



La Yerba Buena



THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 313, April 2016

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 10 2016

Diane Lewis on Herbal Tea – a Journey for Wellness and Flavor

Diane Lewis has grown and studied herbs and their uses for over 30 years. She served on the board of San Antonio Herb Society as Vice President & Secretary and is a member of several Special Interest Groups of SAHS (SIGs) including The Healthy Living with Herbs, Texas Natural Living, Aromatherapy and Mad Hatters Tea. Her garden, herbal recipes and advice were featured in the Spring 2011 issue of San Antonio Taste Magazine.

Diane is a Clinical Laboratory Scientist (BS, University of Missouri) with an AAS in Landscaping and Horticulture (Palo Alto College, with honors 2004). She interned with Texas Parks & Wildlife urban biologists, assisting with the wildscape native plant program. Diane taught health-oriented herb cooking, gardening, crafting and landscape design classes at Palo Alto College and San Antonio Botanical Gardens for Northeast Independent School District, 2004 – 2013. She has presented programs for home & landscape shows, herb societies & gardening groups, herb farms & nurseries. Her work in the field of microbiology has given her added insight into the health benefits of natural gardening methods and the science of gardening. Diane is currently a mycologist for the Christus Santa Rosa Health System. She also enjoys teaching others about the many benefits of therapeutic plant essential oils and essential oil infused products.

Join us as Diane Lewis takes us on an herbal “tea” journey that will delight your taste buds and assist you on your path to improved health. Diane will demonstrate “tea” blending for flavor and discuss the wellness benefits of including safely grown edible herbs, spices, and flowers in herbal infusions and decoctions. Learn how to brew the perfect cup and take your own “tea” journey every day!

Members whose names begin R-Z, please bring a snack to share. 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 located on the corner of **Parland** and N. New Braunfels.*

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



2016-2017 SAHS Board is in process of building a slate for the 2016-2017 term. We have “job” descriptions for all positions and lots of help transitioning / learning the ropes. Come join us! In May, we will present the final slate of candidates and have our vote during the annual spring potluck (more on that elsewhere in this letter!). Please do consider how you can help the SAHS for a longer term than just one event or a meeting or two. To live and grow, everything must have regular tending—and so does this organization.

Fill these elected offices :

- Co-Presidents
- Vice President / Programs (co-chairs)
- Secretary (co-chairs)
- Treasurer (co-chairs)
- Publicity (co-chairs)
- Membership (co-chairs)
- Web Master (co-chairs)
- Newsletter (co-chairs)
- Hospitality (co-chairs)

Street Closure around SA Botanical

Construction on the new extension to the SABot has begun! Funston will be closed for (at least 6 months). Plan on turning on Parland Place and entering the garden Center parking area from that street. Easy.



Hospitality Table

Schedule:
Apr: A-M
May: everyone!
Jun: R-Z

Members' Sale Tables

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

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Members Munch

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

Tex-Mex Brownies

Submitted by Charlene Swafford

Ingredients

1/2 C butter, softened
2 oz unsweetened cocoa
1 tsp red pepper, crushed
2 eggs, beaten
1 C sugar
1/2 C flour
1 tsp vanilla

Directions

Preheat oven to 325°F, grease (or line) an 8 inch baking pan. Melt butter with cocoa; stir in pepper. Beat eggs and sugar together until creamy; blend with cocoa mix. Stir in vanilla and flour. Pour into baking pan and bake for 30 minutes.

Dill Dip

Submitted by Grace Emery

Ingredients

1 C nonfat yogurt
8 oz nonfat cream cheese (1 package)
3 to 4 Tbsp fresh dill or 1/3 amount of dry dill leaves
1/2 clove garlic, finely chopped
2 Tbs lemon juice concentrate or juice of 1 lemon

Directions

Combine nonfat yogurt and softened nonfat cream cheese to the consistency you desire

Add garlic, lemon juice and a generous amount of the dill.

(Note: if using dry dill, use 1/3 less.)

