



La Yerba Buena

THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 254, May 2011

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, May 12, 2011

Savor the "Scents of Spring" Member Banquet



Do you swoon for Spearmint or do you ogle the oregano? Are you tempted with thyme or do you pine for peppermint or (ok, just one more...) bask in the basil? Join us this year for our May Banquet—"Scents of Spring" to celebrate some herbs that are delightfully fragrant and (of course) grow well in our area. We'll have each of the dining tables set to show off one of the featured herbs, so come ready to savor your favorite flavor!

We'll have our usual business meeting to hear reports on some recent events in which SAHS participated and VOTE on next year's Board of officers. We'll pause to feast on the many and varied delicacies provided by you, then Jean Dukes will give a short presentation on the essential oils derived from these favorite plants and talk a bit about their therapeutic uses to round out the evening. Plan to stay to the end!! You might be surprised.

As usual, this banquet is open to MEMBERS ONLY (+ spouse, significant other or guest). Members' names beginning A-L please bring a MAIN DISH, SIDE DISH OR SALAD; M-Z please bring an APPETIZER OR DESSERT. Please prepare your dish to use/feature any of these herbs: Rosemary, Lavender, Spearmint, Peppermint, Lemon Balm, Oregano, Marjoram, or Basil. Stumped for an idea? You could go check your copy of the fast disappearing SAHS cookbook... Be sure to bring your recipe, or better yet, email it to our newsletter editor, Joe-Beth Kirkpatrick (joby53@gmail.com).

Please bring enough food for at least 12 servings (or more!) of your dish. We'll open the appetizer tables at 6:30pm sharp.

If you're bringing an appetizer, please bring that a bit before 6:30 so we can sample your fare during our fellowship time.

Come ready to have fun visiting with your Herb Society friends and experiencing the "Scents of Spring"! We're in the San Antonio Garden Center, located on the corner of Funston and N. New Braunfels.

For more information, check out our website at www.sanantonioherbs.org



The Proposed 2011-2012 Slate of Officers

The following slate is not closed until immediately before the vote is called at the May meeting.

You can help us fill in those empty spots!!

President: Yvonne Baca (2nd term)

Vice President, Programs: Marilyn Nyhus (1st term)

Treasurer: Kathryn Seipp (2nd term)

Treasurer Co-Chair: Barbara Quirk (1st term)

Vice President Membership: Brenda Reinhardt (1st term)

Membership Co-Chair: Norm Hastings (1st term)

Secretary: (Need volunteer/candidate)

Publicity Chair: Jeanne Hackett

Web Master: Lyn Belisle

Newsletter: Joe-Beth Kirkpatrick

Hospitality: Sandra Lyssy

Book sales at meetings: Patty Wilson



Members' Sale Tables

Will not be open at the May banquet. Contact Jean Dukes at least 2 weeks in advance to arrange for a table.

Hospitality Table Schedule:

May: All
June: A-F
July: G-M
Aug: N-S
Sept: T-Z

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May & June Sale Dates

Save at least one more weekend to volunteer at a book sale for SAHS:

Festival of Flowers, May 28, 9a-5p (books);

Joe-Beth Kirkpatrick coordinating;

Herb Market Association **Basil Fest at Pearl**, June 4; 9a-1p (books); *Gayle Morris, coordinating;*

Festival of Flowers is a buyer's heaven for all things garden-related and then some. The Basil Fest is a new event hosted by the same folks as host the Herb Market every October.

Your able assistance makes SAHS' sales not only possible, but wildly successful!



GO TEXAN.

Be sure to view the unabridged version of this newsletter @ www.sanantonioherbs.org

If you would like to receive the SAHS newsletter electronically, please contact Lyn: belisle@satx.rr.com

Member Recipes

Here are the recipes provided with some of the fine foods brought to the April meeting

Olive Oil Cake

submitted by Charlene Swafford

2 2/3 C powdered sugar
3/4 C flour
2/3 C cornmeal
4 eggs
1 C + 1 1/2 Tbs olive oil

Directions:

Preheat oven to 325°F

Sift powdered sugar and flour into a mixer bowl. Stir in Cornmeal and mix on low speed.

Add eggs, one at a time and mix till combined. Slowly add oil, beat until combined. Pour batter incake pan or muffin cups. Bake 50 minutes; less for muffins.



