



# La Yerba Buena

THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 288, March 2014

*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 13, 2014

### Loretta Van Coppenolle - "Natural Means of Addressing Cancer"

Loretta Van Coppenolle is best known as an environmental activist in San Antonio and elsewhere in Texas. Her interest in nutrition and natural health/medicine, however, goes back even farther than her environmental activism. Now pursuing a certification in holistic nutrition, she has focused on the study of cancer intensively researching natural answers to cancer and speaking publicly on the subject. There are numerous means of lessening the odds of getting cancer and protocols available that go beyond conventional chemotherapy, radiation and surgery.

Today, one out of every two or three Americans is likely to be diagnosed with cancer in his/her lifetime. In the U.S., most cases of cancer end in death, and in many cases that death comes from chemotherapy, and not from the cancer. We have the world's highest cancer rate and one of the lowest life expectancies in general in the industrialized world. Individuals must arm themselves with knowledge and actions that will help them prevent and/or treat cancer. The use of herbs in cancer prevention and treatment is emphasized by Ms. Van Coppenolle.

*Members with names beginning with R-Z, bring a treat to share at our hospitality table. Please provide a name card (and recipe) for the dish you bring (or email it directly to the newsletter editor).*

The San Antonio Garden Center is always a treat and is located on the corner of Funston and N. New Braunfels.

For more SAHS information, see our website at [www.sanantonioperbs.org](http://www.sanantonioperbs.org)



## Spring's Fundraising & Busyness

We need YOU for great events and opportunities this coming Spring. Here's a sample

### SAWS Spring Bloom, March 8, plant sales

- Garden Happy Hour, April-October, coordinator
- Rackspace Earth day, April, community outreach
- King William Parade, April 26, community outreach
- Spring Banquet, May 8, coordinator & helpers
- Celebrate Herbs, May 10, book sales and outreach
- Festival of Flowers, May 24, book sales and outreach

Interested? Please contact any Board member or review the meeting minutes for more information. We look forward to seeing you at one of these events soon. Thanks!



## Nominating Committee looking for volunteers

The current Board has taken up the project of filling in the ballot sheet for the 2014-2015 Board. Any current member interested in participating in the guidance of this organization is welcome to volunteer. Positions to be filled: Co-President, Programs Co-Chairs, backup web master, backup newsletter editor. Where do you fit in? How can you help the SAHS continue in its overall mission of "promoting the general knowledge of herbs to the membership and the public at large"? Easy. Volunteer for a position on the next board. We need YOU. Introductory brunch is scheduled for March 22, 9:30 am. Contact any current Board member for information.

## Coming in 2014

**April:** - American Botanical Council's (hq in Austin and publisher of the *Herbalgram* magazine) own Jenny Perez will explain what the ABC does and her part in it.

Come meet her and hear more of her story: "I'm a plant geek," she said. "I can't help but be passionate about what I've learned and be eager to share it. Plants [are] a practical aspect of human existence, really. Without plants, we don't have a whole lot."

**May:** Banquet, Spring Picnic



## Hospitality Table Schedule:

- Apr: A-M
- May: banquet
- Jun: N-Q

## Members' Sale Tables

Contact any Board member 2 weeks prior to the meeting to arrange for your table.

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## Member Recipes

Here are a few of the treats from the February meeting

### Toffee

Submitted by Kathryn Seipp

#### Ingredients

- ½ C finely chopped pecans
- ½ C butter
- 1 C sugar
- 1 tsp salt
- ¼ C hot water
- ¾ C semi-sweet chocolate chips
- ¼ C finely chopped pecans
- 8 C microwave glass mixing bowl with handle

#### Directions

Sprinkle ½ cup pecans in a wide circle on a pizza pan lined with aluminum foil. Coat the top 2 inches of a microwave safe mixing bowl with butter. Melt the ½ cup butter in a separate container. Place the ingredients in the following order. Melted butter, sugar, salt and hot water. Do not stir but sprinkle ingredients evenly across bowl in layers. Microwave the sugar mixture for 8 to 9 minutes or until mixture just begins to turn light brown. Stir with wooden spoon and pour over pecans, spreading evenly. Sprinkle with chocolate morsels and let stand one minute. Sprinkle chocolate with ¼ cup chopped pecans. Chill until firm. Break in to bite size pieces. Makes 1 lb.

