



# La Yerba Buena

Spring

THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 301, April 2015

*The San Antonio Herb Society is organized to bring together those who are interested in using, growing and promoting the general knowledge of herbs to the membership and the public at large.*

Thursday, March 12, 2015

## Angela Love and Aromatherapy for Stress Relief

Born a Texan, Angela Love feels right at home in San Antonio where she and her husband Terry have lived since 2004. Together they are blessed with 7 children, 5 grandchildren, 3 dogs and a cat. She received her degree in nursing at Texas Eastern School of Nursing in Tyler, Texas and began practicing as a Registered Nurse in 1995. Specialty areas of practice include women's health and geriatrics including Alzheimer's, hospice and palliative care.

Angela says: "I feel very fortunate and blessed to be part of a faith-based holistic approach to promoting self-empowerment for optimal health. As the Wesley Nurse, I will facilitate health-related services, as well as social and spiritual services within the congregation and the community."

*SAHS members R-Z please bring a snack to share. Please be sure to provide a name card (and recipe) for the dish you bring (better yet, email it directly to the newsletter editor).*

*The San Antonio Garden Center is 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](http://www.sanantonioherbs.org)*



### SAWS Spring Bloom & SAHS Plant Sale

SAHS proved once again that many (enthusiastic) hands make light work of any given project. The volunteers this weekend enjoyed a brilliantly sunny and mild day while visiting with the several hundred guests during the SAWS Spring Bloom annual conservation community outreach event.



We did pretty well, considering the traffic jams in & out of Brackenridge Park and the construction on US281. We netted between \$1400 and \$1500 this year.

**Thanks to ALL** of you who helped out: Carol-lee & Paul Fisher, Robin, Andrew (who came back for more), Norm and Loretta, Jeanne, Kathryn, Barbara, Diane, Chris, Jackie, Rebecca, Lenore, Leslie, Marilyn N., Lisa, Madeline, Theo, Linda, Carol, Sandra and Marilyn M.

Your hands and hearts were right up front and everything went as smoothly as could be. Love you guys!

Of course, we wouldn't be able to do this at all if it weren't for the generosity of our own **Mary Dunford**, owner of Nature's Herb Farm. Mary essentially consigns the plants to us and accepts all unsold items returned. No other nursery would even think of that. Our hats off and our love to you, Mary! You're just the best!

*Submitted by Joe-Beth Kirkpatrick*



### King William Parade—Prep Parties!!

In March, volunteers spent a couple of days refreshing our float decorations and prepping seed packets for giveaway during the parade. The float itself will need helpers to assemble everything on site on parade day. Your help is greatly needed and very much appreciated. This effort usually take about 20 volunteers to get it all done.

Beverly is coordinating the work parties and seed-packaging sessions (April 8 and 22, 3pm at her home).

Call Beverly **today** 210-413-2565.

To ride this float, keep in mind that parking in the area will be at a premium—plan to arrive around 7am to park and walk a few blocks to the float's line-up spot. That will be early enough to help with the float assembly.

Wear comfy shoes and (of course) your FIESTA HAT. Please bring your own water.

### Newsletter Deadline for May Issue

All materials for **May** due by **April 17**

### Hospitality Table

#### Schedule:

Apr: R-Z  
May: Picnic  
June: A-M  
July: N-Q

#### Members' Sale Tables

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

#### Inside this issue:

Member Recipes	2
Over the Fence	3
March Minutes, Meeting Review	4
Treasurer's report Officers' contact info	5
SIG reports	6

Be sure to view the full color version of this newsletter @ [www.sanantonioherbs.org](http://www.sanantonioherbs.org)

If you would prefer to receive the SAHS newsletter electronically, please contact Lyn: [belisle@satx.rr.com](mailto:belisle@satx.rr.com)

## Member Recipes

Here are a few of the items from the March tables.

### Thai Marinated Grilled Chicken Skewers

Submitted by Carol Hamling

Special equipment: 24 wooden skewers

Ingredients

3 lbs skinless, boneless chicken breasts, cut into 1-inch cubes

Marinade Ingredients:

1/4 C soy sauce  
3 Tbs firmly packed dark brown sugar  
2 Tbs fresh lime juice  
2 Tbs grape seed oil  
1 Tbs curry powder  
2 garlic cloves, minced  
1 tsp finely minced fresh ginger  
1/2 tsp ground cardamom

Peanut Coconut Sauce, for serving

Directions

Soak the skewers in water for at least an hour to prevent them from burning; then set them aside. Place the chicken in a medium bowl. Whisk all the marinade ingredients together in a separate bowl. Pour the marinade over the chicken and massage the meat with your hands for 1 minute to coat the cubes well. Cover the bowl with plastic wrap and marinate in the refrigerator for at least 1 hour or as long as overnight. Spray a grill rack with nonstick cooking spray and set the heat to high or use a grill pan. Thread 6 to 8 chicken cubes onto each skewer. When the grill is ready, cook the chicken for 8 to 10 minutes, turning the skewers over half-way through. Remove the skewers from the grill and allow the chicken to rest for a few minutes before serving. Serve the Peanut Coconut Sauce alongside.



