



La Yerba Buena

THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 289, April 2014

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 10, 2014

Jenny Perez from the American Botanical Council

Jenny Perez has been working to re-connect plants and people for more than 15 years by sharing her passion and practices of urban horticulture, kitchen medicine and therapeutic nutrition. She managed the Bastyr University medicinal herb garden for 7 years, was adjunct faculty for their Botanical Medicine Department for 5 years as well as created and directed the Holistic Landscape Design certificate program. Currently, she works as the Education Coordinator for the American Botanical Council. Founded in 1988, the American Botanical Council is a leading international nonprofit organization using science-based and traditional information to promote responsible use of herbs, teas, medicinal plants, essential oils, and other beneficial plant-derived materials. Jenny's topic will include a discussion on seasonal herbal tonics.



For more ABC information, see <http://abc.herbalgram.org/site/PageServer>

Members with names beginning with A-M, bring a treat to share at our hospitality table. Please provide a name card (and recipe) for the dish you bring (or email it directly to the newsletter editor).

The San Antonio Garden Center is always a treat and is located on the corner of Funston and N. New Braunfels. For more SAHS information, see our website at www.sanantonioherbs.org



Spring's Busyness and YOU!

We need YOU for great events and opportunities this coming Spring. Here's a sample

- Garden Happy Hour, May-October, members' socials
- Rackspace Green Day, April 24, community outreach**
- King William Parade, April 26, community outreach**
- Spring Banquet, May 8, coordinator & helpers
- Celebrate Herbs, May 10, book sales and outreach
- Festival of Flowers, May 24, book sales and outreach

Interested? Please contact any Board member or review the meeting minutes for more information. We look forward to seeing you at one of these events soon. Thanks!



2014 SAWS Spring Bloom Plant Sale

Wow! And double Wow! The SAHS volunteers rocked the plaza on March 8th, chilly rain and all. 47 of you brought your raincoats and cheery selves to help hundreds of SAWS patrons learn about (and take home) the 1200 plants provided by Mary Dunford's Nature's Herb Farm. We sold out except for 12 little orphans that had to go back to Mary's.

Thanks to those folks who graciously loaned us their pop up tents; thanks to Carol-lee Fisher who always does such a fine job coordinating the plants with NHF; thanks to **ALL** of you who helped—your efforts will help "keep the lights on" for almost 6 months! You have earned the gratitude of the entire membership of the SAHS!

Submitted by Joe-Beth Kirkpatrick

2014-2015 Board Candidates

The current Board has taken up the project of filling in the ballot sheet for the 2014-2015 Board. According to our bylaws (with a little help from Robert's Rules of Order), we must have the proposed slate of candidates finalized by the end of the April general meeting. We encourage volunteers especially for these positions: Program committee co-chair; newsletter editor assistant, webmaster assistant. Please contact any Board member for more information soon.

May Banquet—a Picnic!

This year's theme centers around our mild spring weather—just right for a picnic!! Start thinking about what sort of "Elegant Finger Food" you'd like to whip up and bring along.

Remember, YOUR help will be more than welcome and greatly appreciated. Dust off that picnic basket, cut some of those fresh spring flowers and herbs for your table's vase and some on along! We'll have some door prizes and just a plain ol' good time at the annual spring banquet!

See you there!

Hospitality Table Schedule:

- May: banquet
- Jun: N-Q
- Jul: R-Z

Members' Sale Tables

Contact any Board member 2 weeks prior to the meeting to arrange for your table.

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Member Recipes

Here are a few of the treats from the March meeting

Irish Soda Bread Scones

Submitted by Beverly Tibbs

Ingredients

2 Tbs butter, melted
1 1/2 C buttermilk
3 C flour
2 Tbs sugar
2 tsp salt
1 tsp baking soda
1/2 C currants
1/2 C walnuts, chopped

Directions

Heat oven to 350°F.

Add the melted butter to the buttermilk. Blend together all dry ingredients, including currants and walnuts. Stir the dry ingredients into the wet. Drop by tablespoon-full onto oiled baking sheet. Brush with beaten egg. Bake for 18-20 minutes or until golden. These are great with maple butter.

Mexican Corn Bread w/ Cheese

Submitted by Beverly Tibbs

Ingredients

Mexican Corn Bread mix

Directions

Bake in waffle iron just like waffles.

