



La Yerba Buena



THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 300, March 2015

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.

Thursday, March 12, 2015 Ruben Villareal on "Archi's Acres"

Ruben retired from the United States Marine Corps in 2014 after 26 years of service working primarily in air delivery and reconnaissance. He graduated from Park University that same year with a Bachelor of Science in Business (Human Resources).

Casting about for something that fired his passion for "doing", Ruben encountered the Veterans Sustainable Agriculture Training (VSAT) program through San Marcos State University in California. As a graduate of that program and now as an advisor, he knows that this program aids and encourages veterans to pursue Agri-business entrepreneurship opportunities. Through this program, participants can use the resources and follow-on support for starting and owning an agri-business.

Ruben enjoys volunteering for various non-profits that support military veteran causes. His own long-term goal is to start a farm utilizing sustainable agricultural practices. Once established, he hopes to use his business to continue mentoring other veterans who wish to enter this ancient, yet very new, industry.

SAHS members N-Q please bring a snack to share. Please be sure to provide a name card (and recipe) for the dish you bring (better yet, 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.sanantonioherbs.org



SAWS Spring Bloom & SAHS Plant Sale

Once again, SAHS will bring our crowd of passionate herb lovers to the SAWS spring conservation and community outreach event. Previous years have seen upwards of 30 SAHS volunteers standing cheek-by-jowl on one side of the sales tables selling and telling to equally enthusiastic customers on the opposite side. SAHS has historically sold around 3000 plants and netted about \$1500 from this sale and outreach.

If you've never helped with this event, now's your chance to do so.

March 14 at SAWS headquarters (US281 @ Mulberry) on from 9 to 1 pm.

Volunteers are needed from 7:30am to 2pm.

Please contact Joe-Beth today. 830-460-0251

April Meeting: Aromatherapy for Stress Relief

Angela Love, R.N., will present her version of relieving stress using aromatherapy. The sense of smell is one of the most primal senses and has been shown in many scientific studies to have a direct impact on certain areas of the brain. Come see us on April 9th and see what Ms. Love has to say. You'll probably come away from *this* meeting with new-found calm!

Used Books for Sale

A few of the titles currently on hand. See Karen Lopez.

The Three Ingredient Cookbook; Phyllis Stillwell Prokop

How to Know THE CACTI; Dawson

Accessible Gardening; Joann Woy

Tips & techniques for Seniors & the Disabled

The Magic in Food; Scott Cunningham

60-Minute Gourmet; Pierre Franey



Newsletter Deadline for March Issue

All materials for April due by March 20

Hospitality Table

Schedule:

Mar: N-Q

Apr: R-Z

May: Picnic

June: A-M

Members' Sale Tables

Please contact the Program Chair to arrange for your tables at least two weeks in advance.

Inside this issue:

Member Recipes	2
Over the Fence	3
February Minutes, Meeting Review	4
Treasurer's report Officers' contact info	5
SIG reports	6

Be sure to view the full color version of this newsletter @ www.sanantonioherbs.org

If you would prefer to receive the SAHS newsletter electronically, please contact Lyn: belisle@satx.rr.com

Member Recipes

Here are a few of the items from the February tables.

Lavender Sugar Cookies

Submitted by Kathryn Seipp

Ingredients, cookie

- 1 C butter (softened)
- 1 ½ C granulated sugar
- 1 egg
- 1 ½ tsp lavender margarita mix
- ½ tsp almond extract
- 2 ¾ C all-purpose flour
- 1 tsp salt

Directions

Preheat oven to 350°F. Lightly spray pan cavities with vegetable pan spray. In large bowl, beat butter and sugar with electric mixer at medium speed until well blended. Beat in the egg, extract and margarita mix. In separate bowl combine flour and salt; add to butter mixture. Beat until well blended. Press dough into cavities, filling 2/3 full. Bake 10 to 12 minutes or until light brown around edges. Cool in pan 10 minutes. Remove with rubber spatula. Cool completely on cooling grid. Place wax paper underneath the cooling grid and ice with glaze below.

