



La Yerba Buena

THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 240, March 2010

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 18, 2010

Chefs Rene and Charles from "Here's to Yum" Bistro

Join us for the March meeting when we will be treated to a cooking presentation by chefs Rene Maldonado and Charles Harzman from Here's To Yum Bistro. Chefs Rene and Charles opened their restaurant on Broadway a few months ago and if you have not been there yet, you are missing out on a wonderful treat. Their focus is fresh, healthful eating with many recipes featuring fresh herbs. And do not look for sodas here - you will find instead refreshing and crisp agua fresca and teas. The program will feature some of the recipes from their menu and is sure to be as entertaining as it will be informational. They will also talk about what makes their restaurant unique in San Antonio.

Don't miss the chance to discover creative culinary uses for fresh herbs presented by two charming and knowledgeable chefs, Rene Maldonado and Charles Harzman, from Here's to Yum Bistro!

The appetizer tables open at 6:30pm. Those whose names begin A thru F, please bring a finger food (with recipe) to share. 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

Remember the March Meeting is on the 18th!!

The Garden Center hosts its annual plant sale March 12 & 13. The SAHS meeting slips a week to allow this event.



In March and April, we really get busy!

Still got lots to do! Plant sales and fairs abound. Fiesta is almost here and the parades won't wait!. Contact Jackie Compere and Ruth Sagabiel to help with Olives Ole on March 27; Carol-lee Fisher to help at the SAWS Spring Bloom on March 13; Adrienne Hacker or Jean Dukes to help with our King William float (parade is April 24).

The SAWS Walk Across Texas event and plant sale on April 17 needs a chair - contact Eileen for that information. Viva Fiesta! Viva Herbs!

Dill (Anethum graveolens) 2010 Herb of the Year



Dill is a favorite culinary herb, both in leaf and seed, and is popular in northern European cooking. The fresh greens blend well with fish, eggs, potatoes, meats, breads, salads and sauces; dill seed is used in pickling and to make a dill-flavored vinegar. Seeds of Indian dill, *A. sowa*, are used in curry mixtures, and the leaves are used in soups and rice. Dill, along with trefoil, vervain and St. John's-wort, was once said to "hinder witches of their will." It is used as a digestive agent for the treatment of colic, flatulence and hiatus hernia. The oil is used commercially in medicines, soaps, detergents, and foods.

(third of three installments)



Members' Sale Tables at General Meetings

Contact Jean Dukes or Evelyn Penrod to reserve a table at least 2 weeks prior to the meeting. Have your sales table set up by 6:30 pm and removed by 9 pm.

It's called "hydrazoning" when you group plants with similar water requirements in one area of the yard instead of scattering them across the landscape.



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.

Hospitality Table Schedule:

April: G-M
May: Banquet, All
June: N-S
July: T-Z
August: A-F
Hospitality needs some help. Contact any Board member to see what you can do.

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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

Some of the treats on the January hospitality table: included veggies chips, chips-n-dips, fried mushrooms and shrimp. No recipes were left with these treats (too bad!!)

The following recipes were offered up by Diane Lewis during her presentation on the culinary uses of Roses during the meeting's program.

Apple Petal Crisp

Adapted from *Herbalpedia*, referencing the "The Complete Book of Flowers".

Ingredients, apple filling:

- 5 large apples, cored & sliced (Fuji)
- 3 Tbs crushed dried rose petals
- 1/2 C apple juice (no sugar added)
- 2 Tbs filtered water
- 2 Tbs rose water
- 1 Tbs maple syrup

- 1 tsp ground cinnamon
- 1 tsp freshly grated lemon rind
- 2 Tbs melted butter (to drizzle)

Ingredients, crisp topping:

