



La Yerba Buena

THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 252, March 2011

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, March 17, 2011

Cool Off! Cooling Herbal Wipes and More



Welcome to Deb Bolner Prost of Cool Off™ cooling wipes and a daughter of the Bolner family (keep reading). Born and raised in San Antonio, Prost grew up around her parents' family business, Bolner's Fiesta Spices, which sells its packaged herbs and spices in most of the lower 48. This proximity certainly nudged her own entrepreneurial spirit. Certainly this also gave her a knowledge of herbs that would later be a major factor in the creation of a new product -- one born of necessity.

The Cool Off™ web site information says a wipe is infused with natural ingredients that include cooling herbs, plant botanicals and essential oils, all with a clean, fresh scent, so it soothes and moisturizes skin as it provides instant and long-lasting relief from the heat. So how does one take an idea to product form? According to a report from a recent San Antonio Woman magazine issue, Prost and four friends put their heads together and got to work. Among the group, their experience and strengths in engineering, graphic design, marketing, research and events promotion gave them skills needed to bring this idea to fruition. Prost herself is a marketing research specialist whose skills were certainly pivotal in bringing this new idea to the retail arena.

According to Prost, the friends spent about three years doing research and development marketing work, along with a little kitchen chemistry, while drawing from her background and interests in natural healing and nutrition. As an aside, she is currently about halfway through her graduate work for a master's degree in nutrition at Incarnate Word. She's so busy with the new product that she's taking a little hiatus from school.

Prost and her friends did all their prep by the business book: the research, going to trade shows, talking to contract manufacturers and doing marketing research. They wanted to make sure there was indeed a market for this product. Already, Cool Off is on the shelves of many major stores in several states.

Members whose names begin with N-S are asked to come a little early and bring a treat for the hospitality table. Once you are settled, come back to the front door and help greet everyone—a great way to learn names! Don't forget to bring the recipe for publication in the newsletter. 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



March Meeting Day/Date

Remember that this month our meeting night is ONE WEEK LATER than usual on March 17th.

The 2010-2011 Board

Officer Nomination Committee is working toward a full slate of candidates. Our Board needs co-officers in order to provide you with consistent and knowledgeable leadership. Help out, lend a hand. You'll be glad you did!

March and Spring Sales

are here.

Make sure you save at least one weekend so volunteering at a plant or book sale is on your list of things to do for SAHS.

SAWS Spring Bloom, March 13, see *Carol-lee Fisher*,

Olives Olé, Fiesta, March 26 at the SA Botanical Garden, *Jackie Compere, coordinating*;

King William Fair and Parade, April 16, *need coordinator*,
Festival of Flowers, May 28, *Joe-Beth Kirkpatrick coordinating*;
... and probably more.

Always fun to meet new friends and make a few more dollars so we can keep these lights on! Watch this newsletter for updates and schedules.

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.



Inside this issue:

Members' Sale Tables

Contact *Jean Dukes* at least 2 weeks in advance to arrange for a table.

Hospitality Table

Schedule:

Apr: T-Z
May: All
June: A-F
July: G-M
Aug: N-S

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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

Here are the recipes provided with some of the fine foods brought to the February meeting

Items provided without recipes:

Peanut Butter & Chocolate
Sugar Cookies with Raspberry Jam & Nutella™ filling (Sally Ann Hnatiuk)
Penne Pasta w/ Shrimp & Pesto (from SAHS Cookbook, Vol. 2, page 252; Sally Ann Hnatiuk)

White Peppermint Candy

submitted by Kathryn Seipp

Ingredients

24 oz vanilla flavored almond bark
6 oz hard peppermint candy

Directions

Place candy in a zip-lock bag and crush into small, powdery pieces with a mallet.

Melt entire bark in an 8-cup microwave-safe bowl for 2 minutes; stir well. Continue to microwave and stir every 30 seconds until bark is smooth and glossy.

Stir in crushed candy and mix well. Pour onto parchment lined cookie sheet and spread evenly. Chill in refrigerator for 8 to 10 minutes. Break into small pieces. Store in an airtight container.

