



# La Yerba Buena

THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 227, February 2009

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

**Program Thursday, February 12, 2009**

## Greenhouses

Greenhouses are such a wonderful way to enjoy the bounty of the garden all year 'round. You've surely seen a wide variety in your jaunts around the county and in town, too. There are some pretty big ones and some little ones and they all allow their owners to do that which gardeners *really* like to do: watch things grow and help things grow. The average greenhouse will help keep your plants in a fairly steady environment—one without gale force (drying) winds or flooding rains or hail or freezing temps (or boiling temps, for that matter). The greenhouse can be simply protection from the extremes of weather or it can be an elaborate retreat from the work-a-day world.

Now, don't think that a greenhouse HAS to be built with a certain type of framing or particular kind of roof or a fussy floor. Never mind about those watt-eating fans or heaters or humidifiers. Our own Don Crites, Master Gardener, is here to offer up some great building ideas—good ways to reuse some of that scrap lumber or plastic or other stuff that's been lying around out back for a while. Simple and effective and maybe even fun.

Come listen to Don and hear what he has to say. Bring your ideas and questions.

Hospitality begins at 6:30 pm (names beginning E-M bring a snack and its recipe),  
the meeting begins at 7 pm, concluding at 9 pm..

We're at 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](http://www.sanantonioherbs.org)



The 2009-2010 Board Officer Nomination Committee is being formed.  
As a member of this organization, give some thought as to how you can help out.  
Contact a current board member for information & duties of our officers. Lend a hand. You'll be glad you did!

### Membership Reminder:

Dues for 2009 are due by February 28 to ensure that your membership is continuous and that (if desired) your paper newsletter will still be mailed. Please fill in the membership form on page 7 and forward with your check or money order to Don Crites, Treasurer of the SAHS. Contact info on page 5.

Remember that your membership not only gains you great friends and great food — you get lots of terrific information from folks well experienced in the growing and use of herbs. An added plus is that several of our business members offer a purchase discount. Membership in SAHS has reciprocal membership privileges with other groups across the State as well.

Don't delay,  
send in your membership renewal today!!



### \*\*Resource Guides\*\*

Have you picked up your copy? This is one great book, developed, written and published by our own membership. Check with Patty at the book table or with a Board Member to purchase a copy or two.

### \*\*March Meeting\*\*

Reminder that the March meeting is on the 19th, NOT on the 12th. The Garden Center will be host to a plant sale during our usual time.

### Hospitality Table Schedule:

March: N-S  
April: T-Z  
May A-D  
June E-M



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Be sure to view the unabridged version of this newsletter @ [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

*ed note: If you bring a dish, be sure you provide a Board member with its recipe. We had some fabulous stuff at the banquet that we can't share for lack of printed recipes!!*

### Cheesey Bug Spread

submitted by Eileen Achorn

Beat 16 oz. softened cream cheese and 1/4 C sour cream until smooth.

Add

4 oz crumbled feta cheese,

1 C shredded mozzarella cheese

4-6 Tbsp finely chopped hot pepper

4-6 Tbsp finely chopped chilies

Cover and chill at least 2 hours.



On a serving platter, shape cheese mixture into your [favorite] bug. Garnish with toasted almonds.

### Goat Cheese Ant

submitted by Evelyn Penrod

One container of goat cheese (chevre) softened. Mix with [finely chopped] thyme and peppercorns. Mix in lemon garlic olive oil dressing. Shape into an ant and garnish.



### Ocopa

submitted by Gilma Alverson

12 saltine crackers, chopped fine in a food processor

1 hot yellow pepper (from Peru)

2 cloves garlic, chopped very fine.

1/2 onion chopped very fine

2/3 C evaporated milk

1/2 C peanuts, chopped very fine (food processor)

1/4 C cheese (shredded)

1 bunch fresh herb "Huacatay", a green herb from Peru, chopped fine.

