



La Yerba Buena



THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 298, January 2015

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.

Thursday, January 08, 2015

Happy New Year to the 2015 Herb of the Year, Savory!

Just the very word ought to make your mouth water. Mmmmm savory... And this herb has some ROOTS! Think about this: The savories are found in two varieties: summer (an annual) or winter (a perennial), all native to southern Europe, particularly France and Spain. The ancient Greeks and Romans used savory in their culinary interests and helped bring this flavorful kitchen foundation to many other regions.

Often compared to marjoram or thyme, summer savory has a spicy aroma and pungent, peppery flavor that's milder and less penetrating than its cousin, winter savory.

Chris Duffy will present "Herb of the Year: Savory". Duffy served in the United States Army for 8 years. Duffy completed a degree in culinary arts from New York Institute of Technology and is an American Culinary Federation-certified chef. He worked in restaurants in Long Island, New York; Las Vegas, Nevada; and Augusta, Georgia. Duffy is married and has 3 daughters. He recently left federal employment to pursue his and his wife's dream of owning an *Edible Arrangements* franchise—a company that delivers custom-made edible arrangements in the Kyle-Austin area.

Got your interest piqued yet? Plan to join us at our January meeting where we'll enjoy a presentation including the savories. Can't wait. Neither can you.

SAHS members R-Z, please bring a snack to share. Please be sure to provide a name card (and recipe) for the dish you bring (better yet, email it directly to the newsletter editor).

The San Antonio Garden Center is always a treat and is located on the corner of Funston and N. New Braunfels. For more SAHS information, see our website at www.sanantonioherbs.org



February Meeting: Cajun Cooking!

Co-owner of *Acadiana Café*, Dave Saylor, will bring his story in February. His restaurant's food has the local reputation of being true to its roots. Cajun cooking is the simpler, country cooking of the Cajun culture while Creole is more the "citified" or complex version. Both styles go back to when the Acadians were forced to leave their homes in New Brunswick (Canada) and resettle in Louisiana. Their adopted (and adapted) foods are spicy, savory, rich and flavorful. Not to be missed. Saylor started working for Acadiana years ago and worked his way up through management. He is now co-owner with Jo Mascorro. This should be a good story. Y'all come on.

Field Trip: Late Lunch at Acadiana Café

In the interest of being a well-educated audience, SAHS' program chair, Rachel Czwenski has arranged for our membership to visit Acadiana Café. On January 10th at 2 pm, we will enjoy some good ol' Cajun cookin' - think red beans and rice, jambalaya, etouffee, crawfish (a.k.a. "mudbugs"), catfish, poulet blanc, greens... ahhhhhhh. Attendees are welcome to bring a friend(s) and will order from the regular menu with normal gratuity added.

Rachel MUST have all RSVPs no later than January 5th. The Café must be able to plan for us adequately. Contact her at worldvisitor@rocketmail.com or call 210 286-2245 (cell).

Newsletter Deadline for February Issue

All materials for February due by January 20

Herbal Salt Blends for Your Culinary Delight!

The Salt Project, spearheaded by Robin Maymar, has some leftovers. To purchase some blends for your own kitchen projects, please contact Robin at robinmaymar@gmail.com VERY SOON. Remember, your purchases support the Herb Society and our many projects.

Used Cookbook Sales

The Used Book table is a veritable treasure trove of culinary variety plus the income benefits the SAHS. Books make EXCELLENT gifts for ANY occasion. Get in touch Karen Lopez or Charlene Swafford for one of our collection of used cook books at bargain-basement prices and you might even keep one for yourself.

Hospitality Table

Schedule:

Feb: A-M

Mar: N-Q

Apr: R-Z

May: Picnic

Members' Sale Tables

Please contact the Program Chair to arrange for your tables at least two weeks in advance.

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

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

2015 Membership Form on page 7. Please renew your membership in SAHS today!

Member Recipes

Here are a few of the items from the December banquet.

