



La Yerba Buena

THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 239, February 2010

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

Program Thursday, February 11, 2010

Ed Bradley on Roses

Ed Bradley will lead off a program featuring Roses. A member of the San Antonio Rose Society since 1985, Ed is also Master Rosarian (designation by the American Rose Society) as well as a Master Gardener. He and his wife won 84 awards across four rose shows in 2009 alone. He is well experienced as a show judge. His presentation will include information on the selection of roses, their location in your garden, planting hints, proper soil and general maintenance. It should be jam packed with terrific cultivation and growing information including a nod to environmentally friendly habits.

SAHS member Diane Lewis, an herbal cooking and gardening instructor for NEISD Community Education, will explain the nutritional value of rose petals and rose hips and tell us how to select the best roses for culinary use. She will discuss resources and additional rose ingredients including rose water and rose syrup. Recipes and samples of tasty desserts flavored with roses will be provided as well as a rose beverage or two. Join us for the fun so you can make a rose flavored dessert or beverage for your Valentine!

SAHS member Jean Dukes, R.N. and certified aromatherapist, will give us a little history of rose oil. She'll bring some fascinating information on the various types and uses of essential oils derived from roses.

Join us on February 11th, 7:00 pm, at the San Antonio Garden Center for an informative session as we welcome this fine group of experts in a joint presentation.



The appetizer tables open at 6:30pm. Those whose names begin T thru Z, please bring a finger food (with recipe) to share. We're in the San Antonio Garden Center, located on the corner of Funston and N. New Braunfels. For more information, check out our website at

www.sanantonioherbs.org



Dill (*Anethum graveolens*) 2010 Herb of the Year



Dill is grown from seed each year, and takes 2½ months to produce a harvest of new seed. Since it is tap-rooted, the seedlings do not transplant readily. Thinning should be done by pulling and using unwanted plants. Some plants should be constantly snipped for their leaves and some left to flower and produce seeds, or succession plantings may be made every 2 weeks. The cultivar 'Fernleaf,' growing only to 18 inches, produces more foliage and is slower to bolt. 'Bouquet' bears compact, prolific seed heads and is considered best for pickling. Dill will self-sow readily. Some gardeners allow a rather crowded patch of dill to grow so that the plants hold one another erect.

(second of three installments)

Members' Sale Tables at General Meetings

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

Members' Share Table

Is always open. Bring your gently used items to share with other members. Items left over at the end of the meeting will be thrown away.

Hospitality Table Schedule:

February: T-Z

March: A-F

April: G-M

May: Banquet

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

In March, SAHS is Cookin'

Plan to be here. It'll be a busy month with lots to do and get plans finalized. Looking forward to seeing everyone!

Membership
Renewal
Time!

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

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

Member Recipes

Some of the treats on the January hospitality table:

Salsa de Tomatillo

Submitted by San Juanita Preciado

Ingredients:

1 medium white or yellow onion

1 large jalapeno

2 cloves garlic

1 large avocado

Cilantro and lemon pepper seasoning salt to taste.

Blend all of the above ingredients in a food processor.

Yields 3 cups.

Fischer & Wieser Raspberry Chipotle Cream Cheese Appetizer

submitted by Marjie Scharff

8 oz cream cheese

raspberry chipotle sauce (purchased)

Fresh cilantro, minced, about a scant palm full

Fresh sweet onion, minced, to taste.

Arrange the cream cheese block on a serving plate and flatten it slightly. Pour Raspberry Chipotle sauce cream cheese block. Sprinkle with sweet onion bits and cilantro. Serve with crispy pita chips or crackers of your choice. Provide a butter knife for spreading.

Ingredients

6 hard-cooked eggs

1 fully ripe avocado

2 tsp. lime juice

1/4 cup Vegemaise

Salt to taste

cilantro leaves

Directions

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



Spread Dulce de Calabaza (Pumpkin Candy)

From Karen Haram's Recipe Find column in the SA Express-News; Recipe from the "South Texas Mexican Cook Book" by Lucy Garza

1 large ripe pumpkin

pickling lime

water

sugar

Cut pumpkin into uniform wedges or slices. Peel and cut pieces of desired size. Soak overnight in lime water to cover, using 1 Tbs lime per quart of water. Stir lime water well before pouring over pumpkin. Remove pumpkin from lime water and wash thoroughly, three or more times in clear water. Cover pumpkin with warm water and bring slowly to boiling point. Boil for 5 minutes. Drain and wash twice in clear water. Drain for 1 hour. Pierce each piece in several places with a fork so that sugar syrup can be absorbed. Weigh pumpkin and use an equal amount of sugar. Cover pumpkin with sugar, moisten with water and bake at 300oF until pumpkin is crystallized (about 3 hours). Drain and place pumpkin on wax paper to dry.