- 3/4 C butter, softened
 - 1 C whole wheat flour
 - 1/2 C old-fashioned rolled oats
 - 1 Tbs maple syrup
 - 1 Tbs honey
 - 1 C pecans or walnuts, chopped
- Ingredients, yogurt topping:
- 1 C 2% Greek yogurt mixed with
 - 1 Tbs honey and
 - 1 Tbs vanilla

Preheat over to 350°F. For the filling, mix the apples with the next 7 ingredients (through lemon rind). Place in a 9-inch pie dish and drizzle the 2 Tbs melted butter over top of apples mixture. For the crisp topping, mix together all 6 ingredients until slightly crumbly. Press lightly over the apples and bake for 50 minutes to 1 hour or until the topping is brown and the fruit is bubbling. If topping is browning too fast, lower heat to 325°F for the last 20 minutes. Test fruit for tenderness with a toothpick. Cool and serve with yogurt topping.



Rose Drop Cookies/Scones

Ingredients

- 2 1/4 C sifted cake flour
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1/2 C butter (1 stick) softened
- 1 egg, large, beaten
- 1 C sour cream
- 1/2 C brown sugar
- 4 tsp rose water (this is the flavoring)
- 1 tsp freshly grated lemon rind

Light handful dried rose petals, crushed (optional, for color).

Preheat over to 350°F. Mix and sift together first 3 ingredients; cut in shortening. Beat egg, add sour cream and brown sugar and mix well; combine with the flour mixture. Next add the rose water, lemon rind and if desired, crushed dried rose petals for a touch of color. Drop by rounded teaspoons onto a greased cookie sheet or use parchment paper. Bake for about 15 minutes. Cookie flavor is similar to scones; serve with jam, preserves or lemon curd.



Rose Cooler

Adapted from a Jim Long recipe

- 1/2 Cup good quality rose syrup
- 2 Cups Club soda or sparkling water, cold.

Chill the syrup and sparkling water for a few hours. Pour the sparkling water over the syrup to mix. Serve immediately. Garnish with rose petals or fruit.

Rose Hip Tea

- Ingredients
- 1 tsp dried rose hips
 - 1 Cup water

Simmer/decoct the rose hips for 30 minutes. Strain off liquid and infuse with 1 tsp dried spearmint leaves. Enjoy a relaxing, vitamin C-enriched cup of tea!



Rose Notes

A few more notes on culinary roses: Use organically raised roses (no florist's roses!). *Rosa rugosa* (the old-fashioned) genus and species are most recommended for culinary and medicinal use. Roses contain beta-carotene. Rose hips contain vitamins C, B, E, K and pectin. Use roses in honey, jellies, jams, syrups, butter, sandwiches, salads & dressings, soups, vinegar, pesto, main dishes, omelets, whipped creams, tea, punch and other beverages.

DILL!!

Here's a little encouragement: Dill is the herb of the year for 2010: See what YOU can bring to the hospitality table that features Dill !

April Newsletter Deadline

Saturday following the regular meeting, i.e., March 20th. (seems earlier since the meeting is later) YOUR contributions, reports, commentary & photos are requested and always welcome. Thanks!

From SAWS e-news "cnsrv"

This year's WaterSaver Landscape competition entry deadline is April 9. Information thru the GVST 210-251-8101 or <http://watersaverlandscapecontest.org/index.html>. SAWS members will remember Marguerite Hartill's home out off Evans road won a prize a couple of years ago.

Also noteworthy is that February is a good time to remove the winter-kill stuff from your garden and yard (pitch it in the compost heap!) Make sure your tools are clean (read sterilized) and sharp. It's already too late to prune fruit trees and spring-blooming plants, though.

DISCLAIMER

Information presented in this newsletter and at the SAWS 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.

Plant Sale Season Is Upon Us!

Over the Fence...

2010 Program Line-up



March: Cooking with herbs. Chefs Rene Maldonado and Charles Harzman from "Here's To Yum Bistro" will present a program on cooking with herbs. They are selecting items from their menu to highlight and taste. They will also talk about what makes their restaurant unique in San Antonio.