Warm Reuben Spread

Submitted by Madeline Sprague

Ingredients

4 oz cream cheese, softened
1/2 C thousand island dressing
1/4 lb sliced deli corned beef, chopped
3/4 C well-drained sauerkraut
8 oz Swiss cheese, shredded

Directions

Heat oven to 350°F. Mix cream cheese and dressing together then stir in all remaining ingredients. Spread in 9" pie plate or shallow baking dish. Bake 20 minutes or until heated through. Serve with chips or rye bread.

Penne with Roasted Cauliflower and Basil Pesto with Pistachios

Submitted by Grace Emery (adapted from Culinary Institute of America, Heart Healthy)

Ingredients

2 lbs cauliflower, sliced in 2" by 2" pieces
EVOO as needed
Kosher or sea salt to taste
Fresh ground black pepper as needed
8 oz penne pasta, whole wheat penne is a good substitute
2/3 C basil pesto(recipe at the bottom)
3/4 C oil cured black olives (Niçoise or Kalamata, pitted and cut lengthwise)
1 can cannelloni beans, drained and rinsed
crushed red pepper to taste (optional)
3/4 C fresh Asiago or Parmesan cheese, shaved
fresh mint sprigs to garnish (optional)

Directions

Preheat oven to 450°F. Brush both sides of the cauliflower with olive oil; season to taste with salt and pepper and arrange on baking sheet in a single layer. Put in oven to roast for 15-20 minutes turning one time until nicely browned and tender. In a large pot of lightly salted boiling water, pour in the pasta; cook

until al dente - about 9 minutes. Reserve 1/2 cup of water before the pasta is drained.

In a large warm bowl, add the pesto and some of the reserved water, stirring to create a sauce. Add the hot pasta, cauliflower, olives, cannelloni beans, red pepper (if used) and toss until the mixture is coated (if dry add the rest of the reserved water). Add cheese and mint to the top and serve at room temperature or warm.

Basil Pesto

Ingredients

3 C loosely packed sweet fresh basil
2 tsp minced garlic
2 Tbs roasted pistachios (pine nuts or almonds can be substituted)
1 1/2 Tbs freshly grated parmesan cheese
1/4 C EVOO plus 2 Tbs

zest of one lemon

salt, pepper to taste

Preparation

In food processor, add basil, garlic, cheese, pistachios, EVOO and lemon zest; process until smooth. Salt and pepper to taste. Pesto can be refrigerated for 5 days or frozen for 3 months.

Note: to roast pistachios, place on a baking sheet and place in oven at 350°F for 5-7 minutes until golden; watch closely to prevent burning.

Dishes without recipes:

Corn Casserole

Trader Joe's Trish Porter Cheddar Cheese bites

Spinach Herb Dip



Hospitality

Thanks to Cindy Moore for her bottomless stash of seasonal decorations. We were certainly put in an Irish and springtime mood by her hand!



Herb of the Year: Artemisia

Thanks to Artemisia is a genus of herb with 300-400 species of annuals, biennials, perennials and sub shrubs that grow wild in adapted environments in almost all parts of the world. It is in the Asteraceae/compositae family.

Although there are many varieties, the cultivation of Artemisia is the same. It should be planted in full sun, in well drained soil. Excess water, fertilized soil or shade will cause the plants to split, melt or become leggy. Artemisia is drought tolerant and deer resistant. Due to the heat, most Artemisia do better if cut back hard after a hot summer. For this reason, it is a plant that is especially suited to our south central Texas climate of hot summers and little rain. Once established in your garden, it is very difficult to get rid of and some species are actually considered pests.

A few words of caution when planting Artemisia: do not plant near anise, beans, fennel, peas or sage as toxins from the roots will inhibit the growth of these plants.



Over the Fence... 2014 Program Line-up



Sales & Events:

Apr: 2014-2015 Board nominees announced

May: Members' Spring Banquet;
2014-2015 board election

Jun: t/b/d

Jul: t/b/d

Like our programs? We WANT your ideas!

Know a great speaker for an interesting herbal topic? Contact Leslie Bingham or any Board member with your suggestions.

Next Board Meetings

April 28, 6:30 pm Please contact one of the Board members to place an item on the agenda or for location or other details prior to the meeting day.

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 Grace Emery.

SA Botanical Garden Events

Have you checked out this spring's sculpture in the garden? Birdhouses exhibit (a joint venture with the local AIA chapter) is on display from March 29 thru June 29.

