



La Yerba Buena



THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 241. April 2010

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 8, 2010

Robbi Will on Herbal Ground Covers

What is organic and uses little water while giving you scents and textures for your garden path?

And who isn't ready to pick up your spade and head outside to refresh those garden beds? Before you get too carried away, join us in April when Robbi Will from Antique Rose Emporium talks about using herbs as ground covers. Now it's the time to replace those tired and dead plants that did not make it through the drought, winter freezes and winds. Robbi will be here to give you ideas of some different ways to use herbs in your landscaping.

Also on tap for April: the candidates for the next Board for the herb society will be presented. The slate will be finalized and voted upon during the May meeting.

The appetizer tables open at 6:30pm. Those whose names begin G thru M, please bring a finger food (with recipe) to share. 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



April is Off and Running and It's Time for Fiesta

and all those events surrounding Fiesta. Still got lots to do! Plant sales and fairs abound. Fiesta is almost here and the parades won't wait! Contact Adrienne Hacker or Jean Dukes to help with our King William float (the parade is April 24, stepping off at 10 am).

The SA Botanical Garden Walk Across Texas event and plant sale on April 17 needs volunteers - contact Eileen for that information. Viva Fiesta! Viva Herbs!

In May, there's the Festival of Flowers on Saturday, the 29th. Contact Joe-Beth to volunteer to help sell our cookbooks and resource guides.

May 13 Summer Members' Banquet

"Friends Are Flowers In The Garden Of Life" - anonymous
It's almost time for our annual summer banquet!

Join us to celebrate spring and friendships! Each member is welcome to bring a guest and asked to bring a dish to share. After a brief business meeting to include voting for our new slate of officers for the 2010-2011, year we will adjourn to the serving tables. It will be a casual event celebrating the ties of gardening and friendships. Come early and stay late, this is an opportunity not to be missed.

"Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom."...Marcel Proust

Please contact Evelyn Penrod to help with the decorating the room and tables.



Members' Sale Tables at General Meetings

Contact Jean Dukes or Evelyn Penrod to reserve a table at least 2 weeks prior to the meeting. Have your sales table set up by 6:30 pm and removed by 9 pm.

Members' Share Table

Is always open. Bring your gently used items to share with other members. Items left over at the end of the meeting will be thrown away.

Hospitality Table Schedule:

May: Banquet, All
June: N-S
July: T-Z
August: A-F
Sept: G-M

Hospitality needs some help. Contact any Board member to see what you can do.



News Flash:

Susan Wittig Albert will be at the Twig Bookshop on Friday, April 16 from 5:00 - 7:00 PM to sign books. Get a group together, go to the Twig, have dinner at one of the restaurants in the Pearl Brewery complex and enjoy the spring evening!



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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

Only one recipe this month, compliments of Sandra Lyssy. Please remember to label the treats you bring to share along with the recipe for publication.

Lemon Curd

Yield about 3 cups
2 C sugar
1 C (2 sticks) butter
2/3 C fresh lemon juice (Sandra uses Valley lemons)
2 Tbs grated lemon peel
4 eggs, beaten

In a medium saucepan, combine all the ingredients except eggs over low heat and cook for 5 minutes, or until the butter has melted. Slowly whisk the eggs into the mixture and cook for 12 to 15 minutes, or until the lemon curd is thick enough to coat a spoon, stirring occasionally; do not boil. Place in clean jars or a bowl, cover, and chill for at least 2 hours, or until cool, before serving. Store in the refrigerator.

Tip: Can be used for filling for cakes or cookies or simply as a toast spread.

Agua Fresca

provided by Here's to Yum Bistro

1/3 part by volume orange juice, 1/3 water, 1/3 basil leaves, crushed in blender.

Pellegrino water can be used instead of tap water; it adds fizz.

Mix crushed basil and some of the water in a blender, add the rest of the water, and then the orange juice. Sugar can be added to taste. Serve over ice, garnished with cucumber slices. Keeps for up to two days in refrigerator.

