. Mix sugar and corn syrup with tea. Cook over low heat, stirring until sugar is dissolved and mixture boils.

3. Continue boiling without stirring until the mixture begins to crystallize; reduce heat. Wash away crystals from the side of your pan with a damp cloth.

4. Remove from the heat after a few minutes. Drop some of the mixture from the tip of a spoon onto a greased surface. Allow to harden and cool completely before removing. Roll the candies in powdered sugar and wrap in waxed paper for storage.

See the entire article online at: <http://www.herbcompanion.com/herbal-living/herbal-cough-drops>

Another website for herbal usage chart

<http://www.anniesremedy.com/chart.php>

This is a fairly interesting web site with a very general chart for many herbs and their known healing qualities (even a few for your pets). The site promotes herbal products from Mountain Rose Herbs and Frontier - both have very good reputations.

Report from the Banquet Hall of December

The evening started out just fine. Members brought potluck dishes and gifts to exchange and played a Christmas carol game hint game while the serving tables were being set. We voted on the table decorations. Jane & Veronica's Anglo v Irish table won a stout rosemary topiary.



Their table was complete with a graffiti-covered brick wall, party crackers and other UK memorabilia.

The other tables' themes and their hosts were:

Jean & Sid Dukes wore traditional costumes from Peru. Jean displayed some of the crafts and art she's acquired during her several medical mission trips there.



Joe-Beth Kirkpatrick and Lyn & Mike Belisle's Texas table included some ranch implements used by J-B's grandfather almost 100 years ago.



Diane put together the German-themed table - simple and elegant. Jan's American table was a hand-crafted snow family scene in red,



white and blue. Sally Ann's Spain table had a lovely ceramic nativity grouping.

Mexico was well-represented with several familiar paper maché items.



After the dinner and Jane's stories, Jan began the gift exchange session. Now this is fun. With a cost limit imposed, many members opted to submit something homemade to the mix.

Besides the store-bought items like chopping blocks, garden tools, teapots and the like, there were hand-knitted items, homemade



baking mixes (in homemade bags, of course), hand-sewn ornaments and aprons and much more.

Program: Jane McDaniel's story telling is always fun. This evening, her stories included *How the English Language Came To Be* and a lovely tale about the richness of spirit gained by having an open heart.

Portrait photography by Randy Ellis was arranged by the Garden Center as a gift to the club. Sittings were free. Those who had a photo made can order prints thru his web pages. See http://photographicsweb.com/Clientproofing_2.htm

Once again, it was hard to leave such good company and head for home.



A SAWS e-news article for Gardeners

by Dana Nichols, outdoor conservation manager for SAWS
Resolve to Reduce, Reuse & Recycle

Don't toss wet coffee grounds. Add to compost pile to increase nitrogen balance. Dilute with water to use as liquid fertilizer. Mix into the soil of houseplants.

This year, make a New Year's resolution worth keeping. Start in your yard by reducing, reusing and recycling. Of course, this newsletter is geared toward helping you reduce your water footprint while still maintaining a great yard. Here are some other ideas to save water and money.

Reduce: How low you can go? The weekly watering recommendations you receive in this newsletter are determined for full sun grass on 4 or more inches of soil. Your established bedding plants and trees need much less. If you have a permanent irrigation system, set it to manual and use it only as needed to reduce your water foot print even more.

Reuse: Here's a good excuse to not bag leaves. Instead of purchasing mulch, follow Mother Nature's lead and leave leaves where they fall. You can use a mulching lawnmower to fertilize your grass or just rake them over to your beds to use as mulch. Live oak leaves – with their glossy texture (even when they're dry) – make beautiful mulch that's long-lasting.

Recycle: Homemade compost not only benefits your garden, but also keeps useful material out of the landfill. San Antonio's hot, humid climate makes it easy to compost your vegetable scraps such as peelings and citrus rinds. Egg shells and coffee grounds are also great for both your garden and compost pile.



San Antonio Herb Society Minutes

Meeting December 10, 2009

Evelyn Penrod called the meeting to order and welcomed everyone. Members with 10 years' continuous membership were awarded 10-year pins by Gayle Morris, membership chair. The meeting was turned over to Jan Conwell as event chair for the banquet. Please see separate article.