2 lbs new (or other small) potatoes

2 hard-boiled eggs

Lettuce or spinach leaves, washed & blotted dry

Place first 8 ingredients in a food processor or blender and blend thoroughly. Pour this sauce over the cooked potatoes. The eggs may be sliced and used as garnish or left whole for serving.

*Ed. The huacatay adds a bit of tang and green flavor to this dish. Gilma says it's "very tasty".*

### Shrimp Spread

SAHS Cook Book, Vol II.

1 lb cooked shrimp

1 small can water chestnuts

2-3 green onions, chopped

1/2 C chopped fresh cilantro

8 oz cream cheese softened

Chopped pimento

Tobasco to taste

Salt & pepper to taste

Squeeze of lemon juice



Blend all ingredients in a food processor. Serve with crackers.

### Inchworm Cake

submitted by Sally Ann Hnaituk



### Mango Salsa

submitted by anonymous

10-12 Thai Basil leaves)

2 C small dice mango

1/4 C finely chopped sweet onion

1 finely chopped small Serrano or jalapeno pepper

1 Tbsp fresh lime juice

1/4 tsp salt



Mix together Cover and chill at least 10 minutes before serving. Makes about 2 cups

## Report on the January Meeting

Molly is such fun to watch and always has a lot to say. SAHS welcomed her wholeheartedly and had a great time hearing the latest about her bugs. The topic of the evening covered some basics between good bugs and bad bugs.

Who would've thought that a good guy bug would have a moniker like "assassin"? Or "predatory"? Molly presented a good solid list of these and many others January 8th during the regular SAHS meeting.

Molly emphasized the importance of NOT eliminating all bugs from our homes and landscapes. She encouraged everyone to consider the balance of good and bad that exists in all nature and to be smart when we decide there needs to be some control. She reminded us that bugs are essential to the pollination of our gardens and that all bugs prey on each other to some extent thereby controlling each others' populations.

There were several reminders for us to take time to learn about the bugs in our yards, to learn to recognize the good guys and bad guys, to also learn to recognize the signs of bad bugs at work as well as the results of good bugs doing their jobs. There was a rejoinder to have patience while we promote colonies of good bugs. A hint here was to look closely at the bug in question: if it has a long "snout", one that reaches past its front legs, it's probably a bad bug.

Molly suggested that we all look to simply cleaning up our own homes when trying to reduce the unwanted bugs. Cleaning up is not just for inside the home, but for the garden as well. Keep the areas around plants open and airy. Don't splash muddy water up on the plant. Don't let plants stay soggy. Use pest-resistant varieties.

Next, you could try “mechanical” methods, i.e., hand-picking those caterpillars off the plants or using covers to prevent the moths from laying eggs on that tomato plant in the first place. Use of beneficials, like lady bugs requires a little fore thought: If you bring home a batch of lady bugs, put them in the frig overnight. Next morning, water the garden so that leaves are drippy. THEN let the lady-bugs go right in that area. They’ll be a little slow from the cold and really thirsty and will hang around warming up and getting a drink or two before considering leaving the area!

Regarding the use of insecticides, Molly of course wished we didn’t have to use them, but had words of wisdom. Start with the lowest impact product. If you can resist chemicals and instead use a strong squirt of water to move pests off those prize roses, then do that. Use insecticidal soaps or oils or pyrethrum sprays—those things that break down quickly. BT is good for broad application and should be applied after sundown since it breaks down in the sunshine.

Remember that the label is the law and to be very careful using any pesticide, no matter how organic it is.

It was a great presentation and SAHS thanks Molly and the Texas A&M AgriLife program.

For more information, contact Molly Keck, Integrated Pest Management Program Specialist, Texas AgriLife Extension, Bexar County, 210-467-6575 or mekeck@ag.tamu.edu. That office is located at 3355 Cherry Ridge, Suite 212, SATX 78230.