Beef Empanadas

(recipe not provided)

Strawberry-Mint Cream Cheese Spread.

submitted by Eileen Achorn

Process together:

8 oz. block cream cheese, softened

5 or 6 strawberries, washed and hulled

12 or so mint leaves

1 heaping tsp sourcream

Serve with crackers or fruit.

Sour Cream Marble Pound Cake

Ingredients:

3C sifted all-purpose flour

1 tsp baking soda

1/2 tsp salt

1 C butter (2 sticks)

3 C sugar

1/2 tsp almond extract

6 eggs

8 oz dairy sour cream

2 squares unsweetened chocolate, melted.

Directions:

Prepare the pan: Grease and flour a 9-inch loose-bottom angle food tube pan. Sift flour, baking soda and salt onto wax paper.

Beat butter and sugar in large bowl with electric mixer until well blended. Beat almond extract. Add eggs, one at a time, beating at high speed until mixture is light and fluffy.

Stir in 1/3 of the flour mixture, then half the sour cream; repeat, ending with the flour. Divide batter in half. Mix one part with the melted chocolate.

Spoon half the plain batter into prepared pan. Pour chocolate batter over, the top with remaining plain batter.

Pull a spatula in a zip-zag motion through batter to marbleize. do not over mix.

Bake in a moderate oven (350F) for 1 hour and 30 minutes or until top springs back when touched lightly with fingertip. Cool in pan on wire rack 10 minutes. lift out tube and let cake cool completely on wire rack. Remove cake from tube & bottom; wrap in foil and let stand at room temperature overnight before slicing.

DILL!!

Here's a little encouragement: Dill is the herb of the year for 2010: See what YOU can bring to the hospitality table that features Dill !

SAHS Newsletter

This newsletter is one of those "...of the people, by the people and for the people..." publications. It can't exist without input from its friends and that means YOU! Forward your items of interest to the editor for inclusion. A short book review, a successful recipe (tested, of course!), an interesting destination, a fun craft, a great photo, a worthy cause: all are welcome. Business members, write us a little about what it is you do and we'll work that in, too.

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.

Membership Renewal Time!

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Over the Fence...

2010 Program Line-up

March: Cooking with herbs. Program presenter and specific topic are pending confirmation.

April: Growing organic. Program presenter and specific topic are pending confirmation.

May: Members only Spring banquet.

June: Sam Coffman on Herbalism in the San Antonio area. Mr. Coffman is an experienced survivalist who has put his military training to use in the civilian world. He will talk about the use of plants around us every day for food and healing.

Next Board Meeting

February 22, 6:30 pm. These meetings are open to the general membership. Please contact one of the Board members for location or other details prior to the meeting day

The Big Read

Brooke Ballard from the SA Public Library was a guest at the January meeting and encouraged everyone to check out the great variety of events surrounding this topic.

Those of you the needing a SAHS tee shirt or tote bag don't have long to wait. The Board is in the process of restocking. Look for these in the near future.

Board Nominating Committee

Can always use your input. Check with Gayle Morris (membership chair) or any current Board member. Slate will be presented at the April Meeting with voting in May.

Sandy Oaks Olive Orchard cooking demo/workshops

February includes a host of cooking demonstrations & lunches; call early to reserve a spot - sessions fill up fast! 210-621-0044

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

2010 Herbal Forum at Round Top

is March 19 & 20. Diane Lewis is planning on going and can help get you registration information. Contact Vickie at Round Top: vickieh@festivalhill.org or (979) 249-3129.

