



La Yerba Buena



THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 310, January 2016

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 14 2016

Leslie Bingham on *Capsicum*, 2016's Herb of the Year

On January 14, 2016, the San Antonio Herb Society will present the Herb of the Year, *Capsicum*, at the San Antonio Garden Center, 3310 N. New Braunfels, 6:30 to 8:30 PM. Be prepared for an informative program plus a colorful slide display on *Capsicum* presented by Leslie Bingham.

Leslie Bingham was potting herbs and pruning gooseberries in her native Ireland before she was seven. Over the years, through cultivating gardens in England, Wales and Canada to working on historic restorations of several 19th century museum gardens, she never lost her particular affection for herbs. At one point, no doubt inspired by the gastronomic delights of France, she even had a window boxes of herbs in Paris!

Bingham moved to San Antonio in 2011 and has since expanded her knowledge of native plants and their uses, including aromatherapy. But she still loves herbs. As the current president of the San Antonio Herb Society, a Master Gardener and a known speaker, she combines her love of cooking and her cultivation skills into popular culinary presentations.



Members whose names begin A-M, please bring a snack to share. 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 located on the corner of Funston and N. New Braunfels.

For more SAHS information, see our website at www.sanantonioherbs.org

2016 Membership Form on Page 7. Renew your membership today!

Hearty Handshakes ...

... to the volunteers who set up a peaceful and quite pretty Texas country-themed dining room for our banquet in December! The settings and centerpieces - all loaned by several of our members - resulted in an atmosphere that was at once fun and simple and elegant.

Thanks so very much!!

Get ready to learn about peppers!

A simple internet search returned an article in Wikipedia with an excellent summary of the taxonomy, history and current uses (to include growing, cooking and medicinal aspects). Here's an extract:

"...Fruits of *Capsicum* can vary tremendously in color, shape, and size both between and within species, which has led to confusion over the relationships between varieties. ...

BREAKING NEWS: Our business member, Christine Arredondo, will be here with some of her terrific gourmet olive oils. These specials will include some new items with pepper infusions.

Intigued? Good! We'll see you in January!



Membership — Renewal Time!

Don't forget to renew your SAHS membership for 2016! Membership form for new and renewing members is on page 7. It is also available online at sanantonioherbs.org.

Your dues can be paid online with our PayPal link on the SAHS website. Click that logo on our website's home page.

Newsletter Deadline for January Issue

All materials for February due by January 22.

Hospitality

Table

Schedule:

Jan: A-M

Feb: N-Q

Mar: R-Z

Members' Sale Tables

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

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Member Recipes

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

Cheesy Scalloped Potatoes

Submitted by Andy Moore

Ingredients, gravy

flour
butter
milk
1 can Nestle's table cream
salt

Ingredients, potatoes

baking potatoes, sliced
8 oz bag shredded cheese (Mexican blend style)

Directions

Make cooked gravy. Arrange potato slices, cheese and gravy in layers in a baking dish. Bake at 350°F until potatoes in center of dish are done.

Green Beans w/ Tomatoes

Submitted by Jeanne Hackett

Ingredients

1 lb fresh green beans, trimmed
3 cloves garlic, minced
2 Roma tomatoes, seeded and chopped
1 tsp oregano (dried is best for this recipe)
1 tsp coarse salt
1/4 tsp fresh ground pepper

Directions

In a large non-stick skillet, heat 1 Tbs olive oil over medium heat. Sauté the beans until starting to soften. Add garlic and tomatoes and toss well. Reduce heat. Add salt & pepper & oregano. Cover and cook for 1 hour, stirring occasionally until beans are very soft. These should melt in your mouth!

