



La Yerba Buena



THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 311, February 2016

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

Thursday, February 11 2016

Pat James-Hasser on Colonial Herbs



Ms. Patricia James-Hasser is a lover of herbs, afternoon teas, history and the interconnection between.

Pat is retired from 22 years in the Army. Pat enjoys studying and learning not only about herbs for culinary uses but for their practical uses for the whole household especially as used in colonial America. She has traveled throughout Ohio and other states over the past 20 years giving lectures and demonstrations on various subjects including colonial herbs, edible flowers, dream pillows, herbal cocktails and mock tails, blending herbal teas. She also finds great interest in the secrets and etiquette of an afternoon tea and cooking in colonial days. Pat is a member of the Jared Mansfield Daughters of the American Revolution, the Mayflower

Society, the John McIntosh and Susanna Fuller White Colonial Dames. She acted as the *Chef de Gare du Voiture* for The Forty and Eight, and is a long-distance member of the San Antonio Herb Society.

Members whose names begin N–Q, please bring a snack to share. Be sure to provide a name card (and recipe) for the dish you bring (better yet, email it directly to the newsletter editor). The San Antonio Garden Center is located on the corner of Funston and N. New Braunfels. For more SAHS information, see our website at www.sanantonioherbs.org



2016-2017 SAHS Board is in process of building a slate for the 2016-2017 term. We have "job" descriptions for all positions and lots of help transitioning / learning the ropes. Come join us!

Fill these elected offices :

Co-Presidents
 Vice President / Programs (co-chairs)
 Secretary (co-chairs)
 Treasurer (co-chairs)
 Publicity (co-chairs)
 Membership (co-chairs)
 Web Master (co-chairs)
 Newsletter (co-chairs)
 Hospitality (co-chairs)

SAWS Spring Bloom in March

Again this spring, on **March 12**, SAWS presents its annual water conservation festival at the headquarters building at US281 and Mulberry. The front plaza will be packed with vendors and service representatives eager to provide all comers with information on how all of us can be more water-wise at home, at work and everywhere we go.

SAHS will be there to promote our passion for herbs and to sell a LOT of plants as part of our annual spring fundraising.

Need 10 more volunteers to round out the work schedule.

Get in touch right away - thanks in advance!

Board Member Revision

Leslie Bingham has tendered her resignation as President of the SAHS 2015-2016, effective January 18, for personal reasons.

Grace Emery is now acting as President Pro-tem and Jane McDaniel has volunteered to act as Vice President Pro-tem until elections in May of this year.

The resignation and the pro-tems were approved at the January 25th regular board meeting.

Newsletter Deadline for March Issue

All materials for **March** due by **February 19**.

Hospitality Table

Schedule:
 Feb: N-Q
 Mar: R-Z
 Apr: A-M

Members' Sale Tables

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

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Member Recipes

Here are a few of the items from the January hospitality tables.

Cauliflower Mash

Submitted by Grace Emery

Ingredients

- 1 C Panko crumbs
- 1 tsp smoked paprika
- 3 Tbs unsalted butter
- 1 1/2 C shredded vegetable cheddar cheese (*I used "Veggies" brand from HEB*)

One head cauliflower, large, broken up
2 C vegetarian stock
salt and pepper to taste

Directions

Preheat oven to 350°F. Lightly spray 8" by 8" baking dish. In a bowl combine Panko crumbs, butter, smoked paprika and cheese and set aside. Prepare the cauliflower, cut up, peel the stalks. Bring the stock to a boil and add cauliflower; cook until soft - about 8 minutes. Put the cauliflower in a blender (regular or submersion) or use a potato masher; add 5 tablespoons of stock. Mash thoroughly. Put in the baking dish and add Panko mixture. Bake for 35 minutes. Serve immediately!

