



La Yerba Buena



THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 253, April 2011

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, April 7, 2011

Homemade Culinary Herb & Spice Mixes



Ever wonder what makes those expensive exotic dishes taste so tantalizing? Ever wonder how to make your own "special secret signature spice blends" in your own kitchen? Wonder no longer! Our own **Gayle Morris** will show you how it's done, from *Chinese Five Spice* powder to *Ras el Hanout*, *Herbes de Provence* and beyond! She'll demonstrate combinations that will make your mouth water (plus help you find creative ways to use up all those herbs and spices sitting in your cabinets).

Gayle, who is by profession a classically trained church organist and organ instructor, has always had a passion for cooking (like her passion for music) and charmed her way into her boyfriend/now husband's heart by preparing him a gourmet meal while still a teenager. Late in life she enrolled in the culinary program at St. Philip's College, attended for a year and a half taking the courses most useful to her, and then began a personal chef business that kept her sufficiently busy for about 2 years. (And they said it couldn't be done...) She never (well, almost never) looks at a recipe as being too difficult but rather another exciting challenge to turn into a success...and enjoy eating. She doesn't follow that rule about never making something for the first time for guests, and 99% of the time the "kitchen angels" have watched over her.

At home, her family gets a lot of variety in their meals, different cuisines, new ingredients – they often serve as her guinea pigs – and she sometimes can't remember where she put that great recipe to make a second time. She has around 300 cookbooks in her collection, and don't even ask her how many cooking magazines.

For culinary inspiration at its best, don't miss this meeting.

Members whose names begin with T-Z are asked to come a little early and bring a treat for the hospitality table.

Once you are settled, come back to the front door and help greet everyone—a great way to learn names! Don't forget to bring the recipe for publication in the newsletter. We're in the San Antonio Garden Center, located on the corner of Funston and N. New Braunfels. For more information, check out our website at

www.sanantonioherbs.org



The 2011 SAWS Spring Bloom Plant Sale Report

Chair Carol-lee Fisher (past president, SAHS) did a superb job (once again) of directing this very brief, but very profitable sale.

SAHS is one of only a very few plant vendors at this event. We brought over 800 (mostly 4" size) plants and sold OUT.

The net to us was over \$1100! That means we have a little bit more in the treasury to help pay our rent each month and save a bit for those special speakers every now and again.



The 2010-2011 Board

Officer Nomination Committee continues to work toward a full slate of candidates. SAHS needs co-officers in order to provide consistent and knowledgeable leadership. Help out, lend a hand.

Hearty Handshakes to...

Mary Dunford and Nature's Herb Farm. Mary's very generous and gracious coordination with SAHS has allowed us to sell her plants on a consignment basis these past few sales.

Thanks so very, very much!

The 2011 Spring Banquet

Needs a coordinator and helpers. This event is one of those fun, laid-back, enjoy the late spring-into-summer season. What's your idea for a theme? Our membership brings ALL the food, the Society provides utensils and beverages. Contact any board member VERY soon.

April and Spring Sales

Make sure you save at least one weekend so volunteering at a plant or book sale is on your list of things to do for SAHS. **Festival of Flowers**, May 28, *Joe-Beth Kirkpatrick* coordinating; Herb Market Association **Basil Fest at Pearl**, mid-June; *need coordinator*

Always fun to meet new friends and make a few more dollars so we can keep these lights on!

Watch this newsletter for updates and schedules.

Members' Sale Tables

Contact *Jean Dukes* at least 2 weeks in advance to arrange for a table.

Hospitality Table

Schedule:

Apr: T-Z
May: All
June: A-F
July: G-M
Aug: N-S

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GO TEXAN.

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

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

Member Recipes

Here are the recipes provided with some of the fine foods brought to the March meeting

Sun-Dried Tomato Dip

Submitted by anonymous

Process 1/4 C parsley, 1 clove garlic, 1 tsp lemon juice, 10 sun-dried tomato halves, 1/4 tsp salt and 1/8 tsp pepper. Add 1 pint sour cream. Mix.

Spinach Balls

submitted by Barbara Quirk

1 10 oz pkg frozen, chopped spinach, thawed, drained
2 C finely crushed herb seasoned bread stuffing mix
1/2 C finely grated Parmesan cheese
2 tsp garlic powder
1/2 tsp ground black pepper
1 tsp Italian seasoning
1/2 C melted butter
3 eggs, beaten
Preheat oven to 350°F.