Fire and Ice Salad

Submitted by Carol Hausler

Ingredients

1 watermelon, seeded, cut in 1 inch cubes
2 fresh ripe pineapples, cut in 1/2 inch chunks
1 onion (sweet or 1015), cut in short strips
1 bunch cilantro leaves, chopped fine
1-2 jalapeno peppers, cleaned and chopped fine
2-3 habanero peppers, optional
10 to 12 fresh limes, juiced
1/2 C red wine vinegar
1 lb pecan halves (ok to use less)
2 C granulated sugar

Directions

Combine and refrigerate all ingredients 30 minutes to an hour prior to serving. Salad can be served on a plate or in a martini glass. Use Romaine lettuce gloves. Unusual flavor - refreshing.

Sweet Potatoes

Submitted by anonymous

Ingredients, Topping

Rosemary
orange juice
butter
bacon
brown sugar
cornstarch
Salt

Directions

(none provided)

Creamy Pumpkin Soup w/ Lemongrass & Chili

Submitted by Mary Beth Wilkinson

Ingredients

1 onion, finely chopped
2-3 fat red chilies, deseeded and diced
2 lemongrass leaves, finely chopped
18 oz vegetable broth
1 lb 9 oz pumpkin flesh, chopped
2 carrots, chopped
200 ml reduced-fat coconut milk

Directions

In a large non-stick pan gently cook the onion, chilies and lemongrass in 1 to 2 Tbs of the broth for 5 minutes to soften. Add the pumpkin and carrot and cook for a further 5 minutes before adding the remaining vegetable broth and coconut milk. Bring to the boil, cover and let simmer for 15 minutes or until very tender. Blend until smooth and garnish with chilies to serve.

Dishes Presented at the Holiday Banquet:

Sweet Potato Salad w/ Mustard Vinaigrette, green onions
Cheese Ball "Border Patrol" (spicy)
Cheese Ball "Steamboat Spinach"

There were assorted delightful appetizers, salads and sides to tempt—all were attractively presented and quite tasty! Everyone indeed appreciated all our talented cooks.

Salt Blends for your culinary artistry...

Remember that there is a small inventory of herbal salts and mint tea. These items were created to sell at the October annual Herb Market and were well-received. Roasted garlic, rosemary and paprika are just a few of the salt blends ready to enhance your winter cooking.

When you've got that perfectly seasoned dish in the oven, have a little mint tea and enjoy that moment of calm.

Limited quantities are still available from Robin Maymar. Salts are \$3/package and the mint tea is \$5/ jar (about 1/4 cup).

Household Uses for Orange Oil

Orange essential oil, harvested by pressing the rinds of the fruit, can be a workhorse product. Sometimes called sweet orange oil, it's derived from the peels of Citrus x sinensis. It's an effective addition to homemade cleaners, thanks to limonene, a compound found in the essential oil that is also a natural ingredient in many commercial cleaning products. In addition, orange essential oil is antibacterial, antifungal and antiseptic. (NOTE: Do NOT use "fragrance oils!")

1. Winter Refresher: To keep indoor air smelling fresh, mix 8 drops orange essential oil with 2-1/2 cups warm water in a spray bottle. Spritz the room as necessary, avoiding eyes, and shake well before each use.

2. Lift the Mood: Orange essential oil can enhance your mindset thanks to its energizing and pleasant scent. Mix a few drops of the essential oil with 1/4 cup sweet almond oil in a small, airtight jar. Dab it on your temples to help with headaches (thanks to orange essential oil's antispasmodic properties) or supercharge your spirits on a cloudy afternoon.

3. Clean Floors: To a bucket of water, add 1/4 cup white vinegar plus 14 drops orange essential oil. For extra cleaning power, add several drops of castile soap and follow with a clean-water mop to ensure floors aren't slippery.

Over the Fence...

2016 Program Line-up



SAHS online calendar:

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

Jan: 2016 Herb of the Year: Capsicum

Feb: Pat Hasser, Colonial herbs

Mar: Betty Riggs, *kokedama* moss ball planter
SAWS Spring Bloom plant sale

Apr: Diane Lewis, *topic pending*

May: Spring Picnic and Board election
Rainbow Gardens (Bandera Rd.) "Celebrate Herbs" fair and sale (May 7)

Have ideas or contacts for new programs?