Refrigerate 1 hour to let the flavor of dill absorb. Sprinkle a tiny bit of dill over the bowl before serving.

Serve with vegetables or crackers.

More Events and Interesting Places

There's another seminar weekend in Wimberley—this one's on April 23rd. Billed as the first (to be annual) Heart of Texas Herb Symposium, it will be held at the EmilyAnn Theater & Gardens, northwest of town just past the high school. The symposium promises classes (from the esoteric to the practical), hands-on demonstrations (with take-aways), vendors, plant walks—most subjects lean to the healing aspects of plants native to this region of Texas.

The website:

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

If you're going, please send the news editor a note about your experience!

What ARE you doing?

The SAHS newsletter would enjoy the opportunity to introduce YOU to your new friends here. Drop the newsletter editor a note about what you're involved with outside of our herbal realm. Where else do you volunteer? What's in your garden or on your table? Do you have a hobby that would be fun to share? Looking forward to hearing from YOU soon!

SAHS Spring Picnic with Ice Cream Tasting

How about some habanero sorbet? Think not? Think again! Or perhaps some thyme jelly? Or cayenne and peach ice cream? This author recently got to try some at the Annual Herb Fest at Festival Hill in Round Top. That's some great stuff!!

Here's your challenge. For the annual spring potluck, this year, we're having an old-fashioned picnic and ice cream tasting session. Sign up with Robin and bring your best ice cream and/or picnic food to enjoy and share. SAHS will provide beverages and tableware. Bring a friend, too!

Robin will also need help that day to set up the room, so call her for that, too.



Fiesta is right around the corner...

Do you have your Fiesta shirts and ribbons and medals? Come to the April meeting in your Fiesta best. How about you even design and make your own herbal medal? Make one, bring one, show it off! SAHS has some of the most creative members of any club in town.



Herbal Outreach Event—Volunteer Opportunity

SAHS was recently asked by the Christus Santa Rosa folks to make presentations to families enrolled in the Women, Infants, Children, or W.I.C., programs. These talks aim to teach moms and dads simple ways to start and maintain a small kitchen garden as well as use the products of those gardens in simple and easily-prepared meals their youngsters will enjoy. And who knows? Perhaps those youngsters will grow up and be dedicated and passionate gardeners and herbalists!

Want to help make this presentation? Dates are May 12, June 16 and July 14. Needed are at least 4 volunteers for May and June and 6 for July.

Contact Grace Emery today!

Herbal Sales Events—Volunteer Opportunities

Viva Botanica Scent Detectives	April 16, 9-3
Need 6	
Irish Heritage Day	April 24, 12-1
Need 6	
Celebrate Herbs	May 7, 9-3
Need 12	
Basil Fest @ Pearl	May 21, 9-1
Need 12	
Festival of Flowers @ Shrine	May 28, 9-5
Need 12	

All these events need your smiling face and willing hands. These events are an unparalleled opportunity to meet friends new and old and anywhere in between! Come share your enthusiasm for all things herbal. We always have a good time.

Contact a Board member for information. See page 5.

Over the Fence...

2016 Program Line-up



SAHS online calendar:

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

- Apr 14:** Diane Lewis, herbal teas
Board nominations to be presented
- May 12:** Spring Picnic/Ice Cream Social meeting;
Board election
- May 07:** Rainbow Gardens "Celebrate Herbs" fair and
sale (Bandera Rd. location)
- May 21:** Basil Fest @ the Pearl (May 21)
- May 28:** Festival of Flowers @ Shrine Auditorium
- Jun 09:** John Sells on garden soils
- Jul 14:** Show-n-Tell-n-Share meeting
- Aug 11:** Grace Emery, Garden First Aid

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 2016!

Next Board Meetings

April 26, via email. 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.

Remember: ALL Members always Welcome!

Bylaws Review Sessions

Please contact one of the Board members for information on these sessions. We especially welcome members with parliamentary experience. The group is working to clarify and update several sections of our existing Constitution and Bylaws.

