



La Yerba Buena

THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 228, March 2009

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

Program Thursday, March 19, 2009

Herbs & Your Immune System

Ever wondered about using the remedies or tonics that our grand and great grandparents used? Ever wondered why so many that elder generation seemed to have pretty good if not outstanding health all through their years—all without name brand headache or cold remedies or frozen dinners? What we nowadays think of as “normal” western medicine is relatively new—just the last hundred fifty years or so, not counting the snake oil salesmen and carpetbaggers.

The Herb Society is proud to once again host Shari Kilman — owner of the Omni Star Farm in Boerne Texas. Established in 1979, the farm is dedicated to the cultivation, study, and teaching of herbal healing. Shari walks her talk—she promotes the use of all things herbal in regards to our health. That’s health not just of us humans, but of our animals and the world around us as well. Herbs have been the mainstay of human health for untold millennia and we in this century certainly have the means to learn and adapt these wonderful plants back into our daily lives. In the process, who knows? We could help teach the world about a simpler, more aware way of healthy living.

Hospitality begins at 6:30 pm (names beginning **N-S** bring a snack and its recipe), the meeting at 7 pm, concluding at 9 pm.. We’re at 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



SAWS Watersaver Landscape Contest

The 2009 contest is here and open to all Bexar County neighborhoods. Winning landscapes will be featured in a public tour Saturday, May 9.

For judging criteria and details on how to enter, call the Gardening Volunteers of South Texas at 210-251-8101. Entries due by April 10.

SAHS, remember one of the 2008 winners was one of our own. Let’s make this a trend!



****March Meeting****

Reminder that the March meeting is on the **19th**, NOT on the 12th. The Garden Center will be host to a plant sale during our usual time.

Hospitality Table Schedule:

April: T-Z
May: A-D
June: E-M
July: N-S

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HELP NEEDED!!

March 14, SAWS Spring Bloom Sales day at the SAWS headquarters on US281 @ Mulberry (across from Trinity). SAHS will be selling herbs & possibly cookbooks and resource guides. Setup begins at 7:30; Sale until 1 pm. Contact Carol-lee Fisher for information. (210) 681-6815

MORE HELP NEEDED!!

March 28, Sandy Oaks Olive Farm in Elmendorf. Sandy Winokur is planning the **first** Texas Olive Fest. Event hours 10-5. SAHS will have a table to provide information about us as well as to sell our cookbooks & resource guides. Call Eileen Achorn for information. Phone p. 5

Resource Guides

Have you picked up your copy? This is a great book, developed, written and published by our own membership. Check out the book table or a Board Member to get a copy or two.

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

When you bring a dish, be sure you provide its recipe.

Achoo Popcorn

Submitted by Rebecca Kary

To a big bowl of freshly popped popcorn, add the following to taste:

Onion and ginger powders, mustard oil and salt.

Olive-Cheese Appetizers

Bite-size cubes of manchego cheese, cured kalamata and mazañilla olives.

Buttermilk Cheddar Chive Biscuits

Submitted by Gayle Morcrus (adapted from Cooking Light)

3 C all-purpose flour
½ C chopped fresh chives
4 tsp baking powder
2 tsp sugar
1 tsp baking soda
¾ tsp salt
1/3 C chilled butter, cut into small pieces
1 C shredded sharp cheddar cheese
1 ½ C low-fat buttermilk
cooking spray

Preheat oven to 425oR

Lightly spoon flour into dry measuring cup; level with a knife. Combine flour and the next 5 ingredients with a whisk. Cut in butter with a pastry blender or 2 knives until the mixture resembles coarse meal. Gently add shredded cheese. Add buttermilk. Stir until just moist. Turn dough out onto a lightly floured surface; knead lightly 4 times. Roll dough to ¼ inch thickness. Cut with a 2 ½ inch biscuit cutter. Place on a baking sheet. Lightly coat tops with cooking spray. Bake at 425oF for 13 minutes or until golden.