In a large bowl, combine all ingredients and mix well. Shape into walnut size balls and place on baking sheet. Bake for 20 minutes or until browned. Serve with marinara sauce, Dijon mustard or ranch dressing.

Hot Artichoke and Spinach Dip

(as taken from allrecipes.com)

Submitted by anonymous

Ingredients:

1 8-oz package cream cheese, softened
1/4 C mayonnaise
1/4 C grated Parmesan Cheese
1/4 C grated Romano cheese
1 clove garlic, peeled and minced
1/2 tsp dried basil
1/4 tsp garlic salt
salt & pepper to taste
1 14-oz can artichoke hearts, drained and chopped
1/2 C frozen, chopped spinach, thawed and drained
1/4 C shredded mozzarella cheese

Directions

Preheat oven to 350°F. Lightly grease a small baking dish. In a medium bowl, mix together first seven ingredients, add salt & pepper to taste. Gently stir in artichoke hearts and spinach. Transfer the mixture to the prepared baking dish. Top with mozzarella cheese. Bake 25 minutes or until bubbly and lightly browned.

Herbed Goat Cheese Sandwiches

(as taken from Barefoot Contessa Parties!)

Submitted by anonymous

Ingredients for sandwich spread:

8 oz low-fat cream cheese, room temperature
10 1/2 oz mild goat cheese, such as Montrachet, at room temperature
1 1/2 tsp garlic, minced (approx 2 cloves)
1/2 tsp minced fresh thyme leaves
3 Tbs minced fresh parsley leaves
5 to 6 Tbs low-fat milk
3/4 tsp kosher salt
1/2 tsp freshly ground black pepper

for the sandwiches:

1 loaf dense 7-grain bread, thinly sliced
1 hot house cucumber, unpeeled, sliced into thin rounds

Directions:

To make the spread: Place the first six ingredients in a large bowl and blend well. Taste, add salt & pepper and repeat. If using an electric mixer, use the paddle attachment.

To make the sandwiches: Spread half of the bread slices with the cheese mixture. Arrange one or two cucumber slices on each. Top with the remaining bread and press lightly. Cut into halves or triangles.

Homemade Granola Bars

(Adapted from website Living on a Dime)

Submitted by Emily Sauls

Cream the following (with an electric mixer)

3/4 cup brown sugar
1/2 cup sugar
1/2 cup butter or margarine, softened
Add to mix (use electric mixer)
2 Tbsp. honey or corn syrup
1/2 tsp. vanilla
1 egg
Peanut butter (optional)
Add to mix (I still use that mixer)
1/2 tsp. baking soda
1/4 tsp. salt

Add to mix (hand stir this in – getting thicker and hard on mixer)

1 1/2 cups rolled oats (oatmeal)

1 1/4 cups crispy rice cereal, or crushed corn flakes or any "grain" type cereal or crushed graham crackers. Press firmly into the bottom of a greased 9x13 pan. Bake at 350°F for 20-25 minutes. (looking for golden brown – but not crispy)

To microwave: Press ingredients into a microwave safe dish. Microwave on medium power for 7-9 minutes.

Rotate dish every three minutes. Bars will firm as they stand. Cool and cut into bars. Makes 24 bars.

The following options may be used

1 cup coconut
1/2 cup creamy or chunky peanut butter
1/2 cup nuts
1/2-1 cup raisins, dried apples, apricots

Humingbird Cake with Cream Cheese Icing

(as taken from Southern Living Magazine)

Submitted by Carol Hamling

Ingredients:

3 cups all purpose flour
2 cups sugar
1 teaspoon baking soda
1 teaspoon salt
1 teaspoon cinnamon (I use Penzey's Saigon)
3 eggs, beaten
1 cup vegetable oil
1 1/2 vanilla extract
1 8 ounce can crushed pineapple, undrained
1 cup chopped pecans
2 cups chopped bananas

Directions:

...Combine first 5 ingredients in a large mixing bowl; add eggs and oil, stirring until dry ingredients are moistened. Do not beat. Stir in vanilla, pineapple – with juice, 1 cup pecans and bananas. Mix by hand. Spoon batter into greased and floured pans. Bake at 350°F for 25 to 30 minutes. Do not over bake. Cool in pans 10 minutes, turn out onto wire racks to cool completely. Spread frosting between layers and on top, sprinkle with 1/2 cup pecans.