### Peanut Coconut Sauce

Ingredients

13.5-oz (1 can) coconut milk  
1/4 C creamy peanut butter  
1/4 C firmly packed dark brown sugar  
1 Tbs soy sauce  
1-1/2 Tbs red curry paste

Directions

Combine the coconut milk, peanut butter, brown sugar, soy sauce, and red curry paste in a saucepan and cook over medium heat for 3 minutes, stirring occasionally.

### Watergate Salad

Submitted by Anonymous

Ingredients

1 can (20oz) crushed pineapple, in juice, undrained  
1 pkg (3.4 oz) Jell-o pistachio flavor pudding  
1 1/2 C Cool Whip, thawed  
1 C mini marshmallows  
1/2 C chopped pecans

Directions

Combine all ingredients. Refrigerate 1 hour. Store in refrigerator. Serves about 8.

### Oklahoma Dip

Submitted by Barbara Quirk

Ingredients

1 lb hot sausage, ground  
1 lb hamburger  
1 medium onion, chopped  
2 cans Rotel tm tomatoes  
2 lb Velveeta

Directions

Fry sausage, hamburger and onion. Drain well. Add tomatoes and cheese. Cook over low heat until cheese is melted. Serve warm with chips.



### Blueberry-Lemon Herb Cake for one Bowl

Submitted by Anonymous

Ingredients, wet

1/2 C sugar  
3 large eggs or 9 Tbs egg whites  
1/2 C greek yogurt (plain)  
1 tsp vanilla extract  
1 tsp dried basil (or 1 Tbs fresh basil, finely chopped)  
1 Tbs fresh lavender leaves, chopped finely

zest of 1 lemon (large size)

1/2 C canola oil  
1 C frozen blueberries

Ingredients, dry

2 C all-purpose flour  
2 tsp baking soda

Directions

Set oven to 350°F. In a large bowl, stir together first 9 ingredients (wet) until well blended.

Add the last two ingredients (dry) directly into the mixed wet ingredients. Stir until well mixed. Spoon batter into a greased and floured loaf pan. Cook for 45-55 minutes or until done. Cool on rack. Enjoy warm or cold. Enjoy, enjoy, enjoy!!



### Apple Cake for one Bowl

Submitted by Anonymous

Ingredients, wet

1/2 C sugar  
3 large eggs or 9 Tbs egg whites  
1/2 C greek yogurt (plain)  
1 tsp vanilla extract  
1 tsp dried tarragon (or 1 Tbs fresh basil, finely chopped)  
1 Tbs fresh lavender leaves, chopped finely  
zest of 2 lemon (medium to large size)

1/2 C canola oil

2 medium sized apples, peeled diced finely and sprinkled with lemon juice to keep from browning (any type of apple)

Ingredients, dry

2 C all-purpose flour  
2 tsp baking soda

Directions

Set oven to 350°F. In a large bowl, stir together first 9 ingredients (wet) until well blended.

Add the last two ingredients (dry) directly into the mixed wet ingredients. Stir just until well mixed. Spoon batter into a greased and floured loaf pan. Cook for 45-55 minutes or until done. Cool on rack. This cake may be refrigerated and is delicious warm OR cold.

### 2015-2016 Board Nominations Open in March

It's time to **finalize** the slate for next Board of Directors. Yep, it really is. Our Board is an active one—we are always looking for ways to improve our programs (we need your ideas and initiative), ways to plump up our resources (we need your helpful hands at fundraisers), ways to help evaluate materials for our publications (your cooking and/or crafting skills are valuable), keep our funds in order and safe (how is your number crunching?), ways to help keep our newsletter and web site up and running (are you a techie?), articles for the newsletter (send in a little report on a great book you've read or an unusual trip destination).

Visit with any board member right away. Catch us at the next meeting or feel free to call or email. The SAHS needs active participation by all our membership.

Thanks so much!



## Over the Fence... 2015 Program Line-up



### SAHS online calendar:

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

**Apr:** Angela Love, RN; *Aromatherapy for Stress Relief*  
2015-2016 Board nominees presented  
Cibolo Nature Center's plant show & sale  
King William Parade (Apr 25)

**May:** Spring Banquet & Social  
2015 Board vote  
Rainbow Gardens' Celebrate Herbs (May 9th)  
Festival of Flowers (May 23rd)  
Basil Fest (May 30th)

**Jun:** SAHS SIGs: Get Inspired! or "What WE Like About Herbs and What We Do With Them"

**Jul:** Annual Members' Show-n-Tell and Share

**Aug:** to be announced

### Have ideas or contacts for new programs?

Know a great speaker for an interesting herbal topic? Contact any Board member with your suggestions and contacts. Let's complete the list for 2015!