Chocolate Mousse

submitted by Mary McClendon

Ingredients

1 avocado
1 C almond milk
2/3 C dates, soaked
1/2 C chocolate powder
1/4 C almond butter

Directions

Using a high-speed blender, blend until smooth and creamy. Chill.



Tuscan Bean w/ Tomato & Sage

submitted by Jeanne Jackett, adapted from "Vegan Italiano"

Ingredients

1/4 C olive oil
3 cloves garlic, minced
2-15oz cans cannellini beans, rinsed & drained
1 C vegetable broth
1-14oz can diced or stewed tomatoes
4 fresh sage leaves
(can substitute a fresh rosemary sprig)
salt & pepper to taste

Directions

Heat oil. Add garlic & sauté till soft. Add everything else, bring to brisk simmer. Reduce heat to med-low; simmer until thickened, about 20 minutes. Serve warm.

Orange Quinoa Salad

submitted by Gayle Morris from *Cooking Light*, July 2006

Ingredients

Dressing

1/4 C fresh orange juice
2 Tbs extra virgin olive oil
1 1/2 Tbs low-fat buttermilk
2 tsp honey
1/2 tsp salt
1/8 tsp fresh ground black pepper

Salad

1 1/3 C uncooked quinoa
2 3/4 C water
1/2 tsp salt
1 C green onions, thinly sliced
1 C dried cranberries, sweetened
1/3 C fresh parsley, chopped
3 Tbs sliced almonds, toasted

Directions

To prepare dressing, combine first 6 ingredients in a small bowl; stir with a whisk until well blended.

To prepare salad, place quinoa in a large nonstick skillet; cook 4 minutes over medium heat, stirring frequently. Place quinoa in a fine sieve; place sieve in a large bowl. cover quinoa with water. Using your hands, rub grains together for 30 seconds; rinse and drain. Repeat procedure twice. Drain well. Combine quinoa, water and salt in a large saucepan; bring to a boil. Cover and reduce heat; simmer 20 minutes or until liquid is absorbed. Remove from heat and cool to room temperature. Stir in dressing, onions and the remaining ingredients. Cover and chill.

Coconut Peaks Dipped in Sweet Bay-infused Semi-Sweet Chocolate

submitted by Diane Lewis

Ingredients

1/4 C Unsalted butter
1/4 C Half & Half cream
2 C Sifted confectioner's sugar
3 C Angel Flake Coconut (Baker's™)
1 Bay leaf, fresh, medium size*
1 (6-oz.) pkg. Semi-sweet real chocolate morsels
2 tsp vegetable shortening (Crisco™)

Directions

Melt butter in a saucepan. Stir in cream, confectioner's sugar, and coconut. Drop by heaping teaspoonful onto waxed paper and allow them to cool. Shape into peaks and refrigerate. Place sweet bay leaf in bottom of a heat-proof container, scrape veins on back of leaf with a spoon and immediately cover with chocolate morsels and 2 teaspoons vegetable shortening. Place heat-proof container over hot, not boiling water. Melt chocolate and shortening; stir to mix and make smooth. Dip bottom of each peak in chocolate; place on waxed paper until firm. Remove bay leaf as melted chocolate gets low. Store finished peaks in the refrigerator; remove about one hour before serving. Yield 3 to 4 dozen. Enjoy!

*Note: Coconut Peaks may be made without adding a sweet bay leaf; flavor is similar to a "Mounds" candy bar. (Recipe was doubled for SAHS meeting.)



More recipes on page 5

Hearty Handshakes to...

IN ADVANCE to all our Spring event volunteers! Your efforts are what help keep us meeting!
Many Thanks!!





Over the Fence...

2011 Program Line-up

April: Ann McCormick, *Herb'n Cowgirl*™—Creating Culinary Containers. <http://www.ann-mccormick.com/about.htm>

Creating Culinary Containers – Even if all you have is a sunny balcony, you can grow fresh herbs for flavor and delight. Learn four essentials to successful container gardening. The Herb'n Cowgirl will also cover which herbs thrive in pots.