### Microwave Peanut Brittle

Submitted by Kathryn Seipp

#### Ingredients

- 1 C raw peanuts
- 1 C sugar
- ½ C white corn syrup
- 1/8 tsp salt
- 1 tsp butter
- 1 tsp vanilla
- 1 tsp baking soda
- 1 wooden spoon
- 8 C microwave glass mixing bowl with handle

#### Directions

Stir together in microwave safe bowl, peanuts, sugar, syrup and salt. Microwave on high for 4 minutes, remove and stir well. Microwave on high for another 4 minutes, remove and stir in butter and vanilla. Microwave on high for 2 minutes. Peanuts will be lightly browned and syrup will be very hot. Add baking soda and gently stir until light and foamy. Pour mixture onto lightly greased cooking sheet. Let cool 1 hour. When cool, break into small pieces and store in airtight container. Makes about 1 pound of candy.

### White Peppermint Bark

Submitted by Kathryn Seipp

#### Ingredients & Directions

- 24 oz vanilla flavored almond bark
- 6 oz peppermint candy
- 8 C microwave glass mixing bowl with handle

#### Wooden spoon

#### Directions

Place unwrapped candy in plastic bag and crush with mallet into small pieces (almost powdery). Melt entire bark in a microwave dish for 3 minutes. Stir well with a wooden spoon, and then continue to microwave for 90 second intervals until bark is smooth. Stir in crushed candy. Pour onto small parchment lined cookie sheet and spread evenly. Chill in refrigerator for 8 to 10 minutes. Break into small pieces. Store in an air-tight container.



### Garlicky Cannellini Bean Spread

Submitted by Marilyn Nyhus

#### Ingredients

- 1 can (15 oz.) Cannellini beans, drained and rinsed
- 8 cloves garlic, roasted
- 1/2 C Parmesan cheese, grated
- 2 Tbs & 1Tbs cilantro, chopped (can use basil)
- salt & pepper to taste
- 2 Tbs EVOO (extra virgin olive oil)

#### Directions

In a food processor, puree beans until smooth. Add roasted garlic, Parmesan cheese, 2Tbs cilantro and salt & pepper. Process until well blended. Add the EVOO and process. (If too dry add more EVOO.) Put into refrigerator for flavors to mature. To serve, place in serving bowl, add 1Tbs chopped cilantro to garnish. Serve with toasted bread, pita chips or crackers.



### Quinoa Cranberry Almond Salad

Submitted by Marilyn Nyhus

#### Ingredients

- Salad
- 4 C Quinoa, cooked & cooled
- 1 C red pepper, chopped
- 1 C dried cranberries
- 1/4 C chives, chopped
- 1/4 C parsley, chopped
- 1 C Power Greens (mix of baby kale, baby chard & and baby spinach)
- 1/2 C almonds, slivered & toasted

#### Dressing

- whisk together
- 1/2 C EVOO (extra virgin olive oil)
- 1/2 C white balsamic vinegar
- 4 tsp Dijon mustard
- 1-2 Tbs sugar
- salt & pepper to taste

#### Directions

One hour before serving, mix quinoa, red pepper, cranberries, chives, parsley and dressing together. Refrigerate. Just before serving add greens to above mixture and sprinkle almonds on top.



### Herb Butter

Submitted by Grace Emery (adapted from Western Reserve Herb Society)

#### Ingredients

- 1/2 C softened butter, 1 stick
- 2 tsp lemon juice
- 2-3 Tbs minced fresh herbs of choice (parsley, oregano, thyme or garlic, etc.)

Note: If dry use 1/3 of the amount

Salt and pepper to taste

#### Directions

Cream butter thoroughly. Slowly beat in lemon juice, a drop at a time. blend thoroughly. Add chopped minced herbs; beat well. Season with salt and pepper. Let stand several hours for flavors to ripen; store in refrigerator. Makes about 2/3 C To make pats, roll in a log on waxed paper and put in refrigerator for several hours; unwrap to cut the pats for individual servings.

## Over the Fence...

### 2014 Program Line-up



#### **Sales & Events:**

**Apr:** Jenny Perez from the American Botanical Council  
2014-2015 Board nominees announced

**May:** Members' Spring Banquet;  
2014-2015 board election

**Jun:** t/b/d

**Jul:** t/b/d

#### **Like our programs? We WANT your ideas!**

Know a great speaker for an interesting herbal topic? Contact Leslie Bingham or any Board member with your suggestions.

#### **Next Board Meetings**

**March 31, 6:30 pm** Please contact one of the Board members to place an item on the agenda or for location or other details prior to the meeting day.

#### **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 Grace Emery.

#### **SA Botanical Garden Events**

Have you checked out this spring's sculpture in the garden? Sand Sculpture (their spring break exhibit and include hands-on events for the family) is on from March 7 thru 23rd. Don't miss this one!

Birdhouses exhibit (a joint venture with the local AIA chapter) is on display from March 29 thru June 29.

