



La Yerba Buena



THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 312, March 2016

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 10 2016

Betty Riggs on *Kokedama*—the Art of Moss Ball Planters

Ms. Betty Riggs been with Windcrest Garden Club for five years and enjoyed every minute of it. As an active volunteer with the group, she has learned more about gardening in South Texas and even learned a different method from overseas. She told SAHS, "My husband and I moved to Windcrest in 2010 from Colorado Springs. Once we were settled into our new home, I wanted to get involved in the community. I have been a member of the Garden club for five years and vice president for the past two. The Windcrest garden club has flourished since August 1971. I am looking forward to seeing you and passing on this wonderful project."

She was looking for a new a different way out of the box when she came across "*Kokedama*", the Japanese moss-and-string hanging planter method. The outside growing area is small to non-existent for most Japanese so hanging plants with string in the homes' windows is a perfect solution. SAHS members can easily find information by using an internet search for *kokedama* or string ball planter (or garden). Fun and easy, sometimes very messy, but you'll be able to grow indoors all year.



Members whose names begin R-Z, please bring a snack to share. 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 located on the corner of **Parland** and N. New Braunfels. For more SAHS information, see our website at www.sanantonioherbs.org

2016-2017 SAHS Board is in process of building a slate for the 2016-2017 term. We have "job" descriptions for all positions and lots of help transitioning / learning the ropes. Come join us!

Fill these elected offices :

- Co-Presidents
- Vice President / Programs (co-chairs)
- Secretary (co-chairs)
- Treasurer (co-chairs)
- Publicity (co-chairs)
- Membership (co-chairs)
- Web Master (co-chairs)
- Newsletter (co-chairs)
- Hospitality (co-chairs)

Street Closure around SA Botanical

Construction on the new extension to the SABot has begun! Funston will be closed for (at least 6 months). Plan on turning on Parland Place and entering the garden Center parking area from that street. Easy.



SAWS Spring Bloom in March

Again this spring, on **March 12**, SAWS presents its annual water conservation festival at the headquarters building at US281 and Mulberry. The front plaza will be packed with vendors and service representatives eager to provide all comers with information on how all of us can be more water-wise at home, at work and everywhere we go.

SAHS will be there to promote our passion for herbs and to sell a LOT of plants as part of our annual spring fundraising.

Need 5 more volunteers to round out the work schedule. Get in touch right away - thanks in advance!

Newsletter Deadline for March Issue

All materials for **April** due by **March 18**.

Hospitality Table

Schedule:
Mar: R-Z
Apr: A-M
May: everyone!

Members' Sale Tables

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

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Member Recipes

Here are a few of the items from the February's hospitality

Carol's Chocolate Icing

Submitted by Carol Hamling

Ingredients

- 1 ¾ sticks (7 oz) unsalted butter, melted
- 6 C powdered sugar, sifted
- 1 cocoa, Hershey's regular – not Dutch Processed
- Scant ½ tsp salt, regular table – not Kosher
- 2 ½ tsp vanilla extract, real – not imitation
- ½ C milk

Directions

In a mixing bowl, mix together the cocoa, powdered sugar and salt on low speed. Add milk, increase speed to medium and add butter. After butter is incorporated, add vanilla and beat for 1 minute longer at medium speed. If the icing is too "runny" add a little more powdered sugar. If too thick, add a tiny bit more milk. You can also add 1 ½ C walnuts or pecans to the icing.

Ed. Note: Carol iced some very tender little cupcakes with this terrific icing—hope everyone got a bite!



Herb Damper

Submitted by Grace Emery

Ingredients,

- 3 C self-rising flour
- ½ C fresh herbs, your choice of cilantro, chives, parsley or oregano
- 3 1/4oz unsalted butter, melted
- ½ C water
- ½ C milk or soy milk

Directions

Sift 3 C flour and salt in a large bowl. Preheat oven to 415°F degrees. Make a well in center and put the liquid ingredients and dry ingredients (herbs). Stir with a knife until combined. Turn onto a lightly floured surface, knead briefly until smooth. Shape into an eight-inch round and place on a greased tray. Using a knife score into eight sections - not cutting through - then brush with some extra milk and dust with flour. Bake at 415°F for 10 minutes then reduce heat to 350°F and bake another 15 minutes, or until the Damper is golden and sounds hollow when tapped.