May: Spring banquet; Board election

June: To be determined

Have ideas for programs?

Contact Jean Dukes, program VP

Next Board Meeting

March 28, 6:30 pm. These meetings are open to the general membership. 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.

Future Community Project

The SAHS Board has decided to take on a fundraising event for a scholarship program for local culinary students. If you are interested in serving on this committee, please contact Jean Dukes or Lyn Belisle.

Tee shirts, totes and aprons available

Are yours faded and tattered? Contact any Board member to order items to be picked up at the next general meeting. Remember to wear your tee shirt or apron when volunteering for the SAHS. The new tote bags are sized up, too. Good for some grocery shopping.

SA Botanical Garden Events

Events coming up:

Spring Break plant sale, March 14 thru 19 (funds benefit family programs at the Garden); Viva Botanica & plant sale, April 9; Flowers & Fireworks and plant sale, April 10; SAWS Garden Jazz Party & Plant Sale, May 1. 210-207-3250 for information.

Diane Lewis is teaching more classes

These are through the NEISD Community Education Classes.

Info & registration, call 210-657-8866 or visit www.communityed.neisd.net

Herbs for Indian Food, Fri. March 11

Herbs (101) for Garden, Kitchen, Bath, Sat. Apr. 2

Dieting Made Tasty with Herbs, Fri. May 6

Herbs for Asian Food, Fri. May 20

Antique Rose Emporium has casual seminars

In March, there's some interesting sessions, all free.

March 19th, Square Foot Gardening at 10 am. Presenter is Linda Reed of Ladybug Natural Brand Products.

Beginning in March, A.R.E.'s Tom Hagerman will be in the vegetable garden each Saturday at 9:30 am to talk about what is growing.

Coming in May: "An Herb Affair" with the Comal Master Gardeners

SAHS Needs Advertising Help

Years ago, The Herb Society posted flyers on the community events boards of various businesses such as nurseries and groceries around town that sold herbs, inviting visitors to come to the upcoming general meeting. Well, we are going to be experimenting again with this outreach, and need volunteers to add to those folks who have already signed up. Every month, you would get flyers via email, print them, and post them at stores in your area, stores that you would normally be frequenting anyway. If this sounds like something you could do, please contact Jeanne Hackett at jeannehackett@sbcglobal.net, or call at 210/735-5333.

SAHS Internet Presence

Our Facebook page may be found by going to our existing web page, www.sanantonioherbs.org, and clicking the big blue "F" icon or going directly to www.facebook.com

The SAHS is continuing to monitor how the new "Meetup.com" page is doing as advertising our organization. It costs several dollars each month to maintain the page, so to keep it, the page must bring in several new members each month. Maria Lührman has volunteered to be moderator of the page as part of our research. Check out the site and give your input to Maria. Go to <http://www.meetup.com> and search for San Antonio Herbs.

GVST classes

GVST offers monthly "Essentials of Gardening" classes which emphasize water-saving landscaping and gardening practices. They are open to the public and free, but do request a \$5 donation to help cover expenses.

Schedule: Classes are 3rd Monday of each month, 12:15-3pm, at San Antonio Garden Center.

Be sure to confirm the dates and locations prior.

Call 210-251-8101 for info.

SA Wine Festival (KLRN benefit)

Joe-Beth Kirkpatrick and Janet Miller put their best SAHS feet forward and went to work corking and pouring AND tasting AND listening to the great music provided at the recent SA Wine & Food Festival. Met some folks and got the opportunity to promote herbs.

See this web page: <http://www.sawinefest.com/> for event news.

Comal County Master Gardeners & New Braunfels

Public Library

These two fine groups are co-sponsoring a series of talks beginning February 23 and ending November 23, 2011. Topics on the schedule include rainwater harvesting, herbal landscape design (SAHS' Diane Lewis presenting), Austin's Utility Research Garden with bamboo as a renewable food source, fall gardens and winterizing your gardens.