SAHS Publicity Needs YOU

Every month, SAHS provides meeting info **flyers on our website and via email**. You can help our membership grow! Be a part of our publicity group and help us meet new friends and fellow herbies. Get with any board member for details.

Speakers Bureau needs you, too.

Do you enjoy talking to folks about various herbal topics? Cooking, gardening, healing, crafting—these topics are all welcome by our various audiences. Please contact Mike Belisle or any Board member to help out.

Fundraising ideas needed

The SAHS Board would like to know what sort of ideas you have for fundraising. Extra money in the bank account means we can do a little more in the way of outreach which is one way to increase and diversify our membership.

What are your ideas? How would you implement them? Come talk to any Board member and let's get things rolling!

Membership and a Telephone Committee

This is a time-tested method of keeping our membership apprised of the goings-on of the Society PLUS it's a great way to confirm we have a long list of volunteers for our current projects. If you prefer to help out from the comfort of your home, this is the volunteer job for YOU!! Let's get a new group started today. Please contact any Board member.

Other Clubs:

SA Botanical Garden Events

Wings of the City - through June 2016.
The Garden is open year-round, 9am to 5 pm.
For info call 210-207-3250 or visit www.sabot.org

SA Garden Center

Regular meetings are every first Wednesday; coffee at 9:30am—program afterwards.
For information, call 210-824-9981 or see <http://sanantoniogardencenters.org>

Texas Native Plant Society

Native Landscape Certification Program class schedule for Spring 2016 has been posted. Each class includes both in classroom out outdoor sessions. Certificates issued upon successful completion of all levels of a subject. Level topics: Introduction to Native Landscapes, Planting Design with Native Plants, Installation & Maintenance of Native Landscapes.

Register online at <http://npsot.org/wp/nlcp/>
website: <http://sanantoniochapter.wordpress.com/> or
contact via email: npsot.sanantonio@gmail.com or contact
Meg Inglis at 512-589-1316.

Gardening Volunteers of South Texas

Contact (210) 251-8101 or info@gardeningvolunteers.org
Web site: <http://www.gardeningvolunteers.org/gvstwp/>

Comal Master Gardener program

Third Mondays starting at 6 pm at the GVTC Auditorium.
Meetings are open to the public.
Contact (830)964-4494 or 221-4316.
Website: <http://txmg.org/comal/>

Guadalupe County Master Gardeners

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.

Bexar County Master Gardeners

BCMG general info
www.bexarcountymastergardeners.org/ or call 210-207-3278

SA Rose Society

San Antonio Rose Society meets second Mondays at 7 pm at the Garden Center. Next meeting is January 11th at the SA Garden Center.
For more information, see www.sarosesociety.org or call
Meg Ware 210-698-8440

"Sow, Grow, Savor" Column @ SA Express-News

The SA E-N is always accepting folks who're willing to have their gardens featured in a column. They're looking especially for gardens with a theme, topic, purpose or other special end-use.

Contact Grace Emery gemery49@yahoo.com

Minutes from March 10, 2016
General Meeting

Call to Order by President pro-tem Grace Emery at 7:02 P.M.

Grace Emery welcomed the assemblage and as a courtesy asked for cell phones off.

Guests were acknowledged; New Members: John Sells, Monica Menczer, John and Roanna Mayer

Members who brought food for the evening and the decorations were thanked

Reminder to check the merchandise tables:

T shirts have larger sizes to purchase

Used cook books many titles to browse, monies go to scholarships

Newsletter articles and recipes due by March 18

Send newsletter articles to Joe-Beth's email in the Newsletter, remember to include the name of the recipe, article topic and your own name

Grace Emery announced that the Nominations Committee is soliciting for all Board positions for 2016-2017. Please contact a board member if you are interested.