(ed note: These fellows opened the Bistro to accommodate Valentine's Day requests. The menu that day included the following items: Shrimp with Basil Mango sauce, herb soup or salad, chicken breast with mustard tarragon cream sauce, beef tenderloin in ginger shiitake brown butter sauce, spinach-infused fettuccini with lemon parmesan, chocolate provence mousse (flourless) cake, creme brulee. Yum, indeed!)

April: We will have Robbi Will from Antique Rose Emporium who will talk about using herbs as ground cover in your landscape

Ed note: the Herb Companion (dotcom) e-news had an article about this on Feb 2 (5 Reasons to Plant Herbal Groundcovers)

May: Members only Spring banquet.

June: Sam Coffman on Herbalism in the San Antonio area. Mr. Coffman is an experienced survivalist who has put his military training to use in the civilian world. He will talk about the use of plants around us every day for food and healing.

July: Presentation on Dill, 2010 Herb of the Year

August: annual show-and-tell from our membership

September: pending confirmation

October: Judy Barrett of "Homegrown" with a topic title of "What Do I Do With My Herbs?"

Next Board Meeting

March 29, 6:30 pm. These meetings are open to the general membership. Please contact one of the Board members for location or other details prior to the meeting day

The Big Read

Brooke Ballard and friends from the SA Public Library was a guest at the February meeting and encouraged everyone to check out the great variety of events surrounding this topic. She announced that several SAHS members have agreed to make presentations on behalf of this year's selected book, "Bless me, Ultima".

Those of you needing a SAHS tee shirt or tote bag (new! improved! with longer handles!) don't have long to wait. The Board is in the process of restocking. Look for these in the near future.

Board Nominating Committee

Can always use your input. Check with Gayle Morris (membership chair) or any current Board member. Slate will be presented at the April Meeting with voting in May.

2010 Herbal Forum at Round Top is March 19 & 20.

Diane Lewis is planning on going and can help get you registration information. Contact Vickie at Round Top: vickieh@festivalhill.org or (979) 249-3129.

Meantime, here's what their publicity chair offers up:

"Regarding the Forum, there are really exceptional speakers this year. For those who don't know him, Felder Rushing is one of the top horticultural speakers in the country who's always, as he says, breakin' the stinkin' rules. His topic is "Garden Beautification - Southern Style." Marie Butler's talk, "I have an Elephant in My Garden, What's Your Problem?" was the favorite program at last year's Herb Society of America's national Education Conference. With Dill being the Herb of the Year, Gayle Engels, of the American Botanical Council in Austin, will present "The Not So Humble Umbels" in such a way we'll probably want to have every plant she talks about. The Plant Sale is something we

probably all need to be at this year because of the freeze damage in our gardens. Henry Flowers, Garden Director at Festival Hill, is giving a free overview Friday morning at 10 am, of the plants at the plant sale. And, there'll be the Thyme Well Spent Gift Shop. Both the Plant Sale and the Thyme Well Spent Gift Shop are open to the public. Thanks for your support."

Tony Scanapico

Publicity Chair, Pioneer Unit, The Herb Society of America

SAWS Spring Bloom event & plant sale

Saturday, **March 13** from 9 am to 1 pm at the SAWS hq off US 281 across from Trinity. We'll be selling plants. Contact Carol-lee Fisher 681-6815.

SA Botanical Society plant sale

Monday – Friday, March 15-19, in Gertie's Garden, 9 am to 12 noon daily. Sale venue is free with paid admission.

SA Native Plant Society

Tuesday, **March 23**, 2010, 7:00 p.m., at Lions Field Adult & Senior Center, 2809 Broadway, 78209.

Tom Castano will present a program on using native plants to make fibers for ropes, fabric and other useful items.

For more information, contact Bea at (210)999-7292 or visit www.npsot.org/sanantonio

Sandy Oaks Olive Orchard Olives Olé March 27

Mark your calendars now. SAHS board has committed to a sale tent during this event. See Jackie Compere to volunteer.