Cream Cheese Frosting

1/2 cup chopped pecans

Cream Cheese Frosting

1 8 ounce package cream cheese, softened

1/2 cup butter, softened

1 16 ounce package powdered sugar, sifted

1 teaspoon vanilla extract

...Combine cream cheese and butter, beating until smooth. Add powdered sugar and vanilla; beat until light and fluffy.

(ed.: see Carol's cake primer elsewhere in this issue.)



Over the Fence... 2011 Program Line-up



June: To be determined

July: To be determined

August: To be determined

September: To be determined

Have ideas for programs?

Contact Jean Dukes, program VP

Next Board Meeting

April 25, 6:30 pm. These meetings are open to the general membership. 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.

Future Community Project

The SAHS Board has decided to take on a fundraising event for a scholarship program for local culinary students. If you are interested in serving on this committee, please contact Jean Dukes or Lyn Belisle.

Tee shirts, totes and aprons available

Are yours faded and tattered? Contact any Board member to order items to be picked up at the next general meeting. Remember to wear your tee shirt or apron when volunteering for the SAHS. The new tote bags are sized up, too. Good for some grocery shopping.



SA Botanical Garden Events

Events coming up:

Flowers & Fireworks and plant sale, April 10 ; SAWS Garden Jazz Party & Plant Sale, May 1. 210-207-3250 for information.

Diane Lewis is teaching more classes

These are through the NEISD Community Education Classes. Info & registration, call 210-657-8866 or visit www.communityed.neisd.net

Herbs (101) for Garden, Kitchen, Bath, Sat. Apr. 2

Dieting Made Tasty with Herbs, Fri. May 6

Herbs for Asian Food, Fri. May 20

Diane was also featured in the recent issue of San Antonio Taste magazine. Topic? You guessed it: Herbs! Great article. Get started at this web page: <http://sataste.com/?p=636>

Antique Rose Emporium has casual seminars

Beginning in March, A.R.E.'s Tom Hagerman will be in the vegetable garden each Saturday at 9:30 am to talk about what is growing.

May 5th: "An Herb Affair" with the Comal Master Gardeners

SAHS Needs Advertising Help

Years ago, The Herb Society posted flyers on the community events boards of various businesses such as nurseries and groceries around town that sold herbs, inviting visitors to come to the upcoming general meeting. Well, we are going to be experimenting again with this outreach, and need volunteers to add to those folks who have already signed up. Every month, you would get flyers via email, print them, and post them at stores in your area, stores that you would normally be frequenting anyway. If this sounds like something you could do, please contact Jeanne Hackett at jeannehackett@sbcglobal.net, or call at 210/735-5333.

Got Sand Burs?

Try these methods to reduce their numbers:

1. Live with them. (booooo)
2. Use a pre-emergent herbicide in February and April.
3. Mow frequently.
4. Pull carpet remnants across the lawn.

SAHS Internet Presence

Our Facebook page may be found by going to our existing web page, www.sanantonioherbs.org, and clicking the big blue "F" icon or going directly to www.facebook.com

The SAHS is continuing to monitor how the new "Meetup.com" page is doing as advertising our organization. It costs several dollars each month to maintain the page, so to keep it, the page must bring in several new members each month. Maria Luhrman has volunteered to be moderator of the page as part of our research. Check out the site and give your input to Maria. Go to <http://www.meetup.com> and search for San Antonio Herbs.

GVST classes

GVST offers monthly "Essentials of Gardening" classes which emphasize water-saving landscaping and gardening practices. They are open to the public and free, but do request a \$5 donation to help cover expenses.

Schedule: Classes are 3rd Monday of each month, 12:15-3pm, at San Antonio Garden Center. Be sure to confirm the dates and locations prior.

Topics this spring: Spring Gardening (Dr. Tom Harris and Ron Csehil); The Ultimate Garden Plant (Michael Shoup, A.R.E.), Rejuvenating Tired Landscapes (Randy Rodgers

Blue Heron Designs), Discovering New Plants for Texas (Dr. Jerry Parsons), 15 Bugs Gardeners Should Know (Molly Keck) and Toxic Landscape Plants (Paul Cox).

Be sure to confirm the dates and locations prior.

Call 210-251-8101 for info.

Round Top Herbal Forum, 2011

Once again the Herbal Forum was outstanding. It focused on root herbs. Evelyn and I arrived early on Friday in order to listen to Henry Flowers speak about some of the more rare plants that were for sale. As always, we learned a few new things. For those of you who have never gone to the Forum, after Henry speaks, run to get any plants you might want that he spoke about. They go like hot cakes.

