



# La Yerba Buena



THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 264, March 2012

*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 8, 2012

### St. Phillip's College Hospitality and Culinary Arts Department



Our guest speaker for March is Steve Martin, Chef Rôtisseur, and Senior Culinary Educator for the culinary program at St. Philip's College who will be accompanied by several students. He will be demonstrating "Knife Tricks We See On TV" so sit in the front row at your own risk! Steve will discuss the restaurant (Artemisia's) and how herbs are introduced to the students. Artemisia's is a classroom-restaurant of the Tourism, Hospitality and Culinary Arts (THCA) department at St. Philip's College. It features various groups of students who collaborate to prepare, coordinate and serve meals of various styles and cuisines. They will also be demonstrating a food item and we will get a taste.



Members with names beginning A-F, it's your turn to bring some treats for our Hospitality Table; be sure to provide a name card (and recipe) for the dish you bring. Bring your dish by 6:30 pm so we can sample your fare during our fellowship time. Once you are settled, come back to the front door and help greet everyone—a great way to learn names! Come ready to have a great time visiting with your Herb Society friends at the lovely San Antonio Garden Center, located on the corner of Funston and N. New Braunfels. For more information, check out our website at [www.sanantonioherbs.org](http://www.sanantonioherbs.org)

### SAHS 2012-2013 Board

Several positions in our Board are up for new occupants. If your skills includes things like coordinating a one-day-long project, finding special people who are happy to make short presentations on topics of herbal interest, balancing a check-book, setting tables or making decorations and last but NOT least: working with a terrific group of dedicated herb lovers, please consider saying "Yes!" when you're asked to be a part of this organization's Board.

### SAWS Spring Bloom & SAHS Plant Sale

Saturday, March 10th from 9 am to 1 pm at the SAWS headquarters (Mulberry @ US281).

This is our first big sale of the season. These sales are fundamental to the quality of programs and activities you've come to expect from the Herb Society. Start set up at 7:30am. In cases like this, many hands make light work.

Contact Carol-lee Fisher at 210-473-0872 or Joe-Beth at 830-460-0251.



### 2012 Membership

According to our membership co-chair, Norm Hastings, the our first quarter membership/renewal drive has garnered the SAHS almost 150 new and renewing members (including all categories of membership). We grow when our good words are out there for folks to see and hear.

Our own membership is as diverse as is the population of San Antonio itself. Visit with any of our members and you may be talking to an expert in health or medicine, a Master Gardener or landscape designer, a trained chef, a known and respected artist, a scientist, a farmer or rancher, an accountant or legal expert, an aircraft mechanic or pilot; the list goes on. How could you NOT want to be a part of this cub?

### SAWS' Seasonal Star

Huisache (*Acacia farnesiana*)

A south Texas native, Huisache tolerates the extremes of South Texas weather with a soft, breezy evergreen shade suitable for an accent or a sunny border. As in many mimosas and acacias, its needle-like thorns are abundant, especially on younger wood. With shaping, huisache can be trained to a lovely vase-like form. It boasts cascades of perfumed blooms in late winter.



### Members' Sale Tables

Contact Marilyn Nyhus at least 2 weeks in advance to arrange for a table.

### Hospitality Table

#### Schedule:

Mar: A-F

Apr: G-M

May: Banquet

Jan: N-Q

Feb: R-Z

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GO TEXAN.

Be sure to view the unabridged version of this newsletter with its full color photos @ [www.sanantonioherbs.org](http://www.sanantonioherbs.org)  
If you would like to receive the SAHS newsletter electronically, please contact Lyn: [belisle@satx.rr.com](mailto:belisle@satx.rr.com)

## Member Recipes

Thanks to *everyone* who shared their delicious dishes and recipes during our February session.

### Cool Beans Salad

submitted by Patty Wilson

#### Ingredients

3 C cooked Basmati rice  
1 can (16 oz) kidney beans, rinsed and drained  
1 can (15 oz) black beans, rinsed and drained  
1 1/2 C frozen corn, thawed  
4 green onions, sliced  
1 small sweet red pepper, chopped  
1/4 C minced fresh cilantro

#### Dressing:

1/2 C olive oil  
1/4 C red wine vinegar  
1 Tbsp sugar  
1 garlic clove, minced  
1 tsp salt  
1 tsp ground cumin  
1 tsp chili powder  
1/4 tsp pepper

#### Directions

In a large bowl, combine the first seven ingredients. In a small bowl, whisk the dressing ingredients; pour over salad and toss to coat. Chill until serving.