Other treats presented:

Brownies w/ Cayenne
Cheese and Crackers and Dip



Salt Blends for your culinary artistry...

Remember that there is a small inventory of herbal salts and mint tea. Limited quantities are still available from Robin Maymar. Salts are \$3/package and the mint tea is \$5/ jar (about 1/4 cup).



Publications & Herbal Salts & Shopping

The SAHS needs to deplete our left-over stock of the herbal salt blends that were created for the October Herb Market. Here's the deal: Buy our cookbook (\$15) OR Resource Guide (\$20) and get one each salt blend and dried herb packets in the deal. Retail value for the packets is \$5. The recipient of these fine publications will have a little something to kick-start a recipe or two! Contact any board member right away!

Why Certify Olive Oil? How to Know?

When at the store and selecting a bottle of olive oil, always look for 3rd party qualification on the packaging. These two associations – The California Olive Oil Council and The Australian Olive Association – both have stringent accreditation programs that make their seals relatively trustworthy. Also know that when you are buying olive oil made or packaged in Italy, search for PDO (Protected Designation of Origin) or PGI (Protected Geographical Indication) seals. These label icons help indicate a better chance of

Herbal Outreach Event—Volunteer Opportunity

SAHS was recently asked by the Christus Santa Rosa folks to make presentations to families enrolled in the Women, Infants, Children, or W.I.C., programs. These talks aim to teach moms and dads simple ways to start and maintain a small kitchen garden as well as use the products of those gardens in simple and easily-prepared meals their youngsters will enjoy. And who knows? Perhaps those youngsters will grow up and be dedicated and passionate gardeners and herbalists!

Want to help the folks in W.I.C.? Dates are May 12, June 16 and July 14. Contact Grace Emery today!

Herbal Sales Events—Volunteer Opportunities

SAWS Spring Bloom	March 12
Viva Botanica Scent Detectives	April 16
Celebrate Herbs	May 7
Basil Fest @ Pearl	May 21
Festival of Flowers @ Shrine	May 28

All these events need your smiling face and willing hands. Come meet friends new and old and somewhere in between! We always have a good time.

Contact a Board member for information. See page 5.

Over the Fence...

2016 Program Line-up



SAHS online calendar:

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

- Mar 10:** Betty Riggs, *kokedama* moss ball planters
SAWS Spring Bloom plant sale
- Apr 14:** Diane Lewis, herbal teas
Board nominations to be presented
- May 12:** Spring Picnic/Ice Cream Social meeting;
Board election
- May 07:** Rainbow Gardens "Celebrate Herbs" fair and
sale (Bandera Rd. location)
- May 21:** Basil Fest @ the Pearl (May 21)
- May 28:** Festival of Flowers @ Shrine Auditorium
- Jun 09:** John Solis on garden soils
- Jul 14:** Show-n-Tell-n-Share meeting
- Aug 11:** Grace Emery, Garden First Aid

Have ideas or contacts for new programs?

Know a great speaker for an interesting herbal topic? Contact any Board member with your suggestions and contacts.

Let's complete the list for 2016!

Next Board Meetings

March 28, 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.

Remember: ALL Members always Welcome!

Next Bylaws Review Meeting

Please contact one of the Board members for information on location prior to the meeting day. We especially welcome members with parliamentary experience.

SAHS Publicity Needs YOU

Every month, SAHS provides meeting info **flyers on our website and via email**. You can help our membership grow! Be a part of our publicity group. 2016-2017 needs fresh faces! Get with any board for details.

Speakers Bureau needs you, too.

Do you enjoy talking to folks about various herbal topics? Cooking, gardening, healing, crafting—these topics are all welcome by our various audiences. Please contact Mike Belisle or any Board member to help out.

Fundraising ideas needed

The SAHS Board would like to know what sort of ideas you have for fundraising. Extra money in the bank account means we can do a little more in the way of outreach which is one way to increase and diversify our membership.