After checking in and having a superb lunch I went to Thyme Well Spent to buy items from the Herb Society of America's Pioneer Unit. WOW, almost everything was sold out. I perused Lucia Bettler's bookstore. It was well stocked as always. Then on to my first class - Dream Pillows taught by Jim Long.

This was the first time I have met Jim although I have many of his books and I do make dream pillows and btw, I use them. I learned a few new facts and thoroughly enjoyed the stories. A short break and the next class Root Soups. We sampled 14 root soups and I must admit, besides being stuffed, each soup was different than anything I have had before and each was delicious.

The presenter's dinner was excellent. We sat with Pat Crocker and Judy Barrett and her husband. Conversation was lively and diversified. I was ready for bed by the time we returned to our room.

Saturday started with Henry Flowers speaking on Native Texas Roots, how to grow and their uses. Judy Barrett spoke on Good Sense Organic Gardening and to feed the soil because it feeds the plant. Jim Long spoke about Cutting Edge Plants such as the Dancing Tea plant. After the blessing of the garden and lunch, Pat Crocker spoke about using roots for health. Then there was an open session of demonstrations use roots for dying, making crafts, medicine and cooking. One more wonderful visit to The Herbal Forum at Round Top.

Submitted by Sally Ann Hnatiuk

Minutes from March General Meeting

March 10, 2011

Yvonne Baca started meeting at 7:05pm greeted new members and attendees.

Yvonne reminded everyone of the members' sale and share tables.

Joe-Beth Kirkpatrick asked for help with newsletter. If you know of an upcoming event or an article for our newsletter, please let Joe-Beth know no later than a week after the regular general meeting.

May 28 will be the Festival of Flowers, please contact Joe-Beth if interested in helping out at our booth.

Carol-lee Fisher chaired the SAWS Spring Bloom event, she announced we sold all our plants that were for sale. It was a great success. SAHS netted over \$1,100.00.

Carol-lee needs help next with Central Market Herb Fest which will be April 8, 9 and 10. SAHS will assist store customers and have cookbooks and resource guides available for sale. Please contact Carol-lee if you are able to help.

Jackie Compere is in charge of our booth at the Olive Ole March 26 from 10am-4pm. We will be selling cookbooks, resource guides and some herbs in bigger containers.

Yvonne announced we will not be participating in King William Parade nor the Viva Botanica since no one stepped forward to chair these events.

We did not have our annual hat contest. Anyone interested in making a hat, please wear to next meeting.

The U.S. Air Force is having an Earth Day Fair on March 31; board members will have display and information about the Herb Society.

Jean Dukes announced the Herb Society is having a field trip to Sam Coffman's on April 30. There are still a few openings left. If interested in going, please contact Jean.

Yvonne spoke about being on the board and having members help out as an assistant if interested.

We still need a chair person for the May members-only banquet.

Jean Dukes introduced Deb Bolner Proust on Cool-Off cooling wipes. Mrs. Proust's family business (Bolner Spices) has been in the dried herbs and rubs business for 60 years. Mrs. Proust gave a wonderful talk on how she came up with new cool wipes and the different ingredients that are in her product.

Meeting adjourned at 8:15pm

Submitted by Karen Murray, secretary



Don't Forget,

Next Meeting is April 7—a week early due to schedule conflict at the Garden Center. April 7.

March Program—

Cool Off with Deb Bolner Proust

It's hard to not like a speaker that walks in and says she loves herbs! AND that digging in her garden is her therapy for her very busy life. A very down-to-earth woman, Deb gave us the short version of her history: oldest of seven children born of a family of German bread bakers and Italian meat vendors, their lives necessarily centered around the dining table. This environment was filled with lots of laughter and great eating and cooking. Time went by and the family business became the Bolner's Spices that are commonly seen in most grocery stores, especially here in San Antonio.



The Bolner family has been importing and packaging literally tons of dried herbs and spices for quite a number of years and has the process down to a fine art. Deb described the basic sequence of this business and told a little about some of the machinery that is used.

Deb did apologize for the fact that between the liability lawyers and OSHA, they just don't give tours of the business any more.

Her topic for the evening was about her newest product, Cool Off™ cooling wipes. There are dozens of those wet-wipe products out there, but none that provide a cooling sensation that would be welcome to someone raising a bit of a sweat. Deb's daughter was a high school athlete (soccer, field hockey—all that). The parents would take ice chests filled with ice and towels to help provide relief from the heat, however short-lived. It just wasn't enough.