For info call 210-207-3250 or visit [www.sabot.org](http://www.sabot.org)

#### **Gardening Volunteers of South Texas**

Third Mondays @ San Antonio Garden Center  
3310 N. New Braunfels (at Funston). Free and open to the public, donation is appreciated. Contact (210) 251-8101 or [info@gardeningvolunteers.org](mailto:info@gardeningvolunteers.org)

#### **Texas Native Plant Society**

4th Tuesdays, Lions Field Adult Center, 2809 Broadway. Native plant and seed exchange at 6:30 pm, followed by speaker at 7:00 pm. 3/25: David Chizum on creating a life list of Texas native plants as a hobby or as an academic pursuit. Free and open to the public.

3/29, 8am-2pm annual springtime Native Plant Sale at Phil Hardeberger Park East

Webpage: [www.npsot.org/sanantonio](http://www.npsot.org/sanantonio)

*Submitted by NPSOT, San Antonio Chapter*

#### **Comal County Master Gardener program**

First Wednesdays at the GVTC Auditorium. Meetings are open to the public. Contact (830)964-4494 or 221-4316.

#### **New Braunfels Library Monthly Garden Series**

Free programs at the NB Library, 700 E. Common Street, New Braunfels. No preregistration. Contact: 830-964-4494

#### **Guadalupe County Master Gardeners**

Third Thursdays. March 20: Marty Ruona on "Principles of Xeriscaping and Succulents." Marty is a landscaper and Master Gardener.

April 17: Ray Elizondo talking about "Daylilies."

Meetings are free and open to the public. The regular business meeting at the end of the program. For further information call 830-303-3889 or visit our website at [www.guadalupecountymastergardeners.org](http://www.guadalupecountymastergardeners.org).

#### **PayPal and SAHS membership payments**

Your dues can be paid online with our PayPal link on the SAHS website. Click on that logo on the SAHS website's home page.

#### **Spice and Herb mixes**

There are still a fair quantity of Seasoning mix packets available for sale. Remember that by purchasing these products you are supporting the Herb Society. Contact Robin Maymar.



#### **Raffle Basket: "It's Italian!"**

In case you missed the first one, another wine basket raffle is now in place.

The theme is: NOW "THAT'S ITALIAN" WINE BASKET. The tickets will be sold in March, April and May at the general meeting. The winner will be drawn at the May banquet. Donations for the tickets are: \$3.00 for 1 ticket and \$5.00 for 2 tickets. All proceeds go to the San Antonio Herb Society.

Included in the basket are 3 bottles of Italian wine, pasta sauce, olive oil, balsamic vinegar, bread sticks, 2 wine glasses, a serving pasta fork, a sauce ladle, bread dipping spices, dark chocolate with hazelnut candy, a hand painted trowel by Robin Maymar and the basket. Approximate value \$75.00. Good luck to you all to win!

Contact Grace Emery for tickets or to make a donation for the next basket.

#### **Books for Sale**

SAHS volunteers will be helping sell new and gently used cookbooks/herb books before and after our general meetings. The original collection was a donation to the club with the offer that any sales proceeds be considered a donation to our treasury. A great idea! We can keep this idea going with a few of YOUR donated books. See Emily for details and how you can help with this new project.



#### **Cookbook, Vol III Committee Report**

The committee met at Robin Maymar's house on Tuesday, 25 February to continue brainstorming about the cookbook and recipes submission format. Five recipes were taste tested and evaluated by the Committee to start off the recipe collecting. The collection will be Texas seasonal to coincide with the herbs growing at the time. We hope to have a cookbook name soon!

Get your favorite recipes ready! Any category is welcome, from serious vegan to serious carnivore—ALL recipes MUST use herbs.

Remember: We need recipes in **all** categories, we cannot do this adventure without all of you, so please submit your favorites to any of the members or email to Grace Emery at [gemery49@yahoo.com](mailto:gemery49@yahoo.com).

*Submitted by Grace Emery*

*Ed. Note: The committee is also finalizing a recipe submission form that can be used online (download and send to the committee via email) OR as a paper printout. Check the SAHS web page or Facebook page often to keep up with the status of that new venture!*



## Minutes from February 13, 2014

### General Meeting

The evening began with the usual social half hour at 6:30 p.m. The Hospitality Table was inundated with chocolate - everything from chocolate-covered strawberries to toffee. There were two dishes from the Cookbook Committee for tasting.

Member Tables included the share table, Jane McDaniel's table with marmalades and handmade dolls, Linda Barker's Scentsy table, and Marilyn Nyhus' hypertufa creations and salves. Margie Larkin and Lynda Klein hosted the SAHS merchandise table while Robin Maymar sold spice packets and Jean Dukes manned her Young Living essential oils table.