SAWS Walk Across Texas event & plant sale

Saturday, **April 17**, 2010, San Antonio Botanical Garden. This event needs a chairperson. Contact Eileen Achorn.

King William Parade – April 24th

Float Prep Adrienne Hacker and Jean Dukes have a special request for parade float decorative supplies. If you have any silk flowers, floral tape or wire or items appropriate to the decoration of a herbal-themed float, please bring them to her at the next meeting. They need folks to help make all the decorations PLUS ride on that same float.

Hat Contest: We need a Queen, maybe a King, a couple of princesses to adorn our float in the upcoming King William Parade. This year's theme is "Green Grows the Garden". Decorate your hats, shoes, aprons, parasols and whatever else with a garden-oriented idea. Bring it all (come early!) to the April 8th SAHS meeting.

Your artistic and creative endeavors will be judged by our membership. The winning entries and their owners will be crowned Herb Society Royalty and rewarded with a ride on the float.

Submitted by Adrienne Hacker

SA Botanical Garden volunteers:

Volunteers that work 40 hours a year in the Garden are eligible for free admission to the Garden, special name tags, t-shirts and other rewards. All current and active volunteers shall be eligible for on-going training and enrichment programs, participation in special staff/volunteer field trips, and reserved parking for special events at which they work.

Cindy Sims, Volunteer Coordinator, SA Botanical Garden
555 Funston Place, San Antonio, TX 78209
cindy.sims@sanantonio.gov, 210 207-3261 phone
www.sabot.org

SA Daylily Society show and sale

Saturday, **May 15**, 2010, 1:00-4:00 at the San Antonio Garden Center. Contact Beth Zimpelman, Show Chair, 512-722-3208, or Bonnie Rice, Publicity, 830-393-8215 for information.

San Antonio Herb Society Meeting Minutes for February 11, 2010

Call to order: Eileen Achorn

Minutes from January meeting accepted.

Welcome to visitors.

Mention to visitors of the Give Away table at the back of the room.

Thanks to the Hospitality Volunteers who've stepped in to cover for Sandra Lyssy.

Business discussed:

Adrienne Hacker: request for donations of artificial flowers for King William parade float decoration. Reminder of Hat contest
Upcoming meetings and events:

Gayle Morris presented the nominating committee and described the various positions open.

Membership Chair Assistant

Publicity Chair

Secretary

Co-Vice President, Programs

President (and Co-President?)

She also reminded everyone that membership renewals are due now or names will be purged from the current roster.

Carol-lee Fisher: SAWS Spring Bloom plant sale is March 13; need help between 7:30 & 1:30

Jackie Compere & Ruth Sagabiel: Olives Olé March 27. Jackie's going to make some papier maché olives for decoration. Call her if you'd like to help with this or to volunteer for helping sell stuff that day.

Sat. March 27th: Big Read (info presented by Brooke Ballard) in March and April. NEA sponsored, city-wide library effort in which the S.A. Public Library picks a book (Bless Me, Ultima is this year's book) and hosts gatherings with activities related to the books' topic. Jean Duke, Carol Lee Fisher and Sandra Lyssy will be presenting in various locations during the event. Joe-Beth announced a need for member contributions for newsletter. Stories, recipes, photos, book reviews; the less formatting the better.

Presentation: Jean introduced the evening's program which will consist of three parts: First up, our guest, Mr. Ed Bradley, Master Gardener and rosarian who gave excellent information on a handout and invited everyone to join in the Spring pruning effort (Feb. 23rd from 9-12) for the Garden Center roses. Second will be Jean Dukes discussing a little history & usage of rose essential oil; Diane Lewis will follow third with a short talk on the culinary uses of roses and gave samples of cookies, cobbler, rose tea and a rose cooler.