Wild Rice in Endive

Submitted by Jeanne Hackett (gluten free and vegan)

salad:

4 C cooked wild rice
½ C chopped celery
¼ C chopped green onion
¼ C chopped Italian parsley
1/3 C chopped green pepper
½ C dried cranberries

dressing:

½ C cranberry juice
½ C white vinegar
1 T olive oil
1 tsp basil

salt & pepper to taste

Mix salad ingredients & chill several hours or overnight. Make up dressing & mix into rice salad. Note: you may not need all the dressing depending on how dry the rice is. Don't make it too wet. Refrigerate until ready to serve.



To assemble appetizers:

Separate leaves of Belgian endive into individual sections. Fill each section w/ rice mixture. Arrange sections on plate. Garnish with lemon wedges.

Note: Radicchio leaves or butter lettuce cups may be substituted for the Belgian endive.

Herb-marinated Mozzarella

1 lb whole milk mozzarella, cut into bite-size cubes
6 T olive oil (or enough to cover the cheese)
¼ tsp red pepper flakes
1 T minced parsley
6 whole black peppercorns
2 tsps pink peppercorns, if available
1 tsp minced fresh basil
1 tsp minced fresh thyme
1 tsp minced fresh rosemary
1 tsp snipped chives
2 garlic cloves, minced
1 bay leaf

In wide, shallow serving dish, arrange cheese cubes. Drizzle with olive oil and sprinkle with spices and herbs. Let stand at room temperature for 2 hours. Serve with toothpicks.

Spicy Peanut Dip

Submitted by Eileen Achorn

2/3 C peanut butter
1 T brown sugar
¼ C fresh lemon juice
2/3 C spicy hot salsa
½ tsp ground cumin

hot pepper sauce to taste

Mash all together in a bowl. Taste & add more juice or hot sauce to your liking.

Makes 1 ½ cups.



Report on the February Meeting Keeping a Green House

Wow!! What a terrific bunch of folks we have as members! The February meeting found us floundering only a little bit when the scheduled presenter had to cancel at the last minute. Evelyn Penrod & Sally Ann Hnaituk got their heads together and put on a great set ideas for keeping your home green. These two offered up a few facts about the store-bought and chemically-based products so common today. In short: try to avoid pre-

pared products unless they are composed of natural and/or organic materials.

The presentation included sample bags for everyone of baking soda & dried lavender as well as a little audience participation. Index cards were passed out and members were asked to jot down their favorite green cleaning item(s) and/or recipe(s) for same. The following notes are a compilation of those ideas.

Carpet Freshener

Submitted by Jackie Compere

4 C baking soda
14 drops lavender essential oil
14 drops tea tree essential oil
14 drops eucalyptus essential oil
14 drops pennyroyal or rosemary essential oil
Mix and store in glass jar. Sprinkle on carpet before vacuuming.

Herbal Scented Carpet Cleaner

Baking soda
Lavender oil – few drops
Rosemary oil – few drops
2-3 pinches of clove, ground



Drain Cleaner

½ C dry baking soda, poured down clogged drain, then pour 1 C white vinegar (5%), poured slowly directly into drain.
(safe for plastic plumbing, garbage disposals and septic tanks.)

Air Freshener

Lavender or rosemary (or your favorite herb or oil). Vacuum up the dried herb or put essential oil on a cotton ball and place inside the bag or canister of the vacuum. Essential oil can be added to the water reservoir of a “Rainbow” type of vacuum.

Another Air freshener is to use Lavender essential oil mixed with water and kept in a small spray bottle. This is a delightful way to freshen the air or spritz bed linens at home or to take (especially!) when traveling.

Hydrogen peroxide will take [fresh] blood out of clothing/fabrics.
Isopropyl alcohol will remove ink & permanent marker stains (the sooner, the better).

Lemon oil is great to get stubborn streaks off of mirrors that won't come off with anything else.