Know a great speaker for an interesting herbal topic? Contact any Board member with your suggestions and contacts. Let's complete the list for 2016!

Next Board Meetings

January 4, 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.

Remember: ALL Members always Welcome!

Next Bylaws Review Meeting

Next time & place to be announced.

Please contact one of the Board members for information on location prior to the meeting day. We especially welcome members with parliamentary experience.

SAHS Publicity Needs YOU

Every month, SAHS provides meeting info **flyers on our website and via email**. You can print them and post them at stores in your area, stores that you would be frequenting anyway. If every SAHS member gets a few flyers posted or shares them on social media, our membership will grow!! Get with Mike Belisle to help out.

SA Botanical Garden Events

Wings of the City - through June 2016.

Family Flashlight Night on February 19, 2016.

The Garden is open year-round, 9am to 5 pm.

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

SA Garden Center

January 6: Mark Peterson from SAWS. "Water: Where Are We Going in 2016?"

Regular meetings are every first Wednesday; coffee at 9:30am—program afterwards.

For information, call 210-824-9981 or see

<http://sanantoniogardencentre.org>

Texas Native Plant Society

Jan. 26, 6:30pm, Lions Field Adult Center, 2809 Broadway. "What Every Gardener Should Know about Soil" presentation by David Vaughan who will share his considerable knowledge about the microscopic life teeming in our soils

website: <http://sanantoniochapter.wordpress.com/> or

contact via email: npsot.sanantonio@gmail.com

Gardening Volunteers of South Texas

Contact (210) 251-8101 or info@gardeningvolunteers.org

Web site: <http://www.gardeningvolunteers.org/gvstwp/>

Comal Master Gardener program

Third Mondays starting at 6 pm at the GVTC Auditorium. Meetings are open to the public.

Contact (830)964-4494 or 221-4316.

Website: <http://txmg.org/comal/>

Guadalupe County Master Gardeners

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.

Bexar County Master Gardeners

Now taking applications for the 2016 Children's Vegetable Garden (begins Feb 20). Contact David Rodriguez call 210-467-6575 or email to drodriguez@ag.tamu.edu
BCMG general info www.bexarcountymastergardeners.org/ or call 210-207-3278

SA Rose Society

San Antonio Rose Society meets second Mondays at 7 pm at the Garden Center. Next meeting is January 11th at the SA Garden Center.

For more information, see www.sarosesociety.org or call Meg Ware 210-698-8440

"Sow, Grow, Savor" Column @ SA Express-News

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

Contact Grace Emery gemery49@yahoo.com

Speakers Bureau needs you, too.

Do you enjoy talking to folks about various herbal topics? Cooking, gardening, healing, crafting—these topics are all welcome by our various audiences. Please contact Mike Belisle or any Board member to help out.

What ARE you doing?

The SAHS newsletter would enjoy the opportunity to introduce YOU to your new friends here. Drop the newsletter editor a note about what you're involved with outside of our herbal realm. Where else do you volunteer? What's in your garden or on your table? Do you have a hobby that would be fun to share? Looking forward to hearing from YOU soon!

Fundraising ideas needed

The SAHS Board would like to know what sort of ideas you have for fundraising. Extra money in the bank account means we can do a little more in the way of outreach which is one way to increase and diversify our membership.

What are your ideas? How would you implement them? Come talk to any Board member and let's get things rolling!

Membership and a Telephone Committee

This is a time-tested method of keeping our membership apprised of the goings-on of the Society PLUS it's a great way to confirm we have a long list of volunteers for our current projects. If you prefer to help out from the comfort of your home, this is the volunteer job for YOU!! Let's get a new group started today.

Please contact any Board member.