What are your ideas? How would you implement them? Come talk to any Board member and let's get things rolling!

Membership and a Telephone Committee

This is a time-tested method of keeping our membership apprised of the goings-on of the Society PLUS it's a great way to confirm we have a long list of volunteers for our current projects. If you prefer to help out from the comfort of your home, this is the volunteer job for YOU!! Let's get a new group started today. Please contact any Board member.

Other Clubs:

SA Botanical Garden Events

Wings of the City - through June 2016.
The Garden is open year-round, 9am to 5 pm.
For info call 210-207-3250 or visit www.sabot.org

SA Garden Center

Regular meetings are every first Wednesday; coffee at 9:30am—program afterwards.
For information, call 210-824-9981 or see <http://sanantoniogardencenters.org>

Texas Native Plant Society

Native Landscape Certification Program class schedule for Spring 2016 has been posted. Each class includes both in classroom and outdoor sessions. Certificates issued upon successful completion of all levels of a subject. Level topics: Introduction to Native Landscapes, Planting Design with Native Plants, Installation & Maintenance of Native Landscapes.

Register online at <http://npsot.org/wp/nlcp/>
website: <http://sanantoniochapter.wordpress.com/> or
contact via email: npsot.sanantonio@gmail.com or contact
Meg Inglis at 512-589-1316.

Gardening Volunteers of South Texas

Contact (210) 251-8101 or info@gardeningvolunteers.org
Web site: <http://www.gardeningvolunteers.org/gvstwp/>

Comal Master Gardener program

Third Mondays starting at 6 pm at the GVTC Auditorium.
Meetings are open to the public.
Contact (830)964-4494 or 221-4316.
Website: <http://txmg.org/comal/>

Guadalupe County Master Gardeners

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.

Bexar County Master Gardeners

BCMG general info
www.bexarcountymastergardeners.org/ or call 210-207-3278

SA Rose Society

San Antonio Rose Society meets second Mondays at 7 pm at the Garden Center. Next meeting is January 11th at the SA Garden Center.
For more information, see www.sarosesociety.org or call
Meg Ware 210-698-8440

"Sow, Grow, Savor" Column @ SA Express-News

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

Contact Grace Emery gemery49@yahoo.com

What ARE you doing?

The SAHS newsletter would enjoy the opportunity to introduce YOU to your new friends here. Drop the newsletter editor a note about what you're involved with outside of our herbal realm. Where else do you volunteer? What's in your garden or on your table? Do you have a hobby that would be fun to share? Looking forward to hearing from YOU soon!

Minutes from February 11, 2016

General Meeting

Meeting called to order at 7:03 pm by President pro-tem Grace Emery

Introductions were made and attendees were reminded to turn off cell-phones. Guests and three new members,



John and Roanna Mayer and Paula Bjork were acknowledged and food providers were thanked. Sales, share, and shirt tables were acknowledged.

Reminder that all articles and recipes for the next newsletter need to be submitted to Joe-Beth by February 18, 2016.

General announcements: Leslie Bingham has resigned from position of President for personal reasons. In accordance with our bylaws, the Board has accepted the resignation and approved the succession of Grace Emery to President pro-tem. Jane McDaniel was approved and will be the Vice President pro-tem.



The minutes and two treasurer reports were accepted as written and corrected in minutes, the minutes are always available on the website to review.

Grace Emery announced that the Nominations Committee is soliciting for all Board positions for 2016-2017. Please contact a board member if you are interested.

- President & co-
- Vice President & co- (programs)
- Secretary & co-
- Treasurer & co-
- Membership & co-
- Publicity & co-
- Webmaster & co- (assistant & back up)
- Newsletter & co- (assistant & back up)

Joe-Beth Kirkpatrick passed around signup sheets for the SAWS Spring Bloom plant sale on March 12. Encouraged everyone to give an hour or two to this big fundraising effort. Cookbook Committee gave an update that the style is picked and the recipes are being picked.

