



La Yerba Buena

THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 287, February 2014

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 13, 2014 Judit Green and Wildlife Conservation

Texas boasts 213 species of reptiles and amphibians, 635 species of birds, 174 species of mammals, an estimated 5,200 species of plants and an estimated 30,000 species of invertebrates. However, daunting issues like diseases, climate change, urbanization, insufficient land use planning, energy production industries, declining conservation funding, etc., are putting intense pressures on our state's wildlife populations. Judit's presentation will explain how, we can rise to the challenge and secure a solid future for wildlife of our great state.

Members with names beginning with N-Q, bring a treat to share at our hospitality table. Please provide a name card (and recipe) for the dish you bring (or email it directly to the newsletter editor).

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



Coming in 2014

March: - American Botanical Council's (hq in Austin and publisher of the *Herbalgram* magazine) own Jenny Perez will explain what the ABC does and her part in it.

Come meet her and hear more of her story: "I'm a plant geek," she said. "I can't help but be passionate about what I've learned and be eager to share it. Plants [are] a practical aspect of human existence, really. Without plants, we don't have a whole lot."

April: Loretta Copenelli

Spring's Fundraising & Busyness

We need YOU for great events and opportunities this coming Spring. Here's a sample

- SAWS Spring Bloom, March 8, plant sale
- Garden Happy Hour, April-October, coordinator
- Rackspace Earth day, April, community outreach
- King William Parade, April 26, community outreach
- Spring Banquet, May 8, coordinator & helpers
- Festival of Flowers, May 24, book sales and outreach

Interested? Please contact any Board member or review the meeting minutes for more information. We look forward to seeing you at one of these events soon. Thanks!

Nominating Committee forms soon

The current Board will soon be taking up the project of forming a nominating committee and needs your input. (Any current member may be a part of this committee whose mission is to canvass the overall membership and collect volunteers for the 2014-2015 Board. Where do you fit in? How can you help the SAHS continue in its overall mission of "promoting the general knowledge of herbs to the membership and the public at large"? Easy. Volunteer for this committee or for a position on the next board. We need YOU.

Membership Renewal

Keep yourself current with our 2014 Membership application/renewal form on page 7. A copy may also be found on our website. Print out the page, fill in, mail in or bring to the next meeting. Bring that form to Norm Hastings or Sarah Rice and get current!

Are you a business owner? Would your product and/or services be of interest to our membership or their kith and kin? Consider bumping up your membership to the business member level and enjoy having your business contact information published between 12-14 times each year. Since La Yerba Buena doesn't accept traditional advertisements, this is an excellent way to both support this organization AND get the word out on your enterprise! Thanks so much!

Hearty Handshakes!!

To our own Leslie, Robin and Adrienne for their terrific presentation on Artemisia as the 2014 Herb of the Year. Thanks so very much!

Hospitality Table Schedule:

Mar: R-Z
Apr: A-M
May: banquet

Members' Sale Tables

Contact any Board member 2 weeks prior to the meeting to arrange for your table.

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Member Recipes

Here are a few more recipes from the December Banquet:

Chicken Spectacular

Submitted by Barbara Quirk

Ingredients

- 1 box Uncle Ben's wild rice mix (cook per pkg directions)
- 3 C cooked chicken, chunked
- 1-16 oz pkg frozen French-style green beans (not cooked)
- 1 medium onion, diced
- 2 Tbs butter or vegetable oil
- 1 can cream of chicken soup
- 1/2 C mayonnaise
- 1/2 C Greek plain yogurt
- 1-4oz jar diced pimentos
- 1 8-oz can water chestnut, drained and chopped
- Several shakes Sriracha sauce (opt)
- 1 C grated cheddar cheese for topping. (opt)

Directions

Preheat oven to 350°F. Sauté onion in melted butter in small pan until translucent. Transfer to a large bowl. Add all other ingredients and combine thoroughly. Pour all into greased 3-qt casserole dish and bake 20-25 min. (until bubbly). Makes 10 servings. Can be made a day ahead and cooked just before serving.

Note: I used buttered Panko crumbs and Parmesan cheese for topping instead of the cheddar.