Ed note: it was brought to our attention that Molly made a statement regarding the use of systemic pesticide on squash plants to rid them of borers. If the squash is intended as human food, we feel it is NOT advisable use systemic pesticide.

## SAHS Events

Clear your calendars now and be ready to have some SAHS *FUN*draising April 18, SAHS participates in the annual SA Botanical Garden “Walk Across Texas”. 12th Annual Festival of Flowers last weekend of May



## Other Events

February 14, Chocolate Day in the SA Botanical Garden.  
March 20-21, 14th Annual Herb forum in Round Top, Theme: “A Celebration of Mediterranean Herbs and Bay Laurel, Herb of the Year, 2009.

March - 28th, Texas International Olive Oil Festival. 10-4 at Sandy Oaks Olive Orchard, Elmendorf.

April: Fiesta!

April 25: King William Parade

Art in the Garden series lists Susan Budge sculptures “Myths, Magic and Mysteries” plus Steinunn Thorarinsdottir sculptures “Horizons”.

May 9, Herb Festival at the Antique Rose Emporium hosted by the Comal Master Gardeners. Topic: Use of Herbs in the Home.

May has the Becker Lavender Festival in Stonewall.

June 18-20 Blanco Lavender Festival.

Coming Labor Day to the SA Botanical Garden: monster-size bug sculptures.



## About Don Crites

Quoting from our article published here last November:

“I was born and raised in El Paso, TX. I attended the University of Texas at El Paso, majoring in Communications with minors in English and Applied Music. After graduation from UTEP in 1969, I entered the Air Force as a broadcast specialist. I transferred to the Medical Service Corps and served as an Emergency Room Specialist in 1978 and served in clinics and hospitals until my retirement in 1989. After my retirement, I joined the sales team at RadioShack as a sales associate and Store Manager. I retired from RadioShack as a Senior Manager in 2006.

In February 2008, I enrolled in the Master Gardener course here in Bexar County and completed that in May. In October 2008 I joined the San Antonio Food Bank as their Garden Specialist.

My interest in gardening was kindled by my Grandmother, who had a large “Victory Garden”. I started a small garden of my own in El Paso, and continued gardening whenever I could during my Air Force career. My interest in herbs was kindled once I arrived in San Antonio when I started my first patio herb garden. I joined the San Antonio Herb Society in October 2006 after learning about the organization during a visit to Nature’s Herb Farm. As my interest in herbs grows, so does my patio herb garden. I currently grow about 30 different herbs in containers on my patio along with seven different roses.

I just LOVE playing in the dirt! “

— Don Crites

Don is currently the head gardener for the SA Food Bank and was featured in a terrific article in the SA Express-News on December 31st. His goal in that capacity is to not

only grow quality, organic produce, but to teach folks how to feed themselves—giving a hand up instead of a hand out. A favorite recent story is of the harvest of cabbage and the savory dish created by a local chef using the cabbage and potatoes based on a traditional old English dish. It made us hungry just listening!

Don invites SAHS to stop by and see the work of the Food Bank and the 5 1/2 acres of gardens there.

The SA Express-News article also mentioned that the Green Space Alliance, formerly known as the Bexar Land Trust, has its own ambitious plans to create a network of community gardens in neighborhoods across the city. Their aim is to have neighbors banding together to serve as stewards of the gardens. Anyone with a little space, seed, dirt and water can plant a vegetable garden and reap the bounty. There is nothing quite like harvesting, preparing and savoring produce grown with your own hands.

Certainly a worthy ambition.

For more information about the San Antonio Food Bank and Green Space Alliance, visit [greenspacesalliance.org](http://greenspacesalliance.org) and [www.safoodbank.org](http://www.safoodbank.org).



## Over the Fence...



### 2009 Program Line-up

**March:** Medicinal Herbs — Herbs for Your Immune System. We welcome Shari Kilmer from the Omni Star Farms in Boerne back to the podium this month. Shari is a long time herbalist and believer in the use of herbs in the human healing process.

