



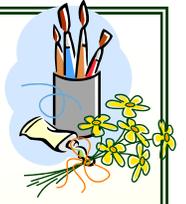
La Yerba Buena

THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 265, April 2012

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 12, 2012 Cindy Meredith of the Herb Cottage



After many years operating a clothing business catering to the folks habituating Renaissance fairs around the country, Cindy and Mike Meredith decided to pursue occupations less demanding of back and hands. He took a job with Lavaca county, and she decided to let her interest and time in herbs and gardening flow into a business. The Herb Cottage Nursery is a rural nursery in Lavaca County. While Cindy focuses on herb plants of all kinds, seasonal vegetable seedlings are here as well as a great and varied selection of succulents and cacti. They are one of only a handful of nurseries selling Olive Trees in the area. Cindy uses organic practices for growing all plants. No chemical fertilizer, herbicides or pesticides are ever used. They use no GMO seeds and only buy seeds from reputable sources.



Cindy will give us a great presentation on her herbs and gardening and things to do with them.

Members with names beginning **G-M**, it's your turn to bring some treats for our Hospitality Table; be sure to provide a name card (and recipe) for the dish you bring. Bring your dish by 6:30 pm so we can sample your fare during our fellowship time. Once you are settled, come back to the front door and help greet everyone—a great way to learn names!

Come on out to the lovely San Antonio Garden Center, located on the corner of Funston and N. New Braunfels.

For more information, see our website at www.sanantonioherbs.org

King William Parade and SAHS Float

*** April 28 ***

Want to be in this terrific and unusual parade? Sign up to help decorate & ride our "float" in this fun event. The KW parade is a good opportunity to get a little publicity for the SAHS without selling stuff.

Contact Madeline Sprague 210-674-1764 H or Beverly Tibbs 210-413-2565 C. (Do this NOW while you're thinking about it.) Thanks to Norm Hastings for providing the truck and trailer to be the base for the SAHS float.

Tentative deco-making session on April 21, time pending. Part of the fun and preparation is to get your hat fixed up just for this great Fiesta event. Bring that hat to the April meeting and show off a little!

Time's running out on this one as it needs some preparation for the decorations.



Earth Day Expo @ Port San Antonio

Thursday, April 12th, from 10:00 am to 2:00 pm. This is the opening event for Earth Day celebrations for the Air Force and is an informational and educational event: **no sales**. Last year, there were over 1000 military and civilian employees who passed by our tables, which displayed Everyday Herbs in Everyday Life, various handouts, publications, packets of "green" cleaning product, essential oil samples and, of course, lots of fresh herbs to sniff and taste. Enormously popular, we got hundreds of questions from the eager participants. It was such fun! Yvonne Baca and I are doing it again this year and can't do it by ourselves. We need 4 more people to be at the event itself or to help by getting some of the handouts printed or collecting some of the herb samples or making up a supply of a clean green product, etc.

With thanks and gratefulness for whatever anyone can do, Jeanne Hackett
210-735-5333 or email to jeannehackett@sbcglobal.net

SAHS 2012-2013 Board

Several positions in our Board are up for new occupants. If your skills includes things like coordinating a one-day-long project, finding special people who are happy to make short presentations on topics of herbal interest, balancing a check-book, setting tables or making decorations and last but NOT least: working with a terrific group of dedicated herb lovers, please consider saying "Yes!" when you're asked to be a part of this organization's Board.



Members' Sale Tables

Contact Marilyn Nyhus at least 2 weeks in advance to arrange for a table.

Hospitality Table Schedule:

May: Banquet-everyone!
Jun: N-Q
Jul: R-Z
Aug: A-F

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Be sure to view the unabridged version of this newsletter with its full color photos @ www.sanantonioherbs.org
If you would like to receive the SAHS newsletter electronically, please contact Lyn: belisle@satx.rr.com

Member Recipes

Thanks to everyone who shared their delicious dishes and recipes during our very Irish March meeting.

Cilantro Lime Rice with Chicken and Peas

submitted by Kathy Bruce

Ingredients

- 1 C long grain rice
- 2 C + 2 Tbsp water, divided
- 1/2 tsp salt
- 1/4 C fresh cilantro
- 1/4 C fresh mint
- 3 Tbsp freshly squeezed lime juice
- 2 Tbsp olive oil
- 1 clove garlic, chopped
- 1 C chopped grilled chicken
- 1/2 C frozen peas
- toasted pine nuts

Directions:

Combine the rice, 2 C water and salt in a medium saucepan set over medium-high heat. Bring to a boil, stir briefly, cover and reduce the heat to low. Let cook, covered, until the water is absorbed and rice is fluffy and tender, 16-18 minutes.