Meeting adjourned

Report from the February Program

Ed Bradley provided us with a lot of common sense information as well as a few new tidbits toward our successfully growing roses.

Pruning is one of the most important phases of growing roses. Pruning is the way that the rose bush gets a face lift, a renewal. In 99.9% of cases, blooms are produced on new growth. Pruning produces new growth, thus produces new blooms. Proper pruning removes dead, dying, or diseased canes and promotes the growth of new, more productive canes. A well pruned bush should have 4-6 primary canes with vigorous growth potential.

Note that the San Antonio Rose Society meets regularly at the Garden Center, 7:30 pm on the second Monday of each month. Their programs usually include educational information, demonstrations, rose talk and (of course!) social time.



Presenting the SA Public Library Big Read Program: L-R: Teresa Jensen, Brooke Ballard and Diana Lynn Sarrett

Marilyn Nyhus, hospitality volunteer chats with one of our special visitors from the Far East.



Sally Ann Hnaituk and Paul Fisher, some resident experts in herbal use.

Ed and lovely wife Jo Ann. The Bradleys are long-time rose aficionados.



Notice the book? How to EAT a rose. Just one selection from Diane's extensive library on herbs.

Jean Dukes brought a nice selection of essential oils to help highlight the rose oil she discussed.

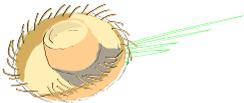


Treasurer's Report, January 2010

Submitted by Kathryn Seipp

| | |
|--------------------------------|-----------------|
| Category /Description | |
| MEMBERSHIP | 690.00 |
| RESOURCE GUIDES | 20.00 |
| | ----- |
| TOTAL INCOME | 710.00 |
| | ===== |
| EXPENSES | |
| ATTENDANT FEE | 45.00 |
| BANQUET | 12.99 |
| EQUIPMENT | 168.68 |
| HONORARIUM | 75.00 |
| PRINTING & ENGRAVING | 129.90 |
| RENT EXPENSE | 85.00 |
| SHIRTS & APRONS | 581.40 |
| STORAGE RENT | 214.40 |
| SUPPLIES | 99.42 |
| TOTAL TAX BUSINESS | 324.75 |
| WEBSITE FEE | 50.86 |
| | ----- |
| TOTAL EXPENSES | 1787.40 |
| | ----- |
| TOTAL INCOME – EXPENSES | -1077.40 |
| | ===== |
| FROST CERT OF DEPOSIT | 1154.09 |
| FROST CHECKING | 2644.86 |
| FROST SAVINGS | 2385.90 |
| | ----- |
| TOTAL Cash and Bank Accounts | 6184.85 |
| TOTAL ASSETS | 6184.85 |
| LIABILITIES | 0.00 |
| | ----- |
| OVERALL TOTAL | 6184.85 |

Our old friend Brian Townsend made an appearance, too.



Help us out — Serve on the Board

Nematode Nick's e-news

Last issue mentioned a theme garden that made complete sense: a tea garden containing those plants you prefer for your various teas: chamomile, mint, Echinacea, etc. What a terrific idea!

From the Membership Chair

Our Newest Members:

We welcome these fine folks as our newest members: Cheryl Coker, Delia Enriquez, Esther Martinez, Marlon Polnac, Jacquelyn Townsend (joining with husband and SAHS long-time member, Brian). We're very glad to have you with us!

Everyone: Look for these new faces at our meetings, introduce yourself, find out what interests you have in common (that shouldn't be too hard!), and make them feel at home!

We also note two new business members (both of whom started out as individual members): Jan Conwell and Lisa Stanley.

Membership Renewal Deadline is February 11

Don't forget to renew your membership by our next meeting, Thursday, Feb. 11, to stay current on the roster. Members who have not renewed by the deadline will be removed from the mailing list and green list until dues are paid, which means you won't receive the newsletter or email notices. We know you don't want that to happen! We've got too many great things going on that you'll want to hear about!