### Next Board Meetings

**April 27, 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.

**We will be reviewing the new Board slate at this month.**

*Remember: ALL Members always Welcome!*

### SAHS Publicity Needs YOU

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. Know of a new contact that would help us? Get with Mike Belisle to help out.

### SA Botanical Garden Events

Rainforest exhibit; March thru September. Maze leads guests on an educational experience.

Viva Botanica plant sale, April 18; May Plant sale, May 2; Brews & Blooms, May 23;

The Garden is open year-round, 9am to 5 pm.

For info call 210-207-3250 or visit [www.sabot.org](http://www.sabot.org)

### SA Garden Center

For information, call 210-824-9981 or see <http://sanantoniogardencenter.org>

*Submitted by Brunella Bruni*

### Texas Native Plant Society

Chapter is having a plant sale (large variety natives not usually found in nurseries) April 11 at Hardeberger Park East from 9 to noon. Chapter meets every 4th Tuesday, Lions Field Adult Center, 2809 Broadway. Native plant and seed exchange at 6:30 pm, followed by speaker at 7:00 pm. website: <http://sanantoniochapter.wordpress.com/> or contact via email: [npsot.sanantonio@gmail.com](mailto:npsot.sanantonio@gmail.com)

*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.

Website: <http://txmq.org/comal/>

### Bexar County Master Gardeners

Contact 210-207-3278. or <http://www.bexarcountymastergardeners.org/>

*Submitted by BCMG*

### Guadalupe County Master Gardeners

GCMG will have a booth (children's activities, tree raffle and plant sale) at the Seguin Earth Day on April 25 on the Square, 9-2:30. The regular meetings are on third Thursdays; free and open to the public (business follows program). For further information call 830-303-3889 or visit our website at [www.guadalupecountymastergardeners.org](http://www.guadalupecountymastergardeners.org).

### SA Rose Society

San Antonio Rose Society meets second Mondays at 7 pm at the Garden Center. Public is welcome.

May 2, 1-4pm: Spring Rose Show

May 9, 2-5pm: Open Garden Tour

For more information, see [www.sarosesociety.org](http://www.sarosesociety.org) or call Meg Ware 210-698-8440

*Submitted by Peggy Jones, Publicity, SARS*

### Gardening Volunteers of South Texas

GVST will be at the SAWS Spring Bloom selling their plants and offering information.

Contact (210) 251-8101 or [info@gardeningvolunteers.org](mailto:info@gardeningvolunteers.org)

Web site: <http://www.gardeningvolunteers.org/gvstwp/>

### Gift Basket Raffle: A Beach Picnic!



The next basket will contain lots of cool stuff for a warm summer's day picnic: beach towels, plates, cups, doodads...

We ask *everyone* to commit to "selling" just 10 tickets or chances, our net income potential on this basket will be good.

Our expenses reduce

if (again) everyone donated an item or two to the contents.

Contact Grace Emery to help fix up that next basket!



### Used Books/Cookbooks Sales

The Used Book table is a veritable treasure trove of culinary variety plus the income benefits the SAHS. Books make EXCELLENT gifts for ANY occasion. Get in touch Karen Lopez or Charlene Swafford for one of our collection of used cook books at bargain-basement prices and you might even keep one for yourself.

Here's a sample of titles available:

Confessions of SIN-SATIONAL CHEFS; *A collection of recipes from St. Jude's Catholic Church*

The Magic in Food; *Scott Cunningham*

Garden Primer; *Barbara Damrosch*

The Schwarzbain Principle Cookbook; *Diana Schwarzbain, MD, Nancy Deville and Evelyn Jacob*

Louisiana Cookin'; *May/June 2013*

New Container Style (Simple and innovative ideas for recycled pots); *Adam Caplin*

Taylor's Guide to Ornamental Grasses

### Cook Book Committee Needs YOU!

Recipe submittal criteria for the new cookbook:

#### Recipe Format

1. Recipe name & submitter's name
2. Origin (if interesting or applicable)
3. Ingredients list (must include herbs!)
4. Instructions
5. Comments (if any)

Please contact Karen Lopez, [i\\_quilts@yahoo.com](mailto:i_quilts@yahoo.com), or Grace Emery, [gemery49@yahoo.com](mailto:gemery49@yahoo.com), to submit your recipes or to volunteer to help test and taste.

## Minutes from March 12, 2015

### General Meeting



Because of the absence of the two co-presidents, Robin Maymar, treasurer, opened the meeting held at the SAGC. Time: 7:00 pm. After introducing herself, members and guests were asked to turn off cell phones.

One new member and guests were recognized.



Once again, Trini & Don Reiter brought a some visiting Korean Army officers (attending school at Lackland) and introduced them.

The Hospitality Committee was thanked for the lovely table done aptly in A St. Patrick's

Day theme as were members who brought food to share.