Lemon-Thyme Cornmeal Quick Bread

Submitted by Karen Cabral (from *Cooking Light*)

Ingredients

- 1 1/2 oz all-purpose flour (about 1/3 C)
- 1 C finely ground yellow cornmeal
- 1 tsp baking powder
- 3/4 tsp kosher salt
- 3/4 C egg substitute
- 2/3 C sugar
- 1/3 C + 2 Tbs canola oil
- 1 Tbs chopped fresh thyme
- 1 Tbs grated lemon rind
- 2 Tbs fresh lemon juice
- 2 Tbs pine nuts, toasted and divided
- cooking spray
- 1 Tbs butter, melted

Directions

Preheat oven to 325°F. Weigh or lightly spoon flour into a dry measuring cup; level with a knife. combine flour, cornmeal, baking powder and salt in a mixing bowl, stirring mixture with a whisk. Place egg substitute, sugar and oil in a large bowl; beat with a mixer at medium high speed 1 minute or until well blended. Add thyme, rind and juice; beat at low speed until combined. Add flour mixture; beat just until combined. Chop 1 Tbs nuts; stir into batter. Pour batter into a 9X5-inch loaf pan coated with cooking spray. Sprinkle evenly with remaining 1 Tbs whole nuts. Bake at 325°F for 30 minutes. Remove pan from oven (do not turn oven off). Drizzle butter evenly over batter. Bake an additional 20 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 5 minutes on a wire rack; remove from pan. Cool completely on wire rack. Yield: 12 servings/slices.

Baked Ziti with Mozzarella and Tomatoes

Submitted by Gloria

Ingredients

- 1 Tbs olive oil, plus extra to oil the baking dish
- 2 garlic cloves, minced
- 1 (28oz) can crushed tomatoes
- 1 (14.5oz) can diced tomatoes
- 2 Tbs minced fresh basil
- 1/4 tsp sugar
- salt
- 1 lb ziti, whole wheat pasta
- 8 oz mozzarella, shredded (2 C)
- 1/4 C grated Parmesan cheese

Directions

Adjust an oven rack to the middle position and heat the oven to 400°F. Bring 4 qts water to boil in a large pot for the ziti. Meanwhile, cook 1 Tbs oil and the garlic in a 12-inch nonstick skillet over medium heat, stirring often, until the garlic is fragrant but now browned, about 2 minutes. Stir in the tomatoes with their juice. Bring to a simmer and cook until thickened slightly, about 15 minutes. Stir in the basil, sugar and 1/2 tsp salt. When the water boils, stir in 1 Tbs salt and the ziti. Cook, stirring often, until the ziti is al dente. Reserve 1/2 C of the pasta cooking water, then drain the ziti and return it to the pot. Stir in the tomato sauce and toss to coat. Add the reserved pasta cooking water as needed to loosen the sauce. Spread half of the ziti in an oiled 9X13 baking dish. Sprinkle with half the mozzarella and half of the Parmesan cheeses. Spread the remaining ziti in the dish and sprinkle with the remaining cheeses. Bake until the cheeses turn golden brown, about 20 minutes. Let cool for 5 minutes before serving.

Mexican Fruit Cake

Submitted by Loretta Hastings

Ingredients, cake

- 20 oz crushed pineapple with juice
- 2 eggs
- 2C sugar
- 2 tsp baking soda
- 2 C flour
- 1 C chopped pecans
- 1 tsp cinnamon

Ingredients, icing

- 8 oz cream cheese, softened
- 2 C powdered sugar
- 1 stick butter or margarine, melted
- 1 tsp vanilla

Directions

Mix all ingredients well with spoon (no beaters). Bake in 9X13 greased baking pan at 250°F for 45 minutes or until a toothpick inserted comes out clean. Cool on rack. Drizzle with icing.

Cajun Potato Salad

Submitted by Linda Barker

Ingredients

- 2 lbs small red potatoes
- 1/2 C chopped red and green onion
- 1/4 C fresh parsley
- 6 Tbs cider vinegar, divided
- 1/2 lb smoked sausage, sliced
- 6 Tbs olive oil
- 1 Tbs Dijon mustard
- 2 cloves garlic, minced
- 1/2 tsp pepper
- 1/4-1/2 tsp cayenne pepper

Directions

Boil potatoes until done; cool and slice. Put in large bowl; add parsley, 1/2 the vinegar and toss. In skillet, cook sausage in oil 5-10 minutes. Remove with slotted spoon; transfer to potatoes. To pan drippings in skillet, add mustard, peppers and 1/2 the vinegar. Bring to a boil, whisking constantly. Pour over salad and toss; serve warm.