Herbal Soup

provided by Here's to Yum Bistro

Use cooked and peeled potatoes (any type; cut up into small pieces), handful of tarragon or Mexican mint marigold, vegetable stock, chopped chives/spring onions.

While potatoes are cooking, infuse tarragon and chives, wilt these in unsalted butter in a saucepan.

Add potatoes to the herbs and butter mixture; add a little vegetable stock. Mix in blender.

Add squirt of fresh lemon juice to taste, and some crushed, cooked spinach for color.

Serve hot.

DILL!!

Here's a challenge: Dill is the herb of the year for 2010: See what YOU can bring to the hospitality table that features Dill ! Better yet, bring a favorite item featuring dill to our Spring Banquet on May 13

In the meantime, try this one: Steam a pound of fresh, clean carrots until nearly tender. Separately a couple Tbs of butter and sauté 2 sliced leeks. Add the carrots and continue the sauté until the leeks are golden.

Try adding dill to your potato dishes or quiches.

"Dill seed is much less versatile than the leaf and is used principally in pickles, breads, and crackers. I also like it in slaws and occasionally in stuffings. The high concentration of carvone in its essential oil makes the seed taste more bitter than the leaf, but that bitterness is a good accent for many foods. Use the whole seeds for crunch; for a more subtle flavor, grind the seed with the salt used to season the dish. ... Flavor differences are best appreciated in the young fresh leaves. Cooking dulls the flavor of the leaf, though cultivars with good balance and plenty of carvone stand up to cooking well. Boiling dill seed releases the bitterness of the oil, though baking does not."

—attributed to Susan Belsinger, *Herb Companion*

MORE DILL!!

Pointers for Seasoning with Dill:

Dill seeds have a robust flavor, so use them sparingly.

Dill leaves can be dried or frozen. Simply snip off some with a kitchen scissors as needed.

One tablespoon chopped fresh dill = 1 teaspoon dried dill weed

1/2 ounce fresh dill yields about 1/2 cup leaves.

Enhance Your Meals with Dill

For a quick side dish, finely chop some dill leaves into plain yogurt. Pour over fresh cucumber slices and toss.

Make an easy dill butter by combining minced fresh dill with half a cup of softened butter. Chill for at least 2 hours to allow flavors to blend. Use on bread or broiled seafood.

Use dill seeds to season vegetables like carrots and pumpkin while cooking. Or stir them with butter into the veggies after cooking.

Dill seeds taste similar to caraway, so you can substitute them for caraway in breads.

Dill also complements sour cream, cream cheese, cottage cheese, dips and spreads, meats, eggs and potato salad.

Reference: <http://www.tasteofhome.com/Herbs-and-Spices/Cooking-with-Dill-Recipes>

Cultivation

Here are a few suggestions to start you on your way to a healthy crop of dill:

Dill, like most herbs, loves to bask in the sun, but will tolerate afternoon shade.

Dill grows up to 3 feet tall, so plant it in the back of your flower, vegetable or herb garden.

Sow seeds close together. This will allow the plants, which blow over easily to support each other.

Cover the seeds lightly, and allow a week or two for them to germinate.

When growing in containers, use a deep container to accommodate the long roots, and remember that you will eventually have a plant that is three feet tall. Plants grown in containers may require staking. For a continuous crop, sow repeatedly from mid spring to early summer.

Don't plant near caraway, fennel or angelica.

Caterpillars are fond of dill, and can be handpicked if they become a nuisance.

Reference: <http://www.gardenguides.com/455-dill-anethum-graveolens.html>

May Newsletter Deadline

Saturday following the regular meeting, i.e., April 16th. (seems earlier since the meeting is later)
YOUR contributions, reports, commentary & photos are requested and always welcome. Thanks!

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 and a person may have a reaction to any herbal product even though it is not a toxic substance.



Over the Fence...

2010 Program Line-up

May: Members only Spring banquet. General election for new Board of officers for SAHS. (Slate is presented during the April meeting but is not final until just before the vote in May.)