While rice is cooking, combine the cilantro, lime juice, olive oil, garlic and 2 Tbsp water in a blender or food processor. Blend until smooth. Stir the mixture into the cooked rice and fluff with a fork. Add chicken, peas (run hot water over peas and drain) and pine nuts. Serve either hot or at room temp.

Marinated Mushrooms

submitted by anonymous

Ingredients

- 1 lb fresh button mushrooms
- 1 C sweet red pepper, chopped
- 1 C green onions with tops, chopped
- 2 Tbsp fresh basil, chopped
- 1 Tbsp parsley, chopped
- 1/3 C white wine vinegar
- 1/3 C soy sauce
- 1/2 C extra-virgin olive oil
- 1/2 tsp fresh ground pepper

Directions:

Combine and chill several hours before serving, stirring occasionally.

Funny Face Cheese Ball

submitted by anonymous

Ingredients

- 2-8 oz packages cream cheese, softened
- 2 C (8 oz) shredded Mexican cheese blend
- 1 1/4 C shredded carrots, divided
- 2 Tbsp whole milk
- 2 tsp chili powder
- 1/4 tsp ground cumin
- 1/4 tsp garlic powder
- raisins & broccoli for eyes
- 1 Serrano pepper for nose
- red or yellow bell pepper slices for mouth
- Shredded wheat crackers or celery sticks

Directions:

Beat cream cheese, shredded cheese, 1 C shredded carrots, milk, chili powder, cumin and garlic powder in large bowl with electric mixer at medium speed until well blended. Shape mixture into ball. Arrange remaining 1/4 C shredded carrot on top of ball for hair. Use raisins and broccoli for eyes, serrano pepper for nose, and bell pepper slices for mouth. Serve immediately or cover and refrigerate until serving time. Serve with crackers or celery sticks. Makes 24 servings.



Peppermint Bark

submitted by Kathryn Seipp

Ingredients

- 6 oz peppermint candy (smashed into very small pieces)
- 24 oz vanilla bark

Directions

Melt the vanilla bark in microwave safe bowl 1 minute at a time until it stirs smooth and creamy. Add the smashed peppermint candy pieces and mix well. Pour into a small parchment lined baking sheet, spreading evenly. Place in refrigerator for 10 minutes until solid. Break into bite size pieces and store in a plastic bag.

Zucchini Patties

submitted by anonymous

Ingredients

- 2 large zucchini
- 1 onion, peeled
- 1/2 C wheat germ
- 1 tsp seasoned salt
- 1 egg, beaten
- 1 C seasoned bread crumbs, ground

Directions

Grate the unpeeled zucchini and onion. Mix all ingredients, shape into patties and bake.

ed. note: We found these patties about 2 inches across and slightly browned and crisp around the edges

Stuffed Little Potatoes

submitted by Barbara Quirk

Ingredients

- 24 bite-size potatoes (I used small reds)
- 1-5oz package Boursin garlic herb cheese
- 4 Tbsp butter, softened
- 1/3 C whipping cream
- Chopped parsley or chives

Directions

Boil potatoes in a large pot of salted water until tender (about 10 minutes). Drain and cool. Cut into halves. Slice a small sliver off the bottom of each so they'll sit upright. With a melon-baller, remove a scoop from each potato half. Combine the cheese, butter and cream. Taste and add salt if needed. Spoon or pipe mixture into the potato halves. Slice a small sliver off the bottom of each so they'll sit upright. Garnish with chopped chives or parsley. Maybe a dollop of red caviar?

Black Bean Salad with Cilantro

submitted by Eileen Achorn

Prepare 2 pounds of dried black beans by your preferred method or substitute equivalent amount of canned beans, rinsed and drained. Transfer drained, prepared beans to a large bowl and cool. Meanwhile, seed and mince 3 jalapeños, coarsely chop 1-2 red onions and the leaves & stems of 1 bunch of cilantro. Add these to the cooled beans. In a jar with tight-fitting lid, combine 1 Tbsp ground cumin, 2 minced garlic cloves, 1 1/2 Tbsp salt, 1 Tbsp freshly ground black pepper, 1/2 C red wine vinegar and 1 C extra-virgin olive oil. Shake to blend well. Pour dressing over bean mixture. Stir thoroughly to combine. Let sit several hours for flavors to marry. Serve at room temp. Serves 10-12.