Yvonne Baca, co-president, opened the meeting at 7:00. There were 57 in attendance including 1 new member and several visitors. She acknowledged new members and thanked visitors for coming. She also thanked the Hospitality Committee for the lovely table and everyone who brought food tonight. Members with the last name initials R-Z are asked to bring food to the next meeting. She then reminded all to visit the tables after the meeting. All items for the newsletter are due Feb.21st.

Veronica Gard, (also a member of the Rose Society) announced their next meeting on March 10.

Joe-Beth Kirkpatrick spoke on the SAWS Spring Bloom on March 8. We buy the plants we sell from Mary Dunford (one of our founders). Mary takes back the plants we don't sell. A clipboard was passed around to remind volunteers of scheduled times for the event.

The King William Parade is April 26th. Norm is not able to work on it this year. Beverly Tibbs spoke on the progress. Margie Larkin has offered a barn to use for storing the float while it is being prepared. The budget is \$125. Before buying anything, committee members are asked to check with Beverly so she can keep receipts organized.

Norm announced that we have 153 members now, 50 of whom have not paid up for 2014 as yet. The membership drive is still on. Hopefully, everyone will pay before the deadline.

Grace Emery is chairman of the new cookbook committee. Robin Maymar spoke on a new format for submitting recipes which she will demonstrate next meeting. The committee is working on new ideas such as having an index according to seasons.

Grace mentioned Leon Valley is hosting a 25th Earthwise Living Day on March 1st.

Robin Maymar spoke on the need for a committee to organize Happy Hour to run from April to September.

May Banquet - A committee is needed to organize this. A suggestion for this is "A Picnic in the Garden". Some decorations are available in the storage unit.



Nominating Committee- Positions on the board to be filled are: membership chairman and co-chairman. Also we need a new program chairman and co-chairman.

Lenore Miranda is still asking for usable Christmas decorations to help the Craft sig prepare for the 2014 Christmas Banquet.

Leslie Bingham introduced our speaker, Judit Green. Following her presentation, Yvonne thanked Judit for speaking so enthusiastically to us tonight and reminded guests to visit the tables.

Meeting was adjourned by Yvonne at 8:27pm.

### Program: Judit Green

Judit is a 25-year employee of the Texas Parks and Wildlife Department with a degree in Wildlife and Fisheries Science from Texas A&M. She is co-founder of Texas Master Naturalists, and serves as an advisor to the Alamo Area chapter. Judit began by saying conservation protec-

tions are needed now. Texas is unique. We all have a history with nature such as gardening or bird watching. Fishing has held its weight, but hunting is decreasing. Fishermen and hunters have footed the bill up until now. Because of its size, Texas has habitat diversity. There are 11 ecological regions. Our lands are being developed with insufficient land use plan. Control is difficult because so much of Texas is privately owned but parcel size is decreasing. She introduced some unusual plants and species such as the hog-nosed snake, the kangaroo rat that does not drink water, and the Loggerhead shrike (the size of a mockingbird).

The agency is making plans such as creating grants that are doled to universities to be dispersed to local communities. Ideas for funds include wildlife license plates, sales tax for conservation on binoculars, surcharge on water and disposal. Getting garden clubs to rally for conservation is another thought. Funds are needed to curb emerging diseases such as the bats' white nose syndrome and controlling the quality of water. Now is the time to encourage protection of our environment.

### Pruning Your Shrubbery & Trees?

Use caution along with your enthusiasm for a gorgeous landscape. On fruit trees, pruning should open up the middle for air and light, provide some height control and contribute to structure. Don't be too conscientious in removing small stems along the branches and trunks. "Trashy middles" or "trashy growth" as this foliage is called, protects the stems and trunks from sunburn.

Roses are pruned the same way.

Cut back all the frozen wood on esperanza, lantana, Poinciana, duranta and similar subtropical plants.

Do not over-prune crepe myrtles as they suffer for this. Just remove dead wood and clean up any sucker growth.

Don't forget to top dress and aerate your lawn. Use about a half inch of good quality compost.



## Business Members...

After high school, Jean Duker joined the Army, was trained as a medical corpsman then as an LVN and later became a RN. She retired from the USAF Reserves and began to further her health-care knowledge. She has been a SAHS member for over 13 years.



She began learning about natural ways to deal with health and voraciously studied nutrition and other natural therapies, including herbs. Jean was content and happy until she was introduced to EOs. At the time, she knew nothing about Aromatherapy and was skeptical and

reluctant to dig into the subject, but when she discovered the powerful healing properties of good quality EOs, she couldn't get enough! She has been certified twice in two different Aromatherapy programs, has participated in four distillations and is currently pursuing a



Master's in Aromatherapy.