Ingredients, Lavender Glaze

- 4 Tbs margarita mix
- 2 C powdered sugar
- 2 drops red food coloring
- 1 drop blue food coloring

Directions

In a small bowl, combine the sugar, margarita mix and food coloring and mix until well blended. Transfer glaze to gallon size plastic bag. Cut hole in one corner and pipe glaze over cooled cookies. Allow glaze to set before stacking cookies. Makes about 7 dozen cookies.



Fig and Fennel Caponata

Adapted & Submitted by Jeanne Hackett

Ingredients, cookie

- 3 Tbs extra virgin olive oil
- 1 1/2 C red onion (1/2" dice)
- 2 C fennel root (1/2" dice)
- 3 cloves garlic, thinly sliced
- 1/3 C sherry vinegar
- 1 C tomatoes (canned) crushed, in puree
- 8 Calmyra figs, dried, stems removed, 1/4" dice
- 2 1/2 Tbs brown sugar
- 2 Tbs drained capers
- 1/2 C green olives, drained
- 1 tsp grated orange zest
- salt & pepper to taste
- 1/3 C freshly-squeezed orange juice
- 3 Tbs flat-leaf parsley, chopped

Directions

Heat the oil over medium heat and add the onions and fennel; sauté until softened, stirring occasionally (7-8 minutes). Stir in vinegar, tomatoes, figs, brown sugar, stirring to coat. Stir in capers, olives, zest, 1 1/2 tsp salt and 1/2 tsp pepper. Bring to a boil, change heat to low setting; simmer 8-10 minutes until thickened. Stir in orange juice and parsley. Taste for seasoning; should be very highly seasoned. Serve caponata warm or at room temp with baguette slices or crackers (your choice).

Note: I prefer using organic citrus.



Acadiana Cafe's Chicken & Sausage Gumbo

Submitted by Dave Saylor

Ingredients for a 3 1/4 gallon batch

- 1 1/4 lb celery, diced
- 1 1/4 lb bell pepper, diced
- 1 1/4 lb onion, diced
- 1 1/4 lb okra, diced
- 1/2 can tomatoes, diced (size of can not provided)
- 3/4 gal water

following oz measures are by volume

- 1 3/4 oz gumbo file'
- 1 oz salt
- 1 oz thyme
- 1 oz marjoram
- 1 oz oregano
- 1 oz basil
- 1 oz parsley flakes
- 1 Tbs black pepper
- 1 Tbs cayenne pepper
- 1 oz chicken base (powder)
- 6 ea bay leaves

Ingredients for Roux:

- 1 C salad oil
- 1 C H&R flour

Meat:

- 2 1/2 lb chicken thigh meat, cut up/shredded
- 2 1/2 lb sausage, cut up

Directions

Put water, tomatoes and vegetables into kettle. Add all spices to kettle and stir. Add chicken meat and sausage. Stir into mixture and let cook [simmer] until everything is tender.

Make the roux: Heat oil until it starts to sizzle; add flour while stirring constantly. Stir until the mixture is medium brown and thickened.

Add completed roux to kettle; stir to blend well.

Serve over rice or with crusty bread or crackers.



Scholarship Recipients Welcomed

SAHS was delighted to meet and congratulate Analyssa Carmona and her department Chair, Ms. Mary A. Kunz, at our February meeting. Unfortunately, Bianca Garcia was unable to attend. We wish them every success in their studies and hope they'll come back to visit when they've graduated!

2015-2016 Board Nominations Open in March

It's time to start thinking about the next Board of Directors. Yep, it really is. Be thinking about how you might be able to participate. Our Board is an active one—we are always looking for ways to improve our programs (we need your ideas and initiative), ways to plump up our treasury (we need your helpful hands at fundraisers), ways to help evaluate materials for our publications (your cooking and/or crafting skills are valuable), keep our funds in order and safe (how is your number crunching?), ways to help keep our newsletter and web site up and running (are you a techie?), articles for the newsletter (send in a little report on a great book you've read or an unusual vacation).

Please talk to any board member soon. Catch us at the next meeting or feel free to call or email. We welcome all interested members.

Thanks so much!