Upcoming bylaws changes TBD

Further announcements:

- | | |
|---------------------------------|----------|
| Spring Bloom | March 12 |
| Rainbow Gardens Celebrate Herbs | May 7 |
| Festival of Flowers | May 28 |
| Basil Fest | June 4 |

Program: American Colonial Herbs

Jane McDaniel then introduced the speaker, Pat James-Hasser presenting "Colonial Herbs". Pat is an Ohio native who is an herb specialist and herb lover...cultivating, cook-

ing, health, edibles, and general household use. She presented a wonderful history of how herbs were brought to America during Colonial times and why, and how they mingled with existing plants in this country. She outlined which herbs were carried on the May-



their viability, why they were important and how they were passed on as treasures to family survivors. She provided handouts on 80 of the most popular herbs, how they grow, their uses, storage, popularity, beliefs and general traditions. A wonderful presentation that was appreciated by all.

Membership Chair Robin Maymar held a door prize drawing for members who had turned in their membership renewals. She had a couple of dish gardens and small blank journals as prizes and thank-you gifts for those members.

Announcements:
IMPRTANT NOTICE:

Funston is closed for 6 months while the SABot begins construction.

The alternate entry to SABot & the Garden Center is from Parland Place. Parland is north of Mah-ncke Park; starting at Broadway, it crosses N. New Braunfels and runs right up to the parking area of the SABot.

March 10, 2016: Next month's speaker Betty Riggs, Windcrest Garden Club, will present the Japanese Hanging String Garden, *Kokedama*.

Board meeting is February 29 at Lyn Belisle's Studio Meeting adjourned at 8:20.

Submitted by Mike Belisle, Interim Secretary, 12 Feb

Ed Note: Our members' sale table tonight included Jane's Irish (Lizzie dolls and household fabric goods) and Linda Barker's Scentsy plus her own fabric dolls and goods. Margie Larkin and Lynda Klein hosted the SAHS merchandise. Thanks, ladies!



flower, among others, how there were transported without losing



Membership

Our membership continues to grow! As of mid February, the total was about 77 with monthly attendance averaging just about 40.

Don't forget you can join under three categories: individual, family or business. Your membership dollars help us pay the rent and fees associated with meeting at the Garden Center, plus the costs of providing treats and newsletters and other paper goods through the year.

As a business member, you enjoy the same privileges as above, plus your company name and pertinent information will be listed each month for everyone to see. We offer complimentary memberships to those who give presentations at our general meetings.

We hope you'll find the program line-up for 2016 a good one to bring friends along! Looking forward to seeing you soon.

12 Herbs Cookbook Committee

The new 12 Herbs Cookbook has resumed meeting to complete this project this year. Recipes and the book layout will be finalized. Get in touch with Grace Emery for more information or to help out.

SAHS Constitution and Bylaws

Early in 2015, the Board determined that our bylaws could stand a review and possible updating. This is NOT a closed committee or effort. This group welcomes your input. It especially welcomes those persons who are well-versed in standard parliamentary procedures.

The idea is to make our governance timely yet broad enough to allow the Board to make decisions that will benefit the entire organization and encourage its growth.

Please contact any board member for information.

Rainbow Gardens on Bandera Rd. "Celebrate Herbs" on May 7

This location is once again hosting an herb festival that Saturday from 10am to 3 pm. The fair is a nice one—not too busy—and well organized. There will be several vendors (possibly including SAHS) with their wares for sale plus there will be several speakers. Do you have a favorite topic? Would you like to help us out? Get in touch with any Board member soon!

SAHS Members are Busy!!

SAHS member and four-time US Champion in Irish Storytelling, Jane McDaniel recently put on a house concert with a cousin from Nuremburg, classical guitarist Stefan Grasse .

In a private home out in Encino Park, we squeezed in lots of chairs and people. There were light refreshments to get things rolling. Then we settled in and began to listen. Between the two of them, we heard a skillful blend of traditional Celtic music and traditional stories will take you to that magical place called Ireland, and to the edge of *Tir na nOg*, the Land of Eternal Youth.