Thieves household cleaner can be diluted with water to clean floors, walls, woodwork, mirrors – anything. It's also antibacterial & safe. *Submitted by Jean Dukes, Young Living Distributor*



Orange oil for cleaning, degreasing.
Grapefruit seed extract diluted for cleaning, degreasing. *Submitted by Therese Pieniazek*

Baking soda was mentioned on sev-



eral of the cards. Suggestions include those above plus these: a scrubber for kitchen pots & pans, for bath & kitchen surfaces, odor absorbent for refrigerator and cat boxes.

Vinegar was also cited several times used these ways: decalcifying or descaling appliances, kitchen & bath surfaces, windows, general sanitizing/cleaning, odor neutralizer, pet urine neutralizer, trap for fruit flies (mix with dish soap in a shallow bowl).

Some favorite commercially and locally available products included:

Dr. Bonner's castile soap(s)
Mrs. Meyer's kitchen scrub
Murphy's Oil Soap
Seventh Generation shower cleaner and toilet bowl cleaner
BioZapp is made locally (and used to be found at ACME Lumber). Totally safe & organic—a good product to use for skunk-sprayed pets.

Vermont Soap (<http://www.vermontsoap.com/>) bulk organic soaps *submitted by Carol Hamling*



A Little About Shari Kilman & OmniStar Farms

Shari Anderson Kilman is the owner of ©Omni Star Farm™ in Boerne Texas. Established in 1979, the farm is dedicated to the cultivation, study, and teaching of herbal healing.

As a Clinical Herbalist, Shari enjoys sharing the history of herbal medicine, applying ages old and respected plant remedies to a wide array of health challenges. A large focus has always centered on mothers, children, and the child-bearing years. Her book, “Green Remedies For Midwives and Mothers” is a personal compilation of remedies that have worked for common problems in pregnancy and childbirth.

At the farm, Shari maintains an ever growing medicine garden, fully stocked herbal pharmacy, as well as a small herd of llamas and dairy goats. Plant walks and Herbal preparation classes are available throughout the spring, summer and fall. Specialty classes are ongoing throughout the year, and presented by request throughout the United States. Private consultations are available by appointment.

Formal Botanical studies began in 1990 through her membership with the American Herbalist Guild. Shari has traveled extensively studying under the world's leading herbalists. Through Continuing Education Classes at The Rocky Mountain Center for Botanical Studies, The Southwest College of Naturopathic Medicine and The School of Natural Healing, Shari is completing her Degree of Master Herbalist. Listed on the Speakers Bureau of The American Botanical Council, Shari regularly shares her experiences lecturing at

Over the Fence...



2009 Program Line-up

April Bob Webster on Latest Organic Gardening.

April Hat Contest. The theme for 2009, Mission Bells.
(Remember that the hat must be worn during the meeting in order to be a contestant.)

May: Tentative: ????? (surprise program)

June Bay Laurel, Herb of the Year.
Presentation by SAHS membership

July: Tentative: Nematode Nick on Herbal Landscaping—Your Edible Yard.

August: Annual Share, Swap, Show Us What You Got.

****Herbal Booklet in the works (again!)****

A new booklet for bay laurel (*Lauris nobilis*) is being created. Bay is the herb of the year for 2009. If you have a tested recipe or household or medicinal usage or other anecdote or bit of history featuring bay, please forward this to Joe-Beth BEFORE March 25th, 2009.

Next Board Meeting

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

Nominating Committee in Process This Month.

This committee is currently making calls & requests to our membership, looking for people to co-office on our Board. Did you know that the SAHS constitution requires its membership to actively participate in the Board? Give the committee members a call and offer your time for 2009-2010.

SIG Leaders, a request

Please provide a line or two about what your SIG's doing -the month before or next. The column is titled "SIG-nificant Events" (see page 7). Having this little bit of information may help newer members figure out some new SIGs!

an Herb Affair...

May 9, 9-1 at the Antique Rose Emporium. Theme - Herbs in the Home. Activities: ethnic herbs; herb of the year (by me); drying herbs; paper making; aromatherapy; herbal nature printing; vinegars; herbal home cleansers; herbal pest control; landscaping with herbs; breads, butters, spreads and grilling.