June: Sam Coffman on Herbalism in the San Antonio area. Mr. Coffman is an experienced survivalist who has put his military training to use in the civilian world. He will talk about the use of plants around us every day for food and healing. See his web page, thehumanpath.com or his blog here: <http://voices.mysanantonio.com/samcoffman/>

July: Presentation on Dill, 2010 Herb of the Year

August: annual show-and-tell from our membership

September: pending confirmation

October: Judy Barrett of "Homegrown" with a topic title of "What Do I Do With My Herbs?"

Next Board Meeting

April 26, 6:30 pm. These meetings are open to the general membership. Please contact one of the Board members for location or other details prior to the meeting day

Those of you needing a SAHS tee shirt or tote bag (new! improved! with longer handles!), wait no longer. Check out the sale table at the next meeting. New tees, aprons and tote bags are here.

Board Nominating Committee

Can always use your input. Check with Gayle Morris (membership chair) or any current Board member. Slate will be presented at the April Meeting with voting in May.

Gardening Volunteers of South Texas

Judy Barrett, author of "What Can I Do With My Herbs" will talk about growing and using herbs and tomatillos at the monthly Essentials of Gardening class: Monday, April 19, 12:30pm at the San Antonio Garden Center. She is also the founder and editor/publisher of the monthly magazine "Homegrown--Common Sense Organic Gardening for Texas".

Submitted by Ann Schiller (GVST)

SA Botanical Society plant sale

April 17-18, at the SABot Garden greenhouses, includes the Walk Across Texas event. Sale venue is free with paid admission to the Garden.

SAWS Walk Across Texas event & plant sale

Saturday, **April 17**, 2010, San Antonio Botanical Garden. SAHS is selling plants at this one. Bring your sunscreen and expertise to the Gardens and help us raise a few more operating funds for the SAHS. Contact Eileen Achorn.

SA Botanical Garden volunteers:

Volunteers that work 40 hours a year in the Garden are eligible for free admission to the Garden, special name tags, t-shirts and other rewards. All current and active volunteers shall be eligible for on-going training and enrichment programs, participation in special staff/volunteer field trips, and reserved parking for special events at which they work.

Cindy Sims, Volunteer Coordinator, SA Botanical Garden
555 Funston Place, San Antonio, TX 78209
cindy.sims@sanantonio.gov, 210 207-3261 phone
www.sabot.org

SA Daylily Society show and sale

Saturday, **May 15**, 2010, 1:00-4:00 at the San Antonio Garden

Center. Contact Beth Zimpelman, Show Chair, 512-722-3208, or Bonnie Rice, Publicity, 830-393-8215 for information.

2010 Herbal Forum at Round Top was March 19 & 20. See Sally Ann's report elsewhere in this letter.

From SAWS e-news "cnsrv"

This year's WaterSaver Landscape competition entry deadline is April 9. Information thru the GVST 210-251-8101 or <http://watersaverlandscapecontest.org/index.html>. SAHS members will remember Marguerite Hartill's home out off Evans road won a prize a couple of years ago.

Herbs Are Plants to Serve and Delight

I was recently asked to talk to a couple of organizations about growing herbs here in South Texas. How can one resist an invitation like that? Interest in healthy living, in growing one's own herbs and vegetables is growing, and the San Antonio Herb Society is a good place to go for information. So I went, loaded up with fresh herbs, picked in the early morning, and an armful of SAHS cookbooks. It's a fascinating topic, with a history as old as mankind, with a host of advantages for those who grow their own herbs. The two venues – the Castle Hills Garden Club and the Del Webb Community of San Antonio – were very different. The former: an older subdivision with large lots and sprawling houses, between Honeysuckle Lane and Blanco, and the second a spanking new community of retirees and older, still-employed people, with small gardens landscaped by the builders, and a list of don'ts regarding what can be grown on the lots. The Del Webb community is located well outside the San Antonio city boundaries, northwest of Helotes, near to Government Canyon.