Pumpkin and Sage Scones

Submitted by Sandra Woodallas taken from "Baking: A Common Sense Guide" by Bay Books

Ingredients

2 C self-rising flour
1 C cooked and pureed pumpkin (winter squash)
3/4 oz butter
1 Tbs chopped sage
1-2 Tbs milk

Directions

Preheat oven to 350°F. Lightly grease a baking tray or line with baking paper. Sift the flour into a bowl with a pinch of salt. Using your fingertips, rub the pumpkin and butter into the flour, then add the sage. Bring the mixture together with a little milk and turn it out onto the tray. Shape the mixture into a round and roll it out to about 1 1/4 in thick. Gently mark or cut the scone into eight segments and bake for 15-20 minutes, or until lightly browned and cooked through. Serve warm.

Mama T's Lentil and Chicken Wraps

Submitted by Mama T

Ingredients (from verbal)

Cooked vegetables & chicken approximately as follows:

Lentils

Rice

Chicken

Onion

Garlic (minced fine)

Salt and pepper to taste

Directions

Combine the cooked rice, lentils, onion and garlic. Add salt and pepper to taste. Add the chicken (diced fine). Stir all well. Serve a spoonful of this mixture on a crisp lettuce leaf to be rolled (wrapped) up and enjoyed.

Garam Masala Dipping Sauce

Submitted by Gayle Morris as taken from www.myrecipes.com

Ingredients

1 cup plain low-fat yogurt
1/2 cup chopped seeded plum tomato
1/3 cup finely chopped onion
1 teaspoon garam masala
1/4 teaspoon salt
2 (6-inch) pitas, each cut into 10 wedges

Directions

Combine first 5 ingredients in a bowl. Cover and chill 1 hour. Serve with pita wedges. Also great with chicken skewers or vegetables. Yield: 5 servings

Gayles's Taco Seasoning

Submitted by Gayle Morris

Ingredients

2 teaspoons New Mexico chile powder
1 teaspoon dried Mexican oregano
1 teaspoon paprika
1 teaspoon cumin
1/4 teaspoon salt
1/2 teaspoon garlic powder (opt)
1/2 teaspoon onion powder (opt)

Directions

Mix all ingredients together and store in an air-tight container away from heat.

Note: Omit the garlic powder and onion powder if you're incorporating fresh garlic and onion in your dish.

USES: beef, chicken, and fish tacos; burgers; grilled chicken, pork, and seafood; meatloaf; vegetables sautéed in canola oil; casseroles; dips

Baked Penne with Roasted Vegetables

Submitted by Gayle Morris as taken from *Giada De Laurentiis*, www.foodnetwork.com

Ingredients

2 red peppers, cored and cut into 1-inch wide strips
2 zucchini, quartered lengthwise and cut into 1-inch cubes
2 summer squash, quartered lengthwise and cut into 1-inch cubes

4 cremini mushrooms, halved

1 yellow onion, peeled and sliced into 1-inch strips

1/4 cup extra-virgin olive oil

1 teaspoon salt, divided

1 teaspoon freshly ground black pepper, divided

1 tablespoon Herbes de Provence

1 pound penne pasta

3 cups marinara sauce (store bought or homemade)

1 cup grated fontina cheese

1/2 cup grated smoked mozzarella

1 1/2 cups frozen peas, thawed

1/4 cup grated Parmesan, plus 1/3 cup for topping

2 tablespoons butter, cut into small pieces

Directions

Preheat the oven to 450°F. On a baking sheet, toss the peppers, zucchini, squash, mushrooms, and onions with olive oil, 1/2 teaspoon salt, 1/2 teaspoon pepper, and dried herbs. Roast until tender, about 15 minutes. Meanwhile, bring a large pot of salted water to a boil over high heat. Add the pasta and cook for about 6 minutes. Since you will be cooking the pasta a second time in the oven, you want to make sure the inside is still hard. Drain in a colander.

In a large bowl, toss the drained pasta with the roasted vegetables, marinara sauce, cheese, peas, 1/2 tsp salt, and 1/2 teaspoon pepper. Using a wooden spoon, gently mix, until all the pasta is coated with the sauce and the ingredients are combined. Pour the pasta into a greased 9x13-inch pan. Top with the remaining 1/3 cup Parmesan and butter pieces.

Bake until top is golden and cheese melts, about 25 minutes. Yield: 6 servings

Sun-Dried Tomato Dip

Submitted by anonymous

Process 1/4 C parsley, 1 clove garlic, 1 tsp lemon juice, 10 sun-dried tomato halves, 1/4 tsp salt and 1/8 tsp pepper. Add 1 pint sour cream. Mix.