Sat., April 12, 10am - 2pm, ¡Viva! Botanica & Plant Sale Official Fiesta Event w/ live entertainment Rey Feo at 11am; Children's Parade at Noon Art in the Garden

New Richard Hunt sculpture exhibit. See nine contemporary sculptures in the Conservatory starting February 2014. Ends January 2015.

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

Gardening Volunteers of South Texas

Third Mondays @ San Antonio Garden Center 3310 N. New Braunfels (at Funston). (Bring your hand pruning tools and have them sharpened by "Dr. Fix-It" for \$2 each, a donation to GVST).

April 21: All About Daylilies: Members of the San Antonio Daylily Society present information on what is sometimes called "The Perfect Perennial". Free and open to the public, donation is appreciated. Contact (210) 251-8101 or info@gardeningvolunteers.org

Texas Native Plant Society

4th Tuesdays, Lions Field Adult Center, 2809 Broadway. Native plant and seed exchange at 6:30 pm, followed by speaker at 7:00 pm. Webpage: www.npsot.org/sanantonio

Submitted by NPSOT, San Antonio Chapter

Comal County Master Gardener program

First Wednesdays at the GVTC Auditorium. Meetings are open to the public. Contact (830)964-4494 or 221-4316.

New Braunfels Library Monthly Garden Series

Free programs at the NB Library, 700 E. Common Street, New Braunfels. No preregistration. Contact: 830-964-4494

Guadalupe County Master Gardeners

Third Thursdays. April 17: Ray Elizondo talking about "Daylilies." Meetings are free and open to the public. The regular business meeting at the end of the program. For further information call 830-303-3889 or visit our website at www.guadalupecountymastergardeners.org.

PayPal and SAHS membership payments

Your dues can be paid online with our PayPal link on the SAHS website. Click on that logo on the SAHS website's home page.

Spice and Herb mixes

We have 60 Cajun mix packets available for sale. Remember that by purchasing these products you are supporting the Herb Society. Contact Robin Maymar.

Raffle Basket: "It's Italian!"

In case you missed the first one, another wine basket raffle is now in place. The theme is: "IT'S ITALIAN". The tickets will be sold in at the April and May general meetings. The winner will be drawn at the May banquet. Donations for the tickets are: \$3.00 for 1 ticket and \$5.00 for 2 tickets. All proceeds go to the San Antonio Herb Society.

Approximate value is \$100.00 and includes: three bottles of Italian wine, pasta sauce, olive oil, balsamic vinegar, bread sticks, two wine glasses, a serving pasta fork, a sauce ladle, bread dipping spices, dark chocolate with hazelnut candy, a hand painted trowel by Robin Maymar and the basket. Good luck to you all to win!

Contact Grace Emery for tickets or to make a donation for the next basket.



Books for Sale

SAHS volunteers will be helping sell new and gently used cookbooks/herb books before and after our general meetings. The original collection was a donation to the club with the offer that any sales proceeds be considered a donation to our treasury. A great idea! We can keep this idea going with a few of YOUR donated books. See Emily for details and how you can help with this new project.



Cookbook, Vol III Committee Report

The members of the Cookbook Committee Barbara Quirk, Leslie Bingham, Robin Maymar, Marilyn Nyhus, Adrienne Hacker and Grace Emery have been meeting every two weeks and we have compiled 62 recipes! Karen Lopez has volunteered to join the committee to be the tasting chair.

The Format Template will be on the website before the April meeting and also sent by email to everyone. However, we will take recipes in any form, whether handwritten on a Christmas card, typed and emailed or handed to me at a meeting as long as I can read it. Your recipes for the Cookbook III will be not be changed and we appreciate your trust in sending them to the committee.

More details will be available at the meeting, but please start getting your favorite recipes ready. They can be in any categories: appetizer, tapas, entrées, sides, soups, vegetarian, vegan, desserts, drinks, rubs, spice blends - whatever you want.

Looking forward to seeing your wonderful recipes and tasting them in the very near future.

Submitted by Grace Emery

Check the SAHS web page or Facebook page often to keep up with the status of that new venture!



Minutes from March 13, 2014

General Meeting

Attendance 73 (22 guests). The meeting was called to order by Co-President Emily Sauls at 7:00pm. Prior to that, starting at 6:30, attendees visited, socialized, and sampled food provided by members, including several dishes that were being taste-tested for the cookbook committee.