The Castle Hills group wanted to know primarily which herbs would grow well in their gardens, and which herbs could be used in cooking. The Del Webb community wanted to know how to grow herbs in containers – what I call "gardening on high" – and also which herbs to use in cooking. The enthusiasm for the subject was identical, and the SAHS cookbooks changed hands very quickly. The list of The Ten Basic Herbs for S. TX., compiled by the San Antonio Herb Society in a flash of genius many years ago, was an ideal tool for this, as it includes also information on growing and harvesting these needful herbs: basil, mint, chives, oregano, dill, rosemary, lemon balm, sage, Mexican mint marigold and thyme. In addition to the list, I provided some recipes, as handouts, for herbal butters, a quick salmon casserole with dill and lemon, pot roast with thyme, chicken salad with tarragon/Mexican mint marigold and grapes, how to make a herbal infusion, roasted rabbit with a mustard-thyme crust, fried potatoes with onions and rosemary, stuffed fish with breadcrumbs and oregano, and a family recipe for lemon curd.

In both cases, it proved to be a wide-reaching subject, taking in growing, fertilizing, pest-control, harvesting, making herbal table decorations, herbal oils and vinegars, potpourri, and touching on the Herb Garden project at the San Antonio Botanical Garden, and, of course, the San Antonio Herb Society. I touched on the subjects of aromatherapy, bedroom herbs, using herbs to ward off household pests, uses of lavender in the home, herbal lotions and potions, and aromatherapy. I think we'll be getting a call to speak about that last subject, sometime very soon, and seeing some new faces at our monthly meeting at the SA Garden Center..

Submitted by Jane McDaniel

San Antonio Herb Society Meeting Minutes for March 18, 2010

Eileen called the meeting to order at 7 with the newly found president's gavel. She thanked Sandra and the hospitality committee for their decorations and those members who brought food. She also welcomed guests and new members of whom there were many.

Secretary's minutes from the February meeting were approved.

Announcements were made:

Gayle Morris updated everyone on progress of the nominating committee. Jane McDaniel asked to know what positions were definitely spoken for or covered and Eileen answered that we are willing to consider multiple nominees for the same position. Gayle also reminded everyone that if their dues had not been paid, they had been dropped from the roster.

Eileen told everyone the Library Association has published a folder with Big Read events and showed that our logo is featured on the back as a sponsor of the month-long event.

Check out the presentations by Jean Dukes, Sandra Lyssy, and Carol-lee Fisher in April.

Eileen reminded everyone that Joe-Beth welcomes articles, book reviews, etc. for the monthly newsletter.

The SAWS plant sale was a success; exact money taken in will be given in April after all sales have been completed. Extra plants are on the table for purchase this evening.

Jackie Compere and Ruth Sagabiel updated everyone about Olives Ole on the 27th. Unsure whether volunteers will have to pay to get in or not.

Adrienne Hacker recruited volunteers for the King William parade float and showed off her hat and shoes and reminded everyone to create something for the contest next month.

Eileen recruited volunteers for the Walk Across Texas plant sale on April 17th which she will chair.

Eileen shared a flier from David Dawson regarding the Native Plant Society plant sale.

Eileen revealed the theme for the May banquet – "Friends are the Flowers in the Garden of Life" – and asked for volunteers for a decorating committee who will decorate all tables.

Evelyn introduced our speakers, Chefs Rene and Charles from Here's to Yum Bistro. They were very entertaining and shared with us agua fresca – a mix of basil, water, sugar and orange juice, and their tarragon soup. Everyone enjoyed the presentation. Following their talk, Eileen asked how many attendees had been to the bistro and many hands were raised – even for those who had been more than twice! One new member said that she had found us because she went to the bistro, saw the herbs on the tables, and was intrigued to learn more about herbs!

The meeting adjourned at 8:20 for more visiting and one-on-one discussion with the chefs.

Submitted by Eileen Achorn.

Report from the March Program

What a delightful evening it was, the recent SAHS March 18 members meeting! And well attended: with twenty plus visitors and a host of members, the Garden Center on Funston was almost full to capacity.

With some news about an upcoming event, SAHS participation in the Olives Ole Festival at Sandy Oaks Olive Orchard in Elmendorf on March 27, and news of the upcoming May members Banquet, we could hardly wait to hear from the guest speakers, chef owners of Here's to Yum Bistro on Broadway.