Pimento Cheese

Submitted by Madeline Sprague

Ingredients

- 1 oz cream cheese
- 1/3 C mayo
- 1 lb sharp cheddar
- 8 oz roasted red pepper
- 1 tsp Worcestershire sauce
- 1 tsp mustard powder
- 1/2 tsp hot pepper sauce
- 1/2 tsp garlic powder
- 1/2 tsp onion powder or grated onion
- 1/4 tsp pepper
- 1/4 tsp salt

Directions

Mix together well; chill thoroughly. Serve.

Easy Liver Spread

Submitted by Karen Cabral

Ingredients & Directions

Beat a 3oz package of cream cheese with 2 Tbs lemon juice and an 8 oz package of liver sausage. Add one envelope dry onion soup mix, one Tbs horseradish, one tsp Worcestershire sauce and one small can (2/3 C) evaporated milk. Beat until blended. Chill before serving. Spread on crackers. Makes about 2 cups.

Beef Eggplant Pockets (Turkish: Islim Kebab)

Submitted by anonymous

Ingredients

ground beef, onion, tomato paste, red pepper paste, cumin, red pepper flakes, salt semolina, canola oil.

Green Beans with Tomatoes & Garlic

Submitted by Jeanne Hackett (adapted Vegan Italiano)

Ingredients

- 3 Tbs EVOO
- 2 lbs fresh green beans, trimmed
- 4-5 small tomatoes (about 3/4 lb), seeded and chopped
- 3 large cloves garlic, finely chopped
- 2 Tbs fresh oregano, chopped
- 1 tsp salt or to taste
- fresh ground pepper, to taste

Directions

In a large non-stick skillet, heat oil over med-high heat. Add the beans and cook, stirring & tossing often until just softened (about 5 min.). Reduce heat to med-low and add the tomatoes, garlic, oregano, S&P, stirring well to combine. Cover and cook until beans are very tender, stirring occasionally. If you need to, add one Tbs of water to keep from sticking (I've never had that happen). Serve warm.

Bar Nuts

Submitted by Jackie Compere (from Union Square Cookbook by Meyer & Romano)

Ingredients

- 1 1/4 lb assorted unsalted nuts (peanuts, cashews, brazil nuts, hazelnuts, walnuts, pecans, almonds)
- 2 Tbs coarsely chopped fresh rosemary leaves
- 1/2 tsp cayenne
- 2 tsp dark brown sugar, firmly packed
- 2 tsp coarse salt
- 1 Tbs unsalted butter, melted

Directions

Preheat oven to 350°F. On a baking sheet spread nuts and toast in middle of oven until golden (about 10 min.). While nuts are toasting, in a large bowl toss together remaining ingredients. Toss nuts with rosemary mixture and serve warm. Makes about 4 cups.

Broccoli-Cauliflower Salad

Submitted by Margie Larkin

Ingredients

Salad

- 1 med head cauliflower, cut into bite-size pieces
- broccoli (same amount as cauliflower), cut into bite-size pieces
- 1 med purple onion, sliced
- 1 C raisins (opt.)
- 1 C sunflower seeds
- 2 lbs bacon, cooked crisp & chopped (opt)

Dressing

- 2 C mayonnaise
- 8 Tbs sugar
- 4 Tbs vinegar

Directions

Mix salad ingredients, Mix dressing ingredients and add to salad. Chill for 1-2 hours. Best if chilled before serving.

Mexican Cow Enchiladas

Submitted by anonymous

Ingredients

- corn tortillas
- colby cheese slices

Directions

Rolled up; placed in baking dish. top with turkey gravy, crushed corn chips and cheese. Bake for 15 minutes.

Over the Fence...

2014 Program Line-up

Sales & Events:

Mar: Jenny Perez from the American Botanical Council

Apr: Loretta Copenelli
2014-2015 Board nominees announced

May: Members' Spring Banquet;
2014-2015 board election

Like our programs? We WANT your ideas!

Know a great speaker for an interesting herbal topic? Contact Leslie Bingham or any Board member with your suggestions.

Next Board Meetings

February 24, 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.

Help SAHS Publicity Get the Word Out!

Every month, SAHS provides **flyers** via email. You can print them and post them at stores in your area, stores that you would be frequenting anyway. Contact Grace Emery.

SA Botanical Garden Events

Have you checked out this year's sculpture in the garden exhibit? Come see the work of several artists before the exhibit closes this coming February.