Oriental Style Zucchini Salad

submitted by Eileen Achorn

Ingredients

- Wash 4 medium zucchini & slice paper thin. Finely chop 2 green onions & add to zucchini slices. Combine: 1/2 C tamarind, 1 tsp freshly grated ginger, 1/4 C White wine vinegar, 1 small clove garlic, minced, 1 Tbsp agave nectar, 1/4 C water and 2 Tbsp sesame oil (not toasted). Whisk well & pour dressing over salad. Stir well. Cover and refrigerate several hours. Stir well before serving.





Over the Fence... 2012 Program Line-up

May: Spring Members' Banquet; **SAHS Board election**
26th Festival of Flowers (book sales)

June: Beekeeping;
2nd, 3rd Annual Basil Fest at Pearl (book sales)

July: Tentative SIG idea presentations in round-robin format

August: Annual Members' Show-n-Tell-n-Share session; members are invited to bring something to show off to everyone.

Have ideas for programs?

Know a great speaker for an interesting herbal topic? Contact Marilyn Nyhus (OUTGOING CHAIR) with your suggestions. SAHS

Next Board Meeting

April 30, 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.

Cookbooks Wanted!!

Thank you to everyone who brought cookbooks to the March SAHS meeting for the St. Philip's Culinary Arts students. We collected over fifty cookbooks and ended up with forty four useable ones. Since the college specified hardback only, that disqualified several. I will collect cookbooks again at the April meeting since several members told me they forgot to bring them. Please, sort your cook books and donate to a worthy cause. Thanks again.

Carol Hamling,
210-493-8713 (mail at obith@satx.rr.com).

Herb Society of America in 2012

Linda Lain, President of the HSA, invites us all to the **8annual conference** in Austin, Texas, May 3-5. She says there'll be some great speakers and workshops. Sounds like a field trip! Mark your calendars now and save the date for this worthy weekend. See their web page for schedules & registration info

<http://www.herbsociety.org>

Help SAHS Publicity Get the Word Out!

Every month, SAHS provides **flyers** via email. You can print them and post them at stores in your area, stores that you would be frequenting anyway. Contact Jeanne Hackett at jeannehackett@sbcglobal.net, or call 210/735-5333. Jeanne is the OUTGOING Publicity Chair for SAHS. SAHS NEEDS A NEW PERSON FOR THIS COMMITTEE.

Want to Start a Special Interest Group?

Please join us for the Inaugural meeting of a new SIG (Special Interest Group) Saturday, **April 14, 2012** at 1:00 pm. SIGs meet once a month usually at the member's homes. The new group will chose the day, time and theme of the new SIG. At the first meeting, we will make an herbal blend for you to take home. Light refreshments will be served. RSVP to Carol Hamling, 210-493-8713 or obith@satx.rr.com

The next SAHS cookbook, a "Best of" issue

The cookbook committee co-chair, Kathy Bruce asks for your help in creating this new issue. Contact her with your choices soon at kmbruce05@gmail.com

SA Daylily Society's 44th Anniversary Show

May 19 at the Antique Rose Emporium. Doors open at 10, judged show results show at 1 pm, seminar at 2 pm.

NEW event-Garden Happy Hour-3rd Fridays

How about having a Garden Happy Hour every month? Marilyn Nyhus heard about another group doing this and thought SAHS might be interested. This is strictly a casual affair with visitors bringing appetizers or snacks and a chair and the host providing ice and paper goods. Come to visit and admire a garden, swap stories and tips. We'll try this on every third Friday of the month from April to October, from 6:30 to 8:30 pm. RSVPs required to help each month's host prepare for you and to provide you with a gate code if necessary. Marilyn has volunteered to host the **first one (4/20)**. Contact her at 210-606-2933 (c). Marguerite Hartill is taking May (5/18). Contact her at 210-497-1355 (h). Who's up for June? July?