Minty Fresh Fruit Salad

Submitted by Joe-Beth Kirkpatrick

Ingredients

- 1 whole pineapple, cut to bite-size pieces
- 1 apple, peeled, cored and julienned or small dice
- 3 kiwi fruit, peeled and sliced thin
- 1 C fresh raspberries (or other red fruit: cherries, strawberries, etc.)
- 1 C fresh spearmint, reserve 3 sprigs for garnish; finely chop the rest

Directions

Chop and toss the pineapple and apple. Gently mix in the sliced kiwi and the chopped mint. Allow to sit for an hour or two (refrigerate if longer) to blend flavors. Gently toss again to distribute juices. Pour into serving bowl; arrange raspberries around top and garnish with mint sprigs. This is excellent alone or with fresh plain yogurt.



Over the Fence... 2015 Program Line-up



SAHS online calendar:

<http://www.sanantonioherbs.org/Calendar/CALENDAR.htm>

- Jan:** Begin forming Nominating Committee
Field Trip to Acadiana Café
Field Trip to the Texas Winter Garden area
- Feb:** Dave Saylor, Co-owner of *Acadiana Café*
Members with sassafras trees: please bring leaves from the trees for use during the presentation.
- Mar:** Ruben Villarreal, bringing *Archi's Acres* to SATX;
SAWS Spring bloom plant sale
- Apr:** Angela Love, RN; *Aromatherapy* for stress relief
2015-2016 Board nominees presented
- May:** Spring Banquet & Social
2015 Board vote

Ask the program presenter a question!

Send your question to Rachel Cywinski at worldvisitor@rocketmail.com no later than 3:00 p.m. on Sunday before the meeting. Rachel will collect the questions and pass them on to our speaker to consider before the Thursday meeting.

Like our programs? Have an idea for one?

Know a great speaker for an interesting herbal topic? Contact Rachel Cywinski or any Board member with your suggestions and contacts. Let's get rolling for 2015!

Next Board Meetings

February 23, 6:30 pm 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.

SAHS Publicity Needs YOU

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. Know of a new contact that would help us? Get with Mike Belisle to help out.

SA Botanical Garden Events

The Garden is quiet in January and February, resting and preparing for spring plant sales and new special exhibits. Visit the garden and enjoy the peace of the place. They're open year-round, 9am to 5 pm.

For info call 210-207-3250 or visit www.sabot.org

SA Rose Society

San Antonio Rose Society meets second Mondays at 7 pm at the Garden Center. Anyone is welcome to come and learn for free. www.sarosesociety.org

Submitted by Peggy Jones, Publicity, SARS

Texas Native Plant Society

Chapter meets every 4th Tuesday, Lions Field Adult Center, 2809 Broadway. Native plant and seed exchange at 6:30 pm, followed by speaker at 7:00 pm. website:

<http://sanantoniochapter.wordpress.com/> or contact via email: npsot.sanantonio@gmail.com

Submitted by NPSOT, San Antonio Chapter

Comal County Master Gardener program

First Wednesdays at the GVTC Auditorium. Meetings are open to the public. Contact (830)964-4494 or 221-4316. Website: <http://txmg.org/comal/>

SA Garden Center

Check their web pages for the next meeting information <http://sanantoniogardencenter.org>

Submitted by Peggy Jones, Publicity, SARS

Guadalupe County Master Gardeners

Jan. 14: Backyard Gardening Series—first presentation of 2015: Home Brewing 101 with David Rodriguez, Joey Villarreal, Todd Huntress and Lou Kellogg. 2 CEUs for Master Gardeners. RSVP to Angel Torres, 210-467-6575.

Feb. 1: Lunch-n-learn (noon) topic: Vegetable Gardening. Call 830-303-3889 for info.

The regular meetings are on third Thursdays; free and open to the public (business follows program). For further information call 830-303-3889 or visit our website at www.guadalupecountymastergardeners.org.