Over the Fence... 2011 Program Line-up



June: Patience Diaz of Imagine Lavender Farm, Vanderpool, Texas, with "What's New at the Farm?" Imagine Lavender is a charter member of the Texas Lavender Association. <http://www.texaslavenderassociation.org/>
texaslavenderassociation.org/TLA_Home.html
Patience will be sharing with us how she came to be raising Lavender, the types of Lavender she has been growing and how they are now incorporating permaculture practices out at the farm.

July: Members' Share and Show-n-Tell. This is one program we all look forward to as you never know what our Members have up their collective sleeves!

August: Molly Keck, entomologist with the AgriLife Extension Service on "15 Bugs Every Gardener Should Know" Your landscape is filled with bugs, but it is hard to know which ones to keep and which ones to squash. Join Molly for an informal program on the "15 Bugs Every Gardener Should Know", whether they are good or bad, and how to manage or encourage them.

September: Mary Dunford of Nature's Herb Farm and SAHS founding member on "Fall Gardening".

October: program to be determined; last minute plans before the annual Herb Market on the 15!

November: Thanksgiving

December: Member Holiday Banquet; need coordinator

Have ideas for programs?

Contact Jean Dukes or Marilyn Nyhus, program chairs

Next Board Meeting

May 30, 6:30 pm. These meetings are open to the general membership. Please contact one of the Board members to place an item on the agenda or for location or other details prior to the meeting day.

Proposed 2012 Scholarship Project

The SAHS Board has decided to take on a fundraising event for a scholarship program for local culinary students. A garden tour has been proposed. This is a project that requires long-term planning and to be successful, it must be started now. If you are interested in serving on this committee, please contact Jean Dukes or Lyn Belisle.

Tee shirts, totes and aprons available

Need a new tote bags for your summer travels? Come check out the new SAHS bags! These are sized up with longer handles and are excellent for those quick grocery runs.

SA Botanical Garden Events

Events coming up:
SAWS Garden Jazz Party & Plant Sale, May 1. 210-207-3250 for information.

Farmer Markets in Full Swing

Heard the phrase "locavore"? That's a person who supports local agriculture, etc. There are literally dozens of markets in and around San Antonio. Don't miss the market near you.

Antique Rose Emporium has casual seminars

Beginning in March, A.R.E.'s Tom Hagerman will be in the vegetable garden each Saturday at 9:30 am to talk about what is growing.

May 7th: "An Herb Affair" with the Comal Master Gardeners

SAHS Needs Advertising Help

Every month, SAHS provides flyers via email. You can print them and post them at stores in your area, stores that you would normally be frequenting anyway. Contact

Jeanne Hackett at jeannehackett@sbcglobal.net, or call at 210/735-5333.

SAHS Internet Sites & Feedback

Our Facebook page may be found by going to our existing web page, www.sanantonioherbs.org, and clicking the big blue "F" icon or going directly to www.facebook.com

The SAHS is continuing to monitor how the new "Meetup.com" page is doing as advertising. It costs several dollars each month to maintain the page but so far, not many members have been realized via this site. Maria Luhrman has volunteered to receive your feedback. Check out the site and give your input to Maria. Go to <http://www.meetup.com> and search for San Antonio Herbs. Let us know your opinion regarding these sites soon and thanks.

GVST classes

GVST offers monthly "Essentials of Gardening" classes which emphasize water-saving landscaping and gardening practices. They are open to the public and free; a \$5 donation is requested to help cover expenses.

Schedule: Classes are 3rd Monday of each month, 12:15-3pm, at San Antonio Garden Center. Be sure to confirm the dates and locations prior.

Remaining Topics in this series: 15 Bugs Gardeners Should Know (Molly Keck) and Toxic Landscape Plants (Paul Cox).

Be sure to confirm the dates and locations prior.

Call 210-251-8101 for info.

Blanco Lavender Festival

June 10-12, 2011. Start out on the old Courthouse square and sample the fair wares, food and various speakers. Take the self-guided tour of the lavender farms in the area surrounding Blanco, maybe even cut some fresh for yourself. A great weekend outing, one that won't stretch your gas mileage too much.

Books, Books, Books!