Alix Samuels, Adult Services Librarian, originated this idea. There are no sessions in summer months. All sessions are free and open to the public (no registration required). Call 830-964-4494 for schedules and information.

Did You Trim Your Roses on Valentine's Day?

It's Time to Prune the Rosebushes By Donna Fossum of SAWS

The long established tradition is to buy roses for your loved one on Valentine's Day. This year while you're doing that, consider the roses in your landscape as well. February is a good month to prune your roses in preparation for spring.

Depending on the type of rose, pruning is typically done to remove damaged or dead branches, renew plant vigor, and encourage growth. There are several things to keep in mind when pruning roses:

- * Remove dead canes to the crown. Dead canes will be brown and shriveled inside and out.

- * Remove portions of canes damaged by frost. When cutting through the cane, the wood should be white clear through. If there is any brown discoloration, remove more of the cane.

- * Remove spindly canes (those smaller in diameter than a lead pencil).

- * Remove any suckers completely, not just where they emerge from the soil.

- * Always make your pruning cuts at an angle about ¼ inch above a bud that points toward the outside of the plant. The angle should slope away from the bud.

Minutes from February General Meeting

February 10, 2011

Meeting called to order at 7 pm by Yvonne Baca, president, who welcomed all members and visitors.

Announcements:

Sign up sheets for the various spring sales are circulating on clipboards.

Visitors were asked to stand (there were almost a dozen!)

Thanks to Sandra Lyssy and her hospitality helpers, especially Marilyn Nyhus and Cindy Moore.

Members' sale tables, see Jean Dukes 2 weeks prior to next meeting to have a table. Tonight's tables include Patty Wilson with the SAHS shirts and totes, Mike Belisle (Grandpa Mikey) and his jalapeno jelly, Jinnie Perkins with USANA nutritional products and Lauren with Girl Scout cookies

Share table is always out - bring your things to share; items left at the end of the meeting must either be taken back or tossed.

Newsletter always welcomes members' input - articles, stories, recipes, events, photos. See Joe-Beth.

Minutes from January meeting were approved without correction.

Treasurer's report for December was approved without correction.

General announcements:

Comal Master Gardeners and the New Braunfels public library are co-sponsoring a series of gardening talks. First one is Feb 23 at the NB library.

Diane Lewis has a class at the SABot on Feb 19.

Gayle Morris, membership chair, is in need of volunteers to take turns at the front door to meet & greet our members and visitors each meeting.

Joe-Beth promoted the KLRN wine & food fest on Feb 20.

Marilyn Nyhus announced the SABotanical Garden's Chocolate Day on Feb 12. There will also be a plant sale.



Lyn Belisle shared her idea for a new fundraiser for the proposed scholarship program (spring, 2012). She's suggesting that the club put on a full-blown garden tour, complete with experts, brochures and corporate sponsors.

Jean Dukes announced a field trip to Sam Coffman's for a native plant walk and lunch.

Yvonne announced the nominating committee is having a brunch for anyone interested in being on next year's board in the following positions: secretary, membership co-chair, programs co-chair.

Yvonne reminded everyone of the big events in which SAHS usually participates: King William parade (need a chair and need to submit application by 2/16); Viva Botanica; SAWS Spring Bloom March 12, see Carol-lee; Olives Ole March 26, see Jackie Compere; Festival of Flowers May 28, see Joe-Beth. As announced earlier, sign up sheets are circulating.

The May membership banquet needs a chairperson. Please see any board member.

Jean Dukes introduced Chef George Ojeda, chef at Encanto in Schertz, Texas. Chef George gave a lively presentation on Chocolate.

Meeting closed at 8:45 pm

Submitted by Joe-Beth Kirkpatrick

February Program—

Chocolate: Beyond Mints and Molé

Chef George Ojeda started us out with a quick question: What's the difference between "regular" chocolate and white chocolate? (answer later)

Starting out with the basic information that chocolate has been grown for thousands of years, he proceeded to describe some of the early uses. The Aztecs fermented it into a bitter "tea" (kind of a chocolate wine) and used parts of the plant other than the beans or "nibs". The invading Spanish took some of those Aztec ideas back to Europe with them where the French picked up them up. These cultures found use for the nibs in the brewing of coffee.