Gardening Volunteers of South Texas

Third Mondays @ San Antonio Garden Center, noon to 3 pm; 3310 N. New Braunfels. Bring your hand pruning tools and have them sharpened by "Dr. Fix-It" for \$2 each. Free and open to the public; \$5 donation is appreciated. Contact (210) 251-8101 or info@gardeningvolunteers.org Web site: <http://www.gardeningvolunteers.org/gvstwp/>

Bexar County Master Gardeners

Dec. 15: Olive Production & Management Seminar, 8:30am – 2:30pm; \$30. contact is matorres@ag.tamu.edu Now taking applications for plots in the SABot Children's garden program (Saturday mornings, Feb. 21—Jun. 6). Contact 210-207-3278.

Submitted by BCMG

Gift Basket Raffle

Winner: Yvonne Ramirez, friend and co-worker of a SAHS member. She was quite happy and shared several of the items from the basket.

Keep an eye out for the next gift basket later this year!

The SAHS netted \$150 on this one. We've done a little crunch on the income these baskets produce and have discovered that, even if we only offer this raffle twice a year, the income potential of about \$2000/year is quite good. If even only 40 members committed to "selling" 10 tickets or chances, we could make this happen. Our expenses would reduce if a bunch of you donated items to put IN those fun baskets. Give it some serious thought.

Contact Grace Emery to help fix up that next basket!

10-Year Member Pins Awarded in December

Sil and Yoli Huron and Frankie Campbell were awarded their 10-year membership pins in a nice surprise ceremony during our Banquet. Sil and Yoli have participated in membership recruiting as well as being some of the first volunteers with our float in the King William parade over the years and are a lovely couple. Frankie's persistence and passion for natural herbal health and living are her trademarks. Frankie can be found at many of our fundraising events every year. We congratulate them and wish them many more years as SAHS members!

Scholarship Recipients Announced

We recently received word that two St. Philips Culinary students were awarded the scholarships that SAHS provided this past year. We hope to meet **Analyssa Carmona** and **Bianca Garcia** at our January meeting. In the meantime, we offer our hearty congratulations to these fine women and wish them every success in their studies!

February Program Assistance Requested

Dave Saylor, our February presenter, asks that any members who have sassafras trees please bring as many leaves as you are willing to donate, for use during the February 12 meeting. THANK YOU!



Minutes from December 11, 2014

Banquet & General Meeting

Call to Order: 6:50pm by co-president Grace Emery, who directed everyone to the appetizer tables. Once everyone had a plate, announcements would be made. Attendance was 52 members and guests.

Yvonne acknowledged the new members present. Thanks was given to the decorating committee chaired by Leslie Bingham, Craft Special Interest Group and other members who helped with the decorations. She thanked the Hospitality Committee and all those who brought food.

Announcements:

January 8th next meeting

Newsletter items are due by December 18th, earlier than usual.

RSVP to Rachel Cywinski by January 5th for the field trip to Acadiana Café on Saturday January 10, 2:00 PM.

Rachel reported that our January speaker will be Chris Duffy, a culinary school graduate and co-owner of *Edible Arrangements* in Kyle, Tx.

The program for April is Angela Love, who will speak about aromatherapy for stress relief.

Yvonne thanked the Cookbook Committee, recipe testers, and those that submitted recipes for their hard work.

Ten-year membership stars were awarded to Frankie Campbell and Yoli and Sil Huron.

Scholarship recipients will be presented at our January meeting if they are able to come.

The dinner buffet commenced; appetizers, sides, entrees, and luscious desserts were enjoyed by all.

Grace Emery, who has been selling raffle tickets throughout the evening, drew the name of the Fall wine basket winner, Yvonne Ramirez.

Joe-Beth gave a brief summary of how the basket raffle can be used for several hundreds of dollars of yearly income.

All of the centerpieces and decorations (created by the Craft SIG; Kathryn Seipp was the guiding hand) were given away as door prizes.

Adjournment: at 8:30pm.