### Sugar Cookies

submitted by Carol Hamling

#### Ingredients

1 C butter  
2 C Sugar  
3 eggs, large  
1 Tbs vanilla extract  
1 tsp baking soda  
4 1/2 C all purpose flour  
Scant tsp salt

#### Directions

Cream together butter and sugar; add the eggs one at a time, beating after each. Stir in the vanilla, the baking soda, salt and flour. Wrap in plastic wrap and chill at least two hours.

Preheat oven to 350° or 300° if using convection. Take out 1/4 of the dough at a time, keeping the rest chilled. If you have a silpat, roll dough out on that using half flour and half confectioners' sugar to dust your rolling pin with, using as little as possible. Roll dough to 1/4 to 3/8 inch thickness.

With a floured cookie cutter, cut out desired shapes. Place on parchment paper on a baking sheet and bake until set, do not brown.

Decorate as desired.

### Other dishes provided by our membership

Not much to report this month -- looks like folks took some time off!

Shrimp & Pasta Salad by Mike Belisle

Chocolate-covered Strawberries by Beverly Tibbs

### Bringing treats to our meetings...

...may seem a bit old-fashioned, but it can be the glue that helps hold a club together. There was a story my mother used to tell us as small children about the little red hen. You may have heard this one. The little red hen asked her barnyard companions for help more than once in the course of preparing a nice loaf of bread for dinner. She was turned down until that bread finally came out of the oven smelling like heaven itself.

THEN she had lots of friends. But, being a wise hen, she turned them down, explaining they'd had no part in the preparation, therefore had no right to the eating and thus, the enjoyment. Those barnyard companions learned a valuable lesson that day, one that has been paraphrased in myriad ways over the years.

My favorite: Many hands make light work. So do YOUR part to help us start out each of our meeting evenings on the right note. Bring a treat when it's your turn. Show off a little bit, even (right, Carol?) and certainly have fun in the process. We'd all love to sample what you've brought!

## SAHS NEEDS CHAIRS & HELPERS FOR 2012 FUND-RAISING & COMMUNITY ED EVENTS ASAP!!

### From the SAHS President

Dear Fellow Herbies,

Can you believe February is nearly over and we are rolling full steam into our busiest season! As the board and I were discussing all of the upcoming events, it occurred to me that our members may not realize the scope of our involvement in the community as we, the San Antonio Herb Society, go about fulfilling the purpose set down by our founders. Our society was formed in order to "bring together those who are interested in using and growing herbs and promoting general knowledge of herbs to the membership and the public at large". Who knew we would have so much fun doing this?!

Here is the list at a glance of our upcoming events for 2012.

SAWS Spring Bloom	March 10
Air Force Earth Day	April 12
Central Market Herb Fest	April (tbd)
Festival of Flowers	May 26
Basil Fest at Pearl	June 2
Rackspace Earth Day	June (tbd)
Garden Tour Scholarship Fundraiser	Sept 22
Herb Market at Pearl	Oct 20

Over the last year and a half, it's been exciting to see the growth of the Herb Society in new members, in requests to give informational talks to other groups and in new community teaching venues. For example, both of the Earth Day events listed above came to us last year, asking that the Herb Society be part of their activities. So there we were, setting up an herbal display, answering questions, sharing knowledge and telling about our Herb Society. And they both have invited us to participate again this year.

The wonderful thing is that each of these events is an opportunity for members to be part of a fun-loving team of volunteers! The definition of "opportunity" is "1) *advantageous chance: a chance, especially one that offers some kind of advantage; 2) favorable conditions: a combination of favorable circumstances or situations*". Both are absolutely true. We all know that we receive in good feelings and deep satisfaction much more than we give in the few hours we put into this good cause of service. So, as you see the clip boards with sign-up sheets being passed around at each of our upcoming meetings, seize the moment and join the team! If you miss a meeting you can always find more information in our newsletter or by calling a board member.