Emily welcomed all to the meeting, acknowledging new members, visitors, thanked the Hospitality Committee and all the generous food providers for the evening. She reminded members whose last name is A-M to bring something to share on the hospitality table at next month's meeting, April 10th. She announced the Members' Share Table and the Members' sales tables, tonight with Linda Barker – Scentsy Candles (flameless) and soft fabric dolls, Chris Sinick – Joyful Adornments, Jane McDaniel – marmalade, table runners & Irish pot holders, Spring raffle table – "It's Italian" themed basket, SAHS Merchandise table. Cheryl Morrisey from Hens to You had 1 dozen eggs left and someone immediately spoke up for them. Emily reminded all to submit any items for the newsletter editor by Friday, March 21, and if you brought food and included a recipe to please include the name of the dish!



Norm Hastings, Membership Chair reported that we are better off with membership than we were at this time last year. He also updated us on Sarah Rice, Membership Co-Chair. She is doing well, patiently awaiting the arrival of their baby.

Joe-Beth Kirkpatrick, Event Chair for SAWS Spring Bloom, reported that the event was a big success last weekend. This year bringing in approximately \$2300 net and that is an increase from last year's event. She had all the volunteers stand and thanked them for their hard work and participation to make the event a success.

Beverly Tibbs gave an update on the float for The **King William Parade** is April 26. Members are encouraged to wear crazy and fun hats. Jupe Mills Feed (on Bandera Road in Helotes - <http://www.jupefeeds-sa.com>) graciously has donated 30 lbs of bean and okra seeds to hand out during the parade. Norm will print the info card for the seed packets; the cost to make up one seed packet runs about \$0.03 per packet. The parade committee still needs a truck to pull the float.



Robin Maymar used the overhead projector to demonstrate how to use the interactive form to submit recipes for the cookbook on-line through our website. There was a lot of discussion on recipes that are submitted and whether they will be altered or printed exactly as the member submits them. There was also discussion on the title of the cookbook and the theme, as well as the types of recipes that they are looking for and how the recipes are handled.



Robin reported that she has three gardens signed up for Garden Happy Hour season and passed around a clipboard to encourage other members to sign-up to host.

Grace Emery reported on the different speaking events from this past month. Robin Maymar & Leslie Bingham spoke at Green Spaces Alliance. Grace Emery & Leslie Bingham spoke to the Forest Hills Garden Club. Jane McDaniel was interviewed for and her garden is featured in the March/April edition of NHome Texas (can be found -free- at Whole Foods, HEB,

Green Fields Market), as well as be featured "Green Connections," digital access channel 20 on May 3rd.

Grace Emery presented the Spring raffle basket themed "It's Italian." Tickets are 1 for \$3, and 2 for \$5 with all proceeds going to SAHS. You will be able to purchase tickets at the April & May meetings. The raffle drawing will be at the Spring Banquet in May.

SAHS is invited to set-up a table at "**Celebrate Herbs**" on Saturday, May 10th at Rainbow Gardens, 8516 Bandera Road, from 10am – 3pm. This is a great outreach opportunity for us to share information about herbs and San Antonio Herb Society with the community. Rainbow Gardens has organized a great line-up of speakers, several of which are SAHS members. The speakers start at 10am with Jean Dukes – Aromatherapy, Phil Haikay – Grampa's Tea at 11am, Soap-fisticated at 12pm, Nature's Herb Farm at 1pm, and Hill Country Lavender at 2pm. For this event we would like to mentor a SAHS member that has not chaired an event before. You would be teamed up with a seasoned Events Chair to be with you through the entire planning and organizing of the event, all the way through the end of the day with tear-down and working out the inventory and receipts. This is a great opportunity to get involved and make a new event, like "Celebrate Herbs" a big success. Please contact Emily Sauls or Yvonne Baca for more information (contact details on page 5).

The members-only **Spring Banquet** is coming up on May 8th and the board needs volunteers to Chair and be the committee to pull it all together. Please contact any board member if you are interested in being a part of this event.

SAHS member Pat Hasser shared information on an aromatherapy class. Contact Pat for info.