Submitted by Barbara Quirk, Secretary SAHS

Friends and Food



Where else but at our annual Winter Holiday banquet can we sit down and have such happy visits with good friends? The room was a delight and the people likewise. It's a treat to sit with folks who don't (or aren't able to) get out much and have a chat over some pretty terrific food. We'll let the photos speak for themselves.



New nametag system...

Partly due to the growing expense of the engraved plastic nametags used for the past 20 years or so, the SAHS has a new tag method. This nametag will be available to you at the door at the beginning of each general meeting. Pick up the nametag, wear it with pride, turn it back to the membership desk before you leave for the night. Simple. You don't have to worry about remembering to wear the tag (or losing it somewhere).



From the Membership Chairs

At the December meeting, we had the following attendance: 12 guests and 39 members for a total of 51. Come one, come all: With your membership (good through 12/31/2015), you will be informed, challenged, delighted and well fed, of course.

Submitted by Ann Rossi & Penny Cardwell

Weed-n-Gloat SIG

The weeders did their thing at the SABot on December 29, after this issue went to press. I'm SURE, though, that the herb patch over there is just fabulous with the December rains and mild temps. Looking forward to seeing the results of that session soon!

Weed-n-Gloat is the last Monday of the month. Contact Jane for more information: janesirish@att.net

Submitted by Joe-Beth Kirkpatrick

Field Trip: Super Adults go to the Winter Garden

Not a SAHS event, but of interest to a lot of us, is this tour to the farms around Uvalde on January 22.

Sponsored by "Super Adults", an interfaith group geared toward the needs of senior adults (but without age limit) has space available on its Winter Garden Tour, Thursday, January 22.

Schedule: 7:30 a.m. Depart from Park North on Rector near DeVry University. Stop for coffee and pastry at Haby's in Castroville. In Uvalde, meet Del Monte representative who will guide group through the Del Monte growing fields near Uvalde, Batesville and Crystal City, "Spinach Capital of the Word"; tour of Del Monte canning plant and observation of carrots and spinach being processed. Lunch in Crystal City. Return trip will go through small towns of area, arriving back in SATX about 6 pm.

\$69 includes all expenses. For more information, contact Susan Holloway, Director of Super Adults, 210-733-6482.

Cook Book Committee Needs YOU!

Please contact Karen Lopez, i_quilts@yahoo.com, or Grace Emery, gemery49@yahoo.com, to submit your recipes or to volunteer to help test and taste.

SA Express-News Garden Features Column

The SA E-N is still accepting names of members who're willing to have their gardens featured in a column. They're looking especially for gardens with a theme, topic, purpose, special end-use or whatever.

Contact Grace Emery gemery49@yahoo.com

Hearty Handshakes !!

Many thanks to Leslie Bingham and her crew for all the coordinating and labor that went into making our December Banquet a beautiful place to be.

Many thanks, AGAIN, to the Craft SIG for their creative re-use of the donated Christmas ornaments and the decorations that became our centerpieces and door prizes. Many, many thanks!



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 information mentioned in this newsletter are at the decision and discretion of the individual.

Treasurer's Report, November 2014

Submitted by Robin Maymar, Co-Treasurer

INCOME

Memberships	25.00
Used Book sales	41.00
Raffle donations	10.00
Cookbooks & Resource Guides sales	\$20.00
Salt Blend sales (Herb Market & general meeting)	40.00
Subtotal - INCOME	\$136.00

EXPENSES

Garden Center, rent	85.00
Public Storage, quarterly	255.00
Speaker's honorarium	50.00
Nature's Herb Farm tour fee	50.00
Supplies for Banquet decoration	82.24
Subtotal - EXPENSES	\$522.24

NET TOTAL (Income-Expenses) (\$386.24)

ASSETS

Frost Cert. of Deposit	\$1,209.28
Frost Checking	3,060.79
Frost Saving	460.38
Scholarship Fund	1,096.82
Cash on Hand	110.00
TOTAL	\$5,937.27