Until later, enjoy the rain, enjoy the beautiful weather, have fun gardening, savor good cooking and be safe and well!

*Yvonne Baca, President*

Contact any Board member to volunteer for these events.



## Over the Fence... 2012 Program Line-up

**April:** Cindy Meredith of the *Herb Cottage* in Hallettsville; SAHS Board nominations announced  
Central Market Herb Fest (book sales) NEEDS A CHAIR

**May:** Spring Members' Banquet; **SAHS Board election**  
26th Festival of Flowers (book sales)

**June: No program found yet—need your ideas!**  
2nd: Basil Fest at Pearl (book sales) NEEDS A CHAIR

### Have ideas for programs?

Know a great speaker for an interesting herbal topic? Contact Marilyn Nyhus (OUTGOING CHAIR) with your suggestions. SAHS NEEDS A NEW PERSON FOR THIS CHAIR.

### Next Board Meeting

March 26, 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.

### What's Cookin'? A "Best Of" SAHS cookbook

The cookbook committed had their first big meeting in February and are rockin' and rollin' toward a winter publish date for this latest collection of our favorite recipes and other herbal hints. What are your favs? Jot them down (by book & page number) and let Lyn Belisle know.

### Cookbooks Wanted!!

Carol Hamling is helping to collect used hardbound cook books for donation to the St. Phillips Culinary School and requested members to scour their bookshelves and bring unwanted cook books to the next meeting. She reminds us all that there may be a cookbook or two lurking on the shelf that we may have only opened once or twice and never seem to get around to using very much. The school can use these treasures to help show their students the myriad ways food can be prepared and presented. Contact Carol at 210-493-8713 (mail at obith@satx.rr.com).

### Square-Foot Gardening Methods

Guadalupe County Master Gardeners will meet Thursday, March 15th, at 7 pm the AgriLife Extension Bldg. at 210 E. Live Oak in Seguin. Mr. Andy Chidster, who works for The Natural Gardener Inc., manufacturer of Lady Bug Products, will present Mel Bartholomew's method of square foot gardening, which is growing more with less space. Meetings are free & open to the public. For more information, call 830-303-3889 or go to [www.guadalupecountymastergardeners.org](http://www.guadalupecountymastergardeners.org)

### Interested in Texas Native Plants?

Next meeting of the Native Plant Society of Texas will feature Judit Green, Texas Parks and Wildlife Department Urban Wildlife Biologist, speaking on native plants for shaded areas. Tuesday, March 27, 2012, at Lions Field Adult Center, 2809 Broadway. Native plant and seed exchange at 6:30 pm, followed by speaker at 7:00 pm

March workshop is titled "Plants Misbehaving...Native Solutions" and is a on non-native plants and their containment among native plantings. Saturday, March 24, 2012, 8:30 am – 1:00 pm, at University of the Incarnate Word. Pre-registration required. Contact chinaberry2@hotmail.com for details.

*Native Plant Society of Texas, San Antonio chapter meets 4th Tuesdays except December & August. Webpage: [www.npsot.org/sanantonio](http://www.npsot.org/sanantonio)*

### Herb Society of America in 2012

The HSA annual conference in 2012 will be in Austin, Texas,

May 3-5. Sounds like a field trip! Mark your calendars now and save the date for this worthy weekend. See their web page for schedules & registration info.

<http://www.herbsociety.org/events/conference-12.html>

### SA Botanical Garden Events

Spring Break Plant Sale March 12 - 16 (Mon-Fri), 9am to 1pm. In the greenhouses.

Native Plant Walks at 10:00 am

Explore 11-acres of the Texas Native Trail with a Master Naturalist! Friday, March 9, Hill Country; Saturday, May 12, Seasonal Highlights

Other activities at the SABot include these interesting workshops:

Plant Propagation on Thursday, March 8, 9:00 - 11:00 am

Japanese Garden Design with the Southwest School of Art, Saturday, March 31 from 10:00 am -5:00 pm

Beginning Botanical Illustration, Tuesdays & Thursdays, April 3 - May 3 from 11:00 am - 2 pm

Talk about variety! For info call 210-207-3255.

### Totes, Tees and Aprons

The SAHS totes have longer handles and are terrific for your grocery cart. Tee shirts and aprons help identify SAHS members during our various events.

Contact Patty Wilson.