Quinoa with Black Beans and Kale

Submitted by Gilda DeBenedictis

Ingredients,

- 1 C quinoa, uncooked
- 2 C vegetable broth
- 1 Tbs olive oil
- 3-4 garlic cloves, minced
- 1/2 of a fresh jalapeno pepper, seeded and minced (you can use less if you prefer less heat or omit)
- 1 large green bell pepper, diced
- 1 large red bell pepper, diced
- 2 (15 oz.) cans black beans, drained
- 1 (10 oz) can of Rotel Original diced Tomatoes and Green chilies
- 4 tsp fresh cilantro chopped finely
- 1 tsp ground cumin dry spice
- black pepper to taste
- 3 C frozen kale which has been chopped and stems removed (thawed), (*I used frozen kale but you can also use the fresh curly kale if you prefer*)
- 1 C fresh tomatoes, coarsely chopped
- 1 C chopped roasted walnuts to blend into recipe
- 1 additional C of roasted walnuts to spread on top of dish

Directions

Rinse the quinoa and place it in a pot with the broth. Bring to a boil, reduce heat and cook until the liquid is absorbed, about 20 minutes (similar to cooking rice). While the quinoa is cooking, in another pan or a Dutch oven, heat the olive oil over medium heat. Add the garlic and chopped jalapeño pepper and cook until fragrant, about 30 seconds. Add the onions and bell peppers, cover and cook until tender, about 5 minutes. Add the beans, freshly chopped tomatoes, cilantro, cumin, black pepper, thawed kale, and the can of Rotel tomatoes. Reduce the heat to medium-low, cover and simmer for about 20 minutes. Once the quinoa is finished cooking, transfer it to the Dutch oven where the bean mixture has been cooking. Add 1 cup of roasted chopped walnuts. Cook until everything is well blended or combined and heated thoroughly. Transfer to a casserole dish and top the dish with 1 additional cup of chopped walnuts. Serve hot in bowls. Garnish with grated cheese if you like. You can use grated smoked gouda, parmesan or cheddar. Enjoy!!!!



Muhammara

Submitted by Helga Anderson

Ingredients

- 12-16 oz roasted red peppers, drained (reserve liquid)
- 1/2 C bread crumbs
- 2/3 C toasted and chopped walnuts
- 4 cloves garlic
- 2 Tbs fresh lemon juice
- 1 Tbs pomegranate molasses (or more, to taste)
- 1/2 tsp salt (or to taste)
- 1 tsp cumin
- 1 tsp Aleppo pepper flakes (or to taste)

Directions

In a food processor or blender, pulse all the ingredients to combine. The consistency should be thick and chunky but slightly wet. Add a bit of the reserved pepper liquid to thin, or more walnuts or bread to thicken if necessary. The dip should be tangy, sweet salty and slightly spicy. Adjust spices to taste. Garnish with additional Aleppo pepper flakes and serve with pita.



Fiery Crackers

Submitted by anonymous

Ingredients

- 1/4 C pure maple syrup
- 3 Tbs Sriracha
- 2 Tbs unsalted butter
- 4 C oyster crackers
- 6 thyme sprigs, stripped & chopped

Directions

Preheat oven to 275°F. In a small saucepan, combine syrup, Sriracha and butter; bring to a boil and stir until combined. Toss with crackers and thyme. Spread on a parchment-lined rimmed baking sheet and bake until coating is set, stirring a few times, about 45 minutes. Let cool completely before serving. The crackers can be stored for up to a week in an airtight container.

Tangerine Dessert

Submitted by Loretta Van Copanolle

Ingredients

Fresh-picked, home-grown and organic tangerines, organic plain yogurt, stevia, sugar-free vanilla extract and unsweetened coconut.

Other treats presented:

- Banana-Cocoa Bars
- Grilled Artichokes (from Cindy Moore)
- Spinach & Tomato Salad (from Joy of Cooking, p. 301)

Salt Blends for your culinary artistry...

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

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

Over the Fence...

2016 Program Line-up



SAHS online calendar:

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

Feb: Pat Hasser, American colonial herbs

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

Apr: Diane Lewis, herbal teas
Board nominations to be presented

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

Jun: John Solis on garden soils
Basil Fest @ the Pearl

Jul: Grace Emery, Garden First Aid

Have ideas or contacts for new programs?

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

Next Board Meetings

January 4, 6:30 pm Please contact one of the Board members to place an item on the agenda or for location or other details prior to the meeting day.