Her business is called *It Makes Scents*, because she believes that using essential oils (EOs) to replace prescription or over-the-counter medicines, "just makes sense."

Jean enjoys teaching about any topics related to EOs and health. One thing she loves about Aromatherapy is that it is such an unexplored field and there is always so much more to learn!

Jean is adamant about using pure EOs when practicing Aromatherapy, and is proud to represent Young Living® Essential Oils. It's a one-of-a-kind company offering pure, unadulterated EOs and non-toxic personal care products. Unfortunately, adulteration is the norm (rather than the exception) in this industry and labeling laws are very loose; therefore, pure, unadulterated EOs are difficult to find.

Jean is also the facilitator of the SAHS Aromatherapy SIG, meeting the 2nd Tuesday of every month. These are a few of her favorite classes to teach: *Introduction to Essential Oils*, *The Power of Thieves*, *Medicine Cabinet Makeover*, *Essential Oils & Pets* and *Healing Oils of the Bible*.

Contact her if you have questions, want to join the SIG, attend a class or just learn more about the amazing benefits of using EOs



## Treasurer's Report, January 2014

Submitted by Lenore Miranda, Treasurer

### **INCOME**

Membership	\$915.00
Resource Guide (mail order sale)	51.30
Spice Rub	82.49
<b>SUBTOTAL - INCOME</b>	<b>\$997.49</b>

### **EXPENSES**

Attendant Fee - Garden Center	\$45.00
Rent - Garden Center	85.00
L. Miranda, Christmas decor	19.51
E. Sauls, Christmas décor/prizes	60.62
S. Rice, Christmas decor	19.51
G. Emery, Christmas decor	19.95
R. Maymar, printing (Artemisia brochure)	21.17
Hospitality	35.13
State Comptroller	216.12
Utility Media	30.00
<b>SUBTOTAL - EXPENSES</b>	<b>\$522.01</b>

**TOTAL (Income-Expenses)** \$445.48

### **ASSETS**

Cash and Bank Accounts	
Frost Cert of Deposit	1,209.28
Frost Checking	3,507.56
Frost Savings	460.35
Scholarship Garden Tour Fund	3,116.64
Cash on Hand	110.00
<b>TOTAL</b>	<b>\$8,403.83</b>

## '13 - '14 SAHS Board Officers & Members

**Emily Sauls** - Co-President

830-438-8314 H; [kivuli@msn.com](mailto:kivuli@msn.com)

**Yvonne Baca** - Co-President

830-537-4700 H; 210-313-8705; [yvonne943@yahoo.com](mailto:yvonne943@yahoo.com)

**Leslie Bingham** - Vice President (Program Chair)

210-445-8665 C; 210 998-3898 H; [lesliegw@live.net](mailto:lesliegw@live.net)

**Norm Hastings** - Membership Chair

210-860-4332 C; [normhastings@hotmail.com](mailto:normhastings@hotmail.com)

**Sarah Rice** - Membership Co-Chair

210-738-8772 H; [casitarice@yahoo.com](mailto:casitarice@yahoo.com)

**Barbara Quirk** - Secretary, Recording

210-828-0432 H; [barbara.quirk@sbcglobal.net](mailto:barbara.quirk@sbcglobal.net)

**Lenore Miranda** - Treasurer Chair

253-777-2979 C; [tinkyny@earthlink.net](mailto:tinkyny@earthlink.net)

**Robin Maymar** - Treasurer Co-Chair

210 494-6021 H; 830 459-8415 C; [robinmaymar@gmail.com](mailto:robinmaymar@gmail.com)

**Grace Emery** - Publicity / PR & Cookbook III Chair

210 875-6919 C, [gemery49@yahoo.com](mailto:gemery49@yahoo.com)

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

210-826-6860 H, [belisle@satx.rr.com](mailto:belisle@satx.rr.com)

**Joe-Beth Kirkpatrick** - Newsletter

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

**Jane McDaniel** - Chair, Hospitality

210-930-1026 H;

**Leslie Bingham** - Co-chair, Hospitality

[lesliegw@live.com](mailto:lesliegw@live.com)

**Margie Larkin** - Co-Chair T-shirts, Cookbooks

**Lynda Klein** - Co-Chair T-shirts, Cookbooks

### **More Information Contacts**

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

## SIG-nificant Events

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

#### Culinary SIG I

It's February, so for our SIG, that means Pizza Night at Norm and Loretta's! This is a favorite for us, and as usual, the theme got the creative juices flowing. Our crusts ranged from whole wheat to herbal to cornmeal to chocolate chip cookie dough to regular, and the toppings were equally varied and delectable. As each pie came out of the oven, its creator described ingredients and techniques and new finds at various venues. We loved a wingless Buffalo chicken pizza, a mozzarella, shredded zucchini and capers corn meal pie, a sweet pepper and onion cheeseless pizza, a chipotle chicken pizza with a salsa based sauce, and a deep-dish primavera pizza featuring fresh-from-the-garden veggies.