The nominating committee is looking for volunteer(s) for the Vice President/Programs Chair (or co-chairs). They are also looking for an assistant Webmaster and an assistant Newsletter editor. Please contact any board member if you are interested in getting more information about those positions. Norm reported that there will be a Board Brunch on Saturday, March 22nd at 9:30am for those members interested in board positions.

Jerry Morrisey from the Native Plant Society announced that they are having their annual plant sale on Saturday, March 29th, from 9am – 2pm at Phil Hardberger Park (East), 13203 Blanco Road. The sale and information tables will be at the north end of the parking lot in front of the restroom and office facilities.

Jane McDaniel announced that she will be making marmalade March 20th. Gave her phone number if members were interested.

Leslie Bingham introduced our speaker for the evening, Loretta Van Coppennolle.

Emily thanked our speaker for coming and then announced the next General Meeting, April 10th Jenny Perez from American Botanical Council.

The meeting was adjourned at 8:45pm.

Submitted by Emily Sauls

Program: Loretta Van Coppennolle

Ms. Coppennolle presented some interesting and provocative ideas in her presentation to the general membership on Thursday evening.

Ms. C told us that she has been studying alternative treatments for cancer and shared some of her research with us. She spoke of the huge and lucrative Cancer industry and the billions of dollars that are garnered annually by both the Pharmaceutical and Medical industries in both the treatment and drug therapies employed in fighting cancer. She promulgated the idea that this was a probable cause for a general lack of interest or monies to be found for research into



alternative therapies for the treatment of the disease.

She asked us to look at four (4) different areas of her research, the why (we get cancer), the causes (of cancer), some practices (especially diet) to implement and finally the use of herbs for prevention and treatment.

She questioned the widespread use of mammography screening for the prevention of cancer. This is a hot topic right now and can be seen on You-Tube at the Forum at The Harvard School of Public Health. This is chaired by Abigail Trafford and includes medical doctors and researchers, including Dr. Julie Graylow, from the Hutchinson Cancer Institute.

Finally Ms. C's research into the types of foods to avoid as known carcinogens and the use of herbs in the treatment of cancer was practical, useful and informative. All in all, her presentation, although controversial at times was certainly thought provoking.

Submitted by Leslie Bingham

Our March program certainly generated some commentary from our membership. The Board of the SAHS wishes to assure our membership that, in the process of scheduling programs, we do try to bring in interesting speakers. At times, those speakers' topics and/or verbal presentation may inspire lively dialogue. The SAHS does not endorse any speaker in these invitations. Our evenings are simply a platform by and through which the presenter is allowed to give voice to a planned topic.

Several SAHS members offered comments on the March program. The Board thanks each and every one who took time to do so. These notes and letters have been collected and may be read on the SAHS webpage. Click on the following link: <http://www.sanantonioherbs.org/March2014notes.htm>



GARDEN HAPPY HOUR

Friday evening the 28th of March was a perfect time for a Garden Happy Hour. So we had one at the home of Jane & Robert McDaniel. The wisteria was in full splendor, tomatoes tall and blooming, the holly filled with berries, honeybees and fragrant with blossoms. The guests brought roasted vegetables, Cajun shrimp bites, spicy Cajun shrimp salad, hearts of palm salad, cherry cobbler and strawberry cream cake. There were wines and Dragon Tea as well. We had a grand time visiting and appreciating Jane's deck, dance floor and storytelling area, as well as the garden walk. Mark your calendars for the next Happy Hour, Saturday May 17, location to be announced.



Submitted by Robin Maymar

Horticulture Show and Competition

This show is held concurrently with the Festival of Flowers and this year is no exception. May 24 is the date, location is Shrine Auditorium on loop 1604 near Blanco Road. Contact Meg Parker (210-287-7699) or Susan tensing (210-842-1867) for information.

King William Parade Float Committee

Late-breaking news! Norm Hastings reports that a truck and driver have been confirmed for our float in this fun event. He is currently finishing the superstructure for the float on the trailer and will take that assembly to Margie Larkin's "barn" for completion and storage prior to the parade. Beverly and crew will have several meetings in early April to do this work AND to create and stuff the seed packets that will be given out along the parade route on April 26th. If you'd like to have a terrifically fun day and be in a good ol' fashioned neighborhood parade, contact Beverly right now!

DISCLAIMER: Information presented in this newsletter and at the SAHS meetings is for educational purposes only. It is not intended to diagnose, treat, or replace the advice of a health professional. Herbal formulas are given for reference purposes only. Use of any information mentioned in this newsletter are at the decision and discretion of the individual.