Remember: ALL Members always Welcome!

Next Bylaws Review Meeting

Next time & place to be announced.

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

SAHS Publicity Needs YOU

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

SA Botanical Garden Events

Wings of the City - through June 2016.

Family Flashlight Night on February 19, 2016.

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

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

SA Garden Center

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

For information, call 210-824-9981 or see

<http://sanantoniogardencenter.org>

Texas Native Plant Society

Jan. 26, 6:30pm, Lions Field Adult Center, 2809 Broadway.

"What Every Gardener Should Know about Soil" presentation by David Vaughan who will share his considerable knowledge about the microscopic life teeming in our soils

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

contact via email: npsot.sanantonio@gmail.com

Gardening Volunteers of South Texas

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

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

Comal Master Gardener program

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

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

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

Guadalupe County Master Gardeners

The regular meetings are on third Thursdays; free and open to the public (business follows program).

For further information call 830-303-3889 or visit our website at www.guadalupecountymastergardeners.org.

Bexar County Master Gardeners

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

SA Rose Society

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

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

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

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

Contact Grace Emery gemery49@yahoo.com

Speakers Bureau needs you, too.

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

What ARE you doing?

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

Fundraising ideas needed

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

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

Membership and a Telephone Committee

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

Please contact any Board member.

Minutes from January 14, 2016

General Meeting

Call to Order: 7:07PM

Introduction: Grace Emery, welcomed the group and as a courtesy to those around you and our speaker tonight – cell phones off.

Two new members joined, June Hayes and Theresa Pienizeh (Welcome!), 6 guests acknowledged.

Hospitality “thank-you” and thank you to those of the members who brought food for this evening.

A special thank you to all of the Special Interest Groups who came out to decorate for the Christmas Banquet. The tables were all very festive with a Texas flair

Reminder that Newsletter articles & recipes are due by Friday, Jan. 21. Send to Joe-Beth’s email in the newsletter. If sending a recipe to the newsletter, please remember to include the name of the recipe and your name.

Items for Discussion/Announcements

1. The minutes from the previous month’s SAHS general meeting are available on line (in the newsletter) to all of the members. I encourage you all to read them, and we are happy to answer any questions.
2. In November, the Board decided that SAHS will not participate in the King William Parade this year. There has been no response to our call for a chair or coordinator.
3. There is a correction to the Treasurer’s report for November as printed in the current newsletter. The totals are correct as printed, but \$43.00 dollars for salt sales was missing from the revenue. Correction to be printed in the next news.
4. Mike Belisle has made jars of jalapeño jelly to share with the membership in honor of the 2016 Herb of the year, Capsicum. Thanks, Mike!
5. Cookbook Committee: the committee will be picking up the pace to get a 12 Herbs Cookbook out. Grace Emery asked the members to stand: Robin Maymar, Grace Emery, Marilyn Nyhus, Adrienne Hacker and Leslie Bingham were recognized.
6. Membership was addressed by Chair Robin Maymar who thanked everyone for their membership renewals. There are blank applications at the front desk.
7. Ongoing By-Law revisions – committee chair Robin Maymar stated that a deadline will be discussed at the next meeting.
8. SAWS Spring Bloom plant sale is March 12; chair is Joe-Beth Kirkpatrick. She circulated sign-up sheets for this plant sale. Time for set up is 7:00 AM. Joe-Beth stated we need 20 volunteers per hour from 9am to 1pm. There are several other vendors but we are the only herb sales.
9. Next meeting is February 11th. Featured speaker is Pat Hasser on Colonial Herbs. Pat, who lives in Ohio, will speak on the herbs that came over on the Mayflower.
10. San Antonio Gourmet Olive Oil announced that they have brought four types of infused olive oils to sell tonight. Anyone who mentions SAHS at the store this Friday and Saturday, January 15th and 16th, can receive a free sample size of one. If they opt to purchase a regular size, it will be discounted! Located on Hackberry Street directly across from the Little Red Barn.