Dessert pizzas were equally beautiful and delicious, with one covered in a strawberry cream cheese, mango, mint and walnut topping, and another with a medley of fresh berries and kiwis atop berry cream cheese plus a drizzle of fudge sauce for an over-the-top treat. As one member said, our tongues were dancing!



We did do some business, mainly filling in the blanks for the coming months, and of course we caught up on each other's lives. Next month we are looking forward to a road trip to Canyon Lake and Gennaro's Trattoria, with Madeline as our guide and hostess. Stay tuned!

*Submitted by Jeanne Hackett*

#### Culinary SIG II

On Thursday, February 27, the Culinary SIG II met at the home of Grace Emery. We had 12 members attend and our special recipes all included Oregano. We enjoyed a delicious evening with everything from Great Grandma's Lasagna to a fabulous Sun-Dried Tomato, Olive and Herb Focaccia. Some of the other delicious recipes were Oregano Tomato Butter, Paté with Oregano, Creamy Herby Spinach Dip, Greek Salad, Crusty no-knead Bread, Mediterranean Oregano Cheese Pizza Bread, Calabasita Ravioli, Black Bean Soup, and Eggplant Stir-fry. Pictures of the dishes will be posted on the SAHS Facebook page soon.

The next meeting of the Culinary SIG II will be March 27, 2014, the theme is Mardi Gras, so spicy Cajun food is on the menu.

*Submitted by Grace Emery*

#### Healthy Living with Herbs SIG

The HLWH SIG met Tuesday Feb 18. Our speaker was Anne Merrill, speaking on "Inspiring People With Your Presentations". We started the evening with green salad topped with pears, apples and bleu cheese; enjoyed an entree of spinach raisin risotto and fresh brussels sprout tops. After dinner, we moved into the living room with our note pads and before we knew it, were swept up into another way of preparing and giving presentations and classes...Lots of questions were asked, lots of ideas were discussed, and when it became time to stop we all wanted to keep going and really grasp how to do this. I spent the drive back to Bastrop completely rethinking my approach to my upcoming classes and upon arrival home sat down and redid my next class outline. Next month will be artemisia, a reprise, at Leslie's home.

*Submitted by Carol-lee Fisher*

#### Texas Natural Living SIG

The first meeting of the Texas Natural Living SIG took place on Thursday, February 20th, from 11 a. m. until about 2 p.m. at Marguerite Hartill's lovely home. Eight of nine members attended this planning meeting. Members selected months to present programs and some ideas for topics were discussed, as well as ideas for field trips. Marilyn Nyhus and Marguerite provided a delicious light lunch. After the planning meeting we toured Marguerite's lovely garden and greenhouse where she generously shared potted artemisia plants she had propagated for the group. The weather was balmy and beautiful. It was a relaxing and fun afternoon and the members of this new group had time to begin getting to know one another. The next meeting is on March 20th at the home of Marilyn Nyhus.



The first program will be an introductory meeting with lunch and planning. Please contact Marilyn Nyhus (rudyandmar@yahoo.com) or Marguerite Hartill at (mhartill@aol.com) if you have questions

*Submitted by Diane Lewis*

#### Weed-n-Gloat SIG

The Weed n Gloat team met at the Herb Garden at the SA Bot Gdn on Monday, Jan 23rd to do what we do do best - we weeded (a little), we pruned (a little), we talked (a lot). Our herbs are surviving the cold quite well - now is a good time to see which herbs are winter-hardy. Some "filler" plants which we put in two months ago - kale, Swiss chard - are now a foot high and thriving. Parsley, thyme, small lavender plants - these are all still doing well. A fence is in the process of being built along the back of our Herb plot, between the herbs and the Rose Garden, so the ground there is stamped down and packed tight. Next month we'll bring hoes and loosen up the soil there and put down mulch, ready for Spring planting in March and April. Afterwards, we followed Andy up to the Children's Garden to check out the new planter beds that they've built there, and the experimental strawberry and spinach beds.

And, after that, we repaired to Joseph's Bakery to partake of hot soup and discuss secret recipes, legalizing marijuana and the best cocktail.