Over the Fence... 2015 Program Line-up



SAHS online calendar:

<http://www.sanantonioherbs.org/Calendar/CALENDAR.htm>

Mar: Ruben Villarreal, bringing *Archi's Acres* to SATX;
SAWS Spring bloom plant sale
TX AgrilLife's Backyard Expo
SA Garden Center's 75th anniversary reception

Apr: Angela Love, RN; *Aromatherapy for Stress Relief*
2015-2016 Board nominees presented
Cibolo Nature Center's plant show & sale
King William Parade

May: Spring Banquet & Social
2015 Board vote
Festival of Flowers
Rainbow Gardens' Celebrate Herbs.
Basil Fest

Jun: SAHS SIGs: Get Inspired! or "What WE Like About Herbs and What We Do With Them"

Jul: Annual Members' Show-n-Tell and Share

Aug: to be announced

Like our programs? Have an idea for one?

Know a great speaker for an interesting herbal topic? Contact any Board member with your suggestions and contacts. Let's complete the list for 2015!

Next Board Meetings

March 30, 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.

SAHS Publicity Needs YOU

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. Know of a new contact that would help us? Get with Mike Belisle to help out.

SA Botanical Garden Events

New Art in the Garden exhibit opens March 12. Artist is Kim Beck. Exhibit features a series of marked paths with each path "led" by a different persona.

Dog Days, March 21, 22

Spring plant sale, March 9-12.

The Garden is open year-round, 9am to 5 pm.

For info call 210-207-3250 or visit www.sabot.org

SA Garden Center

March 4: "Digging Into Spring," David Rodriguez presenting. Hospitality at 9:30, followed by the program. Meetings are free and open to the public.

March 20-21: Annual Plant Sale, 9-4 both days.

March 27: SAGC 75th Anniversary reception

For additional information, call 210-824-9981 or see <http://sanantoniogardencentre.org>

Submitted by Brunella Bruni

Texas Native Plant Society

Chapter meets every 4th Tuesday, Lions Field Adult Center, 2809 Broadway. Native plant and seed exchange at 6:30 pm, followed by speaker at 7:00 pm. website:

<http://sanantoniochapter.wordpress.com/> or contact via email: npsot.sanantonio@gmail.com

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.

Website: <http://txmng.org/comal/>

Guadalupe County Master Gardeners

GCMG "Lunch-n-Learn" is March 5, 12-1.

The regular meetings are on third Thursdays; free and open to the public (business follows program). For further information call 830-303-3889 or visit our website at www.guadalupecountymastergardeners.org.

SA Rose Society

San Antonio Rose Society meets second Mondays at 7 pm at the Garden Center. March 9 program is by Lothar Behnke of Weeks' Rose Production and will discuss how this commercial greenhouse develops and markets roses.

Also, Ed Bradley is conducting several classes in March at various nurseries. Anyone is welcome to come and learn for free. www.sarosesociety.org

Submitted by Peggy Jones, Publicity, SARS

Gardening Volunteers of South Texas

GVST will be at the SAWS Spring Bloom selling their plants and offering information.

Monthly Essentials of Gardening Class is March 16, 12n-3pm at the Garden Center.

Contact (210) 251-8101 or info@gardeningvolunteers.org

Web site: <http://www.gardeningvolunteers.org/gvstwp/>

Bexar County Master Gardeners

Spring Backyard Basics Expo is March 28 at Madison High School (O'Connor @ Stahl). Large variety of exhibits, DIY demonstrations and workshops in one busy day! 9am to 3pm, \$20/person, kids 16 and under free.

Contact 210-207-3278. or <http://www.bexarcountymastergardeners.org/>

Submitted by BCMG

Gift Basket Raffle: A Beach Picnic!

The next basket will contain lots of cool stuff for a warm summer's day picnic.

Remember that if *everyone* committed to "selling" just 10 tickets or chances, the income potential on each basket is quite good. Our expenses reduce if (again) everyone donated an item or two to the contents.

Contact Grace Emery to help fix up that next basket!

Field Trip: Community Garden Tour

Five members of the San Antonio Herb Society toured River Road, Olmos Park Terrace and Beacon Hill Community Gardens on Saturday, February 21. Tour hosts included Russell Smith (River Road), Bea Carawy (Olmos Park Terrace) and Khalilah Bilal (Beacon Hill).