Rose Society's March meeting

Ed Bradley (who you'll remember is an expert rosarian and was here at our January meeting) was so delighted with that January program that he invited Jean to bring her part of it to the Rose folks. The topic was Roses in Health and Healing. March 12 she and Joe-Beth brought that program along with a stack of our new Roses, Roses, Roses booklet to the meeting. What a great time! Jean's program was very well received as were the very interesting rose crafts that were brought as part of the display from the Herb Society. It is pretty fine when our clubs can do this kind of exchange! Wonder who'll be next?

Interested in Texas Native Plants?

Native Plant Society of Texas, San Antonio chapter meets 4th Tuesdays except December & August. Webpage: www.npsot.org/sanantonio

SA Botanical Garden Events

The Viva Botanica Fiesta event, April 21 & 22.
Native Plant Walks at 10:00 am. Explore 11-acres of the Texas Native Trail with a Master Naturalist!
Saturday, May 12, topic: "Seasonal Highlights"
Other activities at the SABot include this interesting workshop:
Beginning Botanical Illustration, Tuesdays & Thursdays, April 3 - May 3 from 11:00 am - 2 pm
For info call 210-207-3255.

Call for Volunteers

Whole Foods' Earth Day event April 21

Whole Foods has invited SAHS to provide an information table on herbs. They'll provide the table, SAHS just needs to provide the information and volunteers to talk to visitors. Contact Lyn Belisle to help out.

Basil Fest @ Pearl June 2, 9-1

Need folks to staff our booksales tables PLUS some to help with some of the demos that day. Contact any board member today!

Guerra Branch Library in June

Our talented and knowledgeable members working at SAWS' Spring Bloom inspired customer Monica Garza, the Adult Services Librarian at Guerra Branch Library, to request a presenter to come speak to library patrons in **June** regarding an herbal topic of their choice. Monica says they'd love something on herbal gardening, or using herbs in cooking (they'd purchase the ingredients), or crafting or healing or.....whatever strikes your fancy. She asks that the presentation be either on a Sunday afternoon or a Tuesday evening, whatever works best with your schedule. Since this is something that is more fun (and easier!) for two people to do, call an herbal buddy, then contact either Yvonne Baca (210-313-8705) or Joe-Beth Kirkpatrick (210-590-9744) to volunteer.

Minutes from March 8, 2012

General Meeting

Meeting called to order at 7:00 by past President, Eileen Achorn. Attendance was 68 people.

Eileen greeted all, acknowledged new members, visitors, and first time attendees and reminded everyone to sign in so we would have a record of attendance; thanked the hospitality greeters and food providers; reminded all of the SAHS Table with cookbooks and resource guides manned by Patty Wilson, the Share Table, and the Members' sale table (Virginia Perkins with Usana Health Sciences and the In Home Senior Care); reminded all that any articles submitted for the newsletter must be in to Joe-Beth Kirkpatrick NLT the second Friday after the general meeting. Minutes for the February 9th general meeting were approved.

Eileen reminded all of the April meeting with Cindy Meredith of the Herb Cottage on horticulture and growing of herbs and the May meeting which is the Members-only banquet; reminded all that any non-renewed members will be dropped from the roles but anyone wishing to renew or needing a nametag can see Norm; reminded all of the new PayPal account for online membership and/or purchases. Carol Hamling announced 1st meeting at her house on Saturday, 14 Apr at 1:00pm for anyone wishing to start a new SIG. Eileen again stressed the need for new Board members and invited all interested volunteers/selectees to a brunch at Lyn Belisle's house on 24 March at 11:00am.

Joe-Beth talked of the SAWS Spring Bloom event this Saturday (10 March) starting at 9:00 with set-up at 7:30. Eileen talked of the changes on future SAHS events and reminded all to check the newsletter for a complete and up to date schedule. Evelyn Penrod talked of the 3rd annual Basil Fest at the Pearl on 2 June and the need for a chairperson for it. Eileen talked of this September's Garden Tour scholarship fundraiser, the sponsors and the volunteer gardens and the deal of seeing 10 gardens for just \$10. It was also announced that Jean Dukes will be speaking at the Rose Society meeting next week.



Kathy Bruce gave an update on the new cook book and passed out ballots for people to vote for their favorite recipes from the first 2 books to be included in our 3rd book, "Best Recipes of SAHS Cookbooks" and strongly encouraged people to vote! Marilyn Nyhus introduced a new plan of having a "Garden Happy Hour" where SAHS members would meet at a volunteer's house on the 3rd Friday night from April to October...a BYOB get-together to fellowship and see new gardens.