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

Nematode Nick's new venture:

Recently received from Nick via email:

"Bexar and surrounding counties have long needed a source of Texas Native and adapted plants that will thrive in our harsh South Texas environment. The "Thyme & Treasure Garden Center" will specialize in attractive and sturdy plants for this area. Trees, Shrubs, perennials, annuals and much more! Seasonal vegetables and herbs, grown without harmful chemicals, available. Working in concert with nature so you can have a "A Beautiful Yard Naturally".

Opening Spring 2014

Submitted by Nematode Nick's, SAHS biz member

Gardening Volunteers of South Texas

Third Mondays @ San Antonio Garden Center
3310 N. New Braunfels (at Funston). Free and open to the public, donation is appreciated. Contact (210) 251-8101 or info@gardeningvolunteers.org

Texas Native Plant Society

4th Tuesdays, Lions Field Adult Center, 2809 Broadway. Native plant and seed exchange at 6:30 pm, followed by speaker at 7:00 pm. Free and open to the public.

Webpage: www.npsot.org/sanantonio

Submitted by Beverley Geer, NPSOT

Comal County Master Gardener program

First Wednesdays at the GVTC Auditorium. Meetings are open to the public. Contact (830)964-4494 or 221-4316.

New Braunfels Library Monthly Garden Series

Free programs at the NB Library, 700 E. Common Street, New Braunfels. No preregistration. Contact: 830-964-4494

PayPal and SAHS membership payments

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



Guadalupe County Master Gardeners

Third Thursdays. Feb 20: Andy Chidster, from The Natural Gardener, manufacturer of Lady Bug Products.

Meetings are free and open to the public. The regular business meeting at the end of the program. For further information call 830-303-3889 or visit our website at www.guadalupecountymastergardeners.org

Herb Classes at SoL Center and SA Yoga Center

Carol-lee Fisher, Master Herbalist and Past SAHS president, has begun a series of hands-on classes demonstrating the use and value of herbs in everyday life. Topics include Cold & Flu Remedies, Spring Gardening with Herbs, Bring Your Life into Balance, Tinctures, Salves and Teas and Creating Sacred Space with Herbs.

All classes are 9:30 am to noon. Cost per class \$55 (includes materials). You may take individual classes or the entire series. Call either location for information.

Central location: First Saturdays at the SoL Center (Univ. Pres. Church), 300 Bushnell Ave., SATX, 210-732-9927

Northwest Location: Third Saturdays at SA Yoga Center, 11011 Shaenfield Road, SATX, 210-523-7292

Spice and Herb mixes

The Seasoning Group would like to thank everyone that has supported the San Antonio Herb Society by purchasing any of the seasoning mixes that we put together. The San Antonio Herb Society Board Members have now taken over the project and will continue selling the blends until they are gone. Please remember that by purchasing these products you are supporting the Herb Society.

submitted by Carol Hamling

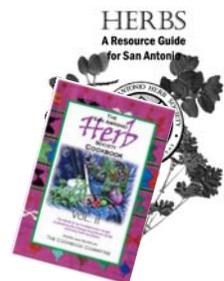
Books for Sale

Emily Sauls and friends will be helping sell new and gently used cookbooks/herb books before and after our general meetings. The original collection was a donation to the club with the offer that any sales proceeds be considered a donation to our treasury. A great idea! We can keep this idea going with a few of YOUR donated books. See Emily for details and how you can help with this new project.

Hey, how about a Book **SIG**?

Cookbook, Vol II: It's Back!

Vol. II of our beautiful San Antonio Herb Society cookbook has been re-published!! Sale price, \$15. Bundle it with a Resource Guide (regular price of \$20) and get both for \$30!



Cookbook, Vol III

Let's get ready to cook with a new addition of the San Antonio Herb Society cookbook.

The members of the Cookbook Committee are Barbara Quirk, Leslie Bingham, Robin Maymar, Marilyn Nyhus and Adrienne Hacker, chaired by Grace Emery.

The kickoff for the Cookbook will be at the January 9, 2014 meeting. At that time the format for delivery of recipes will be given out and also placed on the website for easy access.

More details will be available at the meeting, but please start getting your favorite recipes ready. They can be in all categories appetizer, tapas, entrées, sides, vegetarian, vegan, soups, desserts, drinks, rubs, spice blends whatever you want.