So many books, so little time... Here's some recommendations from another SAHS member, Marguerite Hartill. Marguerite is a Master Gardener, SA Botanical Garden greenhouse volunteer and just plain dedicated herbie! Here's a couple titles on her list:

Old Herbaceous: A Novel of the Garden

By Reginald Arkell

A novel of the garden—can you think of another? Combining the jollity of Wodehouse and the pleasures of a country house tour, Arkell's 1950 tale chronicles Bert Pinnegar's eight decades in an English manor house garden, from his youth as a flower-loving orphan to his old age as an estimable master of the plots. Sheer delight.

The Garden Primer

By Barbara Damrosch

How deep do you plant irises? What kind of soil does asparagus like? How do you plant a tree? Prune roses? Force tulips? Select tools? Damrosch has collected every tidbit of knowledge necessary for gardening success in this straightforward, well-illustrated tome. If you buy one instructional book, this should be it.



At Central Market Herb Fest, we got to visit with our friend Judy Daughy, long-time Herb Society member and currently one of the in-house health experts at C.M!

Minutes from April General Meeting

April 7, 2011

Yvonne Baca started meeting at 7:00pm with a greeting to new members, visitors and all attendees.

Yvonne reminded everyone of the members' share tables. No sales tables tonight due to the change in rooms at the Garden Center.

Yvonne thanked the hospitality group and everyone who brought treats.

Newsletter reminder: if you have been to an event or can contribute to the newsletter, contact Joe-Beth.

March minutes were approved.

Upcoming events

The Central Market Herb Fest which will be April 8, 9 and 10. SAHS will assist store customers and have cookbooks and resource guides available for sale. Please contact Carol-lee if you are able to help.

Jackie Comper reported on our booth at Olives Ole March 26. There were 84 volunteer hours logged by SAHS. Our expenses were net profit from sales of books and plants was \$650. (See story in the April newsletter.)

May 28 will be the Festival of Flowers, please contact Joe-Beth if interested in helping out at our booth to sell books.

Central Market Herb Fest is this weekend. Please contact Carol-lee Fisher to help out.

The Basil Fest at Pearl is June 4th. Who can be chair? Gayle Morris volunteered—contact her to help.

The U.S. Air Force Earth Day Expo on March 31 included SAHS' educational display (see separate story for details).

Jean Dukes reminded all of the SAHS' field trip to Sam Coffman's on April 30. There are still a few openings left. If interested in going, contact Jean.

Yvonne announced the candidates for the 2011-2012 Board. We need a secretary.

The proposed scholarship fundraiser (for 2012) is a garden tour. This effort needs a chair and standing committee.

Please contact any board member.

Sally Ann Hnatiuk announced the Comal Master Gardeners' "An Herb Affair", May 7 at the Antique Rose Emporium.

Norm Hastings reminded everyone to sign in.

The May Banquet: Jean Dukes is coordinating. Theme is "Scents of Spring" and will feature seven well-known herbs. Help needed to set the room up that afternoon. Contact Jean.

Jean Dukes introduced SAHS' own Gayle Morris as the evening's presenter whose program is about homemade culinary herbal blends. Thanks to Gayle for filling in at the last minute after our date and room changes!

Meeting adjourned at 8:30pm

Submitted by Joe-Beth Kirkpatrick

April Program—

Culinary Herbal Blends by Gayle Morris

Those of you who had to miss April's general meeting, missed a true treat! Our own Gayle Morris presented a delightful and VERY informative program on five herb/spice blends. These blends are common to their home countries and that is what intrigued Gayle about them in the first place. Experimenting with new foods or just new ways to use and prepare the same old foods are her hobby.

Gayle also talked a bit about the advantages of making these blends instead of purchasing them prepared. In her opinion, that purchase is a waste of money in that the majority of the



packaged blend winds up being tossed months later unused. See Gayle's bio in the April newsletter. Meanwhile, here are some of the blends Gayle demonstrated this evening.

Submitted by Joe-Beth Kirkpatrick

Herbes de Provence

- 1 tablespoon thyme
- 1 tablespoon chervil
- 1 tablespoon rosemary
- 1 tablespoon summer savory
- 1 teaspoon lavender
- 1 teaspoon tarragon
- 1 teaspoon marjoram
- 1/2 teaspoon oregano
- 1/2 teaspoon mint

2 powdered or chopped bay leaves
Mix together all of the ingredients and store in a tightly sealed container. Makes about 1/3 cup herb mix.