'14 - '15 SAHS Board Officers & Members

Yvonne Baca - Co-President

830-537-4700 H; 210-313-8705 C; yvonne943@yahoo.com

Grace Emery - Co-President & Cookbook III Chair

210 875-6919 C, gemery49@yahoo.com

Rachel Cywinski - Vice President (Program Chair)

worldvisitor@rocketmail.com

Ann Rossi - Membership Co-Chair

210 422-8506 C; aspiring_annie@yahoo.com

Penny Cardwell - Membership Co-Chair

210-380-9755; p.card1@aol.com

Barbara Quirk - Secretary, Recording

210-828-0432 H; barbara.quirk@sbcglobal.net

Lenore Miranda - Treasurer Co-Chair

253-777-2979 C; tinkyny@earthlink.net

Robin Maymar - Treasurer Co-Chair and Salt Blend Maven

210 494-6021 H; 830 459-8415 C; robinmaymar@gmail.com

Mike Belisle - Publicity / PR / Seed Procurement

210-826-6860 H, mbelisle@satx.rr.com

Lyn Belisle - Webmaster & Green List Coordinator

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

Joe-Beth Kirkpatrick - Newsletter

210-590-9744 H, joby53@gmail.com

Jane McDaniel - Hospitality and Weeder Extraordinaire

210-930-1026 H

Leslie Bingham - Hospitality

lesliegw@live.com

Margie Larkin - Co-Chair, SAHS New Merchandise

Lynda Klein - Co-Chair, SAHS New Merchandise

More Information

SAHS web page: www.sanantonioherbs.org

Our website contains an archive of past newsletters, membership and book order forms PLUS includes a PayPal link for your convenience.

SIG-nificant Events

Culinary SIG I

Meeting at Carol's beautifully decorated home, we celebrated the season with our annual cookie exchange and white elephant, as well as made our plans for 2015. After filling our plates with a variety of appetizers (while asking each other for recipes!) and laughing over our white elephants (watch the January share table!), we got down to the serious business of the evening, cookies.

Each of us described our cookies during the 'sampling' part of the exchange process, with chocolate figuring prominently in the variety. We had peanut butter blossoms, buffalo chips, dark chocolate chips with walnuts, cappuccino spice, sweet 'n salties and chocolate gingersnaps—all completely different and completely delicious! Dutch cookies baked only in December and with an amazing flavor profile, yummy no-bake snowballs, family-favorite snickerdoodles, luscious apricot-coconut sour cream pastries and tangy limoncello thumbprints rounded out the selections. The hard part of the evening was when we each got to choose our six favorite bags to take home, no easy task! In between the laughing, chatting, noshing and teasing, we updated our contact list and filled in the monthly theme and a host list for 2015, proving that we are not just all play. And a great evening was made even better because our Chris was able to re-join the SIG after a year's hiatus!

Next month, it is dinner out, with Madeline making all the arrangements. Stay tuned!

Submitted by Jeanne Hackett

Texas Natural Living SIG

The Texas Natural Living Group met on Tuesday, Dec 9th for a holiday luncheon at Sustenio in the Eilan Hotel. What an elegant place to gather! We ate, discussed some ideas for the TNL 2015 season, talked about our holiday



plans, and parted with best wishes for all. We will meet next on January 15th at Marguerite Hartill's home to make a calendar of events for 2015, to see a movie (The Red Tent- herbs were a staple during these biblical times), to share food, and good times.

For SIG meeting information, please contact Marilyn Nyhus (rudyandmar@yahoo.com) or Marguerite at mhartill@aol.com.

Submitted by Marguerite Hartill

Aromatherapy SIG

We are considering our next series of classes and on hiatus until January 2015. For information, send email to itmakescents@earthlink.net or call 210-566-4379.

Submitted by Jean Dukes

Herbal Crafts SIG

No report for December.

For SIG info, contact kseippccc@aol.com.

Submitted by Kathryn Seipp

Healthy Living with Herbs SIG

December—such a perfect time to savor a bowl of rich soup and enjoy friends with a "gift-around" in honor of Christmas. Our traditional healing soup session combined with a little Christmas & Hanukah cheer with Margie & Lynda hosting was just the ticket. Margie's spacious home in Hill Country Village wrapped us in it's welcoming ambiance—we could've stayed for hours! We brought two fragrant and herbal chicken soups, a white bean and a clam chowder (from an "ancient" family recipe). Sided by a simple greens-and-pecan salad with bread



and hummus, we couldn't have been happier. That is until Margie and Lynda brought out the banana bread cakes (made with agave) topped with caramelized honey—oh my, oh my.