'13 - '14 SAHS Board Officers & Members

Emily Sauls - Co-President

830-438-8314 H; kivuli@msn.com

Yvonne Baca - Co-President

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

Leslie Bingham - Vice President (Program Chair)

210-445-8665 C; 210 998-3898 H; lesliegw@live.net

Norm Hastings - Membership Chair

210-860-4332 C; normhastings@hotmail.com

Sarah Rice - Membership Co-Chair

210-738-8772 H; casitarice@yahoo.com

Barbara Quirk - Secretary, Recording

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

Lenore Miranda - Treasurer Chair

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

Robin Maymar - Treasurer Co-Chair

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

Grace Emery - Publicity / PR & Cookbook III Chair

210 875-6919 C, gemery49@yahoo.com

Lyn Belisle - Webmaster & Green List Coordinator

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

Joe-Beth Kirkpatrick - Newsletter

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

Jane McDaniel - Chair, Hospitality

210-930-1026 H;

Leslie Bingham - Co-chair, Hospitality

lesliegw@live.com

Margie Larkin - Co-Chair T-shirts, Cookbooks

Lynda Klein - Co-Chair T-shirts, Cookbooks

More Information Contacts

SAHS web page: www.sanantonioherbs.org

SIG-nificant Events

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

Culinary SIG I

Our March meeting had our band on a road trip to Canyon Lake's Gennaro's Trattoria for a delicious taste of Italy, with bluebonnet sightings as an added springtime treat. The lovely and very popular restaurant had an added attraction, namely a hostess who is the granddaughter of our own Beverly, who along with Madeline was our mistress of ceremony for the evening. Needless to say, our service was extra attentive!

The food was delicious, and what intrigued us most was trying to identify the ingredients in the various sauces that finished many of the dishes. Favorites were a lemon cream sauce on crab cakes and on stuffed shrimp, a blueberry and wine reduction on lamb, a pomodoro sauce on a mixed seafood dish, a rosemary sauce on stuffed chicken, a light and tangy vinaigrette on the insalatas, and a garlic, wine and pepper sauce on mussels so tasty that the excess went home in a to-go box to be used as a soup base! Much of the flavorings came courtesy of herbs grown by the restaurant, we learned, but no amount of coaxing could induce anyone to say what specific things were used for some of those wonderful sauces. We did make good use of the excellent and plentifully-provided breads and rolls to mop up every bit of the yumminess.

Some business did get done during the evening, primarily plans for the SAHS King William parade float during Fiesta, as well as some takers for shifts at a NIOSA booth. It was altogether another delightful night for our congenial group. We look forward to next month when we head to Vivian's home where she will host Curries Without Borders. Stay tuned!

Submitted by Jeanne Hackett

Culinary SIG II

On Thursday, March 27, 2014, the Culinary SIG II will meet at Karen Lopez and Pat Hauser's daughter's home. We expect to have a Cajun spice flare for the Mardi Gras theme. We have 18 members that can attend and all have their special recipes. We will enjoy a delicious evening with everything from authentic Red Beans and Rice to a Spicy Crawfish Étouffé from a Louisiana transplant. More info to follow next month with the yummy details.

We meet at Robin Maymar's home on Thursday, April 24, 2014 for some good "Comfort Food."

Submitted by Grace Emery

Healthy Living with Herbs SIG

The HLWH SIG met Tuesday, March 18 at Leslie's comfy home on the north side. First, of course, we enjoyed a light supper of soup and focaccia with green salad and a beverage. We revisited the presentation from January on Artemisia (2014 herb of the year). In this more intimate setting, we enjoyed a lively discussion and covered quite a bit of ground!

Next month will be a discussion of slippery elm, at Joe-Beth's home.

Submitted by Joe-Beth Kirkpatrick

Texas Natural Living SIG

The Texas Natural Living SIG met on Thursday, March 20th at Marilyn Nyhus' house at 11 a.m. The theme for this introductory meeting was BASIL, an herb loved by all. Everyone brought a basil-themed dish for lunch. There was creamy tomato soup with a dollop of pesto, caprese salad, pasta salad with olives and basil, green beans with basil, whole wheat herbal rolls, and to drink, we had aqua fresca. The recipes –too good not to share –will find their way to the newest edition of the Herb Society cookbook...Grace Emery will make sure that happens. Next, we talked a great deal about the hundreds of

basil plants there are...the uses and care of each, how to dry them, when to cut them, how to grow them, the use of basil essential oil for aromatherapy, and how to make a basil tea to fight colds, flu, and digestive upsets. That said, it's almost time to grab a plant at your local nursery so you can have and harvest fresh basil throughout the summer. One last thing: we decided we ought to have lunch every day to the tune of one herb or another.....they are so delicious and healthy!