Looking forward to seeing your wonderful recipes and tasting them in the very near future.

Submitted by Grace Emery

Minutes from January 09, 2014

General Meeting

Refreshments were enjoyed by all at 6:30. Food was brought from members with the last name initials A-M and other faithful members. There were 60 in attendance including 13 visitors.

Meeting was brought to order by Yvonne Baca - Co-President at 7:00.

Acknowledgment of new members. Neither Norm Hastings or Sara Rice, membership co-chairs were able to be here tonight; Grace Emery and Jackie Bonney filled in for them.

Thanks to the visitors for coming to learn what we are about.

Thanks to the Hospitality Committee for a beautiful table and to all those who brought food.

>Various tables to visit including the Share table and Membership. Also, we have several Member Sales Tables:

Jane McDaniel (marmalade and tea pot covers), Robin Maymar (SAHS spice blends), Chris Sinick (jewelry, necklaces), Linda Barker (Scentsy), Beverly Tibbs (astringents, salves, and a 3 page handout on the herb plantain and its wonderful benefits) and the T-shirt table manned by Margie Larkin and Lynda Klein.

Reminder that newspaper articles and recipes are due to Joe-Beth Kirkpatrick by January 24th. Her deadline is always the Friday following the week of the General Meeting

Busy Event Days: Volunteers are needed for these to happen. Clipboards will be available at the meeting for volunteers to sign up.

- SAWS Spring Bloom - Joe-Beth Kirkpatrick- March 8, 2014
- King William Parade- Bev Tibbs and Madeline Sprague - April 26, 2014. Norm Hastings will not be available to work on it this year. We are hoping to have available to us the truck, etc. that have been used for several years. It belongs to Norm's son-in-law. There will be a meeting for those involved on April 12. Madeline spoke on this.
- May- Festival of Flowers, May 24
- June -Basil Fest, date to be determined.
- Basket Raffle - Grace Emery is working on this again and would love some suggestions. The basket will contain wine as the last raffle. Should it contain some culinary objects also? Tickets will be priced later and will be on sale in March & April for drawing at the May Banquet.
- Cookbook - Grace announced she has a committee of five - Grace, Barbara Quirk, Robin Maymar, Lesley Bingham and Adrian Hacker. Robin has arranged a form with which recipes can be submitted on-line.

Board Candidates - A nominating committee has been formed. Candidates needed for President and Co- President as well as Membership Chairman and co-chair.

Christmas Banquet 2014 - to be chaired by the Craft SIG. Lenore Miranda is asking that if anyone has old Christmas decorations to donate them to the SIG for ideas for the Banquet.

Door prizes - As members and guests signed in, they were given numbered tickets. After the program presentation was completed, tickets were drawn. Robin and Grace handed out artemisia plants to ticket holders.

Yvonne adjourned the meeting at 8:10 after announcing that next month's program will have Judit Green speaking.

Program: Artemisia, 2014 Herb of the Year

Herb of the Year - Artemisia - Leslie Bingham, Robin Maymar, and Madeline Sprague worked as a committee to compile a very nice tri-fold brochure on the herb and to bring the members information. Leslie was the spokeswoman.

There are over 400 varieties of this herb. It was big cash



crop in Asia and China as a drug to fight malaria as early as 2000 B.C. The name Artemisia comes from two possibilities. It is attributed to the wife of a Persian governor, Artemisia, a botanist. Another suggestion is from the Greeks that tells us that Artemisia vulgaris (or mugwort) derives its name from the Greek moon goddess, Artemis, a patron of women. It is a member of the daisy and sunflower family. It was also used by the Romans by put-

ting it their shoes to keep their feet from getting weary. Different varieties and their attributes were discussed by Leslie. It has anti-cancer properties. David Douglass found that mugwort can relieve the pain of poison oak. Because of its spectrum of colors, it is used in xeriscapes.



... on the Radio! SAHS Spotlited on KLUP

The San Antonio Herb Society was spotlighted on radio station KLUP on Sunday, December 29, 2013, during their weekly Milbergers Gardening South Texas show.