USES: as a rub for fish, chicken, turkey, lamb, and beef; stews and soups; sautéed or roasted vegetables; pasta; potato dishes (scaloped potatoes with goat cheese, for example); pizza sauce; seasoning salads; blend into cheeses; add to hot coals when grilling to infuse flavor.

Garam Masala

From Mangoes & Curry Leaves by Jeffery Alford and Naomi Duguid

- 2 tablespoons coriander seeds
- 1 tablespoon cumin seed
- Seeds from 10 cardamom pods
- 2 teaspoons mustard seeds
- 2 teaspoons fenugreek seeds
- 2 teaspoons black peppercorns
- 1 heaping teaspoon whole cloves
- 3-inch cinnamon stick, broken in half

Heat a dry small skillet over moderately high heat until it is hot and in it toast the spices in batches if necessary, stirring frequently and covering the skillet when the mustard seeds begin to pop, for 2 to 3 minutes, or until they are several shades darker and fragrant, being careful not to let them burn. In a mortar with a pestle or in an electric coffee grinder grind the toasted spices to a powder and transfer the powder to a jar with a tight-fitting lid. The garam masala keeps, covered and chilled, for 2 months.

USES: Indian and South Asian cuisines; North Indian meat dishes; sprinkle over squash before roasting; sprinkle on pumpkin or butternut squash soup before serving; sprinkle on cobbed corn brushed with oil or butter; prepared as a syrup to serve over a salad of baby greens, avocados, pears, pumpkin seeds, and lemon juice; mixed into a dipping sauce; usually added toward the end of cooking or just before serving.

Chinese Five-Spice Powder

- 2 teaspoons Szechuan peppercorns
- 8 star anise
- 1/2 teaspoon ground cloves
- 1 tablespoon ground cinnamon
- 1 tablespoon ground fennel seeds

In a dry skillet, roast the peppercorns by shaking the pan over low to medium heat until the aroma of the peppercorns is released (about 3 minutes). Grind the roasted peppercorns and star anise in a pepper mill or mortar with a pestle. Strain the blended seasonings.

Mix in the cloves, cinnamon, and fennel seeds. Grind the seasonings until very fine. Store in an air-tight container.

USES: as a rub or marinade for chicken, duck, pork, and seafood; stir fried vegetables; soups

(Continued from page 4)



SAHS Flies High at Air Force Earth Day Expo!

March 31, 2011

Yvonne Baca, Gayle Morris, Evelyn Penrod and Jeanne Hackett were the SAHS representatives for the Air Force Earth Day Kickoff Expo on March 31st at Kelly USA in south San Antonio. Some 2000 air force and contract staff strolled down a blocks-long corridor, perusing tables displaying earth-friendly devices, products and literature from a number of organizations. Our own table was laden with fresh herbs and examples of their uses in everyday life: think thyme in mouthwash, mints in toothpaste, dill in pickles, ginger in cookies, and even willow in aspirin. We also had a variety of essential oils, which participants loved to smell on small squares of gauze. And we had little sample bags of clean and green scrubbing powder made of baking soda and peppermint essential oil, an enormously popular handout. Tri-folds describing SAHS and ideas for green cleaning went like hotcakes, as did handouts on herbs to grow in our area and how to help them thrive. Though we could not sell our resource book or cookbook, many people asked how they might purchase them on line. And many people said they would love to come to our meetings.



We were so gratified to hear so much interest in herbs and essential oils, and to get so many great questions, some of which had us scrambling to our resource books! This is the first year the air force has sponsored an Earth Day expo, and we were delighted to hear they'd love us to return next year. We did think, perhaps immodestly, that our tables were the prettiest...and then heard from a reporter for the base newspaper who interviewed Yvonne, that our tables were the most popular! We know we were certainly the best smelling! A special shout-out to Jackie Compere for her efficient hand-off to us of literature and display paraphernalia at Olives Ole, to Joe-Beth Kirkpatrick for her expertise that helped us make an attractive and educational display, and to Lyn Belisle for her wonderful flyers describing our programs.

submitted by Jeanne Hackett

(ed note: Link to that base newspaper: <http://www.afcee.af.mil/news/story.asp?id=123249738>)



SAHS Member Finds Lessons at Round Top Herb Forum

I could write pages, I imagine, about my first experience at the Round Top Herbal Forum at Festival Hill Institute, but I'll try to keep it at a comfortable length. I put the date on my calendar a year in advance (Lesson #1) and told my family this was my weekend away just for ME. Best thing I've done in a long while.