2016 Membership Form on Page 7. Renew your membership today!

Minutes from December 10, 2015
General Meeting & Holiday Banquet

6:55PM Meeting was called to order by Publicity Chair, Mike Belisle

Announcements:

Since the order of the evening was a holiday celebration, the business was kept short.

Mike announced the January meeting would be on the 2016 Herb of the Year, Capsicum, as presented by Leslie Bingham, and asked anyone bringing items for the hospitality table to include some made with peppers.

Meeting adjourned so the feasting could begin.

Program: SAHS Annual Christmas Holiday Banquet

Wherein we celebrated herbal foods of all sorts. We also celebrated our friendships, both old and new, reacquainted with members unable to attend every meeting, and enjoyed the Peace of this wonderful Season.

Many thanks to the various membership who pulled out their boxes of decorations and adorned the dining and serving tables in a Texas country theme. Among these tables we found cowboy boots and hats, cowboy Santas, stars in the best Texas tradition, lots of Texas greenery, buckets and barbed wire and bales of hay (mini bales, of course). Placemats, table runners and plate chargers enhanced the colorful country icons throughout.

Milan Maymar tackled the music, and got tape recorded choir up and running in surprisingly short time. Many thanks to him for helping with our "atmosphere".

The dishes set out on the serving tables were enough to make anyone neglect the most rigid diet!

Members brought all sorts of wonderful hors d'oeuvres and main dishes. However, we must have had a massive group sense of guilt. Only two desserts were brought to our feast! Some quick thinking hostess switched two fruit dishes to help fill up that table. I personally felt very guilty, as we had just had a cookie exchange, and I had lots of sweets left at home "There is always too much that is sweet at these banquets; they surely don't need my paltry cookies" I had wrongly thought.



Once everyone had settled in to finish their desserts and do a little more visiting around the respective tables, Robin announced the "Secret Santa" gift exchange. Fun! The mystery gift boxes and bags contained all manner of great surprises. From homemade jam and marmalade and garden tools, to kitchen linens and

Thanks again to all who contributed to the decorations, to those who brought such delicious food and to everyone who brought themselves. The 2015 Christmas Holiday banquet was another lovely success!

Submitted by Robin Maymar & Joe-Beth Kirkpatrick



Membership

Our membership, year-end, stands right at 100. Here's wishing each of our terrific members a wonderful Holiday Season and a most prosperous 2016. May you find rich meaning in these special times.

12 Herbs Cookbook Committee

The new 12 Herbs Cookbook will resume meetings to complete after the holidays. Thanks so much for all the recipes tastings and awesome recipes this year!

This committee is in the process of finalizing the collection of recipes to be included in this newest of the SAHS publications. Get in touch with Grace Emery for more information or to help out.

SAHS Constitution and Bylaws

Early in 2015, the Board determined that our bylaws could stand a review and possible updating. A group of volunteers has met a few times to discuss items within those documents requiring attention. This is NOT a closed committee or effort. This group welcomes your input. It especially welcomes those persons who are well-versed in standard parliamentary procedures.

The idea is to make our governance timely yet broad enough to allow the Board to make decisions that will benefit the entire organization and encourage its growth.

Please contact any board member for information.

SAWS Spring Bloom in March

Again this spring, SAWS presents its annual water conservation festival at the headquarters building at US281 and Mulberry. The front plaza will be packed with vendors and service representatives eager to provide all comers with information on how all of us can be more water-wise everywhere we go. SAHS plans to be there to promote our passion for herbs and to sell a few plants as part of our annual spring fundraising. Watch this space for details!

Rainbow Gardens on Bandera Rd. "Celebrate Herbs" in May

This location is once again hosting an herb festival. May 7th from 10am to 3 pm. The fair is a nice one— not too busy and well organized. There will be several vendors (possibly including SAHS) with their wares for sale plus there will be several speakers. Do you have a favorite topic? Would you like to help us out? Get in touch with any Board member soon!