Participants saw composting systems, ollas for watering fruit trees, permaculture mounds, a rain-water collection system, integrated multi-use gardening facilities, movable shade structures and a key-hole garden, all designed and created by members of these gardens; and abundant herbs and vegetables.

Submitted by Rachel Cywinski

Ed. Note: for more info on these gardens, look up the Green Spaces Alliances at <http://www.greensatx.org>



Minutes from February 12, 2015

General Meeting

Call to Order: 7:02pm by Yvonne Baca, co-president.

There were several new members who were recognized along with visitors. Also in the audience, were two of our future speakers, Angela Love and Ruben Villarreal.

Yvonne thanked the Hospitality committee for the pretty table decorated for Valentine's Day and those who brought food for the sweet-laden table. Crawfish from our speaker were a super addition.

Our next meeting is March 12th. Members with last name beginning with N-Q are asked to bring food.

Attendees were asked to check out the tables at the back before they leave: the Member's Share Table, the SAHS Merchandise Table, and Jane McDaniel's "Jane's Irish" table with marmalades and pot holders.

All Newsletter articles and recipes are due by February 20th and sent to Joe-Beth's email listed in the newsletter. Recipes should include the recipe name and your name.

Item 1: Yvonne introduced Mary Kunz, Dean of the Tourism, Culinary and Hospitality at St. Phillip's College, and one of the scholarship recipients, Analyssa Carmona. The other recipient, Bianca Garcia, was unable to attend this evening. Analyssa thanked us saying she loved to cook, eat (particularly pasta) and go to school.



Item 2: Grace Emery recognized the Cookbook Committee which is going strong. There were dishes on the hospitality table to be tested: a green bean dish and a rice medley. Members were asked to fill out opinion slips to be returned to Karen Lopez. She is also available to give out recipes to be tested.

Item 3: Spring Banquet details were relayed by Jane McDaniel, an International Fare

Item 4: Spring Bloom is on March 14th. Joe-Beth Kirkpatrick passed out a clipboard for volunteers to sign for up for shifts.

Item 5: Grace Emery stated that the new raffle basket will have a "Beach Picnic" theme. Give any items to Grace if you think they are appropriate. Drawing will be in July.

Item 6: Grace Emery reported that the Express News is requesting articles for "Sow, Grow, and Savor". See Grace or Mike Belisle if interested. Congratulations to Marilyn Nyhus for the article on her Lasagna Garden in January.

Item 7: Beverly Tibbs stated that the King William Parade will be April 25th. There will be work parties scheduled. Mike said we have at least 1500 packets of seed donated from nurseries including Shades of Green, Schulz', and Rainbow Gardens as well as companies around the US. The seeds will be repackaged with a SAHS label and handed out during the parade. Silk flowers for the float refurbishment are needed.

Item 8: Yvonne reported a nominating committee is needed to fill the positions vacating this year. All positions are available. The turnover is in June.



Item 9: Volunteers and a parliamentarian are needed to help with the updating and review of the bylaws on February 19th at 6:00.

Item 10: Lenore Miranda is requesting gallon size pots for plantings at the Botanical Garden

PROGRAM CHAIR - Rachel reminded us of the Community Garden tour on March 21st at 9:15 at the River Road Community Garden. Next month's speaker is Ruben Villarreal from Archie's Acres.

Adjournment: 8:10 p.m. by Grace Emery with a reminder to pick up a recipe to test next month.

Submitted: Barbara Quirk, Secretary SAHS

Dave Saylor & Cajun!

Dave was a very dynamic and enthusiastic speaker and his helper, Andy, was just as knowledgeable and friendly. Part of their presentation this evening included a well-



arranged display of the typical vegetables, herbs and spices used in their restaurant's kitchens.

Dave was raised in the Ozark Mountain area of Missouri which has plenty of sassafras. His father made sassafras tea (samples were available tonight). To harvest, they would use a tractor to pull the roots out of the earth. Dave sent around fresh root samples tonight (they smelled sweet and almost floral – think of what root beer smells like). Dried and ground sassafras leaves are the base for *filé* powder used in gumbos.