Deb found herself saying the same thing when she began to experience those terrific "power surges" at her mid-life. Those iced towels just weren't enough. Wasn't there something out there that could help provide physical cooling that would last longer than a couple of minutes? No.

Thus was born the inspiration to create that something. With



a small group of friends, a few years, lots of kitchen chemistry and brainstorming, that something started to take shape.

Here's where the herb-related part of the story kicks in. Deb's own background started it (Bolner sells dried spices and herbs!). She also has a great knowledge of and appreciation for essential oils and of course included them in that kitchen chemistry.

After all was said and done, the marketing was studied and the focus groups' opinions evaluated, Cool Off was introduced to the retail market and was a great hit right off the bat. It's already on the shelves of several major retail chains. Not bad.

Here are some of the herb essential oils included in her product: seaweed, chamomile, lemon peel, red clover, St. John's wort, oat kernel extract, fennel, wild yam, tea tree, black cohosh and white tea leaf. These are blended with witch hazel and menthol. The cooling lasts for at least an hour—one can splash water over the area previously wiped for a refresher.

Deb's product has found its way to not only athletes, but to those with serious health issues as well. She cited an example whereby Multiple sclerosis patients (MS tends to wreak havoc with a person's internal temperature) have benefited greatly from this cooling cloth. Well done.

Submitted by Joe-Beth Kirkpatrick

Special Report -

Wandering SAHS Member in Idaho

Submitted by Jean Dukes, Young Living® representative

Question: Did you ever wonder why “evergreens” stay green all year long, and are protected from freezing, unlike deciduous trees? I had never given it any thought up until now...I'll share the answer to that later...

In January, I had the immense pleasure of participating in the distillation of Idaho Balsam Fir essential oil for Young Living®. The trees, located at Bonner's Ferry, Idaho, near the Canadian border, are cut down and every part of the tree is put through the chipper and blown into the back of a semi.



Four trailers of chips a day are hauled 3 hours south to the distillery in St. Marie's. The chips are offloaded, then loaded into the “cooker” and cooked for 3 hours. Each layer of chips must be stomped down tightly so there are no air pockets in the plant material — otherwise it could burn (and ruin) the oil. We

had 4 cookers distilling almost constantly, 24 hours a day, for 3 weeks. When done, the cooked chips are removed and sent to the compost pile. The cooker is then meticulously cleaned out for the next load (it's still pretty hot down there!). Each cook produces about 2 to 3 gallons of oil. I wish you could have smelled the fragrance in the distillery! The pressure and temperature are monitored closely by experts in the distilling process.

Once the steam has extracted all the oil, it's skimmed off and filtered, and then sent to Utah where it's filtered twice more and tested for its chemical constituents.

Here are some of the uses of Idaho Balsam Fir Oil.

Medical Properties: Anticoagulant, and it's a great anti-inflammatory. Uses: throat/lung/sinus infections, fatigue, aches and pains, arthritis/rheumatism, urinary tract infections, scoliosis/lumbago/sciatica. Helps regulate cortisol levels, especially in males.

Fragrant Influences: Grounding, stimulating to the mind and relaxing to the body; can be used topically, inhaled, diffused or as a dietary supplement.

Answer to the earlier question: In the winter, essential oils acts like anti-freeze, protecting the tree's greenery from the harsh cold. The colder the weather, the more oil the tree produces. That is why Idaho Balsam Fir is harvested in the winter. Now, when you see evergreens in the winter, you will be reminded of the precious essential oil keeping them alive, fresh, vibrant and GREEN!

Olives Olé: SAHS Book and Plant Sale

March 26, 2011

Les Dame d'Escoffiere (SA chapter) hosts this great new-ish festival (this is only its third year!) as a fund raiser for their scholarship program. This year, the venue changed from Sandy Oaks Olive Orchard to the SA Botanical Garden. SAHS is one of only a few organizations invited to

participate and so we do. Selling plants at this event is also new for us so we erred on the side of caution and did not order hundreds—just mostly those that are known to go well with olives. Our supplier, Nature's Herb Farm threw in a few more for good measure.

Jackie Compere headed up the SAHS volunteers and handled everything like the pro she is. New venues demand that the area be checked and evaluated for the booth's arrangement and any decorations, setting up the day before and keeping your fingers crossed that customers will be many and happy.