Sandy Oaks Olive Orchard Olives Olé

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

Schertz Grow Local Festival

Saturday, Feb. 27th, 9 to 4 at the Schertz Civic Center, 1400 Schertz Parkway. Hosted by Guadalupe County Master Gardeners. Admission: \$5.00 for adults, children under 18 free. Includes a complimentary Gardener Goodie Bag. Thinking about putting in a vegetable garden this spring? Don't know what to do to get started? Need to know about those bugs in your garden? Then this may be the place for you to be. Get advice from local experts on gardening and landscaping. See a rainwater harvesting demo. Talk to an expert on lawnmower maintenance. Learn the proper way to prune your trees. Shop for bedding plants, seeds, fruit trees, rainwater harvesting barrels and other quality garden products. Seminars available also for just \$5 each: Spring Vegetable Gardening by Patty Leander from 9:30 to 11:30 am. Good Bugs, Bad Bugs by Molly Keck from 1pm to 3pm. For more information, including a vendor list and discount offers, visit our website at www.growlocafestival.com.

Submitted by Peggy Jones,

Guadalupe County Master Gardeners



Schertz An Invitation from the Comal Master Gardeners Herb SIG:

Roses Are Herbs Too!

Join us at the Antique Rose Emporium on Tuesday February 9th at 10am. The Comal Master Gardener Special Interest Group presents a program using one of our favorite garden gems. We will explore the history as well as the different uses of roses in medicine, cosmetics, cultures and cooking. Bring a sack lunch and stay to visit after the program. Free and open to the public.

Submitted by Sally Ann Hnaituk

King William Parade Float Prep

Jean Dukes has a special request for parade float decorative supplies. If you have any silk flowers, floral tape or wire or items appropriate to the decoration of a herbal-themed float, please bring them to her at the next meeting. The parade is April 24th.

Cooking & Gardening Classes thru NEISD's Community Ed System

Diane Lewis will be teaching several classes this spring, including "Designing Herbal Landscapes", "Herbs for the Garden, Kitchen and Bath", "Dieting Made Tasty with Herbs", "Herbs for Asian Foods" and "Herbs for Indian Foods". Call 210-657-8866 or www.communityed.neisd.net to reserve a spot. Classes meet various times & places.

Friday Evening Cooking

Carol-lee Fisher (and her trusty assistant, Paul) present some fun Friday evenings cooking. Yep, cooking on Friday evening. She'll be demonstrating the preparation of seasonal fresh foods made even better with herbs. Carol-lee's a certified nutritionist and master herbalist and has been doing this both professionally and personally for 30 years. Call 210-732-9927 to reserve a spot January 15, 22, 29 and February 5 at the SoL Center, 300 Bushnell Avenue.

Chocolate Day At the SA Botanical Garden

Chocolate Day—need we say more? Be at the SABot on February 13 for a family fun day. Here are few of the planned activities: Coconut and Cocoa mulch art, Scavenger hunt, Help build a Mayan sugar cube pyramid, Chocolate Trivia at 11:00 a.m. and 1 p.m, Chocolate mint giveaway, and more.....

Take the opportunity to renew your membership to the Garden or turn in your volunteer form.

SA Botanical Garden Volunteer Notes

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

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

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

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

San Antonio Herb Society Meeting Minutes for January 14, 2010

Call to order: Eileen Achorn

Minutes from December meeting accepted.

Welcome to visitors. We welcomed Joungmin Choi from South Korea (this gentleman later stood and compared the landscape around the Eagle Pass border crossing to the Korean DMZ - very tightly controlled and seemingly lifeless but full of life, nonetheless.), Emil Bolushov from Kyrgyzstan and Marcello Achini Pibini from South Sudan (ed note: If anyone knows who brought these gentlemen, please contact us.)

Mention to visitors of the Give Away/Share table at the back of the room.

Business discussed:

Jean Dukes' request for donations of artificial flowers for King William parade float decoration.

Upcoming meetings and events:

February; Roses! Ed Bradley will speak on cultivation, Diane Lewis on culinary uses, and Jean Dukes on essential oils. February will also be time for nominating committee to begin its search for new officers (tentative assignments for this are in place) and for Dues / Membership Renewals.

SAWS plant sale is in mid-March.

Olives Olé at the end of March. Need a Chairperson for this. Big Read (info presented by Brooke Ballard) in March and April. City-wide library effort in which the S.A. Public Library picks a book (Bless Me Ultima is this year's selection) and hosts gatherings with activities related to the book's topic. Joe-Beth announced a need for member contributions for newsletter. Stories, recipes, photos, book reviews...all are welcome, the less formatting the better.

Sally Ann announced an event hosted by the Comal County Master Gardeners at the Antique Rose Emporium (Hacienda room) at 10 am on Feb 9.