A list of typical Cajun herbs and spices was handed out and which Dave explained. He was mindful of the "trinity" of Cajun cooking - onion, celery, and green pepper.

He and Andy presented their little friend "Boudreau" the crawfish who spent the evening guarding a sample bowl of gumbo and rice on the presentation table. Gutsy little guy and admired by most of the audience.



He and Andy presented their little friend "Boudreau" the crawfish who spent the evening guarding a sample bowl of gumbo and rice on the presentation table. Gutsy little guy and admired by most of the audience.

Dave went on to say a gumbo always begins with a roux, a mixture of oil and flour that is slowly cooked to a particular brown color. Then vegetables, shrimp, crawfish, other seafood, and sometimes sausage are added. He prefers a beef and pork variety. There are three thickening agents used in gumbos - roux, okra and *filé* powder. He uses all three.



Membership

At the February meeting, we had a total attendance of 42. The end of February was the end of our annual membership renewal period. If you haven't renewed, your name will be removed from our newsletter postal and e-mail rosters.

Remember your membership is important! We use those funds to help pay our rent to the Garden Center, insurances, storage, newsletter publication and postage, website host fees and so much more.

Please see Ann or Penny if you have any questions.

Also, please see Ann or Penny if you'd be good at helping out with this committee on the next Board.

New nametag system...

Don't forget: your nametag will be available to you at the door at the beginning of each general meeting. Pick up the nametag, wear it with pride, turn it back to the membership desk before you leave for the night. Simple. You don't have to worry about remembering to wear the tag (or losing it somewhere).



Cook Book Committee Needs YOU!

Recipe submittal criteria for the new cookbook:

Recipe Format

1. Recipe name & submitter's name
2. Origin (if interesting or applicable)
3. Ingredients list (must include herbs!)
4. Instructions
5. Comments (if any)

Please contact Karen Lopez, i_quilts@yahoo.com, or Grace Emery, gemery49@yahoo.com, to submit your recipes or to volunteer to help test and taste.

SA Express-News Garden Features Column

The SA E-N is still accepting names of members who're willing to have their gardens featured in a column. They're looking especially for gardens with a theme, topic, purpose, special end-use or whatever.

Contact Grace Emery gemery49@yahoo.com

Weeders in their off-hours: a Marmalade Brigade

Five of us got together to make marmalade in Jane's kitchen: Leslie Bingham, Adrienne Hacker, Tinky Miranda and Marilyn Nyhus. It was a two-day affair; on the first day we cut up and juiced the oranges and lemons, peeled the apples and ran everything through the meat/fruit grinder. Everything was put in a big pot to steep overnight. The following day the mixture was very slowly brought to a boil and sugar added..... after a couple of hours we had golden marmalade potted in sterile jars, enough made for each to take home and some left over.

Submitted by Jane McD



SAHS at the Botanical Garden's Flashlight Night

Sandra Woodall and Rachel Cywinski helped hundreds of children and parents "guess the herb" during Family Flashlight Night at the San Antonio Botanical Garden Friday, February 20.



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

Treasurer's Report, January 2015

Submitted by Robin Maymar, Co-Treasurer

INCOME

Used books	17.95
Membership	710.00
Subtotal - INCOME	\$727.95

EXPENSES

Garden Center, rent	85.00
Garden Center, attendant's fee	45.00
Honorarium (to whom?)	50.00
Postage	49.00
Postage and brochure printing	64.83
Website host (Utility Media)	30.00
Subtotal - EXPENSES	\$323.83

NET TOTAL (Income-Expenses) \$404.12

ASSETS

Frost Cert. of Deposit	\$1,209.28
Frost Checking	3,832.21
Frost Saving	460.39
Scholarship Fund	1,209.28
Cash on Hand	110.00
TOTAL	\$6,821.16