— *Sally Ann*

SAHS Events

Clear your calendars now and be ready to have some SAHS *FUN*draising

March 14, SAWS Spring Bloom, event at SAWS headquarters. SAHS is selling plants. Contact Carol-lee Fisher to help. (210) 681-6815

March 28, 10-4 Sandy Oaks Olive Orchard, Elmendorf, Texas International Olive Oil Festival. SAHS is selling cookbooks, Resource Guides and handing out info on the Society. Contact Eileen Achorn to help.

April 18 & 19. SAHS participates in the annual SA Botanical Garden "Walk Across Texas" and plant sale days. Contact Janet Miller to help. (210) 492-7684.

April 25: King William Parade. Contact Adrienne Hacker to help (210) 779-2598, (210) 829-8433.

May 23: 12th Annual Festival of Flowers, contact Eileen Achorn or Joe-Beth Kirkpatrick to help (phone #s on page 5).

Other Events

March 13-14

March 21: Round Top Herb Festival

April Fiesta! April 16-26

May has the Becker Lavender Festival in Stonewall.

June 18-20 Blanco Lavender Festival.

Coming Labor Day to the SA Botanical Garden: monster-size bug sculptures.

SA Botanical Garden's Art in the Garden series lists Susan Budge sculptures "Myths, Magic and Mysteries" plus Steinunn Thorarinsdottir sculptures "Horizons" for this year..

"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

Hearty Handshakes to....

Sally Ann Hnaituk

for almost single-handedly putting together the topic presentation for the February meeting after the planned speaker had to cancel.



April Newsletter Deadline

Is the Wednesday following the regular meeting.

I.e., March 25th.

The editor welcomes your contributions & photos. Thanks!

San Antonio Herb Society Minutes Meeting

February 12, 2009

President Eileen Achorn called the meeting to order at 7 pm. All were welcomed. Business discussed:

Strategy meeting held in January to work on Vision, Membership, and Finances

results of the meeting (ideas and concepts to implement):

28 February follow-up to prioritize Jan. meeting ideas and concepts

“co-officers” policy, using a Jr./Sr. program of continuity training for offices

Board Elections coming up.

Need a nomination committee to review nominations and contact nominees; Anne Morris, Sally Ann Hnaituk and Marguerite Hartill volunteered.

Need the following officers; (* = elected officers)

*President

*Vice President(s)

*Secretary

*Membership Chairperson(s)

*Treasurer

*Publicity Representative

Webmaster

Newsletter Editor

Salesperson(s)

Hospitality Committee

Greeting Committee

Speaker's Bureau

General Announcements:

Sign-up sheets passed for various volunteer work at the following events (several events need chairs and volunteers).

Austin Herb Society—Feb. 21st, (flyer at the meeting gave more info)

Garden Center Plant Sale—March 14 (discussion followed on participation)

SAWS Spring Bloom Plant Sale—March 14 (at SAWS main offices)

Sandy Winokur's "Olive Fest" (sandyoaks.com)

Sandy Oaks Olive Orchard —March 28 in Elmendorf

Discussion on SAHS participation/selling things

Jane McDaniels volunteered to coordinate.

SA Botanical Gardens Plant Sale—April 18/19

Jane Miller, contact (shift sign-up sheet passed, need plastic bags)

King Williams Parade—April 25th. Rebecca volunteered for parade paperwork, need chair, float stuff, etc.

Antique Rose Emporium Herb Program—May 9—Sally Ann Hnaituk, contact

Festival of Flowers—last weekend of May, need chair, coordinator, etc.

Sally Ann and Evelyn: "Herbal Cleansers for the Home" (or "Green Houses, Redux")

Reference guide handed out w/ recipes, recommended reading, etc.

Discussion of members' ideas and favorite organic home cleansers (See separate article.)