The first GHH will be held at Marilyn's in April and Marguerite Hartill has volunteered to host the one in May. Jane McDaniel talked of the Weed & Gloat SIG at the Botanical Gardens, inviting those interested to come help tend our "patch" and enjoy the friendships.



Beverly Tibbs announced that SAHS **will** have a float in the King William parade on April 28 and invited all interested in being a part of that to create a Fiesta hat and to contact her or Madeline Sprague. SAHS has submitted all parade paperwork and is just waiting to get a response from KW Assoc.

Marilyn Nyhus introduced the evening's program, Chef Steve Martin from the St. Phillip's Culinary School.

Meeting was adjourned by Eileen at 8:32.

Submitted by Mike Belisle, Secretary

Review: Chef Steve Martin & the St.

Phillip's Culinary program

Chef Martin talked of the Culinary School and its accompanying restaurant, his both formal and informal education in restaurant management and food preparation, his love of sweets/desserts, and the strong influence of his mother who loved to cook for large groups of people.



Along with two sous chefs, he prepared and served a delicious Thyme Lemon Curd...and then to demonstrate, he showed us how. He prepared both a strawberry sauce, thickened with

arrowroot and tarragon, plus a blueberry sauce with rosemary, sugar and orange zest and juice. He then made a lemon curd using egg yolks, butter, lemon juice and lemon zest, sugar and thyme. He advised freezing the curd in a pan to make it easier to cut into strips and then covering with the two sauces. Delicious!! Chef Martin also answered numerous questions from members on cooking trends, where



to purchase the best herbs, teaching cooking, and preparation techniques.



SAWS Spring Bloom & SAHS Plant Sale

Saturday, March 10th was one of those suddenly cold, rainy, blustery spring days in Texas. Nonetheless, EVERYONE on the volunteer roster PLUS a few more showed up and gave a performance worthy of a red carpet award. By the end of it all everyone was pretty well soaked but in lively spirits. You all that missed this, missed a fine and fabulous opportunity to make some new friends amongst the SAHS troopers. Along with "selling" their passion for herbs, these folks helped us net over \$1,000! Now *THAT* will keep the lights on at our meetings for a few months!

The Co-Chairs would like to thank all our volunteers: Norm Hastings, Ann Peche, Cindy Moore, Alma Marks, Jackie Bonnie, Vivian Paul, Bill Drane, Martha Valdez, Jeanne Hackett, Karen Blessing, Pat Gonzales, Jane McDaniel, Lenore Miranda, Marguerite Hartill, Yvette Erwin, Rebecca Kary, Frankie Campbell, Barbara Quirk, Adrienne Hacker and Kathryn Seipp. Several of these fine folks either stayed longer than the agreed-upon shift or came back to do even more. Our gratitude for your cheerfulness and generosity is deep. So until next year, happy herbing!

Carol-lee Fisher and Joe-Beth Kirkpatrick, co-chairs

Dear Rosie,

What is a rose rustler? -Just Curious



Dear Just Curious,

Roses intrigue most people, but *rose rustlers* have a strong desire to preserve antique or heritage roses. Rustlers search for roses in deserted fields, near abandoned barns, neglected pastures, ditches, and cemeteries. While most rustlers look for any abandoned rose, some rustlers have been known to look for roses that grew before 1867, truly antique roses!

Some of the roses they find were planted during the Gold Rush days when people traveled cross country in hopes of striking it rich. These folks took cuttings from their homes, stuck them in potatoes, and carried them to their new homes. Needless to say, many roses were left along the way, alone and unwanted.

Just by virtue of the fact that these roses continued to live on their own means they are tolerant of weather conditions and require little care. They often have long blooming periods, and they are usually blessed with the scent of perfume.

Rose rustlers always carry clippers, Ziploc bags, and paper towels when they travel because at any time they could stumble across a rose growing on its own. When they find it, they take a softwood clipping, roll it in a paper towel, put it in a Ziploc bag, and rush home to propagate the cuttings. Many roses that have been "rustled" are named after the rustler who clipped them or the place they were found. There are many rose rustler clubs across the nation, one right here in Texas. They follow a certain etiquette and have saved many roses from extinction. There is even a Texas **Rose Rustlers symposium here in San Antonio on April 21, 2012.** Might be fun to attend! Check this website for information: <http://www.texasroserustlers.com/Calendar/calendar.html>

-Rosie

Rose Trivia

What are rose hips?