Robin reminded all that the next meeting is April 9th. Members with the last name initials beginning with R-Z are asked to bring food items. All are encouraged to wear decorated hats for a hat parade with no competition.

Attendees were asked to visit the tables at the back before leaving: The Member's Share Table, Linda Barker's Scentsy™ table, SAHS Merchandise table, Jean Duke's Young Living™ table, and Adrienne Hacker's tomato plant table.

All items for the newsletter are due to Joe-Beth Kirkpatrick the Friday of the week following the week of the General Meeting. If sending a recipe please include your name and the name of the recipe.

ITEM #1: Cookbook Committee update: Robin stated we are still meeting and are planning to print a smaller version based on the 14 herbs of Texas, pending approval of the Board.

ITEM #2: Backyard Expo - Lenore Miranda stated this event will be held at Madison High School on March 28 from 9-3. SAHS will have a table to sell our books and merchandise. Being in a new environment will be a great P.R. opportunity for us.

ITEM #3: Spring Banquet details: Leslie Bingham reported that the Banquet will have an International Herbal theme. Members are asked to bring a dish from a particular country with a small flag of the country. Call her or Jane McDaniel for details.

ITEM #4: Speaker's Bureau Activity: Leslie Bingham has recently spoken on herbal topics to the Newcomer's Garden Club at the Episcopal School of Texas (TMI) and to the Men's Garden Club.

ITEM #5: New raffle basket: The theme of the basket is "beach". It will contain items relating to entertaining by the surf such as beach towels, glasses, dishes, etc. Donations of items for the basket are requested. Tickets will be on sale in April. Contact Grace Emery.

ITEM #6: Publicity: The Express News is requesting articles for the "Sow, Grow and Savor" column. Last week a picture was in the paper with the SAHS Scholarship recipients.

ITEM #7: SAHS Board 2015-2016 nominations are now being accepted.

ITEM #8: Upcoming events - all need volunteers.

>March 14 -SAWS Spring Bloom - contact Joe-Beth Kirkpatrick

>March 28th - AgriLife Backyard Expo - see Item #2 - contact Grace

>April 9th - SAHS Fiesta Hat parade - see info above

>April 25th King William Parade- Beverly Tibbs gave thanks to Joe-Beth for seed packet labels, to Mike for procuring the seeds, and to Norm Hastings for providing the truck and trailer each year. On April 15th and 22nd, a workshops will be at Norm's at 2:00 pm to ready the truck and trailer. Beverly will be having workshops on Wednesdays in March to package seeds and refurbish the float decorations. Her phone: 431-2565



> May 23rd-Festival of Flowers - contact Joe-Beth

>May 30 - Basil Fest - Contact Joe- Beth

Program in April: Angela Love on Aromatherapy for Stress Relief.

SPEAKER: Robin introduced Ruben Villarreal, tonight's speaker, from representing the Archi's Acres program Meeting was adjourned at 8:35 pm.

Submitted: Barbara Quirk, Secretary SAHS

### Ruben Villarreal & Archi's Acres

Our speaker, a veteran himself, became interested in this project through other veterans. Basically, it is a business "incubator" program that allows veterans through training in sustainable farming to be able to provide for their families.

A veteran named Colin Archipley and his wife, Karen, bought a farm in Escondido, California, and began growing avocado trees. He was finishing his third tour of duty in four years. Because of the high water bills, they were forced to reduce the amount of trees. With his wife's encouragement, Colin began using hydroponic means to grow basil, tomatoes, Valencia oranges, and organic avocados. Eventually, they got other veterans involved and started the Veterans Sustainable Agriculture Training program (VSAT), a program that trains veterans in the art of farming at a time when family farming is declining. The Farm Bill of 2014 allows veterans to be in a classification of those needing help. This opened the door for VSAT to train veterans not only how to farm, but to learn the marketing and business aspects of the career. Colleges like St. Philip's have become involved.

The veterans have a common bond - they have all fought in wars. They trust and help each other when they have problems. There are more farms being started. There is one in Louisiana and others planned in Philadelphia, New York, and by August in this area. A new system with 20-foot containers is being developed in which everything is self contained and modular. The cost is \$85,000, but it is still in the early stages of development. Whole Foods is working with VSAT. Also, there are produce companies that have agreed to buy 100% of the product produced.

Ruben answered a few questions from the audience and then thanked us for giving him the honor of speaking to us.



## Membership

At the March meeting, we had a total attendance of 42 (39 members and 5 visitors signed in). Welcome to new members Marybeth Wilkinson and Marsha Wilson!

**We have a few members (individuals and business) who haven't renewed their dues for 2015. Please get your check and renewal form to us right away.**

Please see Ann or Penny if you have any questions regarding your membership.

Call for volunteers: The next Board needs membership officers. Please talk to Ann or Penny to help us out.