Milton Glueck contacted co-president Yvonne Baca the day before, requesting the interview. Hosts Milton Glueck, Calvin Finch and Jerry Parsons were knowledgeable, enthusiastic and upbeat as they asked questions and gave Yvonne the opportunity to talk about the many aspects of the Herb Society. Some of the areas covered were the purpose of our group, what our meetings are like as well as time and place, who our speakers are, what is happening at this time of the year in our herb gardens and what does it take to be a member of the Herb Society.

The podcast of the interview is available at www.klup.com.

Submitted by Yvonne Baca

Puzzle provided by Jane McDaniel

- (1) "pinks are sweet, and so are you".
- (2) Non-healing herbs are Dandelion and Hedge Garlic
- (3) Chictory
- (4) Germany
- (5) "that they with the planet may rest and arise, And flourish with bearing most plentiful wise."
- (6) "...and indeed it is the purest of human pleasures" -- Francis Bacon (1561-1626)
- (7) A combination of wildflowers, rushes and a scattering of wheat.
- (8) Rosemary

Answers to the Puzzle on p. 7:

New Year Greetings...

...to our out-of-town members!

Jean Duker recently spoke with Lorraine Jennings (former SAHS program chair and enthusiastic member for many years). Jean's report:

"Lorraine Jennings wants us to know that she is absolutely thrilled to receive La Yerba Buena each month and reads every morsel of it. The honorary lifetime membership that she has is precious to her! She wants us all to know how much she misses the Herb Society and also wants to pass on her contact info, as she has just moved into a new apartment, and would love to hear from anyone who remembers her."

Lorraine Jennings
3650 North Broadway Apt # 3104,
Tyler, TX 75702,
Phone: (903) 939-2392 "

(re)New Business Members...

Lyn Belisle last year opened a studio over on Nacogdoches and N. New Braunfels in the Carousel center. After seemingly emptying her home studio into this storefront, she (with lots of help from Mike, no doubt) has transformed a former fitness studio into a space that envelops you with warmth upon entering then inspires your own creative muses to jump into overdrive. "A Place of Creative Belonging" is her new endeavor. She has settled into a (dare I say) routine of offering workshops teaching a wide variety of art methods as well as sponsoring guest artists (also in the teaching mode), poetry readings, music and other events in this delightful spot.

Watch [HER WEB PAGE](#) for schedules and try one soon!

Note: Lyn is also offering workshops through the NEISD's Community Ed department. Click [THIS LINK](#) for that information.

Remember Sam Coffman's program at SAHS back in June of 2010? A wilderness survival expert and enthusiast, Sam's business, **The Human Path**, has rejoined the Herb Society as a business member. So much of survival in the wilds depends on a person's ability to recognize and properly utilize those plants growing right underfoot. Sam's classes can help most anyone learn how.

Suchil Coffman-Guerra, Program Director for The Human Path, has reminded SAHS of the series of herbal medicine classes available. She promises more information in this publication as well. Please review their lists and prerequisites on their web page: contact thehumanpath.com or suchil@thehumanpath.com



Treasurer's Report, December 2013

Submitted by Lenore Miranda, Treasurer

INCOME

Membership	\$200.00
Resource Guide (mail order sale)	51.30
Spice Rub	138.00
SUBTOTAL - INCOME	\$389.30

EXPENSES

Attendant Fee - Garden Center	\$45.00
Rent - Garden Center	85.00
Robin Maymar, Christmas decor	14.94
Jackie Compere, name tags	8.00
t-shirt bags	40.04
Hospitality	9.24
Public Storage (1/14 - 3/14)	231.00
SUBTOTAL - EXPENSES	\$433.22

TOTAL (Income-Expenses) (\$43.92)

ASSETS

Cash and Bank Accounts	
Frost Cert of Deposit	1,209.28
Frost Checking	2,789.43
Frost Savings	463.85
Scholarship Garden Tour Fund	3,116.56
Cash on Hand	110.00
TOTAL	\$7,689.12

'13 - '14 SAHS Board Officers & Members

Emily Sauls - Co-President

830-438-8314 H; kivuli@msn.com

Yvonne Baca - Co-President

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

Leslie Bingham - Vice President (Program Chair)