Although the turnout wasn't as large as last year's and the sell was tougher, SAHS did fairly well with our efforts. We sold over 400 plants (lots of 4", a few 6" and gallons) but only a few books. Expenses were higher with the booth fee being \$100 plus some new decorations we needed to create to abide by the festival guidelines.



The profit should be a little over \$600 net. Jackie will report at the next meeting.

P. S. SAHS members Andrew and Sharon Szymanski volunteered for a shift, then went to one of the demonstrations and walked out the winners of a baby olive tree!! How's THAT for volunteer benefits?!

Thanks to all who helped set up, sell and clean up our tent. Everyone did a great job!

A Primer on Baking Cakes

Submitted by Carol Hamling

Look back over the Hummingbird cake recipe (page 2). This recipe was first published in Southern Living Magazine in 1978. Since then, the magazine says it is the most requested recipe they have ever had.

One of the tricks to making a great cake instead of a good cake is to weigh your flour — stop groaning — if you can't do that, at least fluff your flour up and spoon it in your measuring cup. In this recipe don't mash your bananas and don't beat the cake, treat it like your favorite pet. I am not a huge fan of cream cheese frostings so I leave some of the cheese out and add more butter—always real butter and never margarine.

If your cake pans are the new 9" pans this recipe will make only two layers, if they are the old 9" it will make three layers. Measure your pans. Just because the pans say it is a certain size doesn't make it so. After your cake has cooled in the pans 5 – 10 minutes turn out on to a wire rack to finish cooling. Never let it stay in the pan. This toughens a cake. I also use 1 ½ times the icing amount; otherwise it is pretty skimpy and my Grandmother said to never be “chinchy”.



I know this is the SAHS newsletter not the cake doctor, but the cake does have cinnamon in it and I do want it to be a great cake for you.

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.

Brian's April To-Do List for The Garden

Compiled by MG Brian D. Townsend

*"A house though otherwise beautiful,
yet if it hath no Garden belonging to it,
Is more like a Prison than a House."
- William Coles (1656)*



In Our Herb Garden:

It's not too late to set out transplants of perennial herbs. From now and throughout the summer, plant basil, which likes the warm weather. Cool weather annuals planted late this month will go to seed near the end of June (examples are dill, cilantro, parsley). Weed and water as necessary. Enjoy your garden, everything is taking off! - *HERBS: A Resource Guide for San Antonio*

General Yard & Garden Notes, 1st Week:

Yearling PURPLE MARTINS should still be arriving to colonize new breeding sites and will continue arriving for an additional 4 to 6 weeks (this means martins can be attracted to new housing through mid-May).

Mow live oak leaves and let them decompose on the lawn or use them for mulch.

If your pecan trees showed small leaves and few nuts last year, the trees probably need zinc. Spray it on the emerging leaves or apply a chelated zinc source to the soil.

Watch for APHIDS on new growth. Tender growth on roses is especially susceptible. Use general insecticides. For organic control, try insecticidal soap or neem oil.

2nd Week:

*** Poteet Strawberry Festival ***

If you fertilize your tomato plants heavily with a nitrogen fertilizer at planting time, you will likely get very large plants but few tomatoes. Instead, wait until your plants have produced small tomatoes (about the size of a large marble) and then apply a handful or so of fertilizer to each plant every week during the growing season. You may not have 10-foot-tall plants but you should have buckets of vine-ripened fruit to enjoy

3rd Week:

*** FIESTA ***

Keep an eye out for the Lyrids Meteor Shower April 21-22, before dawn.

Plant basil, begonia, caladium and impatiens in prepared beds. Warm-weather annuals such as zinnias, lantana and purslane can be planted now. The semperflorens begonias (wax begonias, available at most nurseries) can be grown in sun or shade. Plant them now in sunny locations so they can put on growth before the heat arrives.

Plant heat-tolerant perennials like China Doll, Firebush, Gingers, Lantana and Mex. Bird-of-Paradise.

4th Week:

Plant heat-tolerant perennials like China Doll, Firebush, Gingers, Lantana and Mex. Bird-of-Paradise.

Prune spring-blooming plants as the last blooms fade. An exception is Texas mountain laurels, which don't respond well to pruning; just remove any dead wood from the tree.

Harvest columbine seeds before pods open. Put the stalks in a brown paper bag so the seeds will collect in the sack when they open.

Apply iron products to correct iron chlorosis. Keep iron off of walkways and masonry because of staining.