Adjourned at 8:30PM



Program: Capsicum, 2016 Herb of the Year

Grace introduced Leslie Bingham, current president of the SAHS, who has been cultivating and cooking, writing and designing herb gardens for many years. She spent several months researching the Capsicum species for this program and the new brochure distributed this evening. Capsicum is defined as a herbaceous perennial.

Leslie stated that India is now the world’s largest producer, consumer and exporter of chili peppers. The South Indian state of Andhra Pradesh contributes 75% of all India’s chili exports.

Here is the USDA classification outline:

GENUS: Capsicum

SPECIES: annum, baccatum, chinense, frutescens, etc.

FAMILY: Solanaceae (includes tomatoes, potatoes, tomatillos, petunias)

VARIETIES: Pablano, etc.

USDA CLASSIFICATION: Cayenne etc.

USDA classifies as Cayenne C. pubescens, which means hairy – Bolivian Pocoto, Mexican Manzano

An interesting addition to the list but not technically a Pepper is: solanum pseudocapsicum or Jerusalem Cherry which is poisonous!

According to Leslie’s research, the cross-wall portion of the skin is where the chemical capsacin is stored. This is the chemical that creates the taste, heat and pungency. The hottest chili in 2015 was the Carolina Reaper which, on the Scoville Scale, came in at 2.2 million heat units.

Peppers are a great source of vitamins A and C, too. As peppers ripen in your garden, know that the riper they get (or redder), the sweeter they get. Different methods of culinary preparation result is the same pepper having widely different flavors, too.

Final announcements:

David Rodriguez, Master Gardener and Bexar County Agri-Life Horticultural Agent, presented seed packets of Rio Grande Gold Peppers which were distributed to the membership. He spoke about the best time to plant in the ground: a little later in the spring when the sun is assured, about May 1. Start the seeds in flats about 60 days prior to that date.

He also told about Dr. Fabian Garcia from the University of New Mexico, who was the original developer of the pod-type chile back in 1894. The Chile Pepper Institute at UNM has more information on chiles which can be found on line. He introduced us to the scientist known as “Dr. Pepper” Ben Villalon – a retired virologist from Texas A&M who created the Rio Grande Gold. The fruit of this pepper is jalapeno-shaped and about twice the size of a large jalapeno. When the plant sets fruit it is yellow. If left on the plant for several weeks it ripens to red. It can be substituted for sweet peppers in recipes. Agri-Life hopes to achieve “super status” for this variety by 2018.

Submitted by Grace Emery

Membership

Our membership continues to grow here at the beginning of the year. We hope you'll find the program line-up for 2016 a good one to bring friends along!



12 Herbs Cookbook Committee

The new 12 Herbs Cookbook has resumed meeting to complete this project this year. Recipes and the book layout will be finalized. Get in touch with Grace Emery for more information or to help out.



SAHS Constitution and Bylaws

Early in 2015, the Board determined that our bylaws could stand a review and possible updating. The group has also resumed meeting as of February 4th with an eye to having this project completed this year. This is NOT a closed committee or effort. This group welcomes your input. It especially welcomes those persons who are well-versed in standard parliamentary procedures.

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

Please contact any board member for information.

Rainbow Gardens on Bandera Rd. "Celebrate Herbs" on May 7th

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

SAHS Members are Busy!!

SAHS member and four-time US Champion in Irish Storytelling, Jane McDaniel, will be active on a number of stages this Spring. Coming up on Sunday, February 14 and right on time for Valentine's Day, Jane will be giving a program of Irish love stories, old and new, at the Irish Cultural Society's meeting, St. Anthony De Padua Church Parlor room. An Irish High Tea will be offered at 3 pm, with the story program following from 4 - 5 pm; all at no charge. St. Anthony De Padua church is on Lorenz Street, off Broadway, just past the turnoff for Sunset, going south toward Alamo Heights.