## New nametag system...

Don't forget: your nametag will be available to you at the door at the beginning of each general meeting. Pick up the nametag, wear it with pride, turn it back to the membership desk before you leave for the night. Simple. You don't have to worry about remembering to wear the tag (or losing it somewhere).



## SAHS out and about—Speaking at other Clubs

On Tuesday, February 10th, I was invited to give a presentation on the history and use of culinary herbs to the Newcomer's Garden Club at TMI (The Episcopal School of Texas). The "Newcomers" welcomes anyone who is new to San Antonio and has not lived here any longer than three years. The invitation to speak to this group was made by Laurie Dunlap (in charge of speakers and events) and was held on campus at the lovely home of Joan Schneider-Cooper. The morning began with a table spread with every kind of edible goodie, from lavender cookies to beautiful fruit waters, salads, breads and cakes. I brought a herb cheese ball to sample, the recipe of which will be in the new cookbook and which proved popular with everyone.

There were 31 ladies present from almost every area of the country, from Michigan to New Mexico. There was a lively discussion about gardens and pruning and Joan took us on a tour of her garden in which she was growing a variety of herbs and vegetables all appearing to be very healthy. There was a lovely "Asian blue cabbage" which I had not seen before and her kale, Brussel sprouts and onions were growing wonderfully well. She had three raised beds encased in chicken wire over hoops to discourage the deer, which evidently are simply a part of the landscape at TMI.

After we returned inside and everyone was comfortably settled....Joan's husband John had very kindly set up all of the equipment for me...Thank you John! I got down to business with the presentation which took about 40 minutes and afterwards spent at least another 40 answering questions about every aspect of growing, using and dispensing herbs. It was both a pleasant and productive morning as we sold a total of \$108 dollars in both cookbooks and Resource Guides to a very appreciative audience. Everyone was welcoming and curious about the subject of growing herbs, which goes a long way to making the speakers feel good about sharing their knowledge with those who want to learn.

Cheers!

Submitted by Leslie Bingham

*(Ed. Note: Leslie fell and did some damage to her wrist back in March. We hope the mending is quick and easy and thorough and that she's back in the swing of things soon!)*



**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.

## Treasurer's Report, February 2015

Submitted by Robin Maymar, Co-Treasurer

INCOME	
Books & booklet sales	108.00
Merchandise	57.50
Membership	275.00
<b>Subtotal - INCOME</b>	<b>\$440.50</b>
EXPENSES	
Garden Center, rent	85.00
Garden Center, attendant's fee	45.00
Public Storage (quarterly rent)	255.00
Christmas banquet expense	14.83
2014 Sales Tax payment	131.93
<b>Subtotal - EXPENSES</b>	<b>\$531.76</b>
<b>NET TOTAL (Income-Expenses)</b>	<b>-\$91.26</b>
ASSETS	
Frost Cert. of Deposit	\$1,209.28
Frost Checking	3,740.95
Frost Saving	460.39
Scholarship Fund	1,096.85
Cash on Hand	100.00
<b>TOTAL</b>	<b>\$6,607.47</b>

## '14 - '15 SAHS Board Officers & Members

**Yvonne Baca** - Co-President

830-537-4700 H; 210-313-8705 C; [yvonne943@yahoo.com](mailto:yvonne943@yahoo.com)

**Grace Emery** - Co-President & Cookbook III Chair

210 875-6919 C, [gemery49@yahoo.com](mailto:gemery49@yahoo.com)

**Rachel Cywinski** - Vice President (Program Chair)

**Ann Rossi** - Membership Co-Chair

210 422-8506 C; [aspiring\\_annie@yahoo.com](mailto:aspiring_annie@yahoo.com)

**Penny Cardwell** - Membership Co-Chair

210-380-9755; [p.card1@aol.com](mailto:p.card1@aol.com)

**Barbara Quirk** - Secretary, Recording

210-828-0432 H; [barbara.quirk@sbcglobal.net](mailto:barbara.quirk@sbcglobal.net)

**Lenore Miranda** - Treasurer Co-Chair

253-777-2979 C; [tinkyny@earthlink.net](mailto:tinkyny@earthlink.net)

**Robin Maymar** - Treasurer Co-Chair and Salt Blend Maven

210 494-6021 H; 830 459-8415 C; [robinmaymar@gmail.com](mailto:robinmaymar@gmail.com)

**Mike Belisle** - Publicity / PR / Seed Procurement

210-826-6860 H, [mbelisle@satx.rr.com](mailto:mbelisle@satx.rr.com)

**Lyn Belisle** - Webmaster & Green List Coordinator

210-826-6860 H, [belisle@satx.rr.com](mailto:belisle@satx.rr.com)

**Joe-Beth Kirkpatrick** - Newsletter

210-590-9744 H, [joby53@gmail.com](mailto:joby53@gmail.com)

**Jane McDaniel** - Hospitality and Weeder Extraordinaire

210-930-1026 H

**Leslie Bingham** - Hospitality

[lesliegw@live.com](mailto:lesliegw@live.com)

**Margie Larkin** - Co-Chair, SAHS New Merchandise

**Lynda Klein** - Co-Chair, SAHS New Merchandise

### More Information

SAHS web page: [www.sanantonioherbs.org](http://www.sanantonioherbs.org)

Our website contains an archive of past newsletters, membership and book order forms PLUS includes a PayPal link for your convenience.