In February, we met, we weeded, we spread compost, we talked, we had coffee. Glorious coffee.

That's about it, actually. We worked for 2 hours, Linda Thacker, Melanie Short and I, cleaning out the first weeds of the season, and giving all the plants which we had pruned in January a "haircut" i.e. when pruning we had left about 6-8 inches of brown stalks on most of the larger plants, to protect any new green shoots that would come up. Now the green shoots are up, the danger of frost looks to be over, and we can look forward to a new season of abundant herbs in the Herb Garden at the SA Botanical Garden. We distributed two wheelbarrow loads of beautiful, loamy compost; we'll need two more to finish off that job. Next month, if the weather permits, we'll start with Spring planting of new herbs.

The coffee - it was good; at a new coffee shop in the Pearl complex - named Local Coffee.

To learn more about herbs on site, please get in touch with me, Jane McDaniel, at email: janeshirish@att.net

*Submitted by Jane McDaniel*

### Herbal Crafts SIG

The Craft SIG met at Janet Huffman's marvelous home to explore the art of felting soaps. Janet is a member of the weavers guild and invited two members of her weaving club to give us a tutorial on the world of wool felting and to demonstrate the felting process to our SIG. The Weavers brought a cornucopia of merino wool fibers for the group to use and experiment with. The results were beyond our expectations. Each felted soap produced by our members resembled a little piece of art. The consensus of the group was that this activity will need to be repeated. Next, we will explore image printing. SIG members will be contacted in March with details; prospective members should contact Adrienne Hacker, hackla@aol.com, Lenore "Tinky" Miranda, tinkym@earthlink.net or Leslie Bingham, leslieg@live.com for more details.



Need to recycle your old Christmas decorations? The Craft SIG is requesting SAHS members donate their gently used Christmas decorations. We will be green, recycling and incorporating them into our theme for the 2014 Christmas Banquet. You can bring them to the next general meeting. For more information, contact Lenore Miranda.

*Submitted by Adrienne Hacker*

### Aromatherapy SIG

No report for February.

If you are interested in joining the Aromatherapy SIG please contact Jean Dukes @ 210 566 4379 or @ 10days@earthlink.net.

### Mad Hatters SIG

Sixteen people met to celebrate Valentine's Day in Diane Lewis's elegant parlor - this was the Mad Hatters' first tea of the year and it met every expectation of an elegant afternoon. Who better than Diane to host it, with her seemingly unending collection of dainty tea cups, her myriad tea pots and tea cozies? Two tables groaned under the weight of sweet and savory goodness: cakes, sandwiches, a Swiss roll, chocolate-dipped strawberries, turkey-salad filled croissants, stuffed hard-boiled eggs, salmon dip, shortbread, fruit sale, fennel/apple salad.....it was a feast not just for the eyes. Diane served five different types of tea, and topped it all off with a red champagne Mimosa. We Mad Hatters know how to celebrate! The dining tables - two - were beautifully set, the hats were magnificent, and the atmosphere very, very festive. A big Thank You to our gracious host and to all who brought so many delicious dishes. We meet - again - in March, at Jane's house, to celebrate everything Irish with a High Tea.



For information on this SIG please contact Diane Lewis lewisdr@swbell.net

*Submitted by Jane McDaniel*

### Speakers Bureau

Leslie and I spoke at the Forest Oak Garden club on Wednesday, February 12 at 1:00 PM at the Leon Valley Library. The topics was *Cooking with Herbs* and we both plan to bring our favorites to taste. The 12 Texas herbs slide show and presentation was well received. The four dishes with culinary herbs were Rosemary bread, Garlic and fresh herb butter, fresh Dill Dip and Rosemary Lemon Cookies.

Leslie Bingham and Robin Maymar did the same presentation at the Green Spaces Alliance workshop on Saturday, February 15, 2014. This group supports the community garden project and wanted the Herb Society to talk about the ease of growing the herbs as well as the flavor and nutritional value.

Jane McDaniel and her beautiful deck and yard...was interviewed for a local green publication. Details (and hopefully a link to that story) will be in the next newsletter.

*Submitted by Grace Emery*

### Celebrate Herbs at Rainbow Garden, Bandera Rd.

May10th, 9 am to 3 pm. Several SAHS members will be presenting short programs during the day. Topics covered will be aromatherapy, teas, soaps, lavender, and more. SAHS will also be there with our books and general information brochures as a community outreach. Come help us and enjoy the day! Contact any board member for more information.

### Recycle your old batteries and phones

Businesses specializing in batteries often accept spent batteries for free. Drop off your old dry cell batteries with companies such as Batteries Plus (there are several outlets in San Antonio).