Then on Friday, Feb 26, there will be an House Concert of Irish and Celtic Stories and music, with Jane and classical guitarist, Stefan Grasse, and percussionist,

Treasurer's Report December 2015 and corrected for November 2015

Submitted by Grace Emery

INCOME—November correction — revenue omitted	
Herbal Salt sales	43.00

INCOME	
Transfer from Frost Savings (acct closed)	439.42
Herbal Salts sales	94.00
<u>Membership</u>	<u>160.00</u>
Subtotal - INCOME	\$693.42
EXPENSES	
Garden Center, rent	85.00
GC attendant fee, 2 months' fees	90.00
Chef's presentation fee (November program)	75.00
<u>Ham for December banquet</u>	<u>28.52</u>
Subtotal - EXPENSES	278.52
NET TOTAL (Income-Expenses)	\$414.90
ASSETS	
Frost Cert. of Deposit	\$1,215.33
Frost Checking	4,247.38
Frost Saving	439.42
Scholarship Fund	1,096.97
<u>Cash on Hand</u>	<u>50.00</u>
TOTAL	\$6,609.68

DISCLAIMER: Information presented in this newsletter and at the SAHS meetings is for educational purposes only. It is not intended to diagnose, treat, or replace the advice of a health professional. Herbal formulas are given for reference purposes only. Use of any information mentioned in this newsletter are at the decision and discretion of the individual.

'15-'16 SAHS Board

Grace Emery - President pro-tem / Program Chair
210 875-6919 C, gemery49@yahoo.com

Jane McDaniel - Vice-President pro-tem
210-930-1026 H

Robin Maymar - Membership Chair
210 494-6021 H; 830 459-8415 C; robinmaymar@gmail.com

Gloria Ortiz - Secretary, Recording (on vacation)

Karen Lopez - Treasurer i_quilts@yahoo.com

Mike Belisle - Publicity / Speaker's Bureau Contact
210-826-6860 H, mbelisle@satx.rr.com

Lyn Belisle - Webmaster & Green List Coordinator
210-826-6860 H, belisle@satx.rr.com

Joe-Beth Kirkpatrick - Newsletter
210-590-9744 H, joby53@gmail.com

Jane McDaniel - Hospitality and Weeder Extraordinaire

Yvonne Baca - Immediate Past President
830-537-4700 H; 210-313-8705 C; yvonne943@yahoo.com

Margie Larkin - Co-Chair, SAHS New Merchandise

Lynda Klein - Co-Chair, SAHS New Merchandise

More Information

SAHS web page: www.sanantonioherbs.org

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

SIG-nificant Events

Culinary SIG I

What's better on a cold winter evening than hot soup and warm bread? That's what we thought as we gathered at Carol's for our monthly celebration of good food.

As is our custom, we each described our dish before digging in. There was a fragrant pot of miso and rice thread noodles full of shiitakes and flavored with fresh ginger and tamari. Another pot held a potato and jalapeno cream soup that gave a lovely and subtle kick at the back of the throat (and Cook's Note: did you know that adding a pinch of baking soda prevents curdling when adding dairy to hot liquid?). There was a hearty minestrone thick with cannellini with a soffritto base, into which were added leeks, more celery and carrots, plus zucchini, red potatoes, green beans, plum tomatoes, kale and Napa cabbage (Cook's Note: when Savoy cabbage is not available, Napa is a great sub). Freshly grated Parmigiano-Reggiano was offered to sprinkle on top. Between sips of soup, we sampled a beautiful cornbread still warm from the oven, which came from a Biga on the Banks recipe. Another big hit was a 100 year old family recipe for babka, a Central European yeast bread our cook has been making since she was 5 years old. Rich with eggs and raisins, very fine-textured and traditionally made at Easter, it is always served slathered with sweet butter. Yum!

A delicious potato, cabbage and ham soup, redolent with caraway seeds, was another keeper recipe. Our cook gave us some extra info about caraway, for example, the belief that a seed hidden in an item prevents its theft. Another cook brought a lovely spinach salad thick with dried cranberries, mandarin orange segments, diced apple, pecans and feta, with a poppy seed dressing. Perfect with rosemary ciabatta from Sol y Luna! Two soups with entirely different flavor profiles featured cauliflower. One was a cream soup (without a lick of dairy!), and the other included cheese and curry with the starring veggie. Both delish! Another beautiful soup included fresh spinach, plump shrimp and a bit of pasta, spiked with fresh ginger and garnished with avocado chunks. The soup that had people filling their bowls to the brim was a chicken tortilla, filled with thigh meat chicken, chilies, Rotel tomatoes, corn, black beans and baked strips of corn tortillas, topped with cilantro, shredded Monterrey and avocado slices.