- A) another name for the petals
- B) the widest part of a rose bud
- C) the part left on the plant after a rose is finished blooming
- D) the node where the leaf joins the stem

Answer elsewhere in this newsletter.

SAHS Internet Sites

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

E-Mail Courtesy

For the safety and security of all our membership, if your email account has been compromised in any way, please take steps to remove your address list(s) from the affected email and/or close that affected email. Your friends at SAHS will appreciate it!

Submitted by SAHS

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.

Prevent moldy berries

Berries are delicious, but they're also kind of delicate. Raspberries in particular seem like they can mold before you even get them home from the market. There's nothing more tragic than paying \$4 for a pint of local raspberries, only to look in the fridge the next day and find that fuzzy mold growing on their insides. Well, with fresh berries just starting to hit farmers markets, we can tell you that how to keep them fresh! Here's a tip I'm sharing on how to prevent them from getting there in the first place: wash them with vinegar.

When you get your berries home, prepare a mixture of one part vinegar (white or apple cider probably work best) and ten parts water. Dump the berries into the mixture and swirl around. Drain, rinse if you want (though the mixture is so diluted you can't taste the vinegar) and pop in the fridge. The vinegar kills any mold spores and other bacteria that might be on the surface of the fruit, and voila! Raspberries will last a week or more, and strawberries go almost two weeks without getting moldy and soft.

So go forth and stock up on those pricey little gems, knowing they'll stay fresh as long as it takes you to eat them.

*You're so berry welcome!
from Marguerite Hartill*



Continued from page 2

Lavender Cookies

submitted by Eileen Achorn
Ingredients

Cream 1/2 C butter and 1 C sugar until light & fluffy. Take your time here, the lighter, the better. Add 1/2 tsp vanilla, 1 tsp chopped lavender flowers and 2 eggs. Beat well. Mix 1 1/2 C flour with 2 tsp baking powder. Add to lavender and mix well. Drop by teaspoons full onto ungreased cookie sheets. Bake in a 375oF preheated oven for 8-10 minutes until lightly browned around the edges. Let cool on pans for 2 minutes then transfer to a wire rack for complete cooling. This will make about 4 dozen small cookies. I got 1 1/2 dozen with the size made for tonight's meeting.

Quick Giardiniera

submitted by Eileen Achorn
Ingredients

Combine 2C white vinegar, 2C water, 2 Tbsp sugar, 1 bay leaf, 1/2 tsp crushed red pepper, 1/2 tsp salt in a large saucepan and bring to a boil. Add approximately 5 C cauliflower florets, celery slices, carrot slices, red pepper cubes, green beans, pearl onions. Return to a boil then reduce heat to a lively simmer and cook 'till veggies are crisp-tender, about 5 minutes. Remove from heat and let stand another 5 minutes. Reserve 3 Tbsp of the cooking liquid, then drain the rest. Put veggies in a medium bowl. Add 3 Tbsp extra-virgin olive oil, 1/4 tsp freshly ground pepper, 1/2 tsp salt, 1/2 tsp crushed red pepper flakes and the reserved cooking liquid. Stir to mix well. Cover and refrigerate for at least 25 minutes to chill. Stir before serving with a slotted spoon. Keeps for up to 1 week.



A 1/2 cup serving has about 63% of vitamin c and 29% of vitamin A (recommended daily requirements).

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!

In Our Organic Rose (Herb) Garden:

Pest Control Program: Add the following to Garrett Juice (visit his web site to get his recipe or pick it up at a local nursery) and spray as needed.

- 1) Garlic tea or mild vinegar— 1/4cup/gal. or label directions for minor insect or disease infestations.
- 2) Potassium bicarbonate - 1 rounded tsp. /gal. for minor diseases.
- 3) Liquid biostimulants - Use per label – Medina Soil Activator, or similar product.
- 4) Neem or plant oil products - Use per label directions for more serious insect and disease infestations.

General Notes for the Spring Season:

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).

Resist the urge to fertilize your lawn until you have mowed "lawn" grass (not annual grasses and weeds) twice.

After our mild winter, those little white snails (and many other destructive bugs) are abundant this spring. Hand pick them in the early hours and drop them into a pail of soapy water.

Poteet Strawberry Festival is this Month.

For color in the shade, use coleus, begonias, pentas and annual salvia.