### 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 Jeanne Hackett at [jeannehackett@sbcglobal.net](mailto:jeannehackett@sbcglobal.net), or call 210/735-5333. Jeanne is the OUTGOING Publicity Chair for SAHS. SAHS NEEDS A NEW PERSON FOR THIS COMMITTEE.

### Notice: Starting a Special Interest Group?

The Culinary SIG is offering to mentor any person or persons interested in starting their own special interest group. Though our own special focus is culinary, if you have an interest in craft or medicinal or whatever herbal, we have members who would love to help you get going. Belonging to a SIG is a great way to fully experience all that SAHS has to offer, and to have a lot of fun besides! Call Emily at 830-438-8314 (mail at [kivuli@msn.com](mailto:kivuli@msn.com)) or Carol at 210-493-8713 (mail at [obith@satx.rr.com](mailto:obith@satx.rr.com)) to find out how easy it is, and to have an experienced partner by your side to get off and running.

*Submitted by Jeanne Hackett*

### Schulz Nursery...

...recently asked permission of the SAHS to republish some of our newsletter recipes in THEIR newsletter. How's that for a good reputation? Thanks, Niki McDaniel! In return, they'll be publishing some of our events. In appreciation for such a nice offer, here's a couple of their upcoming information sessions:

Organic Veggies for Spring and Summer with Pedro Schambon, founder of My Father's Farm, USDA-certified organic growers, March 3, 2-4 p.m., Schulz Nursery in Marion; and March 10, 2-4 p.m., Schulz Nursery on Broadway.

Revitalize the Lawn with David Rodriguez, Bexar County AgriLife horticulturist and Master Gardener coordinator, March 10, 10:30 a.m.-12:30 p.m., Schulz Nursery on Broadway; and March 25, 2-4 p.m., Schulz Nursery in Marion.

C. George Washington  
Rose Trivia Answer



## Minutes from February 9, 2012

### General Meeting

Meeting called to order at 7:00 by past President, Eileen Achorn. Attendance was 71 people.

-Eileen acknowledged all new members, visitors and first time attendees. Thanked the hospitality greeters and food providers. Reminded all of the SAHS Table with cookbooks and Resource Guides manned by Patty Wilson, the Share Table, and the two Members tables (Virginia Perkins with Usana Health Sciences and Jean Dukas with Young Living Essential Oils). Reminded attendees that any articles or information wanting to be in the Newsletter needs to be submitted to Joe-Beth Kirkpatrick NLT the second Friday after the general meeting. Minutes from the January meeting were approved.



-Eileen reminded all of the March 8 meeting (St. Phillips Culinary School), the April meeting with Cindy Meredith and the May meeting which is the Member's only banquet. Also reminded all the memberships are due for renewal immediately and that the Herb Society now has a PayPal account to make payments easier. Also reminded any members who have attended three meeting that they need to order nametags through Norm Hastings.

-Eileen thanked all who participated in the Scarf Project for Special Olympics and Madeline Sprague reported that the program was a success with 3100 scarves being knitted. Also announced that the Culinary SIG, which is currently full, has offered to mentor anyone who might wish to start a similar SIG on their own. An update on the Rose Booklet was given... it is selling fast at every venue. Announced that there is an urgent need for people to fill five soon to be vacant Board positions along with a Nominating Committee. Eileen emphasized that without new Board members the SAHS will cease to exist.

-Volunteers were solicited by Joe-Beth Kirkpatrick for the SAWS Spring Bloom on March 10 while Jackie Compere announced that the Olives Ole event is not happening after all. Eileen gave an update on the Scholarship Fundraiser scheduled for 22 Sep 2012. Lyn Belisle gave an update on the new SAHS Cook Book and announced the first meeting will be held on 15 Feb 2012. Lyn also announced that the Board had inadvertently violated their own bylaw of requiring general membership approval of any expense over \$750 regarding the Rose Booklet, asking for member's forgiveness with a vow it will never happen again. Carol Hamling mentioned that the SAHS will be collecting hardbound cook books for donation to the St. Phillips Culinary School and requested members to scour their bookshelves and bring unwanted cook books to the next meeting.

-Marilyn Nyhus introduced the evening's program, Bill Varney of Urban Herbal.