Raw chocolate is quite bitter and, in large quantities, can be toxic if ingested due in part to its alkaloid content. That said, in modern times research has been done that seems to demonstrate that this property of chocolate does seem to reduce blood pressure a bit. Sounds good.

These days, the cocoa beans are harvested, cleaned, washed, dried, roasted and shelled to get the nibs which are then ground to a paste. The paste is then processed a little more before it winds on the grocery shelves as baker's cocoa or the various percent-content chocolate bars. The higher the percentage, the darker or more bitter the bar (and the fewer of other ingredients). An example would be that baker's cocoa is usually at least 80% cocoa, semi-sweet (chocolate chips) is lower percentage and milk chocolate still lower.

The goal of any recipe is what determines which type of chocolate would be selected. This is a good rule of thumb to use in all one's cooking. Chef George explained as an example that when he makes molé, he prefers a slightly sweeter chocolate to counter the strength of the peppers and to get a nuttier flavor from the overall sauce.

Chef George then described a few of the herbs he enjoys using in the kitchens at *Encanto*. He also came up with a couple of newer ideas that had heads nodding in our crowd this evening. Rosemary, oregano and epazoté are front and center at *Encanto*.

Rosemary, as we all know, has a strong flavor and is a nice addition to many meat and vegetable dishes. Its stems can be used skewers over a grill. But how about this one: slightly char a leafy stem over an open flame then strip those leaves into a crock of olives and let steep. Or take those leaves and crumble over pecans with a pinch of sugar and toast the lot under a broiler for a couple of minutes. The tender tips add a full-bodied flavor to infused oils and vinegars. In the process of that infusing, rosemary leaves behind some of its beneficial qualities: high mineral content plus its somewhat anti-fungal and anti-bacterial properties.

Epazoté received praise from Chef George for use in the most basic of our foods: the humble bowl of soup. This herb has been described as earthy, musty and dry, but in a soup, it contributes a nice, full background flavor when added when the soup is finished. He repeated his caution that many herbs, like epazoté, should be added when the soup is finished cooking. Add them and let them steep, then remove them as desired.

Oh, the difference between real chocolate and white chocolate? The white chocolate is just butterfat with flavor and sweetener.

As his conclusion, Chef George offered up his recipe for Rosemary-Chocolate Mousse with Mint Cream AND gave us all samples. Yum. Thanks, Chef, for the Valentine's Day treat!

Submitted by Joe-Beth Kirkpatrick

Rosemary Chocolate Mousse w/ Mint Cream

submitted by Chef George Ojeda

Ingredients

Mousse

Ingredients

- 2 Tbs unsalted butter
- 8 oz bittersweet chocolate
- 3 large eggs, separated
- ½ C sugar, divide by half
- ½ C heavy cream
- ½ tsp vanilla extract
- 1 Tbs finely chopped rosemary

Directions

Beat egg yolks with a whisk until doubled in volume and refrigerate. In double boiler or preheat a small non stick saucepan over low heat. Add butter and rosemary and let cook for about 3 minute to pull rosemary flavor; now add chocolate to melt. Keep whisking and don't allow chocolate to burn.

Now fold chocolate into beat egg yolks set aside.

Beat eggs whites with ½ of sugar until they hold stiff peaks but not dry. Set aside. Beat the heavy cream with other ½ of sugar and vanilla until firm peaks form. Set aside.

Stir in a couple of spoonfuls of the egg whites into chocolate mixture to loosen up a bit. Then fold in the remaining whites. Be gentle when folding in the whites. Repeat same process with heavy cream. Divide mousse into ramekins or martini glasses and refrigerate in cooler for about 30 minutes. Top with whipped cream. Serve the same day.