Treasurer's Report January 2016

Submitted by Grace Emery

INCOME

Used book sales	51.00
Membership	195.00
Membership	305.00
Membership	660.00
Subtotal - INCOME	\$1,211.00

EXPENSES

Garden Center rent	85.00
Garden Center attendant fee	45.00
Storage (quarterly rent)	282.00
State Comptroller (annual sales tax payment)	97.68
Subtotal - EXPENSES	509.68

NET TOTAL (Income-Expenses) \$701.32

ASSETS

Frost Cert. of Deposit	\$1,215.33
Frost Checking	4,948.70
Scholarship Fund	1,096.97
Cash on Hand	50.00
TOTAL	\$7,311.00



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.

'15-'16 SAHS Board

Grace Emery - President pro-tem / Program Chair
210 875-6919 C, gemery49@yahoo.com

Jane McDaniel - Vice-President pro-tem
210-930-1026 H

Robin Maymar - Membership Chair
210 494-6021 H; 830 459-8415 C; robinmaymar@gmail.com

Gloria Ortiz - Secretary, Recording (on vacation)

Karen Lopez - Treasurer i_quilts@yahoo.com

Mike Belisle - Publicity / Speaker's Bureau Contact
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

Yvonne Baca - Immediate Past President
830-537-4700 H; 210-313-8705 C; yvonne943@yahoo.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

What a treat our hostess, Madeline, arranged for us this month! We met at St. Philip's culinary arts school's Artemisia Room for an elegant and beautifully presented meal prepared by the advanced student class, and let these budding chefs cook for us.

The theme for the four-course meal was "Into the Ocean", and began with a tender scallop *ceviche* marinated in a lemon-orange sauce, and garnished with microgreens. Citrus flavors continued with an orange based vinaigrette dressing a lovely baby spinach and shredded radicchio salad, with dainty slices of avocado, mango and radish garnishes. The main course was a thick filet of poached cod with an herb *remoulade* on the side. Thin spears of tender, grilled asparagus and roasted wedges of white potatoes well seasoned with rosemary were tasty sides. There was even beautiful roasted whole mushrooms as a sub for the fish for those who needed to eat vegan, a much-appreciated accommodation. All of us also loved the delicious sweet yeast rolls, served with piped sweet butter delicately flavored with orange extract, yet another citrusy elegant echo! Iced tea as well as some very good coffee were offered.

The finale was a perfectly poached pear served with a smear of *crème Anglaise*, and garnished with fresh berries. It was a lovely finish for a lovely meal, prepared and served by some impressively talented young people, two of whom were also responsible for designing the whole menu. Next month, we head to Norm and Loretta's home for "breakfast at dinner"--- and that should be fun too! Stay tuned!

Submitted by Jeanne Hackett

Culinary SIG II

On February 25, our garlic-themed dinner was hosted by MaryBeth Wilkerson at the home of Robin and Milan Maymar. What a spread of the most scrumptious



dishes ever set out! MaryBeth started with another favorite from her grandma, Chicken Stimperada, which means smashed, the mint and garlic made it flavorful and festive to say the least, a surprise garlic truffle was our dessert. Adrienne Hackler presented the group with Shrimp Scampi, a mouthwatering delight and the night's favorite. Grace made a gluten-free pasta dish, penne with colorful green and yellow peppers and cherry tomatoes, tossed in a white wine sauce - a vegetarian masterpiece. Sandra Woodall brought a chick pea concoction with sautéed garlic and olives, excellent texture. Karen Lopez surprised us with Peruvianstyle chicken with green sauce, made with jalapenos and cilantro. Her roasted garlic butter was our appetizer. Pat Hasser, visiting member from Ohio, made green beans and garlic, fresh and delightful. Robin, with Milan supervising, made a most delicious dish (in spite of the prodigious amount of garlic required for it), Poulet Bearnaise; the final effect was extraordinarily subtle and mild. By the time the dish reaches the table, its pungency has mellowed. Robin set out a melt-in-your-mouth dark chocolate and coconut dessert that completed our night as well as cleansed our palates from garlic overload.