Tomatoes can be planted in the garden now. Mulch them with leaves, cocoa shells, lawn clippings or other material to avoid blossom end rot.

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 on the SAHS website.



SIG-nificant Events

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

Aromatherapy SIG

Our February meeting was hosted by Debbie Schivelbein and our topic was Rosemary. As always, we learned so much! We learned that Rosemary was one of the earliest plants to be used as a medicine, for cooking and for many different types of religious rites, including weddings and funerals.

In summary, Rosemary is excellent for the heart, liver and gall bladder; good for various intestinal ailments; stimulating to the nervous system and respiratory system; relieves muscle aches, pains and arthritis; and can help improve mental clarity, alertness and memory. Rosemary is often used in hair tonics as it is said to help stimulate hair growth. Debbie also gave us some recipes to use rosemary oil in the bath (along with other essential oils) for overworked muscles, viral infections and also just for a refreshing morning bath.

To go along with the Rosemary theme, Debbie ventured out of her shell and made Rosemary Cashews, Rosemary Shortbread, and a Rosemary Lemonade Fizz. They all turned out excellent, considering they were all new recipes—and they were all DELICIOUS!

We have a few slots available in our SIG. If you are interested or have questions, contact Jean Dukes @ 210 566 4379.

Countdown to the Scholarship Garden Tour

With 28 gardening weekends between now and September 22, 2012, our garden hosts are busy, busy, busy. We have 9 confirmed garden hosts with a 10th in reserve just in case something happens to one of the nine. Our garden hosts each have a theme for their gardens and we have everything from "Gardening on a Budget" to "Square-Foot Gardening" to "Texas Eclectic" to "Cacti and Containers." Talk up this event with your friends and neighbors; grow the excitement!

The local nurseries are excited about participation and several have either already given, or have promised, prizes for the drawing in October. Our sponsors are: Big Grass, Schulz, Fanick's, Antique Rose Emporium, Milberger's, Rainbow Gardens, River City Nursery, The Garden Center, Burns, and Nature's Herb Farm. In addition, Fertile Garden has given 2 gift certificates for the October prize drawing. Please stop by and give them a "thank you" – they can really use our patronage. We might spend a few dollars more overall by shopping with them over the big box chains, but it is well worth it to keep a local business in business. Besides, when you have a gardening question, do you turn to a national answer or to a local expert? Stay tuned for more details!

Submitted by Eileen Achorn

Weed-n-Gloat SIG

I'm sending you a picture taken at the Herb garden at the SABot Gdn - we weeded and worked and harvested a huge, 3 lb. fennel which we've been watching like hawks as it grew. Cut it up into 4 quarters and shared it amongst the Weed and Gloat Team. Here's what we did with it:

from Lenore Miranda: Cleaned it, sliced ALL of the bulb and put it on trout, baked in the oven. It was delicious. Was prepared to eat all the fennel, I wasn't sure if John would like it, as it wasn't hidden in a saute'. Well, He eats some and asks "what kind of onion is this?". I tell him it's fennel, which he has eaten before but doesn't know it. I'm leery, and looking forward to eating his castoffs. Nope, turns out he *likes* it and is looking forward to more.

from Jane McDaniel: Cut it up with some ginger, red onion, cabbage, zucchini, celery and some cubed pork which was cooked separately in soy sauce and garlic - combined the lot, added apple vinegar and a little sugar, pepper and salt and the



Rose Trivia Answer
C. The part left on the plant after a rose is finished blooming - While the rose may bear no fruit, the rose hips contain more Vitamin C than almost any other fruit or vegetable. In fact, rose hips contain 400% more vitamin C than oranges!

SAHS Membership

Don't forget to check your name on the sign in sheet when you come in for the general meeting. This count lets our membership chairs know that you're active. It also lets us know our visitorship counts which tells us if our outreach is working or not. This tally helps confirm a member's request for nametag, too.

Don't forget to let Norm know if you need a new or replacement name tag by the June meeting.

three of us ate the LOT with steamed rice. (Gonna do trout with fennel tonight.)

Join us!! We meet at the SA Botanical Garden Herb Garden, the last Monday of each month, 10 - 11 am. To find out more, contact the Ober-Gloater, Jane McDaniel at cell # 210-381 4931.