Did you check "Green Member" on your membership form?

Some renewing members who had previously been "green members" did not check "green member" on their 2010 Membership Form. Your Membership Chair could only assume that you wanted to change back to the "non-green" list. So...if you meant to check "green member" and forgot, and you are no longer getting email notices about the newsletter and other interesting events and information, please let Gayle know as soon as possible and she'll make sure the correction is made. (Contact info can be found elsewhere in this newsletter.) AND if you've not been a "green member" in the past but would like to be, she can take care of that, too!

Name Tag Orders

Nametags will be ordered following the March 18 meeting. If you have lost yours and would like a replacement, now's the time. Please bring \$12.50 (replacement cost) to the meeting and place your order with your Membership Chair

Submitted by Gayle Morris, Membership Chair



Interesting Herbal Information

Elderberry

Botanical Name: Sambucus Canadensis and S. nigra
Family: Caprifoliaceae (Honeysuckle)

Description: A perennial shrub or small tree with masses of creamy white, umbrella-shaped flowers in the spring followed by blue or purple-black berries in the fall.

Growing Conditions: Full sun to light shade, temperate climate, fertile, well-drained soil. Grows easily to 12 feet & grows wild in a variety of soils throughout Texas. In some areas can spread out & take over.

Parts Used: Flowers & berries. Elderberry has been called the medicine chest plant.

Harvest: Use flowers fresh or dried as a tea or tincture; use the dried berries as a tea or make the popular syrup.

Culinary & Medicinal Uses: The flowers & the berries are both powerful diaphoretics as well as anti-viral & immune-enhancing. The viburnic acid induces sweating & is supportive to reduce a fever. From personal experience, two ounces brought my fever of close to 104°F down to 100°F in one hour!

The syrup is delicious & is very effective for calming a spasmodic cough. A tea of equal parts elder flowers, yarrow & peppermint is a traditional remedy for colds & flu. The berries are a good general blood purifier, high in vitamin C, & have been used effectively for chronic rheumatism & sciatica. The flowers are excellent detoxifiers & can help clear skin infections, boils & acne. They are the main ingredient of elder flower water, a traditional cosmetic wash to exfoliate & tone the skin. The fresh flowers are also edible.

Herbalist Rosemary Gladstar describes her summer tradition of collecting the large, flat clusters & making a few elder flower fritters as a treat, especially delicious when served with elderberry jam.

Caution: Only the black elder is safe to use internally. Red elder (s. racemosa) is toxic. Raw berries cause gastrointestinal irritations.

Elderberry Syrup

(thanks to Nancy Phillips for the base recipe from which this one began)

2-4 oz. dried elderberries
7 thin slices fresh ginger root
1 tablespoon dried cinnamon chips or 1-2 cinnamon sticks (cut up)
3-6 cloves
1 quart distilled water

Simmer the above for 2 hours or longer, covered. Allow to sit & cool for 1-2 hours, covered. Strain into a large bowl.

Makes approximately 2-2 ½ cups syrup. To this syrup, add:

1 part honey (1 equal part to amount of syrup; approx 2 cups)

½ part brandy (½ part to amount of syrup; approx 1 cup)

Bottle & enjoy or store to have on hand for cold & flu season (especially helpful for a spasmodic cough & to bring down a fever). For a non-alcoholic syrup, additional honey can be substituted for the brandy portion to preserve longer.

Makes approximately 5 cups total.

Sources for dried organic elderberries:

Healing Spirits Herb Farm, 61247 Rt. 415, Avoca, NY 14809; 607-566-2701 Andrea & Matthias Reisen; www.healingspiritsherbfarm.com

Mountain Rose Herbs, PO Box 50220, Eugene, OR 97405; 800-879-3337 fax: 510-217-4012; www.mountainroseherbs.com

Locally:

Medina Garden Nursery on Rt. 16, between Medina & Bandera, occasionally has elderberry trees for sale. I was lucky enough to find one that they had salvaged from a construction site.