SA Botanical Garden Volunteer Notes

You may not know some of the advantages to volunteering at the Garden (besides getting to work in a beautiful setting):

Volunteers that work 40 hours a year in the Garden are eligible for free admission to the Garden, special name tags, t-shirts and other rewards. All current and active volunteers shall be eligible for on-going training and enrichment programs, participation in special staff/volunteer field trips, and reserved parking for special events at which they work.

So make a New Year's resolution to consider volunteering at the Botanical Garden! Here is contact information:

Cindy Sims, Volunteer Coordinator
San Antonio Botanical Garden
555 Funston Place, San Antonio, TX 78209
cindy.sims@sanantonio.gov
210 207-3261 phone
www.sabot.org

SA Botanical Garden Weed-and-Gloat Crew

Another year is coming to a close and my thanks are due to a great Weed and Gloat Team. We have weathered rain and wind and mud, plucked weeds from our Herb Garden plot and its surrounding walkways, planted and delved and set a birdhouse in memory of Marcie Scalf. We have also enjoyed many a raucous lunch at a number of restaurants and diners close to the SA Botanical Garden. I know that I have grown close to this group of cheerful women, and I am thankful for hours spent in their company. In no particular alphabetical order, they are: Sally Ann Hnatiuk, Jan Conwell, Evelyn Penrod, Helga Anderson, Lenore Miranda, Diana Fox, and Beverly Tibbs (Auntie Bev). We also had help from Joe-Beth Kirkpatrick, Rosemary Michel, Veronica Gard, Martha Valdez, Mary Yaus, and Madeleine Sprague. OUR Herb Garden is the jewel of the San Antonio Botanical Garden. Thank you all!!

submitted by Jane McDaniel

ed note: Kudos to this great group of weeders and their dedication to keeping up our little patch at the SABot. We do appreciate their helping our group look mah-ve-lus. The photo to the right shows the crew with one of the fennel they "had" to remove... Wonder whose soup wound up with some extra fennel in it that week?

From the Membership Chair

Membership Renewal Time

It's time to renew your membership! You'll find a renewal form in this newsletter as well as online at www.sanantonioherbs.org. Please make sure you're using a current form labeled "January-December 2010" as we've made a couple of minor but helpful changes to the form. AND please make sure you include a form with your payment – it's too easy to overlook including a membership in the database when there is no form in hand! (Help me out here, guys!) You can mail in your renewal or renew at a regular meeting (we will always have forms available at the membership desk). Renewals are DUE BY FEBRUARY 11, 2010, to continue to receive the newsletter and remain on the roster. AND ONE MORE REMINDER: Current membership in the Herb Society is required for participation in the SIGS – that's one of the perks of membership!

Newcomers' "SIG"

Our newest SIG, the Newcomer SIG, will have our first meeting on Tuesday, January 12, at 7:00 p.m. at Gayle Morris' house: 2122 Oak Ranch in Encino Park. (Allow yourself at least an extra 10 minutes for traffic if you're traveling 281 North.) While there has been a lot of talk leaning toward "culinary", this meeting will be where we decide what direction we want the group to take. So far our casual discussions of "culinary" have included anything from actual cooking to field trips to cookbook and restaurant reviews to growing herbs. Nice wide range of possibilities here. ANYONE – newcomer and longtime member alike, but particularly anyone who hasn't found a group to hook up with yet – is welcome to come. Please contact Gayle if you're planning to come or if you can't make the first meeting but would like to be included in the group: 497-7416 or gaylemorris09@gmail.com.

Searching for 1999 Members...

If you have a copy of the 1999 membership roster, please forward a copy to Gayle.

Name Tag Orders

If you need a new tag or a replacement, see Gayle. The replacement tags cost a little less than \$15 and are ordered quarterly.

Submitted by Gayle Morris, Membership Chair



San Antonio Herb Society Membership Application/ Renewal

January – December 2010

If you joined after October 1, 2009, you are a member through December 2010.

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 11, 2010)

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

How did you hear about the SAHS? _____

Print, complete and mail this 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 a separate sheet if necessary): _____

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

___ 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 _____

www.sanantonioherbs.org

SIG-nificant Events

SIG Leaders... What did your group do for the holidays? Don't forget to get a report to the newsletter editor for *next* month!