- President & co-
- Vice President & co- (programs)
- Secretary & co-
- Treasurer & co-
- Membership & co-
- Publicity & co-
- Webmaster & co- (assistant & back up)
- Newsletter & co- (assistant & back up)

1. Minutes for previous month general meeting available in the newsletter were approved as written
2. Treasurer's report available in the newsletter were approved as written
3. Nominations committee is still looking for assistants for newsletter and webmaster
4. Cookbook committee will meet in March 14
5. By Laws update committee will meet on March 31st chair Robin Maymar
6. WIC and Christus Santa Rosa will have SAHS providing a presentation on growing herbs for the kitchen use. First event is May 12 at Lackland AFB, there will be two more presentations in June and July. Please contact Grace to help
7. March 12 SAWS Spring Bloom: Joe-Beth gave details and asked for a few more volunteers
8. March 17, 18: Spring at the Garden Center
9. April 16: Viva Botanica at the Botanical Garden from 9 am to 3 pm
10. May 7: Rainbow Gardens on Bandera Rd., Celebrate Herbs, 9 am to 3 pm
11. May 21: Basil Fest at the Pearl, 9 am to 3 pm
12. May 28: Festival of Flowers at the Alzafar Shrine, 9am to 5 pm
13. Next meeting is April 10, 2016 at the Garden Center at 6:30, featured speaker is Diane Lewis on Herbal teas.

Jane McDaniel introduced Betty Riggs from Windcrest Garden Club who gave a presentation about "Kokedama"

Program: American Colonial Herbs

"Kokedama" is a Japanese Moss Ball String Garden, Ms Riggs has been VP for Programs for two years. She was looking for a new and different way out of the box when she came across "Kokedama"

"Kokedama" is also called poor man's bonsai, is made of wet soil and peat formed to a ball. The plant is set into the ball and moss is wrapped around winding it in string, sometimes string is used to suspend the "Kokedama" in the air, must be watered regularly and needs a lot of light.

Three "kokedama" plants were offered as door prizes. The winners were Kathryn Seipp, Zameron Brunn, Lisa Kelly.

Meeting adjourned at 8:20.

Submitted by Gloria Ortiz, secretary

IMPRTANT NOTICE:

Funston is closed for 6 months while the SABot begins construction.

The alternate entry to SABot & the Garden Center is from Parland Place. Parland is north of Mah-ncke Park; starting at Broadway, it crosses N. New Braunfels and runs right up to the parking area of the SABot.



More photos from SAWS Spring Bloom!



Membership

Our membership continues to grow! As of mid February, the total was about 90 with monthly attendance averaging just about 40.

Don't forget you can join under three categories: individual, family or business. Your membership dollars help us pay the rent and fees associated with meeting at the Garden Center, plus the costs of providing treats and newsletters and other paper goods through the year.

As a business member, you enjoy the same privileges as above, plus your company name and pertinent information will be listed each month for everyone to see. We offer complimentary memberships to those who give presentations at our general meetings.

We hope you'll find the program line-up for 2016 a good one to bring friends along! Looking forward to seeing you soon.

12 Herbs Cookbook Committee

The new 12 Herbs Cookbook has resumed meeting to complete this project this year. We met on the 14th and decided on two thirds of the recipe selections. Great progress for the members. The next meeting is March 21 at Robin Maymar's home for further decisions. Looking forward to an early May publish date. Thanks to all who contributed and tested the recipes.

Get in touch with Grace Emery for more information or to help out.

SAHS Constitution and Bylaws

Early in 2015, the Board determined that our bylaws could stand a review and possible updating. This is NOT a closed committee or effort. This group welcomes your input. It especially welcomes those persons who are well-versed in standard parliamentary procedures.

The idea is to make our governance timely yet broad enough to allow the Board to make decisions that will benefit the entire organization and encourage its growth.

Please contact any board member for information.