Submitted by Jane McDaniel

Culinary SIG

This month the Culinary SIG went to Sandy Oaks Olive Orchard down in Elmendorf. What a great trip. The wildflowers surrounded us on our drive down as well as while we were at the orchard. Sandy Oaks was established in 1996. Their first big harvest was in 2007 and this year, with all the winter rains we have had, looks like it will be a good harvest too. They have 40 acres planted with 11,000 olive trees. Our tour guide was the owner, Sandy Winokur, who told us all about the process of starting the orchard, as well as to growing and harvesting the olives. With the sandy soils in their area, they do all the harvesting by hand (because the tree shakers would literally pull the tree out of the ground) and it takes approximately 100 lbs of olive to produce 1 gallon of olive oil. Other olive trivia...the trees are budding now and the harvest will be in September. Once harvested, they must press the olives within 3 days time. A mature tree will produce 35-40 lbs of olives for pressing each year and this year they expect to get about 1000-3000 lbs of olives per acre from mature trees. We ate lunch at the orchard after the tour and then several of us went out into the nursery to pick up a tree (or two!) It was a great day. If anyone is interested, Sandy Oaks has a free tour every Saturday at 11am.

Check out their website for more information.

www.sandyoaks.com

Submitted by Emily Sauls

Herbal Crafts SIG

Greetings all -- Well the month of March was a busy month for our members so we did not meet. You will need to tune into next month where our adventure will take us to a brew master. You may be wondering what beer has to do with crafting but I would think after a few swigs we will all be very creative!!! The April SIG meeting is tentatively scheduled for the 4th Saturday of the month. Stay tuned for more details.

If you are interested in learning more about our SIG, please contact Sandra (210-659-5561, slyssy123@yahoo.com) or Rebecca Kary (karyrebecca@yahoo.com).

Submitted by Sandra Lyssy

Healthy Living with Herbs SIG

Jinnie Perkins hosted the Healthy Living SIG meeting on Tuesday night, March 20th at Green Vegetarian restaurant on North Flores. What a treat! The meeting topic was "Nutrition for Chronic Diseases" and the way chronic diseases can be improved, prevented, or reversed by the foods we eat. Jinnie focused on inflammation in the body and how it can be the root cause of many serious diseases. Basically, it means we should eat less bread, white potatoes, crackers, and chips...or any foods that are processed or refined, especially those with high fructose corn syrup. Instead, we should eat more whole grains, beans, sweet potatoes, squash, and other veggies. This is always a good reminder because it is getting harder and harder to eat healthy when our food is so contaminated by GMO's, pesticides, and sugar...but we have to pay attention for our body's sake. Jinnie ended the meeting by sharing her knowledge of keyhole gardening, a way to grow numerous veggies in the smallest and most compact spaces. The secret is to start with compost and build the garden on top of that. A keyhole garden is drought-hardy and helps fight off those chronic diseases we talked about earlier in our meeting. Thanks Jinnie!

Submitted by Marguerite Hartill

Treasurer's Report, February 2012

Submitted by Kathryn Seipp

INCOME

Membership	340.00
Plants	0.00
Cookbook	0.00
Booklets	115.00
Miscellaneous sales to retailers (booklets)	<u>126.00</u>
SUBTOTAL - INCOME	581.00

EXPENSES

Attendant Fee	45.00
Plants	0.00
Licenses & Permits	45.00
Postage & Deliver	0.00
Printing & Engraving	0.00
Rent Expense	100.00
Supplies	0.00
Website fee	0.00
Sales Tax	<u>0.00</u>
SUBTOTAL - EXPENSES	190.00
TOTAL (Income-Expenses)	391.00

ASSETS

Cash and Bank Accounts	
Cash on Hand	0.00
Frost Cert of Deposit	1,194.95
Frost Checking	2,821.11
Frost Savings	<u>2,387.68</u>
TOTAL Cash and Bank Accounts	6,403.74
TOTAL ASSETS	6,403.74
LIABILITIES	<u>0.00</u>
OVERALL TOTAL	6,403.74

'11 - '12 SAHS Board Officers & Members

Yvonne Baca - President

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Eileen Achorn - Immediate Past President

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Joe-Beth Kirkpatrick - Newsletter

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Sandra Lyssy - Hospitality

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Patty Wilson - T-shirts, Cookbooks

210-647-0838 H/W, dwilson@satx.rr.com

More Information Contacts

SAHS web page: www.sanantonioherbs.org

SAHS toll-free phone: 888-837-4361

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

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