I arrived at 9:30 a.m. on Friday and started with the plant sale. I thought I'd died and gone to the plant sale in heaven that must be reserved for the most enthusiastic gardeners that ever lived. I can't even begin to tell you the plants I saw...let's just say there were more varieties of every herb imaginable than I've ever seen in one place, many, many I'd never heard of. And there weren't just herbs...flowering plants, shrub-like plants, grass-type plants. In which section should I begin my shopping??

At 10:00 Henry Flowers – I don't know what his title is but he is in charge of everything botanical at Festival Hill and

the Herbal Forum and he is amazing! – gave a presentation on some less familiar plants. The hour was well-worth the time (I could have listened to him for another hour)...bring paper, take notes, arrive early so you can get a seat. And then IMMEDIATELY after the presentation, "do not tarry but make haste" to the plants he mentioned that you're interested in, because I guarantee there's a very good possibility they won't be there later in the day. (Lesson #2.) In fact, by the end of the day, a lot has been sold. By Saturday morning, something you wanted but thought you'd wait until then to purchase is nowhere to be found. If you see it and you want it, buy it. (Lesson #3.)

Then it was time to check into the room. Great accommodations. Found out that there are wireless connections but didn't bring my laptop. (Would have come in handy to look up some things that came to mind as a result of the presentations/plant sale.) Next year, bring the laptop. (Lesson #4.)

I ate lunch at Royer's Café in Round Top (and it was really good) instead of paying for the lunch at the Herbal Forum. Then I heard from others how good it was. Next year, splurge and have Friday lunch at the Forum. (Lesson #5.)

I signed up for two workshops ("Bruschetta and Beyond" and "Green Home Cleaning") — originally only signed up for one and managed to get in under the wire for the second one. Wise move. Both were EXCELLENT. Generous samples, personable presenters, fun group of people. Always sign up for two workshops. (Lesson #6.)

Dinner – okay, I'm just going to say this about the food, overall. It was delicious, it was sometimes sinful, I ate way too much over the entire weekend even though I was trying to be sensible, and I haven't been on the scale since. Just don't want to know. And the wine at dinner was REALLY welcomed! (Didn't think to bring my own bottle. Lesson #7 – bring one next year.) And so Lesson #8 is...go ahead and enjoy the food. You only live once and it's only one weekend.

Saturday was busy, busy, busy...presentations all day, more visits to the plant sale, visits to the book store and the gift shop where refreshments (more delicious food) were freely offered, a delicious lunch featuring root vegetables and herbs. It was all wonderful. Lessons #9 and #10 – drink lots of water and get plenty of sleep Friday night. You're going to need it.

So to wrap it all up, this is a top-notch, thoroughly fun and relaxing event. All of the presenters know their stuff and are just "real" people. And one of the best parts of the weekend was getting to spend time with and meeting others, especially friends from San Antonio, who share a love of herbs and gardening in general. People who garden are the nicest people I know! (Lesson #11.)

Submitted by Gayle Morris



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

Brian's May To-Do List for The Garden

Compiled by MG Brian D. Townsend

*"A house though otherwise beautiful,
yet if it hath no Garden belonging to it,
Is more like a Prison than a House."*

- William Coles (1656)



In Our Herb Garden:

Start harvesting herbs as many perennials bloom this month. Plant summer everlastings (examples are globe amaranth, sweet Annie, cockscomb, salvias, tansy, etc.). Plant lemon grass and continue to plant basil. Weed and water as necessary. Make sure there's good drainage (raised beds are a necessity in most of our area), a good quality soil from a local source (such as Garden-Ville, Fertile Gardens Supply, Living-Earth, and others) and mulch.

Herbs should be gathered in dry weather, first thing in the morning before their essential oils evaporate in the sun. Hang bunches of herbs upside down to dry so that the oils flow into the leaves. Once dry, store them in airtight containers away from sunlight and they should last for several months

1st Week:

As outside temperatures increase, it is important to rinse and refill hummingbird feeders twice a week or more. Pour the old sugar water on a rock or in a bowl with a sponge for the butterflies (they like the fermented drink, that's why they fly like they do! - me). Plant okra and southern peas.