Thanks to MG and SAHS long-time member Brian Townsend for this monthly article. Brian has culled this information from the wisdom of a number of local and regional gardening experts, plus our own HERBS: A Resource Guide for San Antonio. Please see the full length version of this on the SAHS website.

SIG-nificant Events

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

Weed-n-Gloat SIG

We met early last month to weed, as here was a big meeting of Botanical Garden managers from all over the United States at our SA Botanical Garden. We meet this month on March 28, too late for April's *Yerba Buena*.

Submitted by Jane McDaniel

Herbal Crafts SIG

The Herb Craft SIG met on Saturday March 5 to learn how to preserve lemons. Rebecca Kary taught the class at Janet Huffman's house. Rebecca spoke about how the preserved lemons can be used. Almost all Moroccan recipes call for the lemons. Plus they make a nice addition to rice or any similar grain products. They can be used with any protein or in salads and vegetables. We used cinnamon sticks, star anise, whole cloves, bay leaves and cardamom to season the lemons. The preserving process was easy but we have to wait until April 14 for our lemons to be ready to use. We have agreed to exchange recipes that we make using the lemons. After cleaning up the mess, we used an entire case of lemons and probably juiced half of them, we all enjoyed our pot luck lunch together and some excellent homemade, you guessed it, lemonade!

There will be no meeting in April as that is the plant sale at The Gardens. In May we are going to make living wreaths.

Email Sally Ann at
mustang_sally6@msn.com or call 830-980-5645

Submitted by Sally Ann Hnatiuk

Healthy Living with Herbs SIG

We met late this month in attempts to dodge everyone's busy schedules, but meet we did. Had a great time at Jean Duke's lovely home out in U.C. A quick backyard/garden tour found a tidy square-foot garden filled with lots of herbs and vegetables, some of which are volunteers from previous plantings. The patio's pots even had a little grapefruit tree grown from seed. Gotta love this SA weather being so mild most of the time.

We adjourned back to the kitchen to pick up plates and start sampling all the great treats Jean had prepared for our topic of cinnamon - yep, cinnamon. Have you ever had simple chicken soup spiced with it? How about a great oven-fried chicken with a crumb-crust made with cinnamon? A root combination (sweet potatoes, carrots, raising, squash) also featured this spice.

Afterwards, we turned to the information Jean had collected for us and discovered that cinnamon is a very flavorful and healthful addition to anyone's diet. Cinnamon has several constituents that have proven to be antifungal and antibacterial as well as being a great protector of a person's cardio-vascular system. Some of you may have also noticed articles in recent years promoting it's function as a moderator of blood sugars. We passed around a half-dozen varieties of cinnamons from around the world to smell and taste. The common cassia from China is a bit bland alongside the Vietnamese variety (which packs a very fragrant punch!).

I think we're all going to be adding a little more of this often taken-for-granted spice.

Submitted by Joe-Beth Kirkpatrick

Jingles
amidst the
herbs at
Jane's...



Culinary SIG

"Soup of the evening, beautiful soup" was the order for Lewis Carroll and for the Culinary SIG in February. Allison opened her lovely home for the group, and the fragrance of some luscious soups soon filled her kitchen. We had a fabulous roasted cauliflower and potato soup, a hearty "stuffed potato" soup, a healthy lentil soup, another delicious cauliflower soup, a zesty "icebox" soup and one cool cucumber soup that had everyone raving. With some still-warm homemade bread and herbed butter, and crackers and cheese, we were in soup heaven, and somehow still had room for cake! It was a lively evening for sharing recipes and histories, plus a little natural healing for a bee-bitten member. We are all looking forward to March at Maria's!

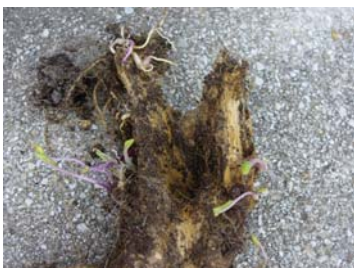
submitted by Jeanne Hackett

Horseradish Followup

Yes, folks; it's tenacious!

You all saw Bill Drane harvest the horseradish root at the January meeting. What you didn't see was what happened next. Bill tossed the mother root into the plastic tub and I took it home with me. It was cold and rainy that night so I just set the whole thing in the corner of my garage and forgot about it - until last week (ed.: late February).