While finalizing plans for the coming year, we enjoyed a wonderful pineapple upside down cake and had lively discussions about who offers the best Vietnamese cinnamon (Penzey's?), and favorite veggie broths (Imagine?). We are a culinary SIG, after all! Next month, Madeline is coordinating an expedition for dinner at St. Phillip's College's culinary school. Stay tuned!

Submitted by Jeanne Hackett

Culinary SIG II

The SIG met at the home of Robin and Milan Maymar on January 28 for a soup and bread dinner. With the colder weather upon us, we brought our favorites to the table for sampling. Grace made a recipe originally from Marilyn Nyhus - a savory kale, cannellini and potato soup, with fresh sage and rosemary from my garden and, of course, freshly harvested kale. This is a soup my grandchildren ask me to make. Robin and Milan collaborated on some wonderful crackers to go with the soups and - best yet - extra to take home. Sandra Woodall brought her delicious pea soup with Mama Rousseau's cornbread. Gloria Ortiz just back from her trip to El Paso made her Mexico-inspired Knoepla soup - a potato dumpling soup made to impress the palette. Mary Beth Wilkerson made her very favorite steakhouse brown bread recipe and some of the best cream of broccoli soup I have ever tasted. Mary Beth also delighted the group with a rosemary/garlic bread that she

learned following her grandma in the kitchen.

The next dinner is scheduled for the last Thursday of February, the 25th. Our theme is Capsicum and will be hosted by Mary Beth and Robin

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

Submitted by Grace Emery

Weed-n-Gloat

December 28, 2015:

The San Antonio Botanical Garden staff followed through on our request for mulch and now our Herb Garden, freshly weeded, looks magnificent. We finished off 2015 with a brisk session on the cold morning of December 28, thinning out mints, lemon balm and Mexican marigold, and getting rid of a lot of wild-growing oxalis. The first poppy seedlings are up, and all the plants which we put in at the beginning of December are doing well. This coming year we have new barrels on the wish list, and plan on replacing the 10-year old rosemary plants which are becoming very woody. A few cold weeks will do wonders for the Herb Garden, and we'll look forward to planting new seedlings in late March or April, weather permitting. Lovage (Herb of 2016); be on the lookout for plants now.

We celebrated a very busy year with a toast of (non-alcoholic) sparkling cider and peach: thank you to Basil and Mary Jo, to Lisa and Tinky, to Robin and to Andrew for coming out on a very cold December Monday morning.

A special and heartfelt *Thank You* to the entire Weed n Gloat Team: Grace Emery, Tinky Miranda, Robin Maymar, Jeanette Hackett, Marilyn Nyhus, Mary Gregoire, Martha Valdez, Mary Jo and Basil Aivaliotis, Lisa Kelly, Andrew Waring, Robert Padilla, Rachel Czywinski, Pam DeRoche, Betty Walters, Linda Thacker-Barker, Marsha Wilson, Margie Larkin, Stacy Houg, Kathleen Robertson, Lynda Klein, Chip Hutchins, Cheryl Morrissey, Gilda and Dean DeBenedictis, and Khalilah Bilal, who joins us occasionally from the community gardens at ICW. A very special Happy and Healthy New Year wish to you all and to those you love.

We are by no means a closed SIG; we welcome newcomers on any last Monday of the month at the SA Bot Garden's Herb Garden, by the Rose Garden. Whatever your gardening knowledge or capabilities, you are welcome to join us as we care for our herb patch. We meet from 9-10 am during the hotter months, and from 10-11 am during the cooler months; and we usually meet afterwards for a light lunch or coffee at a nearby cafe. Contact me, Jane McDaniel, via email janesirish@att.net if you'd like more information about the Weed n Gloat team, or if you would like to come and join this merry group.