5 Natural Pest Repellants- Here are safer alternatives to commercial pesticides. Ants: Sprinkle cinnamon, bay leaves, cayenne pepper or baby powder in problem areas and along baseboards and windowsills. Cockroaches: Sprinkle equal parts of baking soda and confectioner's sugar in problem areas. Mice: Place cotton dipped in peppermint oil near problem areas. Used kitty litter is another repellent.

2nd Week:

Fertilize vegetables. Side dress tomatoes, carrots, beans, squash, okra, peppers and other vegetables with 1 cup of slow-release lawn fertilizer per 10 ft. of row.

For highest quality, harvest crookneck, zucchini and other summer squash when they are immature and tender.

Now is a good time to seed Bermuda or Buffalo grass.

3rd Week:

If you like glow-in-the-dark orange blooms during the hottest part of summer, plant Poinciana (Pride of Barbados) now. It is a root-hardy shrub that grows in full sun.

Control LEAF-ROLLERS and other CATERILLARS on cannas and other susceptible plants such as tomatoes and mountain laurels with "Bt" spray.

If trees are dropping leaves, it may be an adjustment to the dry weather and high temperatures. No treatment is required.

4th Week:

To attract songbirds to your yard during dry weather, place a bird bath in an "open" area that is about 6 ft. from cover. You can enjoy their songs while helping to meet their water needs. Thanks to MG and SAHS long-time member Brian Townsend for this monthly article. Brian has culled this information from the wisdom of a number of local and regional gardening experts, plus our own HERBS: A Resource Guide for San Antonio. Please see the full length version of this on the SAHS website.



SIG-nificant Events

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

Herbal Crafts SIG

There will be no meeting in April as that is the plant sale at The Gardens. In May we are going to make living wreaths.

Email Sally Ann at mustang_sally6@msn.com or call 830-980-5645

Submitted by Sally Ann Hnatiuk

Healthy Living with Herbs SIG

We met late again month but this time it was to take a Saturday field trip to Llano and the country retreat of Rusty & Judy Riley, friends of Carol-lee Fisher. The idea was to plant-walk and collect in the morning then to break for a pot-luck to lunch on the grounds. And so we did. Pretty hungry after all that walking and digging and vista-viewing, we didn't waste any time getting the food unpacked and set out. Such a spread.

After a little post-lunch gab-session, we piled in and headed into Llano town to do a little more walking along the river's edge at a park there.

Now then, all this walking makes one thirsty —>

June will find us at Diane's friend Lin's home for a session on Asian herbs.

Submitted by Joe-Beth Kirkpatrick

Culinary SIG

The Culinary SIG met on the 16th at Maria Lührman's home where Maria expertly and thoroughly demonstrated making cheese. It was a great night, and Maria was a fun and gracious host, as always, but also wowed us with the ease at which she made mozzarella and queso fresco, all ready for us to try within virtually only a matter of minutes. She made it look easy enough for all of us to believe we could really go home and reproduce it. (I'm anxious to find out if anyone's tried it yet and if they were successful.) Maria also got ricotta started – it was touch and go there for a while; sometimes the ricotta doesn't work, she said – but Maria did it! (And was very excited about it, I must say, as were we all.) And was the cheese ever so good! That's incentive enough for this member to try it myself. Nothing like the packaged stuff in the store, and I really think the mozzarella was better than the fresh made in the store, too. Maybe it's the love that goes into it, don't you think? Several members brought some great food to eat with and alongside the cheese. We aren't lacking for good cooks in our group, no surprise. And to top it off, Maria also made a peasant bread in front of us from scratch, served warm from the oven. (How did she manage to get ALL of that into one evening?!) It's a no-fuss bread, requiring no kneading, and it was delicious! Thanks, everyone, for a really enjoyable evening. We're taking a break in April because of all of the events on the calendar...May is pizza at Norm Hastings! We have a couple of spots open in our SIG if anyone is interested in joining.

submitted by Gayle Morris

Weed-n-Gloat SIG

No report from the Weeders.



(Continued from Page 4)

Shichimi Togarashi

from www.food.com

Ingredients

- 2 teaspoons white sesame seeds (toasted)
- 3 teaspoons Szechuan peppercorns
- 1 teaspoon dried nori (seaweed)
- 3 teaspoons dried tangerine peel
- 3 teaspoons chili powder (togarashi)
- 1 teaspoon black sesame seeds (toasted)
- 1 teaspoon poppy seeds (toasted)

Directions

Grind the white sesame seeds and Szechuan peppercorns coarsely. Add the nori (seaweed) and dried tangerine peel and grind again briefly. Stir in the remaining spices and blend well. In an airtight container, the mixture will keep for 3-4 months.