Your old cell phones can usually be traded in recycled. One group sells these donations to buy phone cards for soldiers on overseas tours. Try these web sites:

<http://www.cellphonesforsoldiers.com/> or

<http://www.findgreen411.com/>

Call them up and help the environment. Just a little bit from each of us will make a big difference down the road AND help out someone else in the process.

### From the Almanac

March is the month of the Full Worm Moon. The Full Worm Moon was given its name by the Algonquin tribes from New England to Lake Superior. At the time of this spring Moon, the ground begins to soften and earthworm casts reappear, inviting the return of robins. In some regions, this is also known as the Sap Moon, as it marks the time when maple sap begins to flow and the annual tapping of maple trees begins.



### Newsletter Deadline for April Issue

Deadline for all materials submitted for our April, 2014 issue is March 21. Please let the editor know if you'll have a meeting after that date and plan accordingly to submit a report and/or photos so space may be allotted. Prompt submittals are greatly appreciated.

*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.*

## 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  
[natureherbfarm.com](http://natureherbfarm.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)

### 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)

### FloraScape

Mary Blasko TCLP, TCNP  
[florascape@swbell.net](mailto:florascape@swbell.net)  
*"We can help with your gardening projects"*

### Norm Hastings

Therapeutic Massage  
San Antonio, Texas  
210 435-4459 H  
210 860-4332 C  
[normhastings@hotmail.com](mailto:normhastings@hotmail.com)

### It Makes Scents

Natural Health Counseling & Essential Oils  
Jean Dukes, RN, CNHP,  
Certified Aromatherapist  
(210) 566-4379  
[itmakescents@earthlink.net](mailto:itmakescents@earthlink.net)  
[www.youngliving.org/makescents](http://www.youngliving.org/makescents)

### In-Home Senior Care and USANA Health Sciences

*Nutritionals You Can Trust*™  
Greg & Jinnie Perkins  
5805 Callaghan Rd. Ste. 205  
SAT 78228  
(210) 256-2273  
[jinnieperkins@yahoo.com](mailto:jinnieperkins@yahoo.com)  
[www.inhomeseniorcare.net](http://www.inhomeseniorcare.net)

### San Antonio Yoga Center

Randy Mass, ERYT  
Studio Manager  
11011 Shaenfield Road  
San Antonio, Texas 78254  
(210) 523-SAYC (7292)  
<http://www.sanantoniogyogacenter.com>  
[randy@sanantoniogyoga.com](mailto:randy@sanantoniogyoga.com)

### Hens to You

Cheryl Morrissey  
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[rosepink5@aol.com](mailto:rosepink5@aol.com)

### Yvonne Baca, LMT

Holistic Health Practitioner  
Therapeutic Massage, Lymphatic Drainage, Es-  
sential Oils, Reiki Master, Therapeutic Touch  
Akashic Record Consultations  
(830) 537-4700 H  
(210) 313-8705 C  
[yvonne943@yahoo.com](mailto:yvonne943@yahoo.com)  
[www.boerneholistichealth.com](http://www.boerneholistichealth.com)

### Heron's Nest Herb Farm

Melanie & Fred VanAken  
1673 River Bend Dr., Blanco, Texas 78606  
(830) 833-2627  
[heronsnest@txwinet.com](mailto:heronsnest@txwinet.com)  
[www.heronstherbherbfarm.com](http://www.heronstherbherbfarm.com)  
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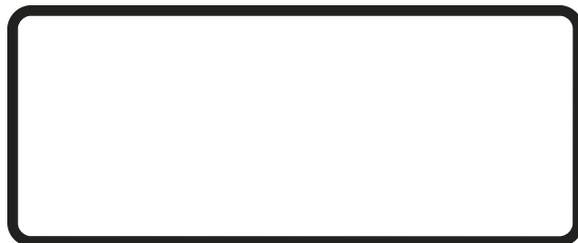
### Lyn Belisle Studio, A Place of Creative Belonging

Lyn Belisle  
1824 Nacogdoches Road  
San Antonio, Texas, 78209  
210.860.9468  
[www.lynbelisle.com](http://www.lynbelisle.com)  
[lyn@lynbelisle.com](mailto:lyn@lynbelisle.com)

### The Human Path

Herbology and Wilderness Medicine Classes  
Sam Coffman & Suchil Coffman-Guerra  
210-807-0891  
[www.thehumanpath.com](http://www.thehumanpath.com)  
[Sam@thehumanpath.com](mailto:Sam@thehumanpath.com)

PLEASE SEND TO:



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[www.sanantonioherbs.org](http://www.sanantonioherbs.org)