Presentation: Evelyn introduced the evening's guests, Dr. Elizabeth de la Portilla, anthropologist studying Curanderismo, and Mr. Jacinto Madrigal, a Herbalist and Curandero.

Ms. de la Portilla read from her book "They All Want Magic" and discussed the traditions and beliefs of curanderismo. Afterward, there was a question and answer period in which Ms. de la Portilla translated for Mr. Madrigal.

Meeting adjourned

Report from the January Program

Dr. Elizabeth de la Portilla, UTSA
author "They All Want Magic"

Sr. Jacinto Madrigal of Madrigal Herbals (5451 Zupan, SATX 78227, 210-296-6511

Dr. Portilla introduced herself with a brief background of her childhood memories and education. Citing several of the people she's encountered along her journey to the present, she expressed gratitude for their help and encouragement. She read pieces from her writings to help flesh out that description; these were well developed and written.

Dr. Portilla herself is a curandera; but, as an anthropologist, has what seems to be a deeper urge to learn everything she can about curanderismo. In the truest sense, a curandera is a faith healer, shaman, medicine man/woman and mentor. A curandera is one who strives to help a person regain a personal inner harmony and balance, knowing that when this is accomplished that person's illness can be cured. To this end, the medicine man may employ herbs in various forms (teas, baths, fresh/whole), religious articles or icons, prayer, and etc. He may prescribe or recommend or suggest teas or tasks for the client to take or do to gain the cure. But always looking for

that harmony.

A curandera is also one who knows that there must always be balance between mankind and the Earth. Dr. Portillo described her research and herb harvesting trips to Eagle Pass with Mr. Madrigal. She expressed amazement at the wonderful medicines in the form of herbs and other plants growing amidst the junk heaps along the roads in South Texas. She reminded us that this sort of medicine practice has been with us MUCH longer than potions and pills (aka western medicine). It is real healing in a very basic sense and we would all take a good lesson to slow down a little bit and get back to similar basics of living.

Mr. J. Madrigal brought samples of the herb plants and tea mixes he uses in his shop. (If anyone has had experience with an herb he called "mucle", an antiepileptic, please write your brief description and forward that to the newsletter editor.) will be available as a curandero again beginning in April. Please note that his English skills are limited - you may need to bring a translator.



Fresh & Green Recycling Tip for Your Herb Garden

Collect chopsticks from take-out supermarkets and Asian restaurants. The large end is great for poking large seed holes, and the small end for smaller seeds. You can also write on them with a fine Sharpie marker and uses as artistic plant markers.

- Be on the lookout for thrift shop dinner plates to use as unusual and decorative plant saucers – salad plates for smaller pots, platters for large one. Color coordinate them with your plant container.

- Save those long clear newspaper bags for plant tie strips – cut into 1" "rings," split the rings apart and tie up your tomatoes and peppers. They are clear, almost invisible, and just the right length. (These are also great for storing long stem silk flowers or garlands.)

- Save leftover ceramic tiles from remodeling jobs to raise pots – use three as "feet" under a large pot. Stick them along the garden border diagonally for a decorative triangle edging.

- Recycle your dirty fishbowl or fishpond water to water house plants – free nutrients included!

- Punch holes in the bottom of large tin cans like tomato juice cans to sink into the ground. Plant your mints and other invasives inside the tin barrier to contain their growth and invasiveness.

- This is one of my favorites – it came from Bob Webster. Use an old rural mailbox for garden supplies. I have mine mounted on a shelf by the potting shed area and it has my garden gloves, favorite pruning tool, scissors and twine, seed packs, and a small notebook safe and dry inside.