Charles and Rene From the Here's to Yum Bistro spoke of

earning their chef credits at Pae-sanos' and L'Etoile restaurants, and then taking the plunge into independent bistro ownership a year ago. Their focus is on cooking fresh ingredients with herbs, and they had brought two examples of this to share with the members: Aqua Fresca and Herbal Soup.



One thing is for sure, the SAHS Weed and Gloat Team, which takes care of the Herb Garden at the SA Botanical Garden, will be dining at Here's to Yum after our next planting and weeding stint on Monday, March 29.

Submitted by Jane McDaniel

Ed note: we heard that over 25 SAHS members dined at Here's to Yum in the week after the general meeting. The food is wonderful, service quite good and the chefs very accommodating to special dietary requests. Thanks to all of you for supporting our business members! Recipes are on page 2.

From the Membership Chair

Our Newest Members:

We welcome the following new members to the SAHS: Elva Cardenas, Pamela "Dax" Dean, Charles Harzman and Rene Maldonado, chefs/owners of "Here's To Yum Bistro", our newest business members, Alma Marks (my apologies to Alma, who I failed to include in last month's newsletter! – Gayle), Susan Mata, Nora & Alfred Richards

We're very glad to have you with us!

To all: Look for these new faces at our meetings, introduce yourself, find out what interests you have in common (that shouldn't be too hard!) and make them feel at home!

Membership Renewal

THANKS MUCH FOR YOUR RENEWALS! Everyone seems to be Johnny-on-the-spot this year with their membership renewals. This makes keeping track of those memberships so much easier for our volunteer board members.

Did you check "Green Member" on your membership form?

Some renewing members who had previously been "green members" did not check "green member" on their 2010 Membership Form. Your Membership Chair could only assume that you wanted to change back to the "non-green" list. So...if you meant to check "green member" and forgot, and you are no longer getting email notices about the newsletter and other interesting events and information, please let Gayle know as soon as possible and she'll make sure the correction is made. (Contact info can be found elsewhere in this newsletter.) AND if you've not been a "green member" in the past but would like to be, she can take care of that, too!

Submitted by Gayle Morris, Membership Chair

Treasurer's Report, February 2010

Submitted by Kathryn Seipp

Category /Description

Income

Membership	630.00
Resource Guides	200.00
<u>Bundled Sales</u>	35.00
Total Income	865.00

EXPENSES

Attendant Fee	45.00
Banquet	0.00
Copies	77.85
Equipment	0.00
Honorarium	50.00
Licenses & Permits	15.00
Printing & Engraving	27.03
Rent Expense	85.00
Shirts & Aprons	0.00
Storage Rent	0.00
Supplies	22.45
Tax Business/Sales Tax	0.00
Total Tax Business	0.00
<u>Website Fee</u>	0.00
Total Expenses	322.33

Acct Balance

ASSETS

Cash and Bank Accounts	
Cash On Hand	0.00
Frost Cert of Deposit	1,154.09
Frost Checking	3,235.69
Frost Savings	2,385.90
Total Cash and Bank Accounts	6,775.68
Total Assets	6,775.68
<u>Liabilities</u>	0.00
Overall Total Assets	6,775.68

From the Old Farmer's Almanac:

Historically, the Native Americans who lived in the area that is now the northern and eastern United States kept track of the seasons by giving distinctive names to the recurring full Moons. Each full Moon name was applied to the entire month in which it occurred. These names, and some variations, were used by the Algonquin tribes from New England to Lake Superior.

March was the Full Worm Moon

At the time of this spring Moon, the ground begins to soften and earthworm casts reappear, inviting the return of robins. This is also known as the Sap Moon, as it marks the time when maple sap begins to flow and the annual tapping of maple trees begins.

April brings the This full Moon heralded the appearance of the grass pink, or wild ground phlox—one of the first spring flowers. It is also known as the Sprouting Grass Moon, the Egg Moon and the Fish Moon.