Rainbow Gardens on Bandera Rd. "Celebrate Herbs" on May 7

This location is once again hosting an herb festival that Saturday from 9am to 3 pm. The fair is a nice one—not too busy—and well organized. There will be several vendors (possibly including SAHS) with their wares for sale plus there will be several speakers—including one from SAHS! Do you have a favorite herb? Would you like to help us out? Get in touch with any Board member 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 2016

Submitted by Grace Emery & Karen Lopez

INCOME	
Membership	390.00
Subtotal - INCOME	\$390.00
EXPENSES	
Garden Center rent	85.00
Garden Center attendant fee	45.00
<u>Paper & pre-paid copies (newsletter)</u>	<u>273.00</u>
Subtotal - EXPENSES	403.00
NET TOTAL (Income-Expenses)	\$13.00
ASSETS	
Frost Cert. of Deposit	\$1,215.33
Frost Checking	4,915.70
Scholarship Fund	1,096.97
<u>Cash on Hand</u>	<u>50.00</u>
TOTAL	\$7,278.00



'15-'16 SAHS Board

Grace Emery - President pro-tem / Program Chair
210 875-6919 C, gemery49@yahoo.com

Jane McDaniel - Vice-President pro-tem
210-930-1026 H

Robin Maymar - Membership Chair
210 494-6021 H; 830 459-8415 C; robinmaymar@gmail.com

Gloria Ortiz - Secretary, Recording (on vacation)

Karen Lopez - Treasurer i_quilts@yahoo.com

Mike Belisle - Publicity / Speaker's Bureau Contact
210-826-6860 H, mbelisle@satx.rr.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 - Hospitality and Weeder Extraordinaire

Yvonne Baca - Immediate Past President
830-537-4700 H; 210-313-8705 C; yvonne943@yahoo.com

Margie Larkin - Co-Chair, SAHS New Merchandise

Lynda Klein - Co-Chair, SAHS New Merchandise

More Information

SAHS web page: 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 Stuff

Culinary SIG I

Since the illustrious news writer for our SIG is at home mending from a recent surgery, it is my task to try to write an article about our Culinary SIG March meeting.

This month we met at Norm & Loretta's home for what was to be an evening filled with all kinds of great food. The theme of the month was "Breakfast, It's What's for Dinner". As usual with the fantastic cooks in our SIG we were in for all sorts of different tasty dishes.

We started our meeting by describing the dishes we prepared, first, an old family recipe that was shared for a "Cheesy Chilies & Egg Casserole" with some "famous cheese" (kind of an inside joke but all in fun). Our SIG's "creative artist" made a "Zucchini & Green Chile Casserole" and, of course, it did have capers in it. She had adapted this dish from several different recipes. While we are talking zucchini, how about a "Cheese & Prosciutto-Stuffed Zucchini" that was made with cheese brought back from her trip to the Netherlands. And talk about cheese, how about a "Four Cheese Pie" with the most wonderful blend of herbs baked in a great crust.

There seemed to be somewhat of an international thread sprinkled through the dishes at this point as a very nice "Pennekoeken" was served with fresh fruit for the topping, which all started with the purchase of a special pan at a garage sale. We all benefitted from her purchase (yum). There was a very filling "Overnight Blueberry French Toast Casserole" with fresh blueberry syrup that was so good leftovers were slim. Now to tell you about the wonderful fresh made light and toasted English muffins with fresh made strawberry jam & Canadian bacon.Oh My Gosh..... but please don't mention to some that Norm likes peanut butter on his English muffins as you will get rolled eyes & a wrinkled nose from the cook. Along with the muffins, we were treated to a demonstration of a most useful kitchen gadget for cutting these muffins that had us all trying to figure out where to buy one.

Along with the great food we all shared, there is always warm conversation, sharing and friendly teasing and of course lots of admiration for our fellow SIG members. The only thing missing from this month's Culinary SIG were our few members that could not be there. We hope they can join us next month for pizza night.

Happy Cooking to you all,
Submitted by Linda Barker

Culinary SIG II

The March meeting was cancelled in observance of Easter week. Our April meeting will be a Capsicum-themed dinner at the home of our hostess, Grace, on April 28. The meet and greet will begin at 6:30pm and then on to the feasting! We will have all sizes, shapes, heat, mild and spicy for our taste buds to savor. We have been looking forward to enjoying this evening since the herb of the year was presented in January.