Meeting adjourned, more food, visiting, and then home.

Ed. Note: Thanks to Jan Conwell for stepping in to help with the Secretary Board position until elections in May!!



Treasurer's Report / January 2009

Submitted by Don Crites

Membership Dues	\$850.00
T-Shirts, Aprons, Totes	\$18.00
Book Sales	
Cookbooks	\$80.00
Resource Guides	\$140.00
Booklets	\$3.00
Miscellaneous	\$109.00
Repurchase of wine from Banquet	
Total Income	\$1,200.00
Newsletter, Postage	(\$14.05)
SA Garden Center, Leasing Fee	
Two months - Dec 08/Jan 09	(\$170.00)
Attendant Fee	(\$36.00)
Programs	
Speaker Honorarium, Molly Keck	(\$50.00)
Special Events Fees	(\$44.40)
Strategy Meeting Supplies - Achorn	
Miscellaneous	(\$467.19)
State Sales Tax remittance	
Total Expenses	(\$781.64)

Account Balances

Certificate of Deposit	\$1,058.80
Savings Account	\$2,384.71
Checking Account	\$2,105.32
Accounts Total	\$5,548.83

'08 - '09 SAHS Board Officers

Eileen Achorn - President

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

Evelyn Penrod - Vice President Programs

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

Rebecca Kary - Secretary / Membership

210-200-8512, karyrebecca@yahoo.com

Jan Conwell - Membership

210-200-8512, karyrebecca@yahoo.com

Don Crites - Treasurer

210-846-9019 or 671-0989, drcries@msn.com

Lyn Belisle - Publicity / PR / Webmaster

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

lyn.belisle@trinity.edu

CONTACTS

Joe-Beth Kirkpatrick - Newsletter (temp)

210-590-9744, joby53@gmail.com

Sandra Lyssy - Hospitality (needs assist)

210-659-5561, slyssy123@yahoo.com

Patty Wilson - T-shirts, Cookbooks

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

Brian's January To-Do List for The Garden

Compiled by MG Brian D. Townsend



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*

2nd Week:

Feed deciduous trees and shrubs as they resume growth. The live oak leaves may be falling, this is normal, no cause for alarm. The round growths on the leaves are wasp galls, harmless to the tree. Use them for mulch. Paint all wounds on oak trees with pruning paint or latex paint immediately after the wound is made or discovered in order to prevent the spread of oak wilt. Side-dress onions with 1 cup of slow-release lawn fertilizer or 2 cups of organic fertilizer per 10 feet of row. - *CF*
Sow sweet corn, snap and lima beans and cucumber seeds. Plant watermelons, squash, seed potatoes, carrots and all types of beans.

3rd Week

We have passed the average fast frost date for San Antonio. (It can still freeze! The time of the latest freeze is still two weeks away.) When the nasturtiums get attacked, just yank them out and destroy them, leaving your other plants in fine shape. - (*ROGB*)
Revitalize leggy salvia, pomegranate, crape myrtle, vitex, ceniza and other shrubs by removing the old stem at ground level. Leave three to eight young stems.
Let potting medium of geraniums dry between waterings.
If weather is looking good, this is a good time for planting cantaloupes, watermelons and cucumbers. - *TAE*

4th Week:

Goldfinches are changing to their breeding plumage now. Keep providing thistle and sunflower seeds for another month before they head north.
Wait to fertilize your lawn until you have mowed real grass twice. Fertilizing too early only benefits the weeds.
Peak wildflower time in the San Antonio area probably will be during the first week of April. - *CF*
Begin a fruit-tree spray program, alternating fungicide and insecticide, after fruit blossoms fall. - *EO*
Ground temperature is warming up, and hot-season crops can be sown. Consider planting Southern peas, pumpkins, peanuts, squash and okra. - *TAE*
Mow or prune overgrown Asiatic jasmine.