*Submitted by Mike Belisle, Secretary*

### Review: Bill's "Urban Herbal" and Gardening in Small Spaces

Bill Varney, owner of Urban Herbal, brought us some great ideas for gardening in small areas. Think small



spaces like those found in a narrow alley between buildings or in one of those tiny "garden home" plots; a space that is better off with fairly well controlled plantings and landscapes. Bill described some areas he's designed and installed - some great ideas, there!

Then there's container gardening; live plants within easy reach. According to Bill, that's not all! The "pot" could be (and in some cases, should be) just as attractive as the plant itself or at least be complimentary. He suggested looking around and getting your head around the idea that containers don't need to be standard clay pots. Have a length of left-over gutter lying around? How about that old pair of sneakers that's gotten a bit "holey"? Find a rusty bucket at a flea market or garage sale? An old kettle or cauldron? Here's one: get one of those hang-over-the-door shoe storage bags. The pockets will hold enough dirt for any small plant to make good roots.

Bill Varney owns Urban Herbal in Fredericksburg, TX, specializing in natural handmade personal care products, handmade gourmet food items, and hand packaged seeds. His presentation emphasized "Growing herbs in Small Places". Bill gave the history of his herb farm, why it closed and introduced his new shop. He talked of being creative with herb containers and gave examples of ways to present growing herbs in unusual places. He stressed the need to use only

organic plant food with no chemicals, pesticides, or herbicides. He also stressed the need to prune your herbs often to encourage growth and strength.

Bill talked of making various herbal vinegars and how to cook with herbs. He passed around Rose Geranium plants and his own Rose Flower Water for people to smell,

talking about how it could be used in cooking, aromatherapy and skincare. He discussed of using rose geranium in making cakes and allowed attendees to have a sample of a rose pound cake he had provided for the meeting. And he provided his recipe for Rose Flower Water: Take 1 gallon of distilled water and 1/3 cup of Everclear alcohol. Heat almost to boiling and then pour over 4 cups of rose petals. Let sit until cool then cap and store for one month; filter before using. Bill also explained making his own herbal vinegars and his personal bourbon vanilla extract. He brought a handout about growing herbs in small places, including several herbal cake recipes and inviting all to visit his website, his blog and to friend him on FaceBook).

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*Dear Rosie,*

Since I know little to nothing about growing roses, what is the best soil for roses, how much sun can they take, and when does one plant them? What is the best smelling rose?

–Barbara Lee



**Dear Barbara,**

Roses need about 6-8 hours of sun per day so choose a sunny spot for your rose bed, and begin preparing the soil in the bed during the winter.

First, dig out a bed about 10-12 inches deep. In the San Antonio area, the ground may be made of deep black clay, sandy loam, or rocks. My sympathies if you have rocks. ..so do I. Excavate the bed to a depth of 10-12 inches. Mix 1/3 excavated topsoil, 1/3 sharp (preferably Poteet red) sand, and 1/3 organic matter (compost, peat moss, or manure), and fill the new rose bed with this mixture. If your yard is made up of caliche or chalk rock, a commercially prepared soil will be the best bet for your rose garden.

Now that you have the soil ready, you'll be able to plant when the new roses come to nurseries in San Antonio –in late January or February.

Now to the last part of your question. The best smelling rose? That's a tough one....because it's such a personal choice. I like Old Blush, but my best advice to you is to visit the Antique Rose Emporium, the San Antonio Botanical Gardens, or a nursery in town, and sniff all the varieties you can. Take a whiff of the hybrid teas, grandifloras, floribundas, miniatures, or old garden roses. See which one you like best and buy it for your garden. You will be glad you did!

When you harvest your roses, don't forget to check our Roses, Roses, Roses book for rose recipes, rose spa and medicinal uses, and rose crafts.  
Happy Gardening and Happy Herbing!

*-Rosie*

### Rose Trivia

Which of these early Americans was an avid rose grower?

- A. Abraham Lincoln
- B. John Adams
- C. George Washington
- D. Benjamin Franklin

Answer elsewhere in this newsletter.

### SAHS Internet Sites

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

### E-Mail Courtesy

For the safety and security of all our membership, if your email account has been compromised in any way, please take steps to remove your address list(s) from the affected email and/or close that affected email. Your friends at SAHS will appreciate it!