Round Top Herb Forum Report

As usual The Herb Forum was fun and filled with new things to learn. The weather on Friday was perfect. The day started with Henry Flowers talking about several of the plants that were for sale. Some were unusual to us and others were old favorites brought back to mind. Then shopping! I personally bought too many but then again, can one ever have enough?

The timing was great as we are all ready to plant and have winter be gone. More shopping at Thyme Well Spent, the Pioneer Unit of the American Herb Society's shop and at Lucia Bettler's bookstore, Lucia's Garden. We had a great buffet style lunch and then I attended 2 afternoon workshops.

The first was on chutneys. There are 4 categories, raw, relish, cooked and dry. It was an incredible taste experience and I learned so much about chutneys. As many only take a few minutes to prepare, there will be many more served at my house. Betty Gassway and Nell Richards gave us a tomato chutney and a apricot rosemary chutney to take home. We also made 4 different chutneys as a class doing our chopping and grinding. It was a very hands on class.

Next was a Herbs for the bath and Body workshop. The teacher was Trisha Shirey who is director of flora and fauna at the Lake Austin spa resort. We made a bath tea and scrub and a hand scrub and hand cream. Most of the herbs used at the spa are grown on the premises by Trisha.

Fortunately, on Saturday the seminars were held indoors. The rain and wind started at 10:00. Nan Booth Simpson spoke about Texas Gardening for the 21st Century. She explained design techniques and that Texas should look like Texas. Her book, which I did purchase, talks about garden style, design, construction planting plans and ongoing maintenance. It is an excellent book to follow for garden design. Then Marie Butler who is the landscape coordinator for the Virginia Zoo spoke on 'I have elephants in my garden, so what's your problem?' She was a comedienne. She used her animals to convey ideas on color, texture, form, scale and unity. Beside laughing at much of what she said, she taught a great deal. Did you know that rosemary is catnip to tigers?

Rather than eating outdoors, as is the custom, we all had lunch at the Menke house. Then Felder Rushing spoke on Garden Beautification - Southern Style. This is the first time I have heard him speak. He was very funny and wanted everyone to stop formalizing their gardens. He encouraged people to plant what they like and not to worry about botanical names and formalities. If it doesn't work, try something else.

The final presentation was Creativity with Herbs. There were demonstrations by some of the speakers and by members of the HSA Pioneer unit. There was weaving, plant pressing, making rosemary angels, sewing items for garden and kitchen use.

Next year the Herb of the Year is Horseradish. As every herb must pass at least 2 of 3 criteria, I will be going again to learn more. Henry Flowers said he is planning on a host of root vegetables to explore.

Submitted by Sally Ann Hnaituk

Hearty Handshakes

**to all the contributing writers and
photographers for this month's
newsletter issue.
You are terrific!!**



Interesting Herbal Information

Dandelion Data

Botanical Name: *Taraxacum officinale*

Family: Asteraceae

Description: yellow, daisy-like flowers, often striped with brown on the underface; unlike other plants with solid yellow flowers common to lawns, dandelion is the only one with single, flowering heads on hollow, unbranched stalks & hairless, large-toothed leaves; flowers occur from spring to fall followed by balls of tufted seeds; leaves are rosettes of oblong, deeply toothed leaves ("tooth of the lion"); long taproot has a brown exterior.

Growing Conditions: most conditions in northern hemisphere, commonly found in lawns & gardens, except, sadly, in my own! -- when I see the price a fresh bunch of dandelion greens brings in Whole Foods, I'm tempted to dedicate a large area to nothing else! Its spirit is gloriously beautiful, tenacious, abundant & feisty as it stands up to tons of toxic spray yearly throughout the country.

Parts Used: Leaf & root

Harvest: The leaves can be collected any time & used fresh or dried for tea. The older roots are a long-prized digestive bitter & are best collected during early summer to fall, at the peak of their bitterness. Split lengthwise before drying.