Mint cream

Ingredients

- ¼ C heavy whipping cream
- 2 Tbs sugar
- 1 tsp vanilla extract
- 1 tsp fresh mint, finely chopped

Directions

In chilled mixing bowl add heavy cream, sugar and vanilla extract whip until medium soft peaks. Add chopped mint and whip until firm peaks.

6 servings



**In March
Daylight Savings Time Begins
2 a.m. March 13
Spring Forward 1 Hour**

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 items mentioned in this newsletter are at the decision and discretion of the individual.

Chocolate Cake with Chili-Chocolate

Buttercream Icing

submitted by Carol Hamling (Recipe by Lisa Ritter of Big Sugar Bake shop Studio City California)

Ingredients

Cake

- 1 ½ sticks (6 oz) unsalted butter, softened, plus more for buttering the paper
- 1 ½ C all-purpose flour, plus more for dusting
- 1 C cake flour
- 1 tsp baking soda
- 1 tsp baking powder
- ¾ tsp cinnamon
- ½ tsp salt
- 1 ½ C sugar
- 3 large eggs, at room temp
- 2 tsp pure vanilla extract
- 1 C sour cream

Frosting

- 5 sticks unsalted butter, softened
- 1 lbs confectioners' sugar, sifted
- ¼ C heavy cream
- 1 tsp pure vanilla extract
- 1 tsp cinnamon
- 1 tsp ancho chili powder
- ½ tsp cayenne pepper
- 5 oz bittersweet chocolate, melted and cooled
- 5 oz white chocolate, melted and cooled

Directions:

MAKE THE CAKE Preheat the oven to 350°.

Butter two 9-inch round cake pans. Line the bottoms with parchment paper and butter the paper. Dust the pans with flour, tapping out the excess.

In a medium bowl, whisk the all-purpose flour with the cake flour, baking soda, baking powder, cinnamon and salt. In a standing mixer fitted with a paddle, beat the butter with the sugar at medium speed until fluffy, about 3 minutes. Beat in the eggs and vanilla until incorporated. In 3 alternating additions, add the dry ingredients and sour cream, scraping down the side of the bowl between additions. Scrape the batter evenly into the prepared pans. Bake the cakes on the lower and middle racks of the oven for about 30 minutes, until golden and springy and the edges begin to pull away from the sides of the pan. Transfer the cakes to racks and let cool for 15 minutes, then turn the cakes out and let them cool completely. Remove the parchment paper.

MEANWHILE, MAKE THE FROSTING In a standing mixer fitted with a paddle, beat the butter until creamy. At low speed, beat in the confectioners' sugar. Increase the speed to high and beat until fluffy, scraping down the side of the bowl, about 2 minutes longer. At low speed, beat in the cream, vanilla, cinnamon, ancho chile powder and cayenne, then gradually beat in the bittersweet and white chocolate. Scrape down the side of the bowl and the paddle, increase the speed to medium-high and beat until light, 3 minutes longer. Using a wooden spoon vigorously beat the buttercream for 30 seconds to deflate any air bubbles. Place one cake layer on a plate and spread with 1 cup of the frosting. Top with the second cake layer and spread the remaining frosting over the top and sides. Refrigerate the cake for at least 30 minutes. Bring to room temperature before serving.

Make Ahead: The cake can be refrigerated for up to 3 days. The buttercream can be refrigerated for up to 5 days. Return to room temperature before using.

note: I use Ghirardelli bittersweet chocolate. The white chocolate is available from www.bakerscatalogue.com, the ancho chile powder is available from www.penzeys.com. Use more than 1 cup of frosting between the layers of the cake.