Next month's meeting night is during Easter week so to allow everyone time for travel and visitors, we will not have a dinner. Our April meeting will be at Grace's home on the 26th - the theme to be announced.

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

Submitted by Grace Emery

Weed-n-Gloat

The SAHS Weed and Gloat Team has existed for 13 years now and it never gets boring. Today we arrived at the Herb Garden for our monthly session, trowels, hoe and clippers in gloved hands - all except Mary Jo, who usually brings broom and well. She's ized one and why, when after our weeding and ground, the



a bucket and shovel as the organ- the reason we leave planting and turning the place looks so tidy. So today, February 29 - It's Leap Year:

dang it!!! I FORGOT to ask my husband if he would marry me again!!! - the plants in the herb plot are looking very well, thanks to judicious pruning and composting and fertilizing, some rain and a very mild winter. We "topped" some plants which were threatening to go to seed: parsley, arugula, lemon balm and the lettuces which we'd planted two months ago. We turned the ground, in another effort to stay the growth of oxalis for another while and discussed removal of the whiskey barrel planters and their replacement with new. Soon, we'll be putting in Spring herbs. Things are moving in the Herb Garden. Thanks, to Marsha Wilson, Lisa Kelly, Robin Maymar, Grace Emery and MaryJo Aivaliotis for trojan work today.

We meet from 9-10 am during the hotter months, and from 10-11 am during the cooler months; and we usually meet afterwards for a light lunch or coffee at a nearby cafe. Contact me, Jane McDaniel, via email janesirish@att.net if you'd like more information about the Weed n Gloat team, or if you would like to come and join this merry group.

Submitted by Jane McDaniel

Aromatherapy

The Aromatherapy SIG met in February and studied orange oil in depth. The group is studying one oil each month, with each person contributing information about the oil. They are formulating a document on each oil they study called a compendium, which includes anything and everything about that oil.

The SIG meets at 6:30 at La Madeleine on Broadway on the 4th Tuesday of each month. Most of us arrive by 6 to enjoy the snack or meal.

If you would like more information about the SIG or have questions please contact Jean Dukes at 210.566.4379 or itmakescents@earthlink.net.



Mad Hatters

From January:

Several lovely ladies met for a wonderful lunch on Jan.19th. We dined at the vegan restaurant *Vegeeria* on Broadway. Though this place is closing at the end of January they do have a second location on Nogalitos. This was a fantastic meal & I am just sad I didn't go there sooner.

After chatting with neighboring tables about the dishes they liked, we ordered delicious-sounding items off the menu. We each had beautifully presented & prepared dishes from nachos to enchiladas to nopales, chalupas & soup. All were vegan dishes and of course we had a lovely White Rose tea to drink.

Everyone cleaned their plates as we discussed this year's calendar for the Mad Hatters.

We are planning many excursions from Boerne to Bracken & down to the mission trail to check out a tea shop & all points in between. In February we will visit a local Japanese restaurant for lunch & tea.

From February:

In February we enjoyed a fantastic lunch at *Fujiya*—a longtime local Japanese restaurant— for a wonderful lunch & tea. Our discussion included tea pots, bike trips through China and tea services there, to a possible trip to Vegas for the National Tea Convention. We enjoyed each other's company and conversation so very much and we lingered so long that we closed the place down.

Next month we are invited to Jane's home for a traditional Irish Tea.

If you are interested in joining the Mad Hatters for this years fun let us know & come along.

Tea wisdom:

"The perfect temperature of tea is 2 degrees hotter than just right....."

Contact me at lnbdesignline@aol.com.

Submitted by Linda Barker

Herbal Crafts

The Herb Society Craft SIG met Saturday 2/20/2016 at Rebecca Kary's house. We learned how to create aprons from cast off T-shirts from Diana Fox and created preserved lemons as demonstrated by Rebecca. In six weeks they will be ready to eat. We had a great time! At next month's SIG meeting, we are going to create candied lemon peels from the lemons that we juiced.

New members are always welcome.