'14 - '15 SAHS Board Officers & Members

Yvonne Baca - Co-President

830-537-4700 H; 210-313-8705 C; yvonne943@yahoo.com

Grace Emery - Co-President & Cookbook III Chair

210 875-6919 C, gemery49@yahoo.com

Rachel Cywinski - Vice President (Program Chair)

worldvisitor@rocketmail.com

Ann Rossi - Membership Co-Chair

210 422-8506 C; aspiring_annie@yahoo.com

Penny Cardwell - Membership Co-Chair

210-380-9755; p.card1@aol.com

Barbara Quirk - Secretary, Recording

210-828-0432 H; barbara.quirk@sbcglobal.net

Lenore Miranda - Treasurer Co-Chair

253-777-2979 C; tinkyny@earthlink.net

Robin Maymar - Treasurer Co-Chair and Salt Blend Maven

210 494-6021 H; 830 459-8415 C; robinmaymar@gmail.com

Mike Belisle - Publicity / PR / Seed Procurement

210-826-6860 H, mbelisle@satx.rr.com

Lyn Belisle - Webmaster & Green List Coordinator

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

Joe-Beth Kirkpatrick - Newsletter

210-590-9744 H, joby53@gmail.com

Jane McDaniel - Hospitality and Weeder Extraordinaire

210-930-1026 H

Leslie Bingham - Hospitality

lesliegw@live.com

Margie Larkin - Co-Chair, SAHS New Merchandise

Lynda Klein - Co-Chair, SAHS New Merchandise

More Information

SAHS web page: www.sanantonioherbs.org

Our website contains an archive of past newsletters, membership and book order forms PLUS includes a PayPal link for your convenience.

SIG-nificant Events

Culinary SIG I

In February, our group gathered in Chris' lovely kitchen where we spread an assortment of sweet and savory pies for everyone's enjoyment. And enjoy we did!

One cook's daughter provided the recipe for a delicately flavored leek, potato and carrot pot pie. Two of us made versions of tomato pies, both so delicious and redolent of herbs, and with different flavor profiles secondary to the sorts of cheeses used (fontina and parm for one, cheddar and mozz for the other). The tomatoes were special too, with one that had the last tomatoes from the cook's garden and the other made from heirlooms. A rustic Neapolitan pie stuffed with curly endive and kalamata olives and garnished with a few spoonfuls of a sage-spiked marinara was satisfying on a chilly night. A quiche-like crustless zucchini and yellow squash pie flavored with fresh herbs and feta cheese was both pretty and tasty.

Dessert pies were just as yummy as dinner. A sweet potato pie was a smooth and delicious custard with a surprise ingredient, tomato soup. A rich crustless macaroon pie featured coconut and pecans that everyone enjoyed. A banana-filled whipped cream filling decorated with chocolate-dipped strawberries and a dusting of fresh-grated nutmeg was another favorite pie. And a tart with a wafer cookie crust and a rosemary-infused chocolate topping was a real show-stopper!

After eating our fill and discussing variations we might make in our creations, we finalized plans for next month at Norm and Loretta's. The decision: anything that can be made in one pot. Stay tuned!

Submitted by Jeanne Hackett

Herbal Crafts SIG

The Craft SIG met on Saturday, February 21, at Janet Huffman's house to play with clay.

Janet's husband, Steve, showed us how to roll clay for imprinting (like a pie crust or cut-out cookies) and throw clay on a potter's wheel (wonderful containers emerge from a lump of clay). I would definitely recommend getting your hands a little dirty at least once with clay. We brought various herbal plants and used them to imprint their leaf and vein shapes into the clay. The clay was then formed into bowls, plates, plant tags and decorative objects. Once fired in a kiln (by Steve) we will decorate and glaze before the final firing. It was definitely a fun and relaxing morning and I can't wait to see all the finished pottery. All the designs were wonderfully creative. Thank you, Janet and Steve, for opening your house and kiln to us.

Craft SIG will not meet in March.

If any of you would like to be part of our SIG, please contact either Leslie at lesliegw@live.com or Kathryn at kseippccc@aol.com. New members are *always* welcome.

Submitted by Kathryn Seipp

Healthy Living with Herbs SIG

February saw a smaller group meeting at Jean's. Our session covered using essential oils to create effective skin oils.