*submitted by Sally Garrett
sally@earthlightenergies.com*

Ed. Note: An article in the Herb Companion's e-newsletter profiled elderberry back on 9/22/09. See <http://www.herbcompanion.com> and search for elderberry for archive stories and recipes.

Ed. Note: new SAHS member Sally Garrett has graciously offered to provide articles on herbs for a few of the 2010 newsletter issues. We hope you enjoy the information provided herein. Do let us know what you think! Thanks Sally G.!

King William Parade SIG

OK, not officially a SIG, but certainly a worthy event in any case. Part of the SA Fiesta week, the King William parade began as more of a spoof on the huge, glorious (and expensive!) parades held during the 10 days of Fiesta. It is a sort of anti-parade. Those of you ageing hippies may remember those days of anti-establishment activities. The parade is held completely within the bounds of the neighborhood area designated as the King William historical district, just south of downtown. Parade participants are sorely tempted to ogle and admire many of the older, beautiful homes in that area. The residents there turn out in droves and many open their sidewalks and lawns to parade-watchers, asking only that everyone clean up after themselves. Many also open their homes as part of various home tours that week.

This year, the parade anti-chair, Adrienne Hacker, has announced the hat-decorating theme as "Green Grows the Garden". Decorate your hats, shoes, clothes, etc., in that theme. Bring it all to the March meeting (if you're an early bird) and definitely to the April meeting so the SAHS membership can vote on favorites. Those folks all deserve a ride on our float.

Contact Adrienne for information or to help with the float (planning a little, decorating a lot).

Hope to see you at King William!

Prep yourself for April's General Meeting

and a nice presentation on the use of herbs as ground covers. A recent issue of the Herb companion discussed this topic and gave some good suggestions—some you may have seen previously and some perhaps are new.

I've used Artemisia (wormwood) for its medium height and sprawling habit to hide a multitude of sins. Good ol' oregano is more well-mannered in that it makes tidier mounds but will creep along and do the job. Lemon balm smells wonderful, makes great tea, grows like mad with sufficient water even in our hot summers— but it is tender so don't expect year-round performance. Prostrate rosemary is another good choice for dry areas of the landscape. Once established, one example of this woody shrub in my yard grew to an area of about 5 by 6 feet.

I'm really looking forward to April and all the news of how our landscapes and gardens are bouncing back from the past year of drought and cold.

Submitted by Joe-Beth Kirkpatrick

Hearty Handshakes to Kathryn Seipp!

For a job well done in stepping into the Treasurer's office and keeping us going. Thanks!

Save your Saturdays for SAHS Sales Events!

SIG-nificant Events

SIG Leaders... What has your group done lately?

Don't forget to get a note to the newsletter editor for *next* month!

Healthy Living with Herbs SIG

Our SIG met on Feb. 17 at Marilyn Nyhus' home. Our project of BIRD SEED CAKES started after a dinner of soup, salad, bread and dessert.

Backyard bird feeding is a convenient way to enjoy wild-life. Bird watching has become the fastest growing hobby in the country second only to gardening. Whatever it is, watching birds, like watching fish or other animals seems to make people feel "good".

Making homemade suet cakes is simply melting fat down to "pour easy" consistency and adding several of the following choices we had available including sunflower seeds, rolled oats, corn meal, raisins, unsalted nuts, peanut butter, ground egg shells or bread crumbs.

The shape of the mold is determined by the type of the suet feeder used. We all went home with one or two bird seed cakes and some have already had visitors.

submitted by Marilyn Nyhus



Herbal Crafts SIG

Even though the day had a foggy, misty beginning it turned out to be sunny and warm. Saturday on February 20, the Herb Craft SIG met and drove to teh Natural Gardener in south Austin. The nursery is a wealth of plants, gardening supplies and gadgets that one JUST HAD TO HAVE. We did a self-guided tour of the many gardens and then wasted no time buying to-mato plants, pansies and violets. We then adjourned to the Austin Pizza Garden, which was the site of the original Natural Gardener, and ate our fill of salad and pizza. It was a great day and a fun adventure. There will be no meeting for March or April.