Once sated, we adjourned to the living room and passed around the small gifts we'd made for each other. Carol-lee's teas are always a hit, as was the tea from Diane. Margie and Lynda fixed us all up with a sleep salve (for the feet) with new socks. New member Sherry brought her raw granola and Leslie some rose geranium shortbread cookies and cranberry syrup. Jean gave little jars of a tasty lemon curd—what a delight for toast in the morning—and Randy brought her standard: cinnamon basil-infused honey.

From our SIG to yours, we wish everyone a happy and prosperous 2015.

Our January meeting will be our planning session for the next year.

Submitted by Joe-Beth Kirkpatrick

Culinary SIG II

"Over the river and through the woods" was on our minds as we travelled through the countryside to the home of Karen Lopez near La Vernia on December 13. The trip was just the beginning of a wonderful day of food, cookies and friends. The cookies were all delicious. We started with



Penny Cardwell's Maple Pecan Crispies then tried Marilyn Nyhus' shortbread cookies, a family tradition that were buttery and delectable. Grace Emery prepared Meloney's tea cakes that have been on a best friend's table for 40 years. Adrienne Hacker, unable to attend, sent her coconut macaroons, very unique. Robin Maymar, also unable to attend, sent her Three-Day-Weekend Spitzbuben with the most delicate of snowflakes with icing drizzled all over the top and containing lemon balm. J. Ann Bauerkemper brought Chocolate Dipped Malted Milk cookies that were the surprise of the day. Gloria Ortiz thrilled us with her Instant Coffee cookies, Sandra Woodall made a sugar-free dessert bar with delicious fruit filling. The hostess, Karen Lopez, made Chocolate Graham cookie bars. Her farm and animals were great fun for the group.



Next Meeting: January 22, 2015; Savory is the theme at Grace Emery's home.

Submitted by Grace Emery

Mad Hatters

Since everyone's very busy this time of year, the Mad Hatters skipped December and will be back for a lovely Tea in January, details to be announced. Interested in having tea with us? Contact me lnbdesignline@aol.com.

Mad Hatters wish Everyone a Wonderful, Peaceful Christmas and a Bright, Shiny New Year!!!

Submitted by Linda Barker

Herb & Culinary

The Herb & Culinary SIG will meet January 20th at 6:30 PM. The theme will be Soup. We are not sure where the meeting will be at this time. If you are interested in joining us, please get in touch soon! This is a **new** Special Interest Group that has openings for additional members and we welcome you. Call Grace Emery 210-875-6919 or Carol Hamling 210-493-8713, carol.hamling@gmail.com

Submitted by Carol Hamling



San Antonio Herb Society Membership Application/ Renewal

January – December 2015



If you joined after October 1, 2014, you are a member through December 2015.

Print, complete and mail form with your check to

San Antonio Herb Society
PO Box 90148
San Antonio TX 78209

PLEASE FILL OUT COMPLETELY AND PRINT CLEARLY

Name _____

(Name as you would like it to appear on your name badge).

Address _____ Apt/Ste # _____

City, State _____ Zip _____ new address?

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

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

E-mail _____

Alt E-mail _____

(Please check one) New member Renewal

Membership Category: Single (\$25) Dual (\$35) 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 newsletter & other information via 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 Winter Herbal Members' Banquets)

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

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

Chairperson for plant sales or other events (help us keep the lights on!)

The booths at Spring / Summer Plant / Book Sales; Herb Market in October

Being a Board Member (please list position): _____

Newsletter, "La Yerba Buena": write articles, help coordinate regular features, etc.

Speaking at one of our meetings—your topic _____

Maintaining the Herb Patch at San Antonio Botanical Garden

Maintaining the Sales Table at monthly meetings

Leading a Special Interest Group (SIG) —your interest area(s) _____

Office Use Only

Date received _____ CASH / Check # _____

Date \$ given to Treasurer _____ Green Member Y / N

Date information entered into data base _____

This form also available at www.sanantonioherbs.org



Nature's Herb Farm

Mary Dunford
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