If you would like to be part of the Craft SIG, please contact Kathryn at kseippccc@aol.com or 210-643-1445 to get on the list for what is happening. We meet from 10 am to 1 pm on the 3rd Saturday of the month with a potluck lunch. We take turns at different houses based on the space needed and have different presenters based on their interest in showing how to complete the project. We have no limit on membership, so feel free to join us.

Submitted by Kathryn Seipp



Healthy Living with Herbs

The group did not meet in February (unless you count Carol-lee's most excellent birthday party a SIG meeting!).

We will travel to Round Top Festival Hill in mid-March to enjoy the 2016 Herb Festival.

More field trips are in the works this year!

Submitted by Joe-Beth Kirkpatrick

Texas Natural Living

No report for February

Garden Happy Hour—Planning for 2016

Interested in sharing your garden? All that work and tender-lovin'-care shouldn't be kept a secret! Help us plan a few visits for this year. Many members like to visit new or long-established gardens or even gardens in progress. We all learn new techniques and gain valuable ideas from seeing what other gardeners have put to the test. We'd like to begin with a Friday evening in April—usually the 3rd Friday.

Contact Robin Maymar at 210-494-6021

More Events and Interesting Places

There's another seminar weekend in Wimberley—this one's in April on the 23rd. Billed as the first (to be annual) Heart of Texas Herb Symposium, it will be held at the EmilyAnn Theater & Gardens, northwest of town just past the high school. The symposium promises classes (from the esoteric to the practical), hands-on demonstrations (with take-aways), vendors, plant walks—most subjects lean to the healing aspects of plants native to this region of Texas.

The website:

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

Point to Ponder

"When I pick or crush in my hand a twig of Bay, or brush against a bush of Rosemary, or tread upon a tuft of Thyme... I feel that here is all that is best and purest and most refined and nearest to poetry in the range of faculty of the sense of smell." *Gertrude Jekyll, garden designer (1843 - 1932)*

Submitted by Jane McDaniel

The San Antonio Herb Society

Founded in 1983. Founding members included Wayne and Darla Cox, Mary Dunford, Cathy Poehnert, Ernestine Taylor, Noemi Galvan Elling, Mary Woods, Ann White, Marjorie Mantz, Berta Wingert, Antonia Gonzalez, Beverlee Lemes, Debbi and Joe Shulter, Barbara Scribner, ... the list is long.

It seems appropriate to remind everyone that the Herb Society doesn't just happen (it DIDN'T just happen). There was a lot of dedicated effort given toward making this great group a widely know and appreciated organization.

Please consider what talents and skills YOU bring to our table. Consider volunteering to help maintain and look to our future.

Herb Might Help with Psoriasis

A recent column of the "People's Pharmacy" (Dec 28, 2015, SA E-N) discussed the use of cilantro for easing the discomfort of psoriasis. The discussion included the consumption of the fresh herb and noted that the patches associated with the ailment faded a bit along with the discomfort.

The column was interesting in that the authors admitted to the anecdotal results being positive and encouraging readers to pay attention to their bodies and how they react to all foods—not just the cilantro mentioned.

Please see the SAHS disclaimer on page 5.



Nature's Herb Farm

Mary Dunford (SAHS Founding Member)
7193 Old Talley Road, #7, SATX 78253
210-688-9421
www.naturesherbfarm.com

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

Herb, Cooking & Gardening Classes; Landscape Design
210-495-6116
drl designs@swbell.net
www.communityed.neisd.net

San Antonio's Gourmet Olive Oil

Christine Arredondo
1913 S. Hackberry, SATX 78210
210-257-5946
<http://sanantonioliveoils.com/>

CIMA Hospice

Therese Pieniazek, volunteer coordinator
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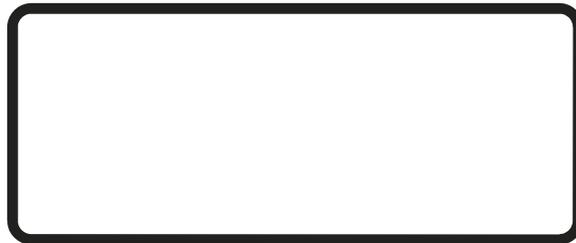
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