## SIG-nificant Events

### Culinary SIG I

Culinary SIG # 1 met this month at Norm & Loretta's welcoming home for our tasty meal. This month's theme was Crock-pot, One-dish or comfort food. Our host & hostess started us off with a nice beverage and we all caught up on everyone's news then got right to the reason for being there. We described our dishes and the personal stories that went along with them.

Norm started with a potato soup that was made wonderfully smooth and tasty from the use of cream cheese, bacon and topped with cheese. Next was Carol's savory chicken pie with a crust to die for and a hearty filling with potatoes, chicken and vegetables. I don't think I have had a better chicken pie in my life.

Barbara gave us her recipe of a great shrimp jambalaya with sweet & tender shrimp, sausage & chicken all in a spicy light tomato base served with white rice. Madeline shared with us her Mama's recipe for an seafood gumbo made with a wonderful roux & huge pieces of crab in the shell. This was accompanied with a story of a cherished memory of when she was young and her family went out together catching crabs & taking them home for a nice seafood supper. Beverly made some tender pork loin skewers with a tasty raspberry vinaigrette with an Asian touch. Lastly were tender slow-cooker tasty ribs with herb roasted potatoes.

We all had more than enough but definitely saved room for dessert. Loretta made a Chocolate Chocolate Crock-pot cake served with a huge dollop of whipped cream..... who knew this could be one of the best chocolate cakes we would ever have. Carol brought a fabulous Boston cream pie and shared her Mom's recipe, Mom's Good Chocolate Icing. Beverly made a skillet berry dessert with a brown sugar granola topping. We chatted about everything under the sun and left with full tummies and great memories of another Culinary SIG #1 evening.

That is the news from us for March.

Our April meeting will be another tasty wonderful evening, so stay tuned.

*Submitted by Linda Barker*

### Herbal Crafts SIG—play with clay, part 2

The Craft SIG met on Saturday, March 21, at Janet Huffman's house to paint the fired clay pieces with a special glaze. They went from a pale gray to white in the first firing. After the glazes dry, Steve Huffman will fire up the kiln again and make the colors vibrant and permanent. Can't wait to see the finished items.

Thank you, Janet and Steve, for opening your house and kiln to us.

If any of you would like to be part of our SIG, please contact either Leslie at [lesliegw@live.com](mailto:lesliegw@live.com) or Kathryn at [kseippccc@aol.com](mailto:kseippccc@aol.com). New members are *always* welcome.

*Submitted by Kathryn Seipp*

### Healthy Living with Herbs SIG

In March, we WERE going to River Whey Creamery to learn about cheese-making and have a tasting class. Unfortunately, we didn't have enough members and guests to make up the minimum. Maybe in the Fall... In April, we're going to do some tasting of dishes made with Savory, the 2015 herb of the year at Joe-Beth's home. We have room for new members, so get in touch—we love company!

*Submitted by Joe-Beth Kirkpatrick*

### Culinary SIG II

The Culinary SIG met on March 26 at the home of our hostess, Sandra Woodall and it was about everything vegetable. Robin Maymar even brought the group some potted tomatoes, peppers and eggplants to take home. She made a delicious vegan dish, Quick Chard and tofu in Peking sauce. Along the vegan route, Grace Emery made a spring Mediterranean pasta

with cashew crumbles and loads of fresh dill. Sandra did a lovely salad with homemade Hollyhock yeast dressing. Another very different salad came from Karen Lopez who crafted an orange salad with red onions, jicama and black olives. Trini and Don Reiter brought a veggie and cheese tortilla dish made with savory (2015 herb of the year!). Gloria Ortiz thrilled us with an eggplant and vegetable stir-fry on crusty bread; it can be served hot or cold.

Pam DeRoche made her all-time favorite of baked potatoes with all the fixings, but the twist on her recipe was the potatoes were baked with olive oil and a sea salt coating all over the skins which made them extra tasty.

The next Culinary SIG II dinner will be themed "The Mediterranean" and held at the home of Trini and Don on April 23 at 6:30.

For SIG meeting information, please contact Grace Emery at 210 875-6919 C, or [gemery49@yahoo.com](mailto:gemery49@yahoo.com)

*Submitted by Grace Emery*

### Texas Natural Living SIG

No meeting in March.

Grace Emery hosted the Texas Natural Living SIG on Thursday, February 19, 2015. Grace invited Pat James-Hasser, a long-distance member of the Herb Society, to speak to our group about the uses of herbs in colonial times. Pat lives in Ohio but visits her sister, Karen Lopez, in San Antonio often. Grace hit a home-run with her choice of a speaker because Pat's topic was historically very interesting.