Submitted by Lyn Belisle – Green List Coordinator

Treasurer's Report, December 2009

Submitted by Kathryn Seipp

Category /Description	December '09	Overall Total
INCOME		
Membership	130.00	2,325.00
Plant Sales	0.00	2,676.71
Cookbook Sales	0.00	677.23
Resource GUIDES	0.00	1,133.00
Booklets	0.00	99.00
Bundled Sales	0.00	2,001.85
Shirt Sales	0.00	93.00
Sales	0.00	24.00
Interest on Savings	0.30	96.48
Miscellaneous Income	0.00	218.50
Total Income	130.30	9,344.77
EXPENSES		
Attendant Fee	0.00	482.50
Bank Charge	0.00	129.33
Booth Fee	0.00	72.00
Copies	0.00	556.24
Dues	0.00	50.00
Equipment Rent	0.00	175.74
Honorariums	35.00	285.00
Hospitality	0.00	117.03
Licenses & Permits	20.00	20.00
Miscellaneous	0.00	50.00
Plants Cost	0.00	1,378.75
Postage & Delivery	0.00	197.67
Printing & Engraving	0.00	243.29
Publicity	0.00	400.00
Rent Expense	100.00	1,305.00
Storage Rent	0.00	482.40
Supplies	0.00	551.98
Total Tax Business	0.00	467.19
Website Fee	0.00	140.42
Total Expenses	155.00	7,104.54
TOTAL Income - Expenses	-24.70	2,240.23
ASSETS		
Cash and Bank Accounts		
Cash on Hand		0
FROST Certificate of Deposit		1,154.09
FROST Checking		3,722.26
FROST Savings		2,385.90
Total Cash and Bank Accts		7,262.25
Total Assets		7,262.25
LIABILITIES		0
OVERALL TOTAL		7,262.25

Ed note: This report includes a year-to-date column.

From the Membership Chair

Our Newest Members:

We welcome Sally Garrett of Tarpley and Ernie Vieluf of Comfort—no small distance to get to our meetings; AND they're both anxious to become involved. It's great to have you!

Thanks to our membership who've been here for a while (or even a short while) – you do a great job of making our newest members feel welcome. Keep up the good work!

Membership Renewal Deadline is February 11

Don't forget to renew your membership by our next meeting, Thursday, Feb. 11, to stay current on the roster. Members who have not renewed by the deadline will be removed from the mailing list and green list until dues are paid, which means you won't receive the newsletter or email notices. We know you don't want that to happen! We've got too many great things going on that you'll want to hear about!

Newcomers' SIG is off to a Great Start

The recently formed Newcomers SIG is off to a great start following a successful and fun first meeting. Lots of talking and exchanging of ideas, lots of getting to know each other. It's a group that has already "clicked". We're now going to be known as the Culinary SIG and have begun lining up a schedule for future meetings. We have just a few openings left in our membership – we're trying to keep the numbers manageable for our hosting members – so if you're interested in joining or would like more information, please contact SIG leader Gayle Morris (210-497-7416, gaylemorris09@gmail.com) as soon as possible.

Our first "real" meeting is Tuesday, Feb. 23, at 7:00 p.m. at Karen Abel's home. We're going to share our questions and expertise about growing herbs and organic gardening, since planting season will be just around the corner. Everyone will bring something for a potluck meal and their recipe to share with everyone. Many meetings will be on the 4th Tuesday of the month, but we've already scheduled a few meetings on Saturdays to allow time for "field trips" and activities that will require more time.

Searching for 1999 Members...

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

Name Tag Orders

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

*Submitted by Gayle Morris,
Membership Chair*



San Antonio Herb Society Membership Application/ Renewal

January – December 2010

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

PLEASE FILL OUT COMPLETELY AND PRINT CLEARLY

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

Address _____

City _____ Zip _____ new address

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

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

E-mail _____

(Please check one) ___ New member ___ Renewal (due February 11, 2010)

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

How did you hear about the SAHS? _____

Print, complete and mail this form with your check to:
San Antonio Herb Society
PO Box 90148
San Antonio TX 78209

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

What programs would you like to see in the coming year? The more details the better (continue on a separate sheet if necessary): _____

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

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

I am interested in helping with:

___ **Banquet Committee** (help plan Spring or December Herbal Members' Banquets)

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

___ **Greeter** (a great way to meet people and welcome everyone)

___ **Chairperson for plant sales or other events**

___ The booth at ___ **Spring Plant Sales** ___ **Herb Market in October**

___ Being a **Board Member** (please list position): _____

___ Writing articles for or helping with the **newsletter, "La Yerba Buena"**

___ **Speaking** at one of our meetings—your topic _____

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

___ Working at the **Sales Table** at monthly meetings

___ Leading a **Special Interest Group (SIG)**

Office Use Only

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

Green Member _____ Date information entered into data base _____

www.sanantonioherbs.org

SIG-nificant Events

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

Healthy Living with Herbs SIG

Here it is January of 2010 already! The SIG met on the 20th for a planning session for the year's meetings. Some of the months are easy: a healing soup meeting in one of our standards in the fall. In years past we've taken field trips and had spa days and made herbal tea blends for various purposes. After a lovely chili & salad dinner prepared by Carol-lee, we told stories and jokes then got to work. This year will certainly be no less interesting! We will take a field trip to Vanderpool to visit Imagine Lavender, have a session on Dill, another on cooking with teas, a movie night (with discussion on the excessive use of sweeteners prevalent today), a meditation class that will probably be enhanced with essential oils and some great aromatherapy then cap the year with our traditional holiday dinner and gift exchange.