**In updating this collections of useful tips, I have come across several comments, instructions and chemicals that are being replaced with newer techniques and materials. In some cases, I do not want*

to change what others have written, but I need to bring "them" up-to-date by putting a "(?)" right behind the point in question and maybe adding my own two-cents worth. - me
Many thanks to my contributors for sharing their wisdom so I can learn and share it with you.

PMA - Purple Martin Association; visit their web site @ www.purplemartin.org.

SB - Steve Brown, meteorologist with KSAT; visit their web site @ www.ksat.com.

CF - Calvin Finch, (former) Bexar Co. extension agent for horticulture, Texas Agricultural Extension Service (courtesy S.A. Express-News)

EO - Edna Ortiz, (former) Bexar Co. extension agent for horticulture, Texas Agricultural Extension Service (courtesy S.A. Express-News)

AJW - A.J. "Pop" Warner, Consulting Rosarian, writer of the book "A Year in the Rose"

TAE - Texas Agricultural Extension Service, Bexar County (courtesy S.A. Express-News)

LR - Lynn Rawe, (former) Bexar Co. extension agent for horticulture, Texas Cooperative Extension Service (courtesy S.A. Express-News); visit their web site @ www.bexar-tx.tamu.edu.

HG - John Howard Garrett, aka the "Dirt Doctor"; visit his web site @ www.dirtdoctor.com.

NS - Neil Sperry, Texas horticulturalists, Publisher "Neil Sperry's GARDENS" and contributor to S.A. Express-News. Visit his web

Why Garden Organically?

Organic products are effective, widely available, and can be applied in any season.

Why garden organically? We hear this question frequently. And, the answers would fill a book, but here are a few good reasons:

Do it for your plants. Beneficial bacteria and fungi that coat roots, stems, and leaves of all plants will be encouraged by an organic program. Pesticides and chemical fertilizers reduce or eliminate the beneficial insects that feed on the pest insects.

Do it for the environment. Not just pesticides, but chemical fertilizers are frequent polluters of our precious water supply. Their ingredients form molecules called anions that do not bind to the soil, but leach freely into our water sources. Likewise, their continual use harms beneficial soil microbial life. Organic products, on the other hand, bind to the soil until used so they don't pollute water sources, but rather support soil microbial life.

Do it because it works and it's easy. Organic products are effective, widely available, and can be applied in any season. They don't have to be watered in immediately to prevent "burning."

Do it for your pets. Many chemical pesticides are poisonous to pets, even in small amounts.

In short, organic gardening is safe, easy and it works!

By Bob Webster and Roberta Churchin as published in the SAWS e-newsleeter conserve.

Herb Garden at the SA Botanical Garden

aiming for Star of the Garden Award

It was a merry crew that gathered at the SaBot Garden's Herb Garden for a

Weed and Gloat session on Monday, February 23rd. Sally Ann Hnatiuk, Evelyn Penrod and Diana Fox were already weeding "our" plot when I tore myself away from Eric At the Door's stories. The plants in the Herb Garden are all flourishing and thriving; indeed, the flat-leaved parsley seems to think that it has sole rights, the fennel bulbs are huge and the lavender is a big, aromatic bush. In the sunshine there, between the



Rose Garden and the Cottage Garden, our Herb plot is a sight for sore eyes. We were joined by Helga Anderson, Beverly Tibbs and Lenore Miranda, and soon had all the new herbs planted: curry, hyssop, mints, erect rosemarys, lavenders, lemon grass, lemon-tinted sage, scented geraniums, chamomile, pineapple sage and sorrel. It was indeed a PLANT and GLOAT session. Next month we will put basil, feverfew and pennyroyal in the ground. After an hour, we repaired to a local bistro for the other fun part of the morning: lunch and a conversation about gardening. Time well spent.

Thank you; Beverly, Diane, Sally Ann, Evelyn, Lenore, and Helga. You are amazing gardeners, all of you.

— Jane McDaniel



DISCLAIMER

Information presented in this newsletter and at the SAHS meetings is for educational purposes only. It is not intended to diagnose, treat, or replace the advice of a health professional. Herbal formulas are given for reference purposes only and a person may have a reaction to any herbal product even though it is not a toxic substance.