We learned about the way the folks on the Mayflower managed to bring herbs to America...which wasn't easy. First, the herb had to have at least two or more uses to become a candidate for shipping. Herbs were selected because they were a source of medicine in the New World; they controlled pests; they made food palatable; and/or they brought pleasure to many lives. Second, the herbs had to be stored in safe places....away from salt air and water. Sometimes, they were stored in beeswax—a perfect place. Other times, they were stored in gourds. Passengers also brought bees across the Atlantic to pollinate the herbs, and they kept them from straying into the wild blue yonder by smearing lemon balm leaves on the beehives; bees love lemon balm. It cost 160 pounds to ship the herbs on the Mayflower...a huge sum of money to pay, back in the day. For lunch, we all shared a potluck that was fabulously delicious, as always.

Last, two of our members - Marilyn Nyhus and Grace Emery - were featured lately in the San Antonio Express News for their unique lasagna and windowsill gardens. Hope you have had a chance to see those articles. It's nice to see our members make the news!! Our next meeting will take place on April 16th.

For SIG meeting information, please contact Marilyn Nyhus ([rudvandmar@yahoo.com](mailto:rudvandmar@yahoo.com)) or Marguerite at [mhartill@aol.com](mailto:mhartill@aol.com).

### Aromatherapy SIG

This SIG's leaders are looking to reorganize and get some sessions rolling later this spring. They also plan to participate in the June SIG presentation at our general meeting. Interested? This SIG has room for another couple of members. For more information, contact Jean Dukes at 210-566-4379 or [itmakescents@earthlink.net](mailto:itmakescents@earthlink.net)

*Submitted by Jean Dukes*

### Mad Hatters

No meeting in March.

In **April**, we will have a traditional Irish High Tea with Jane McD. Interested in having tea with us? Contact me [lnbdesignline@aol.com](mailto:lnbdesignline@aol.com).

*Submitted by Linda Barker*

## Weed-n-Gloat SIG

The Weed and Gloat team met at the SA Botanical Garden's Herb Garden on Feb. 23 for a chilly and very short session of weeding and pruning. The cilantro is shooting up now from its center, that needs to be cut back, and the last frozen - hopefully last - tips of Mexican mint marigold were clipped. We also cut back the brown shoots of the lemon grass, leaving the first green shoots. Our Herb Garden is looking beautiful; clean and tidy, with flourishing bushes of herbs. Mulch was put down in January, which helps against weeds. We have Spring herbs ordered for planting in March or April, depending on the weather, amongst those is Winter and Annual Savory, the Herb of 2015. We repaired afterwards to the Little Aussie Bakery on Avenue B for libations and prandial satisfaction, i.e. gluten-free delicious soup, pasta bake and salads.

Weed-n-Gloat is the last Monday of the month. Contact Jane for more information: [janesirish@att.net](mailto:janesirish@att.net)

*Submitted by Jane McDaniel*

## Story Teller Off to the Continent...

Our long-time friend and story-teller *par excellence*, Jane McDaniel was invited to participate in an international story-telling event in Germany held in Mid-March.

So far, we've gotten e-postcards describing the myriad entertainments that surrounded the event: concerts and telling and culinary delights (and a pub for a pint or two!). When it's all done in Germany, Jane will be stopping in Ireland to check on the little house she and spouse Robert purchased for their retirement (Jane? Retire?) in a few years.

We're anticipating a great report when she returns. Happy travels, Jane!

## SAHS and Texas Agri-Life: Backyard Expo 2015

SAHS tried a *new* event this spring. The Backyard Expo is intended to encourage city-dwellers toward more basic, almost homesteading, methods of raising and preserving food. We took and a pile of cook-books, Resource Guides, booklets, brochures and flyers. We took our Everyday Herb display our sensory game—it's a great introduction to that side of growing herbs and enjoying them fresh.

Agri-Life provided a great variety of educational sessions throughout the day including workshops and demonstrations covering making yogurt, buttermilk and mozzarella, herb-flavored vinegars, growing vegetables, citrus and olives, raising chickens and keeping bees, making sausage, involving the kids (um - the human kind), creating permaculture gardens or an edible landscape. There were demonstrations on how to build chicken coops, rain barrels and raised garden beds.

We met new friends and here's hoping we'll see them at our meetings in the next few months!



## King William Parade — April 25

### Thank You to all our Seed Donors!!

SAHS has participated in this fun and funky parade for several years, now, and the participants have always reported on the fun! Yes, it takes several sessions of work to spiff up the float decoration and to coordinate a truck and driver to pull it the day of, but still...