Submitted by SAHS

*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.*

### Wheelbarrows

#### An Old Friend

It finally happened: the struts collapsed and the flat wheel lay there and died. My wheelbarrow, champion of two gardens on two continents, carrier of tired kids, of compost mixed in a neighbor's deserted garden, and precious dried horse manure from a nearby stable has given up the ghost. It can't do this to me - there are too many memories tied to this. I inherited it from an old gardener when I took over an allotment from the City of Wiesbaden, Germany, and it served me well there. It traveled as hold baggage when the Army moved us to San Antonio in 1993. And it had its place in the back yard, propped up against the shed, where I could see it from my kitchen window.



I can't just throw it out, this old friend. It's early yet for planting summer seeds in the ground, who knows if we'll have a freeze before March. So the plan is: fill it with potting soil and compost and some fertilizer and sow those summer seeds, cover it with those two windows that I've been saving for just this opportunity. Wish me luck with my portable greenhouse.

Old wheelbarrow - you're not done yet!  
by Jane McDaniel

Send the editor a photo or YOUR favorite wheelbarrow and a short description of its own story!



Sometimes, there are too many choices...

**SAHS NEEDS CHAIRS FOR 2012 FUNDRAISING & COMMUNITY ED EVENTS ASAP!!**

## 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:

March 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°F). 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 Notes for the Mid-Winter Season:

Last chance to apply pre-emergent herbicides and receive their full benefit. Remember to water them in lightly.

Still time to mow/cut well established Asian Jasmine, lirioppe and mondograss, feed with a slow-release lawn food (never use a weed & feed).

"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. It's too early to fertilize lawns. To revitalize your lawn, aerate and top-dress your lawn now with a 1/2 inch of compost.

Rather than pruning pear trees, use spacers to spread branches at a 60 degree angle. Pruning pear trees heavily stimulates vegetation rather than fruit. Fertilize fruit trees with 1 cup of slow-release lawn fertilizer per inch of trunk diameter. Spread it around the drip line. Fertilize pecans with 21-0-0 or other high-nitrogen fertilizer on 30-day intervals early March through early May.

When you see migrating birds flying low, you can be sure that bad weather is approaching. For successful migration, birds need a strong tail wind and in calm weather there is no head wind so they can fly high. If a storm is approaching, the winds change as well as the air pressure, and migrating birds then drop very low.

### Your Herbal Roses:

It is not necessary or even desirable to remove old mulch or scratch the fertilizer into the soil. Except for fish and blood meal, simply scatter the fertilizer on the mulch like feeding the chickens and let nature take its course. A good rain or heavy watering will get the fertilizer where it belongs.

Watch for basal breaks (vigorous shoots coming from, or within 5 inches above the bud union). Some pinch them when they get 1 or 2 feet high; others let them go ahead and flower first. In either case, tie them off to a stake or another cane as they are **very** fragile at this time.

If possible, save and use rainwater. If not, add 1 tbsp. of natural apple cider vinegar per gallon of water. If all else fails, just use tap water but don't over water. Avoid salty well water.

For best results foliar feed with Garrett Juice every 2 weeks, but at least once a month. When soil is healthy, nothing but Garrett Juice is needed in the spray.

*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 on the SAHS website.*

## SIG-nificant Events

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

### Culinary SIG

Mon, what a great time our Culinary SIG had visiting the Caribbean Islands in February! Enticing aromas of curry, ginger, tropical fruits and toasted coconut wafted about as members entered Emily's large kitchen, where we were greeted with leis and frosty glasses of homemade herbal tea, ginger beer and ginger lemonade. Everyone introduced their dish and its provenance, after which our culinary island-hopping commenced. The feast included bacon-wrapped stuffed peppers with grilled fresh pineapple, a black bean bisque with rock shrimp escabeche from Cuba, a Martinique corn, cranberry bean and fried okra salad, some Cuban fried rice with back beans and pineapple, a Caribbean sweet potato side, a Jamaican shrimp curry with rice, and homemade bread with herbal butter. We really outdid ourselves with desserts, including a decadent "BahamaMama" carrot cake, a complex-tasting coconut quick bread (wrested from a sweets-craving hubby who couldn't resist the smell....and who could blame him!), an island 'plain cake' from an early 1900's recipe that was anything but plain, and a wonderful island coconut rice pudding that doubles as breakfast---though with so much great food that evening, it's doubtful anyone had much appetite for breakfast the next morning!