submitted by Joe-Beth Kirkpatrick

Herbal Crafts SIG Schedule

Yes indeed, once again the Herb Craft SIG did something not crafty! In order to learn a bit more about curanderas, the SIG visited 2 different botanicas on South Flores street. Papa Jim's was our first stop. It is a very large botanica that had hundreds of herbs, essential oils, incense, candles, religious articles and books. We found many prepared oils to be used for a sundry list of ills. If you ever need to bring a lover back home, I know just what to buy. Several people behind the counter are capable of making you a tea or bath mixture for what ails you. There was a tarot card reader who had a waiting line. Less than a half mile away, we went to Casa Guajardo. This was a smaller shop but they had many medicinal herbs such as yerba gato, cascara de huizache. Linden flower (flor de tila) and chamomile (manzanilla) are the most requested. They also had candles, essential oils, soaps and perfumes. We enjoyed shopping there. When we went to check out there were several lines and we asked if it was for checking out. "No, this is the line for Eddie", was the reply. Eddie makes special orders for people. The lady said he was very good and she goes to him only. Both botanicas were very interesting and people were very helpful. There were no language problems and we felt very welcomed. Then of course, LUNCH. Rebecca knew of a Mexican restaurant that was close, Las Cazuelas at Chalmers and I-35. We had excellent food and comradery before we headed home. The food was very well-priced. If you are ever in the area, stop for good eats. By the time we finished lunch and had done a show and tell on our purchases, several people went back to buy more. Both of the

Membership Renewal Time!

botanicas are in our Resource Guide on pages 74 and 75.

Next month we are planning a road trip to The Natural Gardener in Austin.

Submitted by Sally Ann Hnaituk



Hearty Handshakes to Evelyn Penrod!

For a job well done in finding presenters and organizing all the terrific programs over the past many months.

Thanks!

Brian's February To-Do List for The Garden

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

'09 - '10 SAHS Board Officers

Eileen Achorn - President

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

Evelyn Penrod - Co-Vice President Programs

830-438-2290 (cell), epenrod@gvtc.com

Jean Dukes - Co-Vice President Programs

210 566-4379 (cell), 10days@earthlink.net

Gayle Morris - Membership

210-497-7416 or 210-912-9787 (cell)

gaylemorris09@gmail.com

Jan Conwell - Secretary / Recording

575-439-7522 (cell), jan_storyteller@yahoo.com

Treasurer - vacant

Lyn Belisle - Webmaster & Green List Coordinator

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

Kathryn Seipp - Publicity / PR / Treasurer pro-tem

210-495-3591, kseippccc@aol.com

Contacts

Joe-Beth Kirkpatrick - Newsletter

210-590-9744, joby53@gmail.com

Sandra Lyssy - Hospitality (needs assist)

210-659-5561, slyssy123@yahoo.com

Patty Wilson - T-shirts, Cookbooks

210-647-0838, dwilson@satx.rr.com

Business Members

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

Nature's Herb Farm

Mary Dunford
7193 Old Talley Road., #7
SAT 78253
(210) 688-9421

**Nematode Nick's
Landscape Design & Installation**

Organic Landscaping
Organic Fertilizing
Nick & Leslie Vann
3561 Kusmierz Rd.
St. Hedwig, Texas 78152
(210) 667-1500
www.nematodenick.com

In Home Senior Care

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

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

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

**Ten Days Health Ministry Natural
Health Counseling & Essential Oils**

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

BarleyBaby.com

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**February is Last Chance to Renew
Your Membership for 2010**

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

**Plant Sales and other Big Events in
March Will Keep Everyone Busy!**

Comin' up fast! Check out our calendar and set aside some time to help the SAHS in a little fund-raising. Gotta keep those doors open and those great programs comin'!

King William Parade April 24

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



PLEASE SEND TO:

Membership Renewal Time!

www.sanantonioherbs.org
San Antonio, TX 78209
PO Box 90148
The San Antonio Herb Society