We sniff-sampled different varieties of frankincense, loved the sandalwood and enjoyed the more floral notes of jonquil, clary sage and geranium. Jean had set out a couple dozen different EOs and had prepared some combinations in a carrier oil so we compared those, as well. EOs are so effective when dealing with human emotions and the psyche. And it doesn't take but a drop or two! Singly or in appropriate combination, they can help lift a dark mood, create a calmer spirit, ease a cold, energize the sluggish, heal skin and muscle ailments and so much more. We each left with an ounce of a blend in her "V6" carrier oil that suited each of us.



In March, we're going to River Whey Creamery to learn about cheese-making and have a tasting class. We have room for four more friends - give us a call; we love company!

Get in touch soon!

Submitted by Joe-Beth Kirkpatrick

Culinary SIG II

The dinner was held at the home of Robin Maymar and co-hosted by Gloria Ortiz. The theme was pizza; we were surprised and pleased with the selections brought. Pat Hasser delighted us with a mushroom pizza with three cheeses. Karen Lopez served a cold vegetable pizza that was mouthwatering, to say the least. Marilyn Nyhus made a traditional pizza with exceptional flavor. Grace brought homemade dough "Margherita" pizza. Named for the wife of King Umberto of Italy, it became a favorite of hers and is yet today on the menu at a pizzeria in Naples. Adrienne Hacker also made a "Margherita", but used smoked gouda and roasted cherry tomatoes. Robin did a rustica with a luscious shortbread crust. Gloria provided a non-alcoholic sangria plus her version of a "Margherita" drizzled with a balsamic glaze. Pam De Roche, a new member to the group, designed a traditional pizza that was loaded with all of her favorite toppings. Sandra Woodall made a vegan delight pizza. We truly had a varied group of pizzas to sample all evening.



Next month, the theme will be Vegetarian and held at the home of Theo Dean, March 26, 6:30 p.m. to 8:30 p.m.

For SIG meeting information, please contact Grace Emery at 210 875-6919 C, or gemery49@yahoo.com

Submitted by Grace Emery

Weed-n-Gloat SIG

We met on Monday, January 26, to gloat and weed at the Herb Garden at San Antonio's Botanical Garden, Theo, Robin, Tinky, Jeanne and I. The herb plot is looking amazing; with the recent rain and sunshine all our herbs are thriving. We did weed some, the recent addition of mulch to the plot has helped to keep down the weeds so that we did a lot more gloating than weeding. Long may that last!



Next month we will be ordering spring herbs for planting in either March or April, depending on the weather. Happily, we have savory growing in the Herb Garden; that is the Herb of the Year 2015. Afterwards, we repaired to Jim's on Broadway for prandial enrichment (apple pie with cream, vegetable omelet, coffee, tortilla soup).

Weed-n-Gloat is the last Monday of the month. Contact Jane for more information: janesirish@att.net

Submitted by Jane McDaniel

Mad Hatters

Diane welcomed us to her home for afternoon tea and just about any other treat anyone could want.

We dined on mini-quiches, pimento cheese, chicken salad and egg salad sandwiches. We tasted salads of ever sort from a wonderful carrot & raisin salad and a fennel-apple salad. There was pasta salad and an avocado & olive salad, some turkey lettuce wraps and a fresh veggie tray. Those were just some of the savory dishes. For dessert we were able to select from fresh-baked cookies and a delicious fresh fruit salad, an assortment of pies, very pretty



pink petit fours and more. Everyone's sweet tooth was definitely happy.

Along with the scrumptious food that was shared by all, we were treated to an assortment of teas from popular ginger,

geach and oolongs, plus a wonderful chai and a smoky Kentucky blend and others that were brewed just for us.

The conversation as always was fun and informative and the warm friendship was felt all around. The afternoon included a drawing for prizes so all in attendance left with a prize and a Valentine candy goodie bag.

Thanks go out specially to Diane & also those that shared a lovely afternoon of tea and friendship.

In **April**, we will have a traditional Irish High Tea with Jane McD. Interested in having tea with us? Contact me lnbdesignline@aol.com.

Submitted by Linda Barker

Texas Natural Living SIG

No report for February.