In Memoriam

Former SAHS member Mary Anderson's husband, Jack, passed away in early December. The SAHS membership offers its condolences to Mary and their sons, Jack David and Michael. Interment was at Ft. Sam Houston National Cemetery.

Mary has, over the years in SAHS, participated in Mad Hatters, the King William parades, banquet table decorating committees and helped with the SAHS merchandise sale table.

Treasurer's Report, November 2015

Submitted by Grace Emery

INCOME	
Cookbook sales	20.93
Honorarium-SAHS presentation Nov 4 at Garden Ctr meeting	100.00
Membership	25.00
Subtotal - INCOME	\$188.93
EXPENSES	
Garden Center, rent	85.00
Postage	19.60
Herb Market special decorations and printing (LBingham)	79.82
Special printing expense used for Garden Ctr program (LBingham): copies \$40, ink cartridge \$43, tax \$6.64	89.64
Honorarium to LBingham for Garden Ctr program	50.00
Herb Salt & tea materials for Herb Market sale products (RMaymar)	
	155.60
Subtotal - EXPENSES	460.06
NET TOTAL (Income-Expenses)	-\$314.13
ASSETS	
Frost Cert. of Deposit	\$1,215.33
Frost Checking	3,832.48
Frost Saving	439.42
Scholarship Fund	1,096.94
Cash on Hand	50.00
TOTAL	\$6,934.17

'15-'16 SAHS Board

Leslie Bingham - President

lesliegw@live.com

Grace Emery - Vice-President / Program Chair

210 875-6919 C, gemery49@yahoo.com

Robin Maymar - Membership Chair

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

Gloria Ortiz - Secretary, Recording (on vacation)

Karen Lopez - Treasurer i_quilts@yahoo.com

Mike Belisle - Publicity / Speaker's Bureau Contact

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

Yvonne Baca - Immediate Past President

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

2016 Membership Form on Page 7. Renew your membership today!

SIG-nificant Events

Culinary SIG I

Our SIG celebrated the season with our annual cookie exchange, meeting at Chris' beautifully and festively decorated home. The evening started with sampling an array of tasty appetizers including a cream cheese and clam spread bathed in cocktail sauce, a fig and fennel caponata, a cheesy and spicy nacho dip, a white bean and pesto dip, a baked spinach and artichoke spread, and a cranberry and cream cheese ball sprinkled with pomegranate seeds, all served with a variety of breads, crackers and chips.

The main event, though, was our sweet treats. Each of us brought a tasting plate for sampling before the actual exchange, describing the offering (and do's and don'ts for making them) amongst appreciative *oohs* and *aahs*. There were chocolate macadamia macaroons, Meyer lemon and lavender shortbread, pumpkin fudge, gingerbread fudge, nuts with crystallized ginger and cayenne, almond toffee with chocolate icing, three varieties of lace cookies (pecan, orange oatmeal and walnut spice), no-bake granola cookies, and white chocolate and cranberry cookies. All butter and sugar bombs, sure, and all so delicious!

We did get some business in, mainly each of us selecting a month in which to host in 2016, and insuring that our contact info list was accurate. Next month, we are letting others do the cooking, with Jeanne making dinner reservations. Stay tuned!

Submitted by Jeanne Hackett

Culinary SIG II

On December 5, the group met in Dripping Springs at the home of Karen Lopez. The trip was a lovely one with lots of fall foliage, Texas style. We had a wonderful lunch of homemade chicken noodle soup and Parker house rolls by Karen. The cookie exchange was our dessert.



Grace Emery made a cookie press Chocolate Mint cookie, very dark and rich. Karen did a delicious Orange Pistachio, an iced, seed-encrusted cookie, a heavenly concoction for sure. J. Ann Bauerkemper brought a melt-in-your-mouth Mexican wedding cookie. Robin Maymar produced an iced Peppermint Mitten cookie. A family tradition by Mary Beth Wilkinson, was a ball of fun and the yummiest ever, her Italian Spice Cookie.