210-445-8665 C; 210 998-3898 H; lesliegw@live.net

Norm Hastings - Membership Chair

210-860-4332 C; normhastings@hotmail.com

Sarah Rice - Membership Co-Chair

210-738-8772 H; casitarice@yahoo.com

Barbara Quirk - Secretary, Recording

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

Lenore Miranda - Treasurer Chair

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

Robin Maymar - Treasurer Co-Chair

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

Grace Emery - Publicity / PR & Cookbook III Chair

210 875-6919 C, gemery49@yahoo.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 - Chair, Hospitality

210-930-1026 H;

Leslie Bingham - Co-chair, Hospitality

lesliegw@live.com

Margie Larkin - Co-Chair T-shirts, Cookbooks

Lynda Klein - Co-Chair T-shirts, Cookbooks

More Information Contacts

SAHS web page: www.sanantonioherbs.org

SIG-nificant Events

SIG leaders, keep us posted on your group's events.

Culinary SIG I

After two months of serious (if delicious and fun-filled) cooking behind us, our members decided to let someone else do the cooking for us this month. And what better way to start the new year than with a Chinese New Year feast! We repaired to the Golden Wok one cool evening for dim sum, beautiful entrees and a short lesson (courtesy of Linda's research) on the symbolic foods of the the new year, the Year of the Horse. We chose menu items that incorporated some of those foods, like lotus leaf-wrapped appetizers and lotus bean-paste buns to encourage growth in the new year. Seafood was selected to promote abundance. Spring rolls with their gold bar shape will bring us wealth, and long noodles, longevity. And chicken (a whole one, at least) supports family togetherness. The evening was so enjoyable, we are discussing making it an annual event! And looking back on the past year, we realize that we have grown in our expertise and knowledge, we have experienced wonderful abundance in our monthly gatherings, we are wealthy in our friendships, our group has enjoyed longevity, and we have a lovely sense of togetherness in all that we do. The night was a great kick off to another great year for the Culinary SIG. Next month, we head to Norm and Loretta's home for an annual favorite, our pizza party. Stay tuned!

Submitted by Jeanne Hackett

Culinary SIG II

The Culinary SIG II had their first official themed meeting on January 23rd. The RSVP's rolled in and our head count was set for 14 people attending (yikes, I don't know if I can fit that many people in my house for a sit-down dinner!) Well, I had worked out the seating arrangements, but as the hours ticked by on our meeting night, and the weather forecasts kept changing, the numbers dropped off fast. One weather site said freezing rain in my area at 8pm another said midnight. Well, we all know that anything can happen, but three brave members came out and we had a great evening talking about cooking with and growing thyme (and a zillion other herbs.) We enjoyed hot tea, instead of iced tea as we talked about the dishes we brought. Cauliflower Salad made with cauliflower, apple, celery and onions (and thyme!) Cucumber & Thyme Salad with Orange Juice (Moroccan Salad of Feggous & Za'atar.) Roasted Brussel Sprouts with Winter Squash made with thyme and curry powder. Goat Cheese - Thyme - Caramelized Onion Crostini Canapé. The dishes were all so different, and the thyme took on different flavors as it mingled with the other ingredients. I would say that the first official themed meeting of the new Culinary SIG II was a great success. If you would like to see photos of the different dishes from our evening, please head over to the San Antonio Herb Society's Facebook page and check them out. In February our theme is "Oregano." I'm sure the weather will be better and we will have a bigger group for that evening.

Submitted by Emily Sauls



Healthy Living with Herbs SIG

January 21st already! The SIG met at Jean's to shake out this year's calendar and see what 2014 has in store for us. With the advent of a new HLWH SIG, our existing group has evolved a bit—Marilyn, Jinnie and Marguerite elected to go with the new group in the daytime while Carol-lee, Diane, Jean,

Joe-Beth, Virginia, Randy and Leslie are staying as the core of the night group. By the end of the evening's planning, our schedule looks like this:

February, slippery elm; March, Artemisia (reprise); April heart tonics; May is t/b/d; June, tea blends based on lemon-grass; July, turmeric; August, the flavor of herbs to help determine usage; September & October may be field trips; November, healing soups.

Since our group count has changed, If you signed the "I'm interested" sheet back during the November meeting, please contact one of our group members.