Our next meeting is on April 17th.

Please contact Marilyn Nyhus (rudyardmar@yahoo.com) or Marguerite Hartill at mhartill@aol.com if you have questions

Weed-n-Gloat SIG

The Weed n Gloat team's February work was reported in the March issue. Here's a photo from that session.

They meet the last Monday of each month at 9 am for an hour or two of garden work, then adjourn for refreshment.

To learn more about herbs on site, please get in touch with me, Jane McDaniel, at email: janesirish@att.net



Submitted by Jane McDaniel

Herbal Crafts SIG

No report for March.

Need to recycle your old Christmas decorations? The Craft SIG is requesting SAHS members donate their gently used Christmas decorations. We will be green, recycling and incorporating them into our theme for the 2014 Christmas Banquet. You can bring them to the next general meeting. For more information, contact Lenore Miranda.

Submitted by Adrienne Hacker

Aromatherapy SIG

In March we discussed some basics of essential oil use, such as what exactly is an essential oil, safety, common ways to use essential oils, a little history, the distillation process, expression, adulteration in the aromatherapy world, and the importance of purity when using them for therapeutic purposes.

The SAHS Aromatherapy SIG generally meets at La Madeleine on Broadway. Our next meeting is April 15th at 6:30 pm at La Madeleine.

If you are interested in joining the Aromatherapy SIG please contact Jean Dukes @ 210 566 4379 or @ it-makesscents@earthlink.net.

Speaker's Bureau

Leslie Bingham did a very successful presentation March 18th at an In-Home-Senior-Care facility on Callaghan, thirty-plus were in attendance. The subject was "Growing the 12 Texas Herbs in Containers."

The SAHS received a welcome thank-you from the Green Space Alliances after enjoying the presentation by Leslie earlier this spring.

San Antonio Herb Society's own Jane Mc Daniel is featured in the March/April 2014 issue of NHOME (see the

"Green" Living section); see the interview and picture of her lovely garden. See this link to read the article online:

<http://nhometx.com/category/in-this-issue/green/>

Additionally, Jane will be taping the May Green Connection TV show on Tuesday, May 6. The show will run throughout that month at 7:30pm on Wednesdays and 2:30pm on Thursdays. See channel 19 on Grande TV; channel 20 on Time Warner and channel 90 on U-verse.

Submitted by Grace Emery



Celebrate Herbs at Rainbow Garden, Bandera Rd.

SAHS is invited to set-up a table at "Celebrate Herbs" on Saturday, May 10th at Rainbow Gardens, 8516 Bandera Road, from 10am – 3pm. This is a great outreach opportunity for us to share information about herbs and San Antonio Herb Society with the community.

Rainbow Gardens has organized a great line-up of speakers, several of which are SAHS members. The speakers start at 10am with Jean Dukes – Aromatherapy, Phil Haikey – Grampa's Tea at 11am, Soap-fisticated at 12pm, Nature's Herb Farm at 1pm, and Hill Country Lavender at 2pm.

For this event **we would like to mentor a SAHS member that has not chaired an event before.** You would be teamed up with a seasoned Events Chair to be with you through the entire planning and organizing of the event, all the way through the end of the day with tear-down and working out the inventory and receipts. This is a great opportunity to get involved and make a new event, like "Celebrate Herbs" a big success.

Please contact Emily Sauls or Yvonne Baca for more information (contact details on page 5).