The group will meet on a new day, the 4th Thursday of the month, on January 28, at the home of Robin Maymar on 110 W. Brandon. The theme will be "Soups and Homemade Breads" and we plan to have many new recipes to enrich our winter soup collections.

For SIG meeting information, please contact Grace at 210 875-6919 C, or gemery49@yahoo.com

Submitted by Grace Emery

Weed-n-Gloat

On December 1, the Weeders and Gloaters met at the Botanical Garden to plant the Fall/Winter plants. We had our hands full at the garden. The (almost) indestructible monster plants, lemongrass and Mexican Mint Marigold were removed or tamed. Angelica, thyme, arugula, purple basil, feverfew, kale, flat-leaf parsley, English lavender, red bib lettuce, Swiss chard and fennel were some of the varieties we planted. Jane McDaniel, Grace Emery, Robin Maymar, Tinky Miranda, Basil and Mary Jo Avialiotis, and Lisa Kelly worked smoothly like a well-oiled team. Afterwards, at the Garden's Sullivan House bistro, we celebrated with cake and gloated a little more.

We need more volunteers to help maintain our garden. With the expansion of the Botanical Garden overall, the herb garden will see an increase in area, too. Come be a part of this new

era; the Herb Society can have a direct impact on how our part of this acreage will be arranged!

We meet most 4th Mondays all year (next will be January 25) and start work at 10 am. This is a truly fun and educational time with friends and herbs. We help each other learn more and more about growing herbs and using them!

Submitted by Grace Emery for Jane McDaniel

Aromatherapy

Several of us from the Aromatherapy SIG met in Carol White's lovely home in early December for a time of fellowship, DELICIOUS food and planning for 2016.

Diane Lewis will talk about inflammation at our January Aromatherapy SIG meeting, and then in February we will start doing compendiums. This is where we do an in-depth study of one essential oil each month. These sessions will include MANY aspects of the oil, including organoleptic testing, the family to which it belongs, historical information, part of the plant used, extraction method, primary chemical constituents, primary therapeutic actions, any cautions and etc.. After all this study, we'll come up with a formula in which to use it. We are excited about getting to know individual oils intimately!

Our SIG will meet every 4th Tuesday at La Madeleine on Broadway, starting at 6:30 pm. Most of us arrive by 6 to enjoy the delicious food at La Madeleine.

Please contact Jean Dukes at 210.566.4379 if you would like to join the group or if you have any questions.

Mad Hatters

The Mad Hatters decided to not meet in December due to the banquet & everyone's busy schedules. We will meet in January for our annual planning meeting.

Stay tuned for our news about next year's events.

Have a Happy Christmas & New Year.

Tea tidbits:

*"There stands the church's clock;
it reads ten to three
and is there honey still for tea?"*

Contact me at lnbdesignline@aol.com.

Submitted by Linda Barker

Herbal Crafts

The Craft SIG planning meeting set for December 19, 2015 has been rescheduled for January 16, 2016. If anyone is interested in joining and learning a variety of crafty things to do, please contact Kathryn Seipp at 210-643-1445 to get further information. Wishing everyone a Merry Christmas and Happy New Year.

New members are *always* welcome.

Submitted by Kathryn Seipp

Healthy Living with Herbs

No report for December.

Texas Natural Living

This six-member SIG met at the new Hotel Emma's upscale but casual dining facility "Supper" for a luncheon early in December. All told, it was a lovely place and the meal just as nice.



Garden Happy Hour—Planning for 2016

Garden Happy Hour is on winter hiatus. Let's start planning for 2016! Many new members would like to visit established gardens, or even gardens in progress. We all learn new techniques and gain valuable ideas from seeing what other gardeners have done.

Would you consider having a Garden Happy Hour in *your* garden? Contact Robin Maymar at 210-494-6021

Submitted by Robin Maymar



San Antonio Herb Society Membership Application/ Renewal

January – December 2016



If you joined after October 1, 2015, you are a member through December 2016.