Submitted by Joe-Beth Kirkpatrick

Healthy Living with Herbs SIG II

Our first meeting will be February 20, 2014 at 11:00 a.m. The first program will be an introductory meeting with lunch and planning. Please contact Marilyn Nyhus (rudyandmar@yahoo.com) or Marguerite Hartill at (mhartill@aol.com if you have questions

Submitted by Marilyn Nyhus

Weed-n-Gloat SIG

The temperatures were below 28°F on January 6th, so we shelved any plans to weed n gloat at the SA Bot Gdn's Herb garden until our regular January date, Monday, Jan 27th, 10 am - 11 am. The Weed n Gloat Team wishes the SAHS members and their families a Happy New Year!

To learn more about herbs on site, please get in touch with me, Jane McDaniel, at email: janesirish@att.net

Submitted by Jane McDaniel

Herbal Crafts SIG

We spent Saturday morning at Ann Pearce Jewelry and Designs. We were all a little apprehensive about the overwhelming choices of beads, colors and cost, not to mention the skill required. As we sat around the table sharing our ideas and opinions, the beautiful chandelier earrings appeared. The string of large beads became a necklace with earrings to match. One of Lyn Belisle's face shards became a beautiful necklace.

By the time we left we all knew where to start, how to design and how to finish a bracelet or necklace or earrings. Shop owner Ann and assistant Alyssa were wonderful in helping each and everyone of us make jewelry that we are proud to wear. Any old jewelry can become new again by adding some beads, or colors or just changing the clasp. Be sure to look for the Eclectic Craft SIG women to be wearing their creations at the next meeting.

Need to recycle your old Christmas decorations?

The Craft SIG is requesting SAHS members donate their gently used Christmas decorations. We will be green, recycling and incorporating them into our theme for the 2014 Christmas Banquet. You can bring them to the next general meeting. For more information, contact Lenore Miranda.

Submitted by Lenore 'Tinky' Miranda

Aromatherapy SIG

The Aromatherapy SIG will resume in February, meeting on the 2nd Tuesday of the month (location TBA).

If you are interested in joining the Aromatherapy SIG please contact Jean Dukes @ 210 566 4379 or @ 10days@earthlink.net.

Submitted by Jean Dukes





San Antonio Herb Society Membership Application/ Renewal

January – December 2014

Print, complete and mail form with your check to	San Antonio Herb Society PO Box 90148 San Antonio TX 78209
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PLEASE FILL OUT COMPLETELY AND PRINT CLEARLY

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

"After you have attended 6 meetings, you become a contributing member and qualify for your permanent SAHS name badge. Sign up with the membership chairman."

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 (due no later than end of February)

Membership Category: ___ Single (\$25) ___ Dual (\$35) ___ Business (\$40)

- 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 fundraising events



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

From the Puzzle Meister...

1) Can you complete the following lover's rhyme?
*"The rose is red, the violet's blue,
Pinks are....."*

2) Some herbs have a history of being used to heal wounds. Out of the following ten herbs, which two were not used to heal wounds?

- a) Bugleweed
- b) Cocklebur
- c) Comfrey
- d) Daisy
- e) Dandelion
- f) Hedge Garlic
- g) Leopard's Bane
- h) Medlar
- i) Ploughman's Spikenard
- j) Sphagnum Moss

3) As well as creating claimed invisibility, the root of one vegetable is also said to bring good luck, but which one?

- a) Beetroot
- b) Carrot
- c) Chicory (Endive)
- d) Parsnip

4) From which European country does the following proverb originate?

"The garden is the poor man's apothecary."

5) During earlier centuries, the phases of the moon were taken to indicate successful seed-sowing times. Can you complete the following rhyme?

*"Sow peansen and beans i the wake of the moon,
Who soweth them sooner, he soweth too son,
That they....."*

6) Who wrote the following, and can you complete it?
"God almighty first planted a garden. And indeed it is..."

7) In earlier years, up to the 19th century, country bridal parties often walked to church on pathways strewn with plants. Which of these were the popular combination?

- a) Ash leaves
- b) Honeysuckle
- c) Rise
- d) Rushes
- e) Scattering of wheat
- f) Wildflowers

aaand.....drum roll!!!!

8) Which popular culinary herb when flourishing in a garden is said to indicate that the mistress of the house rules?

- * Aniseed
- a) Marjoram
- b) Parsley
- c) Rosemary
- d) Sage

Answers elsewhere in this newsletter...

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