The SAHS is grateful for donation of LOTS of seeds by several companies in support of our mission to promote herbs in our community. Having the seeds to start a little garden is sometimes enough to ignite that spark of interest that, with care, grows into a life-long passion. Please stop by our local friends and do business with them. Check out the websites for the national folks—you might find something there that you can't live without!

We thank the following businesses:

Jupe Mills            Bracken, Helotes and Somerset, TX

<http://www.jupefeeds-sa.com/>

*Note: Jupe also provides us with the hay bales used on the float itself.*

Schulz Nursery    3700 Broadway, SATX

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

Rainbow Gardens in SATX

8516 Bandera Rd or 2585 Thousand Oaks

<http://www.rainbowgardens.biz>

Shades of Green 334 W. Sunset, SATX

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

Bountiful Gardens

<http://www.bountifulgardens.org/>

Burpee Seeds

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

Johnny's Seeds

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

Territorial Seed

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



2014 King William Parade SAHS Float:  
Ready to give away those seeds!!

**Nature's Herb Farm**

Mary Dunford  
7193 Old Talley Road, #7, SATX 78253  
210-688-9421  
[www.naturesherbfarm.com](http://www.naturesherbfarm.com)

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

*Herb, Cooking & Gardening Classes; Landscape Design*  
210-495-6116  
[drl@designs@swbell.net](mailto:drl@designs@swbell.net)  
[www.communityed.neisd.net](http://www.communityed.neisd.net)

**Nematode Nick's and Thyme & Treasure**

*Landscape Design & Installation  
Organic Landscaping, Organic Fertilizing*  
Nick & Leslie Vann  
3561 Kusmierz Rd., St. Hedwig, Texas 78152  
210-667-1500  
[www.nematodenick.com](http://www.nematodenick.com)

**San Antonio's Gourmet Olive Oil**

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

**Bolner's Fiesta Spices**

Mike Bolner, VP, Sales & Mktg  
426 Menchaca, SATX 78207  
<https://www.fiestaspices.com> comp 12/15

**Cris Goloby**

Adjunct Instructor, St. Philip's College  
Dept of Hospitality, Tourism & Culinary Arts  
210-860-7194; [cgoloby@aol.com](mailto:cgoloby@aol.com) comp 12/15

**It Makes Scents**

*Natural Health Counseling & Essential Oils*  
Jean Dukes, RN, CNHP, Cert. Aromatherapist  
210-566-4379  
[itmakescents@earthlink.net](mailto:itmakescents@earthlink.net)  
[www.youngliving.org/makescents](http://www.youngliving.org/makescents)

**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](mailto:randy@sanantonioyoga.com)

**Hens to You**

Cheryl Morrisey  
Elmendorf, Texas  
210-635-7269  
[rosepink5@aol.com](mailto:rosepink5@aol.com)

**Jupe Mills Feed**

14906 Bandera Rd., Helotes, Texas 78023  
210-695-3551  
<http://www.jupefeeds-sa.com/> 1 yr complimentary

**Health by Choice**

Sil and Yoli Huron  
2127 Santa Monica St., SATX 78201  
210-735-9053  
[health4ever@barleybaby.com](mailto:health4ever@barleybaby.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](mailto:yvonne943@yahoo.com)  
<http://www.boerneholistichealth.com/>

**Lyn Belisle Studio**

*A Place of Creative Belonging*  
Lyn Belisle  
1824 Nacogdoches Road, SATX 78209  
210-860-9468  
[www.lynelbelisle.com](http://www.lynelbelisle.com)  
[lyn@lynelbelisle.com](mailto:lyn@lynelbelisle.com)

**The Human Path**

*Herbology and Wilderness Medicine Classes*  
Sam Coffman & Suchil Coffman-Guerra  
210-807-0891  
[www.thehumanpath.com](http://www.thehumanpath.com)  
[Sam@thehumanpath.com](mailto:Sam@thehumanpath.com)

**FloraScape**

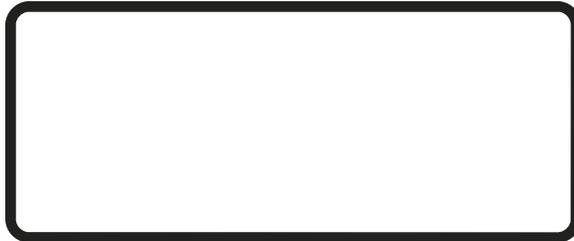
Mary Blasko TCLP, TCNP  
[florascape@swbell.net](mailto:florascape@swbell.net)  
*"We can help with your gardening projects"*

**Acadiana Café**

Dave Saylor, Co-owner  
1289 S.W. Loop 410, SATX 78227  
210-674-0019  
<http://www.acadianacafe.com/>  
*"If it's not Acadiana Café, it's not Cajun!"* comp 12/15

**Business Members**

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



PLEASE SEND TO:



[www.sanantonioherbs.org](http://www.sanantonioherbs.org)  
San Antonio, TX 78209  
PO Box 90148  
The San Antonio Herb Society