Notes: Dried orange peel can be substituted for the hard-to-find tangerine peel, or you can grate fresh tangerine zest and dry it in the microwave. Nori is commonly sold in dried sheets to use for making sushi rolls.

USES: as a seasoning in cooking; as a condiment on the table for soups, noodle dishes, and tempura; as a rub for grilled seafood; flavoring dips and mayonnaise; scrambled eggs.

Ras el Hanout

Ingredients

- 2 teaspoons ground ginger
- 2 teaspoons ground cardamom
- 2 teaspoons ground mace
- 1 teaspoon cinnamon
- 1 teaspoon ground allspice
- 1 teaspoon ground coriander seeds
- 1 teaspoon ground nutmeg
- 1 teaspoon turmeric
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon ground white pepper
- 1/2 teaspoon ground cayenne pepper
- 1/2 teaspoon ground anise seeds
- 1/4 teaspoon ground cloves

Directions

Blend all of the spices in a bowl. Transfer to a glass jar, and store in a dry, dark place. It keeps well for several months.

USES: tagines; stews; beef; lamb; poultry; fish; vegetables; rice; couscous

(Ed. Note: There were several dishes prepared with each of these spice mixes. If you don't see one in this issue or if you didn't get a print copy during the meeting, contact Gayle directly.)



From the Membership Chair

NEW MEMBERS

Welcome to Jackie Bonney, our newest member, who heard about the SAHS through Martha Valdez and Diane Lewis! Jackie is an enthusiastic new member that we'll look forward to working beside in the months to come. And have you met anyone new at our meetings lately? Make it a point to seek out someone unfamiliar to you...your friendly approach may be exactly what they're looking for!

submitted by Gayle Morris

Treasurer's Report, March 2011

Submitted by Kathryn Seipp

| | |
|-------------------------------------|-----------------|
| INCOME | |
| Membership | 240.00 |
| Plant Sales | 3,106.32 |
| Cookbook sales | 220.00 |
| Resource Guide sales | 265.65 |
| Booklets | 33.00 |
| Interest on Savings Acct | 0.29 |
| TOTAL INCOME | 3865.26 |
| EXPENSES | |
| Attendant Fee | 45.00 |
| Honorarium | 50.00 |
| Hospitality | 132.70 |
| Booth Fee (Olives Ole) | 100.00 |
| Printing & Engraving | 40.55 |
| Rent Expense | 85.00 |
| Plants cost | 1663.75 |
| Supplies | 54.32 |
| Website Fee | 30.00 |
| Total Expenses | 2,201.32 |
| Total (Income-Expenses) | 1,663.94 |
| ASSETS | |
| Cash and Bank Accounts | |
| Cash on Hand | 0.00 |
| Frost Cert of Deposit | 1,194.95 |
| Frost Checking | 5,562.25 |
| Frost Savings | 2,387.38 |
| TOTAL Cash and Bank Accounts | 9,144.58 |
| TOTAL ASSETS | 9,144.58 |
| LIABILITIES | 0.00 |
| OVERALL TOTAL | 9,144.58 |

'10 - '11 SAHS Board Officers

Yvonne Baca - President

210-313-8705 (cell), yvonne943@yahoo.com

Jean Dukes - Vice President Programs

210-566 4379, 10days@earthlink.net

Gayle Morris - Membership

210-497-7416 or 210-912-9787 (cell)

gaylemorris09@gmail.com

Karen Abel - Secretary / Recording

210-326-8685; kl89murray@yahoo.com

Kathryn Seipp - Treasurer

210-495-3591, kseippccc@aol.com

Jeanne Hackett - Publicity / PR

210-735-5333, jeannehackett@sbcglobal.net

Lyn Belisle - Webmaster & Green List Coordinator

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

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Maria Lührman - membership assistant

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Joe-Beth Kirkpatrick - Newsletter

210-590-9744, joby53@gmail.com

Sandra Lyssy - Hospitality

210-659-5561; slyssy123@yahoo.com

Patty Wilson - T-shirts, Cookbooks

210-647-0838, dwilson@satx.rr.com

More Information Contacts

SAHS web page: www.sanantonioherbs.org

SAHS toll-free phone: 888-837-4361

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

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GO TEXAN.



PLEASE SEND TO:



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