Submitted by Sally Ann Hnaituk

Weed and Gloat SIG

The Weed and Gloat team met once again at the San Antonio Botanical Garden to start on Spring planting. Two flats were waiting for us when we turned up in the early morning hour, filled with parsley, rue, sage, bay, cilantro...they are all cold climate herbs and it was time to get a head start on Spring's most joyful job. Our Herb Garden is looking like a cottage herb garden these days, with red curly lettuce, Crawford lettuce, beautiful dark blue kale, collard greens and a few fragrant stocks in between the thymes, parsleys, oreganos, angelica, and rosemarys. We say it every month: "It's looking great, best of all, this month", and indeed, since a couple of visitors to the SA Botanical Garden commented in January that OUR Herb Garden is the heart of the Botanical Garden, we are in danger of developing OsHS (Oversized Head Syndrome). With Evelyn Penrod, Jan Conwell, Marilyn Nyhus, Helga Anderson, Rosemary Michel, Veronica Gard, Adrienne Hacker, and yours truly wielding trowels, hoe and clippers today, we were soon finished. We repaired then to Osaka, a Japanese restaurant on Broadway, for the equally important part of the day. It's a hard job, but somebody's got to do it.

Submitted by Jane McDaniel



Medicinal SIG

The Medicinal SIG, led by Carol-lee Fisher, met on January 28 at Carol-lee's for a session on calcium-rich teas. Carol-lee made us a delicious dinner of carrot soup (with no dairy and no sugar!), cabbage salad (with lots of fresh herbs, pecans, dried apricots, and more), and cornbread. Following dinner, Carol-lee spoke to us about the importance of calcium and the herbs we would use to make our tea; Madeline contributed to the presentation with a short lesson on horsetail. We then mixed up a calcium-rich tea made with oat straw, horsetail, nettles, borage, peppermint and chamomile. We were also reminded of an important lesson: check for interactions between your prescription meds and medicinal herbs!

Submitted by Gayle Morris

Culinary SIG

(NEW!)

Despite threats of snow, the Culinary SIG met for the first time (not counting our organizational meeting) for food and fun and a little education, too. Karen Abel was our gracious host. Everyone brought food to share for dinner, with recipes included, as the conversation turned to the topic at hand (briefly) – growing herbs. We helped each other out answering questions for each other. Thank goodness for those with a lot more knowledge than me! We decided to hold any discussion about organic gardening until we head up to Ernie Vieluf's house and beautiful garden in Comfort in April. With 9 in attendance, we were a chatty, lively group and have decided just to have a good time. We did come up with a schedule for the coming year – lots of fun, interesting and diverse activities.

Submitted by Gayle Morris

Brian's February To-Do List for The Garden

Please See Brian's full column via the

'09 - '10 SAHS Board Officers

Eileen Achorn - President

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

Evelyn Penrod - Co-Vice President Programs

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Jean Dukes - Co-Vice President Programs

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Gayle Morris - Membership

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Jan Conwell - Secretary / Recording

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Lyn Belisle - Webmaster & Green List Coordinator

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

Kathryn Seipp - Publicity / PR / Treasurer pro-tem

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Hospitality needs chair

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Business Members

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

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The Hermits Garden

Jan and Phil Conwell, Resident Hermits
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<http://hermitsgarden.com>

Notice!!
March Meeting is on the
18th (third Thursday)

SAWS Spring Bloom March 13
Round Top March 18-19
Olives Olé March 27
Big Read March & April
Walk Across Texas April 17
Rose Show April 17
King William Parade April 24
Festival of Flowers May 29



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