For SIG meeting information, please contact Grace at 210 875-6919 C, or gemery49@yahoo.com
Submitted by Grace Emery

Weed-n-Gloat

The SAHS Weed-n-Gloat Team met at 10 am the Herb Garden at the SA Botanical Garden for the March session. Quite a big crowd came to volunteer which was good as there was, due to the recent rains and the warmer weather, a spurt of growth amongst the plants in the Herb Garden. We thinned out borage, which is now 2 ft tall and has beautiful blue blossoms, also mint, canna and blooming nasturtiums. We pulled parsley, arugula and lettuce, all of which had either bolted or gone

to seed. We planted fennel, lambs ear, English thyme, lavender, melissa, conehead thyme (a donation from the Arizona Herb Society), and one rue, which we planted "way at the back", as it can cause rashes if touched by anyone sensitive to rue.

The Herb Garden is a sight for sore eyes - and well worth a visit, when you are next at the SA Botanical Garden.

Many thanks to The Stalwarts of the Weed-n-Gloat Team: Basil, Michael and Lisa, Robin, Marilyn, Marsha, Grace, Gloria, and Linda and Margie (who also carry out the weekend watering at the Herb Garden in the hot Summer months, and take care of the Wounded Warriors Garden at Ft. Sam Houston). Thanks, too, to the SA Herb Society, for the donation of two whiskey barrels, to replace three older ones, "planted" in the Herb Garden in 2003. We put the conehead thyme in one, and plan on placing capsicum - the herb of the year for 2016 - in the other.

We meet from 9-10 am during the hotter months, and from 10-11 am during the cooler months; and we usually meet afterwards for a light lunch or coffee at a nearby cafe. Contact me, Jane McDaniel, via email janesirish@att.net if you'd like more information about the Weed n Gloat team, or if you would like to come and join this merry group.

Submitted by Jane McDaniel

Aromatherapy

No report for March.

The SIG meets at 6:30 at La Madeleine on Broadway on the 4th Tuesday of each month. Most of us arrive by 6 to enjoy the snack or meal.

If you would like more information about the SIG or have questions please contact Jean Dukes at 210.566.4379 or itmakescents@earthlink.net.

Mad Hatters

In March the Mad Hatters met at Jane McDaniel's home for her wonderful Annual Irish High Tea. Jane welcomed 9 of us to share in all kinds of wonderful tidbits & dishes. We pulled up

every kind of chair and tea cup our hostess had and enjoyed a traditional Irish dish Colcannon & peas. There were several types of sandwiches to be had, roast beef, cream cheese apricot pecan, light & tasty turkey croissants also salmon spread with pine nuts served with crackers. That was just to start. Our sweet tooth was made happy with fresh fruit salad, whipped cream fruit salad tinted green in honor of St Patrick's day. Other sweets included green tea

cookies with a dark chocolate frosting, lemon tarts made with lemons from our own trees, cashew fudge, sweet baked bread sprinkled with sugar, and of course from Jane's family recipe "Clafoutis". Just ask her about it. We all shared SEVERAL pots of hot delicious tea that our hostess kept pouring...

The food is always fantastic at our Mad Hatters get together but the conversation and camaraderie is what keeps us coming back together every chance we can. Discussions included the finding, making & wearing of hats. Certainly a Mad Hatter must..... There was talk about herbal healthy



food & labeling. There were oohs & ahs about new jewelry some ladies were wearing & of course the virtues & taste preferences of all the many types of tea & were to buy.



Next month the Mad Hatters will meet at the Bread Box for late lunch. Stay tuned in for particulars & consider joining us for a pleasant afternoon.

Tea wisdom:

"There is no trouble so great or grave that can not be diminished by a nice cup of tea..."

Contact me at lnbdesignline@aol.com.

Submitted by Linda Barker

Herbal Crafts

No report for March.

If you would like to be part of the Craft SIG, please contact Kathryn at kseippccc@aol.com or 210-643-1445 to get on the list for what is happening. We meet from 10 am to 1 pm on the 3rd Saturday of the month with a potluck lunch. We take turns at different houses based on the space needed and have different presenters based on their interest in showing how to complete the project. We have no limit on membership, so feel free to join us.