Brian's March To-Do List for The Garden

Compiled by MG Brian D. Townsend

"I have found, through years of practice, that people garden in order to make something grow; to interact with nature; to share, to find sanctuary, to heal, to honor the earth, to leave a mark. Through gardening, we feel whole as we make our own personal work of art upon our land." - Julie Moir Messervy, *The Inward Garden*



In Our Herb Garden:

In Our Herb Garden: Mar. 15 is the average last frost date for our Zone 8 (b). * Thin annual seedlings planted in February. * Plant transplants of annual or perennial herbs and label cultivars for identification. Examples to plant are parsley, French thyme (which does better in S.A.'s hot months than English thyme), oreganos, and Mexican mint marigold. *

Plant basil seed, which needs warm soil (day/night temps, above 60 degs.). * Plant ginger roots shallow in area where they will receive afternoon shade. For edible ginger, purchase firm roots from the produce section of your local grocery store.

- HERBS: A Resource Guide for San Antonio

General Yard & Garden Notes:

Control chickweed now before it deposits more seed.

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

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

"Scalp" lawn as needed to remove browned winter stubble. Set mower down 1 or 2 notches, and wear quality respirator and goggles. Don't confuse this with dethatching, which is rarely recommended.

Replenish the mulch of young trees. Place it in a donut shape so the mulch is over the roots but not against the trunk (at least 3 inches away).

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

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

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

Springtime Stroll - Spring moves north at a rate of about 16 miles a day. That means a person walking at a good pace could keep up with it, watching dogwoods, tulips and daffodils (and roses) come into bloom along the way.

Thanks to MG and SAHS long-time member Brian Townsend for this monthly article. Brian has culled this information from the wisdom of a number of local and regional gardening experts, plus our own HERBS: A Resource Guide for San Antonio.



Please see the full length version of this on the SAHS website.

SIG-nificant Events

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

Healthy Living with Herbs SIG

February blew in with a vengeance and kept up with its harassment of our fragile, Southern skin. Not to worry, though. the HLWH SIG met at Joe-Beth's home for a session on saffron. Yep, saffron. We reviewed some very interesting information on this pretty, subtle and quite expensive flower and spice. It has been researched as an anti-cancer agent as well as a detoxification aid. It lends a rich yellow dye to fabrics (and to a pot of rice or couscous!). The yellow is a result of all the b-carotene!. All with a rather clean aroma. You'll find saffron threads at HEB's Central Market. Recommend you buy threads and not ground as the latter is easy to adulterate with look-alikes.



The crocus (*C. sativa*) variety producing saffron has been known to grow even here in South Central Texas. It needs a lot of attention, though, and the water requirements are high.

Next month we'll see you out in the country!

Submitted by Joe-Beth Kirkpatrick

Herbal Crafts SIG



It was a rainy, misty Saturday but Mary Dunford said to come anyway because we would spend time in the greenhouses.

What a wonderful tour we had. Mary showed us their basic soil and explained what she added to it if they were doing rootings or if they were planting seeds. We had demonstrations on how to prepare rosemary cuttings, watched the seeding machine work and saw the production line for transplanting a started plant into a larger container. Shopping was done by all so let's hope no more freezes. We went to a Peruvian restaurant and enjoyed catching up on the news.

The March meeting will be about preserving lemons for cooking. It will be early as it is such a busy month. We will meet on March 5, at 10:00 am. RSVP by February 25 to reserve a spot and get a supplies list. Email Sally Ann at mustang_sally6@msn.com or call 830-980-5645

Submitted by Sally Ann Hnatiuk



Weed-n-Gloat SIG



The Weeders met on Feb. 28th, after this publishing date. Here's how the garden looked in late January (before all that cold weather took its toll. Check with Jane—they'll probably need help getting it back into shape!



Culinary SIG

No report for February's adventures. We look forward to seeing what they're up to in March!

From the Membership Chair

NEW MEMBERS

Join me in welcoming our newest members, Sarah and Justin Rice and Valerie Graves! We're glad to have you with us and look forward to getting to know you better and working alongside you in the future.

As always, members, look for someone you don't know at our meetings, introduce yourself, and help them get to know the San Antonio Herb Society better.

NAMETAG ORDERS

The next nametag order goes out following the March 17 meeting. Nametags are ordered after a member attends three meetings. I'm keeping an attendance log, but don't hesitate to ask if you think you may have been overlooked. The older I get, the more I don't get right...and I'm a big proponent of the honor system. If you've lost your nametag (or the magnetic backing) and you'd like to order a replacement, please contact me. Replacement nametags are \$12.50 and magnetic backings are \$1.00; both must be paid for in advance.