Farm Markets to check out

Pearl; every Saturday 9am - 1pm
http://atpearl.com/farmers_market

Peddler's Grove Artisan and Farmers' Market (China Grove); Saturday, April 12 at 10 am
<http://www.peddlersgrovemarket.com>

Quarry Farmers' and Ranchers' Market; every Sunday 9am - 1pm
<http://www.quarryfarmersmarket.com/>

SAHA Farmers' Market; every 2nd & 4th Tuesday, 10 am; 818 S. Flores St.
<http://safoodbank.org/index.php/programs/nutrition/farmers-market>

See a list of others via these web sites:
<http://www.gotexan.org/LocateGOTEXAN/CertifiedFarmersMarkets/SanAntonio.aspx>
<http://ediblesanantonio.com/farmers-markets/>

Treasurer's Report, February 2014

Submitted by Lenore Miranda, Treasurer

INCOME

Membership \$659.65

SUBTOTAL - INCOME \$659.65

EXPENSES

Garden Center, Attendant Fee \$45.00

Garden Center, Rent 85.00

Christmas decor 19.95

Utility Media (web host) 30.00

Mad Hatter/Culinary SIG 28.79

Honorarium (Judit Green) 50.00

Paper (newsletter raw stock) 107.83

Hospitality 35.13

Cash fund (Spring Bloom cash box) 200.00

SUBTOTAL - EXPENSES \$601.70

TOTAL (Income-Expenses) \$57.95

ASSETS

Cash and Bank Accounts

Frost Cert of Deposit 1,209.28

Frost Checking 3,565.51

Frost Savings 460.35

Scholarship Garden Tour Fund 3,116.64

Cash on Hand 50.00

TOTAL \$8,401.78

From the Almanac

March is the month of the Full Pink Moon . The Full Moon Names used in the Old Farmer's Almanac come from the Algonquin tribes who lived in regions from New England to Lake Superior. They are the names the Colonial Americans adapted most. Note that each full Moon name was applied to the entire lunar month in which it occurred. This full Moon heralded the appearance of the moss 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.

Newsletter Deadline for May Issue

Deadline for all materials submitted for our May, 2014 issue is **April 18**. Please let the editor know if you'll have a meeting after that date and plan accordingly to submit a report and/or photos so space may be allotted. Prompt submittals are greatly appreciated.



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, SATX 78253
(210) 688-9421
www.naturesherbfarm.com

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

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

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

FloraScape

Mary Blasko TCLP, TCNP
florascape@swbell.net
"We can help with your gardening projects"

Norm Hastings

Therapeutic Massage
SATX
210 435-4459 H
210 860-4332 C
normhastings@hotmail.com

It Makes Scents

Natural Health Counseling & Essential Oils
Jean Dukes, RN, CNHP,
Certified Aromatherapist
(210) 566-4379
itmakescents@earthlink.net
www.youngliving.org/makescents

In-Home Senior Care and USANA Health Sciences

Nutritionals You Can Trust™
Greg & Jinnie Perkins
5805 Callaghan Rd. Ste. 205, SATX 78228
(210) 256-2273
jinnieperkins@yahoo.com
www.inhomeseniorcare.net

San Antonio Yoga Center

Randy Mass, ERYT
Studio Manager
11011 Shaenfield Road, SATX 78254
(210) 523-SAYC (7292)
<http://www.sanantonioyogacenter.com>
randy@sanantonioyoga.com

Hens to You

Cheryl Morrisey
Elmendorf, Texas
210-635-7269
rosepink5@aol.com

Jupe Mills Feed

14906 Bandera Rd., Helotes, Texas 78023
(210) 695-3551 <http://www.jupefeeds-sa.com/>

Yvonne Baca, LMT

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

Heron's Nest Herb Farm

Melanie & Fred VanAken
1673 River Bend Dr., Blanco, Texas 78606
(830) 833-2627
heronsnest@txwinet.com
www.héronsnestherbfarm.com
12/14

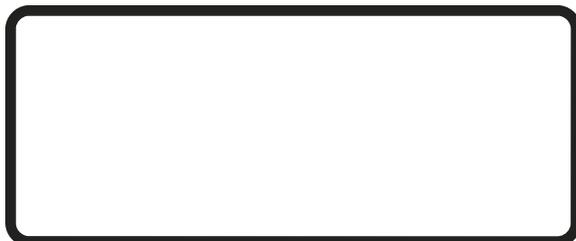
Lyn Belisle Studio, A Place of Creative Belonging

Lyn Belisle
1824 Nacogdoches Road, SATX 78209
210.860.9468
www.lynbelisle.com
lyn@lynbelisle.com

The Human Path

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

PLEASE SEND TO:



www.sanantonioherbs.org
San Antonio, TX 78209
PO Box 90148
The San Antonio Herb Society