Culinary & Medicinal Uses: The leaf is considered a safe & effective diuretic because it tonifies the kidneys while aiding in proper water elimination. It's rich in potassium, calcium, magnesium, iron and vitamins A and C --- all in all, a wonderful digestive bitter as well as a liver & blood tonic --- helpful for eczema & acne too. The young leaves in the spring are the least bitter & are a nice addition to a fresh salad. The bitterness in older leaves is tamed & most delicious when marinated or cooked. The stem contains a milky white sap that can be used for warts & corns.

The young roots, while still tender, can be dug & added to soups & stir-frys. The root reduces inflammation & is a liver stimulant used for jaundice, gallstones & rheumatic joints. It can clear obstructions & can stimulate & aid the liver to eliminate toxins from the blood," says Dr. Michael Tierra in *The Way of the Herbs*. "It is also supportive of the spleen, pancreas, gallbladder, bladder, stomach & the intestines. It seems to balance the enzymes that aid digestion, assimilation & elimination. It can also be helpful in treating anemia by supplying nutrients."

Caution: not for use with a bile duct or intestinal blockage or gallbladder inflammation unless working with an experienced practitioner.

Marinated Dandelion Greens

1 large fresh bunch of dandelion greens, washed & drained

¼ cup olive oil, first cold pressing

¼ cup tamari

¼ cup maple syrup

2 cloves garlic, freshly grated

handful of sesame seeds, dry-roasted in skillet (just until they begin to pop)

Begin with equal parts of olive oil, tamari & maple syrup & adjust according to taste. Add garlic. Chop dandelion leaves into bite-sized pieces & add to mixture. They will shrink & compact down as they wilt in the marinade. Turn several times during a 24 hour period. Serve at room temperature with roasted sesame seeds sprinkled on top.

Making Herbal Tinctures

Tincturing by Percolation Method

Sunday, April 11; 9:30 AM – 11:30 AM; in Tarpley, Texas

Experience the visible alchemy of making a high quality tincture with superb taste & smell within 24 hours. Learn the basics of the percolation method of tincturing. The featured herb to be tinctured is olive leaf, highly anti-bacterial, anti-viral & anti-fungal & helpful for virtually any infectious disease. Demonstration, hand-outs, a bottled sample of the finished tincture & lunch are included. Cost \$25

submitted by Sally Garrett

sally@earthlightenergies.com; 830-562-3682

Sandy Oaks Olive Farm and Olives Olé!

Though the day started well before sunrise, Jackie Compere and Ruth Sagebiel (and loyal spouses) were already at Sandy Oaks getting the truck unloaded and the site prepared for the tent. By sunrise, it was still cold and damp but the tent was up, thanks to so many willing hands. This second Olives Ole event has grown exponentially since the first effort last year when almost 3000 visitors came through and only 500 were expected. Les Dames D'Escoffier were prominent with their gift shop (in the oil press & classroom barn); HEB had an entire tent given over to tasting all manner of olives and olive products; our old friends Camille & Lou had their tea shop tent handy; Mary Dunford had her herbs; Mahatma Rice sponsored the paella demo and tasting; SAWS was away in the back but had xeriscape plants to give away; Sally Garrett (new SAHS member) had a booth with her photography and other herbal products.

SAHS did fairly well with the cookbook and resource guide sales, coming in just shy of \$500. Jackie and Ruth did a wonderful job of setting up the tent and tables just inside the main entry. It was attractive and simple and displayed our books plus the new tee shirts, aprons and tote bags to their best. Our neighbors were a couple of magazine publishers so, of course we had to agitate a little for some club publicity. A new magazine, "Taste" (geared toward high end kitchen design and home entertaining) explained that they planned to feature one herb in each issue! We sincerely hope they'll give us a call for more information.

See you next year at the Olives Olé!



King William Parade SIG

P chair, Adrienne Hacker, has announced the hat-decorating theme as "Green Grows the Garden". Decorate your hats, shoes, clothes, etc., in that theme. Bring it all to the March meeting (if you're an early bird) and definitely to the April meeting so the SAHS membership can vote on favorites.

Next, sign up to help decorate and ride the float during this fun parade event. After the parade, take a lunch break then head back to the King William area for the rest of the day's events: a street fair including vendors of all sorts of things, great food to eat and entertainment around every corner.