A friend was visiting and mentioned that he didn't know what a horseradish root looked like. I remembered the abandoned root in the garage so went to retrieve it to show to him. Would you believe that the darn thing had new growth?! In the dark for 6+ weeks and with 65 hours of below freezing temperatures and the thing still put out new shoots! As I said in January, plant it carefully and watch out!



submitted by Jeanne Eileen Achorn

P. S. As of March 25, it is absolutely thriving! The leaves are now about 10 inches tall - and all the baby roots that I took off of it for other transplants in my yard are all doing well, too.

About the Membership Committee

GREETERS NEEDED

Membership needs assistance at the front door before every meeting. It is important for all of us current members to warmly (and herbally!) welcome any visitors to our meetings.

This is one of those background jobs that is so easy to take for granted. Our membership chair is required to maintain a current member roster. Nowadays, this roster is kept electronically and has features which allow the chair sort members by interests, zip codes, Green List preferences, and etc.

Be a greeter just one or two months a year. Get to the Garden Center a little early and help get our meeting set up then hang around the front door with Gayle. This is a wonderful way to be an integral part of our organization. Gramma always said, "Many hands make light work."

Lend a hand. You'll be glad you did.

Treasurer's Report, February 2011

Submitted by Kathryn Seipp

INCOME	
Membership	668.00
Resource Guides	0.00
Booklets	0.00
Bundled Book Sales	<u>0.00</u>
TOTAL INCOME	668.00
EXPENSES	
Attendant Fee	45.00
Honorarium	50.00
Printing & Engraving	148.67
Rent Expense	85.00
Storage Rent	174.00
Booth Fee	50.00
Supplies	69.00
Sales Tax & Total Tax, Business	0.00
Total Expenses	<u>621.67</u>
Total (Income-Expenses)	46.33
ASSETS	
Cash and Bank Accounts	
Cash on Hand	0.00
Frost Cert of Deposit	1,154.09
Frost Checking	3,898.60
Frost Savings	2,386.79
TOTAL Cash and Bank Accounts	<u>7,439.48</u>
TOTAL ASSETS	7,439.48
LIABILITIES	0.00
OVERALL TOTAL	7,439.48

'10 - '11 SAHS Board Officers

Yvonne Baca - President

210-313-8705 (cell), yvonne943@yahoo.com

Jean Dukes - Vice President Programs

210-566 4379, 10days@earthlink.net

Gayle Morris - Membership

210-497-7416 or 210-912-9787 (cell)

gaylemorris09@gmail.com

Karen Abel - Secretary / Recording

210-326-8685; kl89murray@yahoo.com

Kathryn Seipp - Treasurer

210-495-3591, kseippccc@aol.com

Jeanne Hackett - Publicity / PR

210-735-5333, jeannehackett@sbcglobal.net

Lyn Belisle - Webmaster & Green List Coordinator

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

Other Contacts

Marilyn Nyhus - programs assistant

727-643-1380 (cell); rudyandmar@yahoo.com

Maria Luhrman - membership assistant

210-474-0550; mluhrman@yahoo.com

Joe-Beth Kirkpatrick - Newsletter

210-590-9744, joby53@gmail.com

Sandra Lyssy - Hospitality

210-659-5561; slyssy123@yahoo.com

Patty Wilson - T-shirts, Cookbooks

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

More Information Contacts

SAHS web page: www.sanantonioherbs.org

SAHS toll-free phone: 888-837-4361

SAHS Facebook & Meetup pages

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

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

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

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

Ten Days Health Ministry Natural Health Counseling & Essential Oils

Jean Dukes, RN, CNHP,
Certified Aromatherapist
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10days@earthlink.net
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SAT 78228
(210) 256-2273
jinnieperkins@yahoo.com
www.inhomeseniorcare.net

Health by Choice

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Website: www.barleybaby.com
www.health4ever@barleybaby.com

The Human Path

Herbology and Wilderness Medicine
Classes by Sam Coffman
210-807-0891
Sam@thehumanpath.com
www.thehumanpath.com

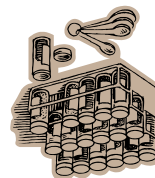
Yvonne Baca

Wholistic Health Practitioner
Therapeutic Massage (RMT)
Lymphatic Drainage, Essential Oils,
Reiki, Therapeutic Touch
Akashic Record Consultations
830-537-4700 H;
210-313-8705 C
yvonne943@yahoo.com



PLEASE SEND TO:

April Meeting Date is
changed!!
April 7th
(same time & place)



*new info phone 1-888-837-4361

www.sanantonioherbs.org

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The San Antonio Herb Society