**April Tentative:** Companion Planting / Landscaping with Herbs. Pending finalization with speaker.

**June Tentative:** Bay Laurel, Herb of the Year. Presentation by SAHS.

### **\*\*Herbal Booklet in the works (again!)\*\***

A new booklet for bay laurel (*Lauris nobilis*) is being created. Bay is the herb of the year for 2009. If you have a tested recipe or household or medicinal usage or other anecdote or bit of history featuring bay, please forward this to Joe-Beth BEFORE March 1st, 2009.

### **Herbal Note Cards Available.**

\$5 gets a bundle of 5 cards & envelopes. See Don Crites.

### **Next Board Meeting**

February 23 or March 6, 6:30 pm (to be determined-date announced at February general meeting). These meetings are open to the general membership. Please contact one of the Board for details prior to the meeting day.

### **SIG Leaders, a request**

Please provide a line or two about what your SIG's doing -the month before or next. The column is titled "SIG-nificant Events" (see page 6). Having this little bit of information may help newer members figure out some new SIGs!

### **Audit Due this Spring**

SAHS will welcome your recommendations for a qualified person to perform an audit of our finances. Forward these to Eileen Achorn or Don Crites. Contact info p. 5.

### **Nominating Committee Forms This Month.**

SAHS constitution requires us to form a nominating committee in February. This committee is tasked with assembling the next slate of officers keeping in mind the current purposes and long range goals of the Society.

Contact Eileen if you'll consider being part of this committee and THANKS!

### **Friends we'll miss:**

The SAHS Board voted to donate a cookbook and a new Resource Guide to the San Antonio Public Library system in honor of Marcy Scalf.

### **New Members, Do you Have a SAHS Name Tag?**

If you have attended at least three Herb Society meetings you are eligible for a free nametag. If you do not have one, please contact Rebecca Kary, Membership Chairman or fill out a nametag form at the sign in desk before any monthly meeting. Please remember to wear your SAHS to every meeting & event! Thank you.

### **Super Saturday by NEISD is March 28.**

Lyn Belisle will be presenting a workshop on Aromatherapy at 10:45am. Class will be at the community - Learning Center, 8750 Tesoro. Call 655-8866 or visit [community.neisd.net](http://community.neisd.net) for details.

While we're on the subject, Diane Lewis is presenting 3 classes in the Culinary Arts division of the spring session of NEISD's Community Education. How would you like to get her tips for Herbs in Asian or Indian foods? How about using herbs to make any diet tasty and appealing? Very smart stuff, that. Herbs are definitely the thinking person's seasoning of choice!

In case you're looking for some coaching on your technique in painting watercolor landscapes, I noticed a class to be held IN the SA Botanical Garden starting in February. Call soon for details and to get your spot in class!

### **English food store moving**

Veronica Gard offered up a tidbit perhaps of interest to you folks from the UK: There's a specialty food store moving out to the community of Bracken called British Sensations.

### **San Antonio Pet Ordinance Notes**

Is Your Pet Current?

Now in effect, the SA City Codes include requirements for all pets to be spayed or neutered. Sounds a bit harsh until you consider the sheer numbers of unwanted animals generated by careless "owners". Talk to your vet to make sure your pet is healthy as well as legal. Refer to SA web pages <http://www.sanantonio.gov/animalcare/>

### **Medina Mud Band performs at Quihi, again!**

"One of our favorite gigs is our annual fund-raiser for Inner City Development." So goes Lyn's web page description of some of the sites of the band. This year the band played on January 31st. It has to be some of the best down-home, boot-scootin' non-garden fun around along with being a great cause! Save out the same weekend next year and go see them if you missed this year's event!