We loved our island cooking adventures, and the chance to expand out culinary horizons, as well as enjoyed our usual good fellowship and laughter. And for those in the SAHS membership who would like to join in, we now have two openings that have just become available. If you are interested, call Emily at 830-438-8314, and be assured of a warm welcome from a convivial and talented SIG!

Next month, we are off on a field trip, with plans still in the works. Stay tuned!

*Submitted by Jeanne Hackett*

### Herbal Crafts SIG

We think about being green (organic) in our gardens, so why don't we think about being green inside our homes with cleaning? Think of the benefit – a healthier home. What better to do then gather with fellow Herb Craft enthusiasts and concoct green cleaning products on a rainy Saturday morning!



We started with a brief presentation which highlighted some basic green cleaning items which include vinegar, baking soda, castile soap, borax, salt and lemon juice. We added the herbal touch by including essential oils into our mixtures. We went over some key essential oils which we would use like Orange which is antiseptic and Lavender which is antibiotic, antifungal, antiviral and antibacterial (GO Lavender! ). We were ready to start. Emily led a group into the kitchen to demonstrate how to make your own laundry and dishwasher detergent. I went around setting up stations to make All Purpose Cleaner, Soft Scrub Alternative, Scrubber for Sinks and Shower, Fabric Softener and Non-toxic wipes.

Most of these recipes can be found in the San Antonio Herb Society Cleaning Green pamphlet. We also made some fun stuff like Chillin' Out Brew which can be used to cool you off

after a day of cleaning or gardening!! After shaking and stirring and making a few fabric softener volcanoes, we all had an arsenal of green cleaning products to go and conquer the dirt and grime in our homes.

All this activity stirred up an appetite. We may not be the culinary SIG but we can put on a pretty good culinary spread!!! All in all it was a great day – my house was left smelling great! Little elves helped clean up and left goodies in my frig!!!

If you are interested in learning more about our SIG, please contact Sandra (210-659-5561, slyssy123@yahoo.com) or Rebecca Kary (karyrebecca@yahoo.com).

*Submitted by Sandra Lyssy*

### Aromatherapy SIG

The SIG postponed an earlier session didn't meet until February 28. No report, but how about checking out this great article on aromatherapy by the Herb Companion's online publication? It's a great introduction to this ancient art.

<http://www.herbcompanion.com/Body-Care/Body-and-Soul-Ritual-Oils.aspx>

For info, contact Jean Dukes at [10days@earthlink.net](mailto:10days@earthlink.net)

### Healthy Living with Herbs SIG

February and the Healthy Living with Herbs SIG met at Marilyn Nyhus' home. While visiting we had Vegetables & Turmeric Dip. Dinner included brought by Diane Lewis' delicious Red Lentil Soup with so many layers of flavor, Open Face Egg Salad sandwiches (with Turmeric), Salad with Turmeric Dressing and delicious Ginger Mint Cucumbers (brought by Marguerite Hartill, pg 66 of the SAHS Cookbook). Dessert was Decadent Chocolate Cupcakes and Kahula coffee.

Our topic this month was Turmeric, which is a rhizomatous herbaceous perennial plant of the ginger family. India is the world's largest producer of Turmeric powder as well as the world's largest consumer of the powder (which is made from the root). In the Ayurveda system of herbal medicine, turmeric is known to strengthen and warm the whole body. The fresh succulent root may actually be eaten as is - it has a pleasant texture and somewhat sweet/nutty flavor that balances the bitter.

Our other topic was Coconut Oil and its use for cooking, baking and eating. I used coconut oil in the egg salad, the vegetable dip, the salad dressing and the chocolate cupcakes. We had a list of 52 Uses for Coconut Oil, the types of coconut oil available (some have the coconut fragrance and others do not) and online sources as it is fairly expensive in the grocery store.

*Submitted by Marilyn Nyhus*

### Weed-n-Gloat SIG

We're getting the Herb Garden ready for spring planting. Did a lot of gloating that day. We meet at the SA Botanical Garden Herb Garden, the last Monday of each month, 10 - 11 am. To find out more, contact the Ober-Gloater, Jane McDaniel at cell # 210-381 4931.