Submitted by Gayle Morris



Treasurer's Report, January 2011

Submitted by Kathryn Seipp

INCOME	
Membership	894.00
Resource Guides	20.00
Booklets	285.00
Bundled Book Sales	<u>35.00</u>
TOTAL INCOME	1,234.00

EXPENSES	
Attendant Fee	45.00
Honorarium	50.00
Printing & Engraving	195.50
Rent Expense	85.00
Supplies	8.09
Sales Tax & Total Tax, Business	<u>279.96</u>
Total Expenses	<u>663.55</u>
Total (Income-Expenses)	570.45

ASSETS	
Cash and Bank Accounts	
Cash on Hand	0.00
Frost Cert of Deposit	1,154.09
Frost Checking	3,852.27
Frost Savings	2,386.79
TOTAL Cash and Bank Accounts	<u>7,393.15</u>
TOTAL ASSETS	7,393.15
LIABILITIES	0.00
OVERALL TOTAL	7,393.15

'10 - '11 SAHS Board Officers

Yvonne Baca - President

210-313-8705 (cell), yvonne943@yahoo.com

Jean Dukes - Vice President Programs

210-566 4379, 10days@earthlink.net

Gayle Morris - Membership

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

gaylemorris09@gmail.com

Karen Abel - Secretary / Recording

210-326-8685; kl89murray@yahoo.com

Kathryn Seipp - Treasurer

210-495-3591, kseippccc@aol.com

Jeanne Hackett - Publicity / PR

210-735-5333, jeannehackett@sbcglobal.net

Lyn Belisle - Webmaster & Green List Coordinator

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

Other Contacts

Marilyn Nyhus - programs assistant

727-643-1380 (cell); rudyardmar@yahoo.com

Maria Luhrman - membership assistant

210-474-0550; mluhrman@yahoo.com

Joe-Beth Kirkpatrick - Newsletter

210-590-9744, joby53@gmail.com

Sandra Lyssy - Hospitality

210-659-5561; slyssy123@yahoo.com

Patty Wilson - T-shirts, Cookbooks

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

More Information Contacts

SAHS web page: www.sanantonioherbs.org

SAHS toll-free phone: 888-837-4361

SAHS Facebook & Meetup pages

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

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

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

A Total Domain

San Juanita Preciado,
Residential & commercial contractor, with
emphasis on interior design
www.atotaldomain.com
Email: sj@atotaldomain.com
(210) 744-1707 (cell)

Ten Days Health Ministry Natural Health Counseling & Essential Oils

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

In Home Senior Care and

USANA Health Sciences
Nutritionals You Can Trust™
Greg & Jinnie Perkins
5805 Callaghan Rd. Ste. 205
SAT 78228
(210) 256-2273
www.inhomeseniorcare.net

Lisa Ann Stanley, Realtor

Coldwell Banker D' Ann Harper, Realtors
18756 Stone Oak Pkwy Ste 101
San Antonio, TX 78258
210-617 0544 Cell
210-483-7509 Business
210-483-4709 Efax
lstanley@cbharper.com



GO TEXAN.

The Hermits Garden

Jan and Phil Conwell, Resident Hermits
Custom Leather and Folk Art
conwell@hermitsgarden.com
<http://hermitsgarden.com>

Here's to Yum

Charles Harzman and Rene Maldonado,
chefs/owners
Serving the Alamo Hts/Broadway Business Area
Food for groups (delivery and/or catering)
210-782-2072 or 210-782-7856
heres_to_yum@yahoo.com

Health by Choice

"Nutrition That Works"
Sil & Yoli Huron, BA, CNHP
Certified Natural Health Counselors
210-735-9053
Website: www.barleybaby.com
www.health4ever@barleybaby.com

The Human Path

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



PLEASE SEND TO:



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