January 2016

We started the new year in the Herb Garden with a fairly tidy plot, but Spring is on the way - in the form of chickweed, sticky plant, wild anemone, oxalis and poppy seedlings. A weed - it's plant growing in the wrong place, said someone wisely... we leave the poppies because they provide a burst of color just when our herbs are coming into their own, but the rest had to go. The battle with the oxalis we will never win, but disturbing the ground and exposing the bulb-like roots will keep it at bay for a while. The few plants that we put in in October, to fill in gaps - like kale, lettuce, lavender - are doing well. In March, or April, weather allowing, we will get down to the "real" planting, including the 2016 Herb, capsicum... which



the books catalog as a vegetable, not an herb. Whatever... Mary Jo and Basil Aivaliotis, Lisa Kelly, Grace Emery, Marsha Wilson, and Gloria Valdez all took over a section of the Herb garden to weed and we went through there with trowel and clippers in record time. This is a good team.

Submitted by Jane McDaniel

Aromatherapy

At our January meeting, Diane Lewis gave us an excellent presentation on inflammation—what it is, what it does to our bodies, why we get it, how to avoid it, and essential oils that are helpful for relieving inflammation.

On February 23rd, we start closely studying one essential oil each month. This will be a group effort in growing and learning together. The plant review will include where it's grown, the extraction method, the part of the plant used, its actions & uses and more! We plan to develop compendiums for each oil we study that can be referenced and added to in the future. In February we'll examine orange oil. We are excited about this project!

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

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

Mad Hatters

No report for January.

Tea tidbits:

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

Contact me at lnbdesignline@aol.com.

Submitted by Linda Barker

Herbal Crafts

The planning committee for the Herbal Craft SIG met on Saturday, January 16 at Kathryn Seipp's house. Effective

February 2016, this will be the **10th anniversary** of the Craft SIG which was started by Rebecca Kary. We have made all sorts of items over the years, from jams to vinegars, cleaning products and garden decorations.

This year we have chosen to revisit several projects and add new projects as well. A sampling of the projects for this coming year include vinegars, jams, lemons, paper beads, tin punch, wind chimes, baklava, mustards, chili oil, pottery, bird seed projects, personal care products and a field trip.

If you would like to be part of the Craft SIG, please contact Kathryn at kseippccc@aol.com or 210-643-1445 to get on the list for what is happening. We meet from 10 am to 1 pm on the 3rd Saturday of the month with a potluck lunch. We take turns at different houses based on the space needed and have different presenters based on their interest in showing how to complete the project. We have no limit on membership, so feel free to join us.

Submitted by Kathryn Seipp

Healthy Living with Herbs

In January, the core group of this SIG met to begin re-evaluating our focus and purpose. While we hope to continue this group as a SIG, we may be shifting a bit—our third evolution since we began meeting together in 2001 - that's quite a while. We'll let everyone know the decision soon.

Texas Natural Living

No report for January

Garden Happy Hour—Planning for 2016

Let's start planning for 2016! Many members like to visit new or long-established gardens or even gardens in progress. We all learn new techniques and gain valuable ideas from seeing what other gardeners have put to the test. We'd like to begin with a Friday evening in April—usually the 3rd Friday.

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

Submitted by Robin Maymar

San Antonio Herb Society Membership Application/ Renewal

January – December 2016

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



Address _____, Apt/Ste # _____
 City, State _____ Zip _____ new address?
 Phone (with area code) _____ Home/Work/Cell [circle one]
 Alt. phone (with area code) _____ Home/Work/Cell [circle one]
 E-mail _____ Alt E-mail _____
 (Please check one) New member Renewal (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.

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

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www.naturesherbfarm.com

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

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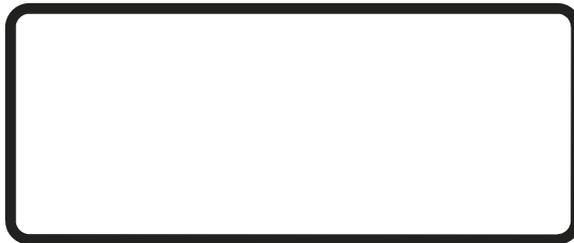
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