Submitted by Kathryn Seipp

Healthy Living with Herbs

The group traveled to Round Top / Festival Hill in mid-March to enjoy the 2016 Herb Festival. And did we enjoy it! And did we see several other members of the



SAHS—lovely friends that we haven't visited with in a while. We heard Henry Flowers' talk on popular herbs on the market this year, then went to afternoon workshops: Herbal Beverages, Asian/Latin cooking and Sweets. The Saturday talks were engaging as well. There was so much to learn about Capsicum/peppers!! More field trips are in the works this year!

Submitted by Joe-Beth Kirkpatrick

Texas Natural Living

The group met on March 15th in the Botanical Garden at the Bistro for a delightful lunch; the weather cooperated for our botanical visit as well.



The group will meet on April 21st for a field trip to an African violet nursery and lunch in Boerne. Monika Menczer will be our hostess.

Submitted by Grace Emery

Garden Happy Hour—Planning for 2016

Interested in sharing your garden? All that work and tender-lovin'-care shouldn't be kept a secret! Help us plan a few visits for this year. Many members like to visit new

or long-established gardens or even gardens in progress. We all learn new techniques and gain valuable ideas from seeing what other gardeners have put to the test. We'd like to begin with a Friday evening in April—usually the 3rd Friday.

Contact Robin Maymar at 210-494-6021

Herbie telling Stories

The San Antonio Storytellers guild meets on the first Wednesday over every month at the Brook Hollow Library, from 6.30 - 8 pm for stories, fables and tall tales for all ages.

Submitted by Jane McDaniel

Herbie doing Art

Almost every week there's something going on at the Studio of Lyn Belisle. So many classes and workshops and show-n-tell sessions! Many's the time Lyn will conduct a special workshop with a fellow artist with interesting and delightful twists on "normal" methods. You ought to stop by to see her latest works! Maybe sign up for a project new to you!

Herbies Selling Plants at SAWS Spring Bloom



Can't tell you all what a great time we had. Summary: we sold almost 1000 plants and sold OUT!! Thanks, Mary Dunford and Nature's Herb Farm for allowing SAHS to sell these plants on a consignment basis. We are grateful.

The sale of the plants, a few books and some dried herb and salt blends (thanks, Robin) means we've earned enough to keep the lights on and the newsletters coming for about 3 months—we netted about \$1500. Not bad.

As chair, it is an absolute delight to see so many of our members don their big hats, aprons, comfy shoes and pony up to the table and talk herbs with all comers. We did have fun. Here's looking forward to doing it again next year!

Submitted by Joe-Beth Kirkpatrick



Nature's Herb Farm

Mary Dunford (SAHS Founding Member)
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
drl designs@swbell.net
www.communityed.neisd.net

CIMA Hospice

Therese Pieniazek, volunteer coordinator
12400 Network Blvd., SATX 78249
210-202-7533 (c)
1-800-hospice (467-7423)
rp eniazek@cimahospice.com
www.cimahospice.com

Koch Ranches Gourmet Country Store

Cheryl Koch Ludwick
2114 Mannix Dr, SATX 78217
210-858-9795
www.kochranches.net

It Makes Scents

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

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offering *Natural Health Solutions*
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AIM™ Living Well Coach
210-735-9053
health4ever@barleybaby.com
www.barleybaby.com

San Antonio Yoga Center

Randy Mass, ERYT, Studio Manager
11011 Shaenfield Road, SATX 78254
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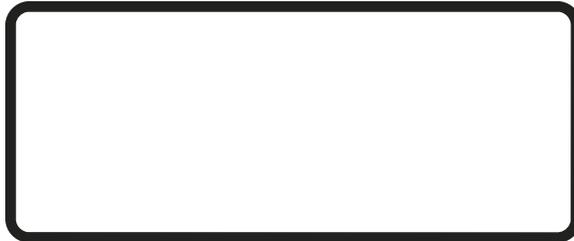
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