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 your skills): _____
- Newsletter, "La Yerba Buena": write articles; help coordinate regular features, etc.
- Speaking at one of our meetings—your topic(s) _____
- Maintaining the Herb Patch at San Antonio Botanical Garden
- Maintaining a SAHS 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 (SAHS Founding Member)
7193 Old Talley Road, #7, SATX 78253
210-688-9421
www.naturesherbfarm.com

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

Herb, Cooking & Gardening Classes: Landscape Design
210-495-6116
drldesigns@swbell.net
www.communityed.neisd.net

Nematode Nick's

Landscape Design & Installation
Organic Landscaping, Organic Fertilizing
3561 Kusmierz Rd., St. Hedwig, Texas 78152
www.nematodenick.com

San Antonio's Gourmet Olive Oil

Christine Arredondo
1913 S. Hackberry, SATX 78210
210-257-5946
<http://sanantoniooliveoils.com/>

Bolner's Fiesta Spices

Mike Bolner, VP, Sales & Mktg
426 Menchaca, SATX 78207
<https://www.fiestaspices.com>

comp 12/15

Cris Goloby

Adjunct Instructor, St. Philip's College
Dept of Hospitality, Tourism & Culinary Arts
210-860-7194; cgoloby@aol.com comp 12/15

It Makes Scents

Natural Health Counseling & Essential Oils
Jean Dukes, RN, CNHP, Cert. Aromatherapist
210-566-4379
itmakescents@earthlink.net
www.youngliving.org/makescents

San Antonio Yoga Center

Randy Mass, ERYT, Studio Manager
11011 Shaenfield Road, SATX 78254
210-523-SAYC (7292)
<http://www.sanantonioyogacenter.com>
randy@sanantonioyoga.com

Hens to You

Cheryl Morrisey
Elmendorf, Texas
210-635-7269
rosepink5@aol.com

Jupe Mills Feed

14906 Bandera Rd., Helotes, Texas 78023
210-695-3551
<http://www.jupefeeds-sa.com/> 1 yr complimentary

Health by Choice

Sil and Yoli Huron
2127 Santa Monica St., SATX 78201
210-735-9053
health4ever@barleybaby.com

Koch Ranches Gourmet Country Store

Cheryl Koch Ludwick
2114 Mannix Dr, SATX 78217
210-858-9795
www.kochranches.net

Yvonne Baca, LMT

Holistic Health Practitioner: Therapeutic Massage, Lymphatic Drainage, Aromatherapy, Reiki Master, Therapeutic Touch, Akashic Record Consultations
830-537-4700 H
210-313-8705 C
yvonne943@yahoo.com
<http://www.boerneholistichealth.com/>

Lyn Belisle Studio

A Place of Creative Belonging
Lyn Belisle
1824 Nacogdoches Road, SATX 78209
210-860-9468
www.lynelbelisle.com
lyn@lynelbelisle.com

The Human Path

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

FloraScape

Mary Blasko TCLP, TCNP
florascape@swbell.net
"We can help with your gardening projects"

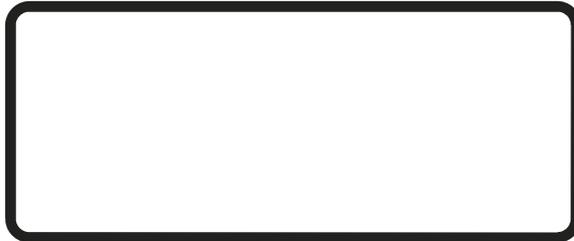
Acadiana Café

Dave Saylor, Co-owner
1289 S.W. Loop 410, SATX 78227
210-674-0019
<http://www.acadianacafe.com/>
"If it's not Acadiana Café, it's not Cajun!"

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Business Members

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



PLEASE SEND TO:



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San Antonio, TX 78209
www.sanantonioherbs.org