### **Past & Present Board Members' Strategy Session**

The Board and many of the past Presidents of the Herb Society met on Saturday January 17<sup>th</sup> for a day of discussion and planning. The focus was a look-ahead for the next 3 years on Marketing, Membership, Programming and Finances for the San Antonio Herb Society. Many thanks to the participants for a great day of discussion and ideas. Look to future newsletters and announcements as we take the outputs and turn them into actionable items.

### **March Newsletter Deadline**

Is the Friday following the regular meeting.  
I.e., February 20th. Thanks!

### **Interested in Carpooling to SAHS Meetings?**

Contact Evelyn Penrod at  
[epenrod@gvvc.com](mailto:epenrod@gvvc.com) or 830-438-2290.

## San Antonio Herb Society Meeting

January 8, 2008

President Eileen Achorn called the meeting to order at 7 pm. All were welcomed. A special welcome was offered to the membership of the Men's Garden Club.

Member announcements:

Newcomer's SIG starter group will meet 1/10 at Eileen's.

SA Botanical Garden Art in the Garden series will have a special bug exhibit starting Labor Day.

Announcements and other business items were deferred in the interest of keeping this combined meeting on schedule and allowing appropriate time for the program presentation.

Molly Keck with the Texas A&M AgriLife Extension System was introduced. Her program was an overview of common garden insect pests and beneficials.

Adjourned at 8:45 pm

## Treasurer's Report / December 2008

Submitted by Don Crites

### Income

Membership Dues	\$110.00
Special Events	
Nametags	
T-Shirts, Aprons, Totes	
Book Sales	
Miscellaneous	
Total Income	\$110.00

### Expenses

Newsletter	
Printing	(\$57.31)
Postage	(\$126.00)
SA Garden Center	
Leasing Fee	(\$85.00)
Attendant Fee	(\$36.00)
SA Botanical Society	
Hospitality	
Website	(\$30.00)
Programs	
Speaker Honorarium	
Plants	
Special Events Fees	(\$658.94)
Miscellaneous	(\$41.33)
Total Expenses	(\$1,034.58)

### Account Balances

Certificate of Deposit	\$1,058.80
Savings Account	\$2,384.71
Checking Account	\$2,015.66
Accounts Total	\$5,459.17



## Hearty Handshakes to....

Evelyn Penrod & Jane McDaniel

for a great job coordinating the combined meeting with the Men's Garden Club in January.

Thanks!!



## My Green Valentine?

Lyn Belisle, Green List Coordinator

Who says that Valentine's Day has to include fattening chocolates or short-lived cut flowers? Why not give a growing Green Valentine to your special someone?

Fill a heart-shaped basket with five small herb plants that can be planted later in the spring. This "Valentine" will last longer and be much more useful. Make the gift extra-special by tying a heart-shaped label to each plant that explains its meaning in The Language of Herbs. Some suggestions:

- *Bay: Unchanging affection and faithfulness*
- *Basil: Warm friendship*
- *Geranium: Comfort*
- *Sage: Esteem and friendship*
- *Lavender: The acceptance and recognition of love*
- *Coriander: Secret feelings*
- *Marjoram: Happiness and joy*

Think "Green" this Valentine's Day and give a meaningful herbal gift that keeps on giving – sustainably!

Heart-shaped baskets can be found in almost any craft store, thrift shops have plenty or may be ordered on line from a variety of sources.

### '08 - '09 SAHS Board Officers

**Eileen Achorn** - President

207-712-1903 (cel), [Eileen.Achorn@utsa.edu](mailto:Eileen.Achorn@utsa.edu)

**Evelyn Penrod** - Vice President Programs

830-438-2290 (cel), [epenrod@gvtc.com](mailto:epenrod@gvtc.com)

**Rebecca Kary** - Secretary / Membership

210-200-8512, [karyrebecca@yahoo.com](mailto:karyrebecca@yahoo.com)

**Don Crites** - Treasurer

210-846-9019 or 671-0989, [drcries@msn.com](mailto:drcries@msn.com)