Healthy Living with Herbs SIG

December 12th found the HLWH group at the home of Marguerite and Rich Hartill. We celebrated Christmas, Hanukkah and winter in general—but especially our good friends. We enjoyed the Hartills' home and its setting up in the hills just north of Evans Road and the elegant decorations arranged by Marguerite. Our potluck was a delight—such a variety we can deliver! After good food and great conversation, we adjourned to our tradition of a gift exchange followed by a white elephant session—always good for some hearty laughter. A little dessert followed (of course). We departed for home that evening, not the least deterred by the dark and cold— we were warmed by a renewal of genuine friendship.

The SIG meets January 20 to plan our meetings for 2010.

submitted by Joe-Beth Kirkpatrick

Herbal Crafts SIG Schedule

In keeping with the theme of the curandera, the Herb Craft SIG will be visiting one or two botanicas on the West side of town. We want to learn more about the herbs that are available and uses for these herbs. We will meet at a central location and then car pool to the sight. The meeting is on January 16, 2010.

Please RSVP Sally Ann no later than January 8: mustang_sally6@msn.com or call (830) 980-5645.

Submitted by Sally Ann Hnaituk



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 and a person may have a reaction to any herbal product even though it is not a toxic substance.

Treasurer's Report, November 2009

Submitted by Kathryn Seipp

INCOME	
None Reported	0.00
TOTAL INCOME	0.00
EXPENSES	
Attendant Fee	90.00
Copies	17.31
Publicity	0.00
Storage Unit, Rent Expense	170.00
Supplies	27.33
TOTAL EXPENSES	373.51
TOTAL INCOME - EXPENSES	1,874.93
Assets	
Cash and Bank Accounts	
Cash On Hand	0
Frost Cert of Deposit	1,154.09
Frost Checking	3,357.26
Frost Savings	2,385.60
TOTAL	
Cash and Bank Accounts	6,896.95

Hearty Handshake to Jan Conwell!

For a job well done in chairing the December Banquet. The theme was inspiring, the food was great, the programs entertaining—overall, just terrific. Thanks!

Brian's January To-Do List for The Garden

Please See Brian's full column via the www.sanantonioherbs.org web page.

'09 - '10 SAHS Board Officers

Eileen Achorn - President
207-712-1903 (cell), Eileen.Achorn@utsa.edu

Evelyn Penrod - Co-Vice President Programs
830-438-2290 (cell), epenrod@gvtc.com

Jean Dukes - Co-Vice President Programs
210 566-4379 (cell), 10days@earthlink.net

Gayle Morris - Membership
210-497-7416 or 210-912-9787 (cell)
gaylemorris09@gmail.com

Jan Conwell - Secretary / Recording
575-439-7522 (cell), jan_storyteller@yahoo.com
Treasurer - vacant

Lyn Belisle - Webmaster & Green List Coordinator
210-826-6860, belisle@satx.rr.com

Kathryn Seipp - Publicity / PR / Treasurer pro-tem
210-495-3591, kseippccc@aol.com

Contacts

Joe-Beth Kirkpatrick – Newsletter
210-590-9744, joby53@gmail.com

Sandra Lyssy – Hospitality (needs assist)
210-659-5561, slyssy123@yahoo.com

Patty Wilson - T-shirts, Cookbooks
210-647-0838, dwilson@satx.rr.com

Membership Renewal Time!

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

In Home Senior Care

Greg & Jinnie Perkins
5805 Callaghan Rd. Ste. 205
SAT 78228
(210) 256-2273
www.inhomeseniorcare.net

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

Ten Days Health Ministry Natural Health Counseling & Essential Oils

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

BarleyBaby.com

Sil & Yoli Huron
2127 Santa Monica St
SAT 78201
(210) 735-9053
health4ever@barleybaby.com

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)



January is

Membership Renewal Time

Please fill out and turn in the membership application/renewal form elsewhere in this newsletter. Though you may have filled one in previously, this is a handy way to update your contact information or availability for volunteer opportunities. For further information, see Gayle Morris. Thanks!!



Spring Parade Season...

...is almost here. Help get our King William float supplies together. Bring your old silk flowers, floral wire or tape or other supplies to Jean Dukes at the next meeting.

PLEASE SEND TO:

Membership Renewal Time!

www.sanantonioherbs.org

San Antonio, TX 78209

PO Box 90148

The San Antonio Herb Society