For SIG meeting information, please contact Marilyn Nyhus (rudyardmar@yahoo.com) or Marguerite at mhartill@aol.com.

Herb & Culinary

This new SIG wasn't able to garner enough of a membership to sustain itself and has disbanded.

Thanks for your interest.

Submitted by Carol Hamling

Aromatherapy SIG

This SIG is on hiatus. To indicate your interest and for more information, contact Jean Dukes at 210-566-4379 or itmakescents@earthlink.net

Submitted by Jean Dukes

Irish Traditions on South Padre!

The first Irish Trad Festival on South Padre Island (locals call it "SPI"); a meeting of all things Irish and a great excuse for some serious Guinness! We gathered at the Isla Grand Resort on February 20th and 21st for music, dance, stories and a presentation on the history of the Irish language. The crowd was large and enthusiastic, the entrance prices were decent and the *Brown Stuff* (i.e. Guinness and Tullamore Dew) flowed consistently throughout the day. It's a long drive south to SPI, but the weekend was well worth it, with an attentive crowd as I told stories of old Ireland, of Celtic heroes, of murders, slaughters and a couple of involuntary suicides, of great deeds and love everlasting. In the early morning mist, we walked along the beach, as the Gulf waters crashed in white foam upon the sands and the palm trees bent with the wind. One thing I did notice on the drive down: not very much kudzu growing on bushes and trees along the way - could that have to do with the proximity to the Gulf?

We're already planning next year's Irish Trad Fest on South Padre - this was a good one.

Submitted by Jane McDaniel



King William Parade – April 25

SAHS has participated in this fun and funky parade for several years, now, and the participants have always reported on the fun! Yes, it takes several sessions of work to spiff up the float decoration and to coordinate a truck and driver to pull it the day of, but still...

The past couple of years, the group has solicited seeds from various donors with the goal being to have enough to repackage and label for the SAHS. Mike Belisle persisted and has over several months, acquired almost 1500 packets AND some bulk seed provided by a wide variety of donors. The SAHS is grateful for this support of our mission to promote herbs in our community. Having the seeds to start a little garden is sometimes enough to ignite that spark of interest that, with care, grows into a life-long passion. Please stop by our local friends and do business with them. Check out the websites for the national folks—you might find something there that you can't live without!

We thank the following businesses:

Jupe Mills Bracken, Helotes and Somerset, TX
<http://www.judefeeds-sa.com/>

Note: Jupe also provides us with the hay bales used on the float itself.

Schulz Nursery 3700 Broadway, SATX
<http://www.schulznursery.com/>

Rainbow Gardens in SATX
8516 Bandera Rd or 2585 Thousand Oaks
<http://www.rainbowgardens.biz>

Shades of Green 334 W. Sunset, SATX
<http://www.shadesofgreensa.com/>

Bountiful Gardens
<http://www.bountifulgardens.org/>

Burpee Seeds
<http://www.burpee.com/>

Johnny's Seeds
<http://www.johnnyseeds.com/>

Territorial Seed
<http://www.territorialseed.com/>



King William Parade—Prep Parties!!

Beverly Tibbs has the City paperwork in process and Mike Belisle has been soliciting seed donations. Very soon, volunteers will be refreshing our float decorations and packing seed for give-away during the parade. The float itself will need helpers to assemble and tow (do you have a little pickup truck?) on parade day. Your help is greatly needed and much appreciated. This effort usually take about 20 volunteers to get it all done. Beverly is coordinating the work parties and seed-packaging sessions.

Call Beverly today 210-413-2565.

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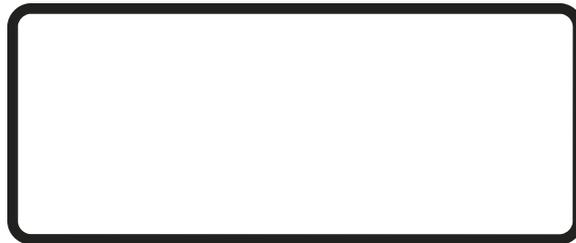
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We thank our business members for their support. When you patronize them, be sure to mention your SAHS membership. **Business Members**



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