**Lyn Belisle** - Publicity / PR / Webmaster

210-826-6860, [belisle@satx.rr.com](mailto:belisle@satx.rr.com)

[lyn.belisle@trinity.edu](mailto:lyn.belisle@trinity.edu)

### CONTACTS

**Joe-Beth Kirkpatrick** – Newsletter (temp)

210-590-9744, [joby53@gmail.com](mailto:joby53@gmail.com)

**Sandra Lyssy** - Hospitality

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

**Patty Wilson** - T-shirts, Cookbooks

210-647-0838, [dwilson@satx.rr.com](mailto:dwilson@satx.rr.com)

**Robin Maymar** - Flyer Coordinator

210-494-6021, [frog23@texas.net](mailto:frog23@texas.net)

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

Compiled by MG Brian D. Townsend

**PLEASE NOTE:** Most of the information shared here was obtained from Research-based sources (see contributor acknowledgments below), and from individuals who are considered very knowledgeable on a particular subject. While some little tidbits here may be of interest, they should be taken "with-a-grain-of-salt".



*When the world wearies, and society ceases to satisfy, there is always the garden.*

### **11st WEEK:**

If you didn't do it in Jan., check pH and add sulfur or other acidifying supplement.

Till composted organic matter and shredded cereal (Elbon) rye into veg. garden soil.

Control chickweed now before it deposits more seed.

If your oaks require pruning, do it now to minimize the threat of oak wilt (be sure to paint cuts and wounds immediately!).

This is an excellent time to transplant established trees or shrubs because they are dormant.

Vegetables such as tomatoes and peppers and flowers such as begonias and petunias can be started now from seed. The seedlings will be ready for transplanting in the garden in 6 to 8 weeks. - EO

Prune fruit and shade trees to restore good shape and remove damaged branches.

"Scalp" lawn to remove winter-browned stubble. Drop mower one or two settings. Wear quality respirator, goggles.

**In Our Herb Garden:** Prepare soil for planting so that it is friable and workable. Till or fork well, adding compost and/or course sand for drainage. GardenVille & Fertile Gardens are good sources for compost, soils, and sand. \* Plant seeds of cool season annuals when soil temp. reaches 45°F. These include cilantro, dill, nasturtium, parsley, chervil and onions from transplants. To have a continuing crop of popular dill and cilantro, many S.A. gardeners plant them every several weeks throughout the spring months as hot summer weather causes early maturation. \* Prune and clear debris from mature perennials (examples are Mexican mint marigold, sorrel, chives, or lemon verbena). Frost victims (or sections thereof) should be removed when it is warm enough to recognize evident losses. Beware of removing discouraging looking plants that are simply still dormant. Frostbitten tops can offer some protection; don't prune too soon! Watch for new growth before cutting back dead wood. \* Late in the month divide roots of invasive or overgrown herbs (examples are chives, mints, oregano and yarrow. Shape overgrown rosemary and sage. - *HERBS: A Resource Guide for San Antonio*

### **2nd WEEK:**

Red-winged Black birds are visiting the feeders; they will get into just about everything! - me

Apply dormant oil to pecan and fruit tree trunks, also hollies, euonymus and other shrubs to control scale, phylloxera and other pests and larvae.

Plant nasturtium, cosmos, sweet pea, coreopsis and

Mexican poppy seeds. Plant carrots and asparagus for spring crops. Plant fruit trees now. They live longer if planted in an 8 x 8 foot raised bed. - CF

Look for goldfinches starting to get color. - EO

### **3rd WEEK:**

Stubborn weeds? Try *vinegar!* For my safe, natural "Wild Weed Wipeout Tonic", mix 1tbsp. of vinegar (use 9% or higher for around here); 1tbsp. baby shampoo; 1 tbsp. of gin; 1 qt. of warm water. Combine all of these ingredients in a bucket, pour into a hand held sprayer. Drench the weeds to the point of run-off.