*Submitted by Jane McDaniel*

### SAHS Membership

Don't forget to check your name on the sign in sheet when you come in for the general meeting. This count lets our membership chairs know that you're active. It also lets us know our visitorship counts which tells us if our outreach is working or not. This tally helps confirm a member's request for nametag, too.

Don't forget to let Norm know if you need a new or replacement name tag by the March meeting evening.

## Treasurer's Report, January 2012

*Submitted by Kathryn Seipp*

### INCOME

Membership	670.00
Miscellaneous income	<u>0.00</u>
<b>SUBTOTAL - INCOME</b>	<b>219.63</b>

### EXPENSES

Attendant Fee	65.00
Bank charge	0.36
Copies	32.65
Postage & Deliver	5.93
Printing & Engraving	1,327.02
Rent Expense	185.00
Supplies	41.90
Website fee	49.00
Sales Tax	<u>345.52</u>
<b>SUBTOTAL - EXPENSES</b>	<b>2,039.80</b>
<b>TOTAL (Income-Expenses)</b>	<b>-850.30</b>

### ASSETS

Cash and Bank Accounts	
Cash on Hand	80.00
Frost Cert of Deposit	1,194.95
Frost Checking	2,430.11
Frost Savings	<u>2,387.68</u>
<b>TOTAL Cash and Bank Accounts</b>	<b>6,092.74</b>
<b>TOTAL ASSETS</b>	<b>6,092.74</b>
<b>LIABILITIES</b>	<b><u>0.00</u></b>
<b>OVERALL TOTAL</b>	<b>6,092.74</b>



## '11 - '12 SAHS Board Officers & Members

**Yvonne Baca** - President

210-313-8705 C, [yvonne943@yahoo.com](mailto:yvonne943@yahoo.com)

**Marilyn Nyhus** - Vice President Programs

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**Marguerite Hartill** - Programs Assistant

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**Norm Hastings** - Membership Co-Chair

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**Mike Belisle** Secretary, Recording

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**Kathryn Seipp** - Treasurer

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**Barbara Quirk** - Treasurer Co-Chair

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**Jeanne Hackett** - Publicity / PR

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**Lyn Belisle** - Webmaster & Green List Coordinator

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**Eileen Achorn** - Immediate Past President

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**Joe-Beth Kirkpatrick** - Newsletter

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

**Sandra Lyssy** - Hospitality

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

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

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

**More Information Contacts**

**SAHS web page:** [www.sanantonioherbs.org](http://www.sanantonioherbs.org)

SAHS toll-free phone: 888-837-4361

**SAHS NEEDS CHAIRS FOR 2012 FUNDRAISING & COMMUNITY ED EVENTS ASAP!!**

## 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](http://www.nematodenick.com)

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

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

### Mike Behrend, Executive Chef

Green Vegetarian Cuisine  
1017 N. Flores  
San Antonio, TX 78212  
210-807-0891  
[Mike@greensanantonio.com](mailto:Mike@greensanantonio.com)  
[www.greensanantonio.com](http://www.greensanantonio.com)

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

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

### In Home Senior Care and USANA Health Sciences

*Nutritionals You Can Trust™*  
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SAT 78228  
(210) 256-2273  
[jinnieperkins@yahoo.com](mailto:jinnieperkins@yahoo.com)  
[www.inhomeseniorcare.net](http://www.inhomeseniorcare.net)

### The UrbanHerbal

Herbal Specialty Foods and Personal  
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407 Whitney St.  
Fredericksburg TX 78624  
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[www.urbanherbal.com](http://www.urbanherbal.com)

*For our business members:  
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[www.health4ever@barleybaby.com](mailto:www.health4ever@barleybaby.com)

### The Human Path

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Classes by Sam Coffman  
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[Sam@thehumanpath.com](mailto:Sam@thehumanpath.com)  
[www.thehumanpath.com](http://www.thehumanpath.com)

### Yvonne Baca, LMT

Holistic Health Practitioner  
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Lymphatic Drainage, Essential Oils,  
Reiki Master, Therapeutic Touch  
Akashic Record Consultations  
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