SIG-nificant Events

Herbal Crafts SIG:

On Saturday February 20 about 11 members of the Craft SIG met at Sally Ann Hnatiuk's home to learn about bread making. Sally Ann, always the prepared hostess, began the session with a handout that she put together with information about flours and herbs used in bread making. We were shown samples of various types of flours such as all purpose, bread flour, whole wheat, and white whole wheat. We learned the differences between the different types of flours, the quantity of wheat germ and bran that are milled with the flour and the types of wheat used for the various flours. We learned about the purpose of gluten in the bread dough which is what allows the dough to capture the gasses during the cooking and leavening processes which is what makes it expand from dense to light. High gluten is not considered an asset when making pastries, piecrust, biscuits, etc. but is great for bread. We learned that flour grown in the more northern climates create a higher gluten content than that grown in the south. After the discussion we tasted different yeast breads that Sally Ann made for us to sample. As we were breaking to go into the kitchen to begin making our recipe of Herbal Soda Bread, the cold front blew through and we lost electricity. So, what do 11 ladies do with no stove? We sat down and had lunch of homemade soups that some of the members brought, the breads that Sally Ann had prepared for us, wonderful salads that others brought and finished it off with a yummy chocolate bread pudding for dessert. The electricity came on while we were eating so once we finished we regrouped and assembled our recipe of Irish Soda Bread With Herbs to take home to bake. We also assembled a mixture of Herb Bread Blend for future loaves as well as a blend of herbs for an Herbal Butter mix. Even though the loaves never hit the oven, everyone will agree that we all learned a great deal and had a wonderful meal together. And bringing home the ingredients to try it in our own kitchens was not a bad way to end the day!

Contact Rebecca Kary for details (see p. 5)

Newcomer SIG

The SIG too their first field trip on Feb 21 to the Austin Herb Society's Spring Seminar, featuring Susan Wittig Albert. Befitting her book Wormwood (due in stores April 7) Susan spoke on the history of the Shakers and their development of an herb growing & distribution industry. The Austin Herb Society President recognized the SAHS and gave Eileen Achorn an opportunity to speak, during which she shamelessly plugged the SAHS's new Resource Guide and later sold the 6 copies she'd brought along. Following the Seminar, visited Barton Springs nursery and all came home of certain "green" and less of the other green. In all, Eileen, Inez Garza, Gayle Morris, Mary Yaus had a great day. Diane Lewis & Marguerite Hartill had showed up early on & joined the original group.

Contact Eileen Achorn for details (see p. 5).

Healthy Living with Herbs SIG

The group met at the home of Jean Dukes and had a great time sharing our favorite herbs in tea form. We each had pulled out notes on our favorite herbs for healing & health and came up with a good selection. Each of us brought notes as handouts for the other members. Some of the herbs covered were skullcap, chamomile, slippery elm and red clover plus there were a couple of ready made teas. We discussed each one, discovered beneficial properties and tasted a simple tea of the herb. After this exercise, we adjourned to the kitchen to share the extra herbs and make some tea mixes of our own. Next month, a field trip to Llano to an organic farm!

Contact is Carol-lee Fisher (210) 681-6815

Business Members

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

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

Nature's Herb Farm

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

In Home Senior Care

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

Ten Days Health Ministry Natural Health Counseling & Essential Oils

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

How do I get rid of grass burs?

Grass burs are grassy weeds that germinate in the spring. Apply a pre-emergent herbicide – one designed for grassy weeds – now and again in June, if rain occurs. Also, bag all clippings. An unconventional method to try: attach a piece of old carpeting to the back of a riding mower and drag it along the lawn to catch the burs.

From SAWS "conserve" e-news

**Become a Business member
of the SAHS!!**

Aerating and applying compost to your lawn improves the overall health of it by increasing the soil's ability to hold and receive water.



PLEASE SEND TO:



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