### **4th WEEK:**

Control sophora caterpillars on Texas mountain laurel with Bt (brand names include Thurcide, Dipel, BioWorm Killer).

Feed shade and fruit trees with one cup of slow-release lawn fertilizer per inch of trunk diameter. Spread fertilizer at the drip line, the ring directly beneath the tree's outermost branches. - CF

Late February into early March is a good time to plant tomatoes in containers. Suggested varieties include Merced, Bingo and Celebrity.

*Thanks to MG 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.*

### **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.*

### SIG-nificant Events

#### **Herbal Crafts SIG:**

Contact Rebecca Kary for details:  
[karyrebecca@yahoo.com](mailto:karyrebecca@yahoo.com) (210) 200-8512

#### **Newcomer SIG**

The Newcomer SIG met at my house on the 10th. 4 members were present and two others were there in spirit if not in body. We really didn't "form" a SIG with a theme, etc. but we did learn that we share an interest in food and cooking and decided that our first meeting will be February 21st. We will meet at Gayle Morris' house at 10 a.m. and then carpool to Bracken Village to explore the shops there and eat lunch at the tea room. Any new members are welcome and they can contact me for details and directions. Submitted by Eileen Achorn

#### **Healthy Living with Herbs SIG**

The group met at the home of Marguerite Hartill for a brainstorming & planning session January 14th. We will be looking at a variety of topics this next year, including a pot-luck healing tea session, healing soups, the herbal medicine chest, herbal butters and a couple of field trips. Contact is Carol-lee Fisher (210) 681-6815.

# San Antonio Herb Society Membership Application/ Renewal

January – December 2009

If you joined after October 1, 2008, you are a member through December 2009.

**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 \_\_\_\_\_ Home/Work/Cell [circle one]  
[include area code]

Alt. phone \_\_\_\_\_ Home/Work/Cell [circle one]

E-mail \_\_\_\_\_

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

How did you hear about the SAHS? \_\_\_\_\_

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

**San Antonio Herb Society  
PO Box 90148  
San Antonio TX 78209**

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

I would like to be a **GREEN** member (receive my newsletter electronically).

What programs would you like to see in the coming year? \_\_\_\_\_

\_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_  
The more details the better (continue on the back or additional sheet of paper, if necessary):

I am interested in helping with:

**Banquet Committee** (help plan June or December Herbal 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**

The **committee for updating the Resource Guide**

Being a **Board Member** (please list position): \_\_\_\_\_

Writing articles for or helping with the **newsletter**

**Speaking** at one of our meetings—your topic \_\_\_\_\_

**Habitat for Humanity** landscaping day

Maintaining the **Herb Garden** at San Antonio Botanical Gardens

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

Note: This list is not used for any other purposed than to keep track of our own membership.

It is not sold or otherwise disseminated to outside entities.

\*\*\*\*\***Office Use Only**\*\*\*\*\*

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

Green Member \_\_\_\_\_ Interests entered in data base \_\_\_\_\_

**Business Members**

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

**Bible Gardens of San Antonio**  
**Aida & David Sanchez**  
 1602 Dawnridge  
 San Antonio, TX 78213  
 (210) 341-6987

**Diane R. Lewis, B.S. & A.A.S.**  
 Herb, Cooking, & Gardening Classes/  
 Landscape Design  
 Longaberger Basket & Pottery  
 Consultant  
 (210) 495-6116  
[drl designs@swbell.net](mailto:drl designs@swbell.net)  
[www.communityed.neisd.net](http://www.communityed.neisd.net)  
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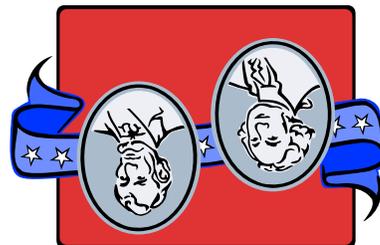
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