Contact Adrienne for information or to help with the float (planning a little, decorating a lot).

For information regarding the King William Fair, see <http://www.kwfair.org/> Probably a good thing to do ahead of time as you'll need the info for parking, fair maps and gate admissions.

See you at King William!

SIG-nificant Events

SIG Leaders... What has your group done lately?
Don't forget to get a note to the newsletter editor for *next* month!

Healthy Living with Herbs SIG

Our SIG met on March 24. We'd been anticipating one of Carol-lee's great talks and we weren't disappointed at all. This time the subject was tonics for the brain.

Carol-lee had given us a list of topic herbs for homework back in January, so of course everyone was prepared. The herbs chosen for this study included rosemary, peppermint, ginger. We learned a little history on these herbs along with the difference between simple tinctures and tonics. We left with jars filled with herbs and brandy to tend until May when we'll decant, filter and mix our tonics.

submitted by Joe-Beth Kirkpatrick

Herbal Crafts SIG

Nothing to report right now. The SIG will return to action in May.

Submitted by Sally Ann Hnaituk

Weed and Gloat SIG

The Weeders: Jane, Helga Anderson, Jan Conwell, Marilyn Nyhus, Veronica Gard, Rosemary Michel, Evelyn Penrod. We planted parsley, both flat-leafed and curly leafed, fennel, and lamb's ear, and did a fair amount of weeding. The poppies are blooming in both the Herb Garden and the adjoining Cottage Garden: a great show of pinks and reds. It was a beautiful morning, with 70 degree weather, and a satisfactory feeling of achievement when we finally left after an hour's concentrated work and gossip.

Submitted by Jane McDaniel



Culinary SIG (NEW in 2010!)

The lively March meeting of the Culinary SIG (and we are indeed a lively group!) was graciously hosted by Maria Luhrman with the theme "My Favorite Cookbook". Eleven of our 12 members came, a sign that our new SIG is off to a thriving year. Everyone brought a dish to share for dinner -- soups, vegetables, grains, salads, enchiladas, relishes, fruit, desserts -- we have decided that we are all excellent cooks, by the way.

After dinner we shared our recipes and our cookbooks. Have you heard about: "Texas Mighty Good Cookbook", "The Deaf Smith County Cookbook", "Company's Coming", "The Good Herb Book", "Vegan Italiano", "The Mediterranean Vegan Kitchen", "The Sonoma Diet", and "The New Best Recipe Cookbook"? Not to mention some magazines, such as "Fine Cooking", "Mary Janes Farm",



and "Tea Time".

Lots and lots of laughter and intriguing conversation (we even ventured into the topic of bat guano -- that was after we were done eating). Next month we're off to Ernie's house in Comfort to view his beautiful garden, get some great gardening tips, and have lunch to gether. In the future we'll be looking into herbal smoothies and shakes, drying herbs, culinary blends, pestos, night out t a restaurant, a picnic/campfire, and a day making tamales. Wow!

Submitted by Gayle Morris

SAWS Spring Bloom Event Report

Worked out pretty well. We started out with over 800 plants and had a little over 100 left over when we closed up at 1 pm. For such a short (and gorgeous) day, sales were brisk. The crowds were great. The left-overs were sold during the SAHS general meeting the following week. SAWS, Edwards Aquifer Authority, San Antonio River Authority, the Audubon Society, CPS and several other public ;groups were there and all were promoting sensible and sustainable use of our precious natural resources. All said, it was a good day with good friends and good information and plants to be had.

Submitted by Joe-Beth Kirkpatrick



Brian's April To-Do List for The Garden

Please See Brian's full column via the www.sanantonioherbs.org web page.

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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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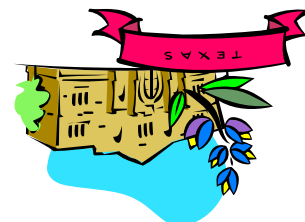
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Big Read March & April
Walk Across Texas April 17
Rose Show April 17
King William Parade April 24
Daylily Society Show May 15
Festival of Flowers May 29



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