



La Yerba Buena

THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 230, May 2009

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

Program Thursday, May 14, 2009 May Meeting—Here's the Scoop:

With spring upon us we will throw open the garden doors to wander through the courtyard while we visit and dine at our annual Members-Only meeting. Each member is invited to bring one guest, so come out, celebrate spring and visit with your friends at the Herb Society Meeting on May 14. We will have an "upside down" agenda with food first then a short business meeting to include a vote on next year's Board members. The food tables will be open at 6:30 with the business meeting starting at 8:00.

The theme is "Ice Cream Social". So everyone bring your favorite ice cream or even sorbet, preferably flavored with your herb of choice – mint, lavender, basil, ginger – use your imagination. Bring it well iced since the Garden Center doesn't have the facilities to keep it frozen.

If Ice Cream is not in your cooking repertoire, you can bring something that goes with ice cream. Some ideas are toppings, sauces, sprinkles, or something to put the ice cream on – cake, brownies, cookies. If you would prefer a savory item, finger foods and tea sandwiches are welcome accompaniments.

And Oh, *By The Way*, what do Yul Brenner, Mary Martin and Richard Burton have in common? They are a few of the artists that will be entertaining you that evening as we pay tribute to some of Broadway's most beloved musical scores of the last four decades.

Mama Mia! Now that's Wicked!

We're at 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



FESTIVAL OF FLOWERS BOOK SALE

Saturday, May 23. SAHS participates in this annual event once again. In the past, we have done a brisk business in the selling of our cook books & resource guides. This one-day event needs YOUR help. Bringing books & decorations is easy. YOU can help by preparing and bringing a recipe from one of our publications. These recipes will be provided as samples. And folks, without the samples, we'll have no sales. This is another terrific opportunity to promote the SAHS. It's also a huge event for us for fundraising. Remember its funds from events like this that allow us to continue to meet in the Garden Center and to bring in knowledgeable speakers like Bob Webster and Shari Kilman among others. It's FUN to work together and accomplish the job and to meet all kinds of folks. You work and play and learn and teach all at the same time. Call Joe-Beth today (210) 590-9744 to volunteer.



LOST-N-FOUND: Someone left a KuhnRikon Vase Grinder at the last meeting. Contact Joe-Beth to claim.

COME VOTE IN MAY

Slate of Candidates

for the SAHS

2009-2010 Board:

- *President:
Eileen Achorn
- *Co-Vice President:
Evelyn Penrod
- *Co-Vice President:
Jean Dukes
- *Secretary:
Jan Conwell
- *Treasurer:
Don Crites
- Membership Chair:
Gayle Morris
- Publicity Chair:
Kathy Siepp
- Webmaster:
Lyn Belisle
- Newsletter Editor:
Joe-Beth Kirkpatrick
- * *elected position*

Hospitality Table Schedule:

- June: A-D
- July: E-M
- August: N-S
- September: T-Z
- October: A-D
- November: E-M

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Member Recipes

No recipes were left with us for the goodies brought to the April meeting. We've listed a few of the items provided there.

Sally Ann's Polenta Cake
Grassy cupcakes by Carole Hamling
Pecan Sandies (Mexican wedding cookies) Bev Tibbs
Cream Cheese w/ Sweet Jalapenos
Cream Cheese w/ Bread & Butter Jalapenos
Herb & Spice wraps by Evelyn Penrod

The Mad Hatters provided us with a recipe for one of their treats. Enjoy!

Salmon with Dill Sandwiches

Submitted by Diane Lewis

Ingredients:

½ stick butter (un-salted)
2 TBS chopped fresh dill (plus additional dill sprigs for garnish)
1 cup whipped cream cheese spread
8 oz smoked salmon, thinly sliced
12 slices whole grain wheat & honey artisan bread (HEB) or any good quality,
dense textured bread (slices approx. 2" X 3.5" each, used whole, crust -on)
2 lemons, cut into 6 wedges each (12 total)
Nasturtiums or other edible flowers or herbs for garnish

Directions:

Remove butter from refrigerator and keep at room temperature until spreading consistency. Chop enough fresh dill for 2 TBS and combine with 1 c. whipped cream cheese spread, set aside. Thinly slice smoked salmon into bread-sized pieces, set aside. Lightly butter one side of each bread slice. Spread cream cheese dill mixture over buttered bread. Top with thinly sliced smoked salmon to cover cream cheese spread.

Garnish each open-faced sandwich with 1 or 2 dill sprigs. Serve with lemon wedges garnished with nasturtium flowers & leaves and more dill. Other edible flowers or herbs can be used for garnish, be creative. Each guest can squeeze lemon wedge over salmon just before eating if desired. Enjoy as appetizers or with high tea.

Report on the April Meeting Bob Webster and Organic Gardening

When does Bob NOT have anything pithy to say? That skill certainly has served him well for so many years with many of those as a radio talk show host and answer man.

Bob always has something to say about gardening organically. If you translate "organically" to mean "safely edible or consumable", you've got a good understanding of where he's coming from.

Start out with a review of what the USDA considers organic. According to Bob, that labeling has become less than legitimate for all the allowances and waivers and what have you. So forget them and stick with what



you can personally confirm where real food is concerned.

Next, think about the labeling you sometimes see on a package of pesticide or herbicide. Ever noticed the phrase "safe when used as directed"? Safe for whom? Certainly not the bug or weed! If it's not safe for them, it's not safe for anyone or thing, regardless if "used as directed". Bob's unadorned opinion has it that all the chemicals (synthetic or otherwise) that mankind has developed to give us green, pest-free lawns and gardens are gradually killing the earth upon which we all live and depend on for sustenance. These products have become pervasive. Those who use them, find that the more the products are used, the more they have to use them. Not a good thing.

Bob went on to cite a recent study outlining the dead zones at the ocean mouths of nearly every river in the world. The zones are a result of the heavy concentrations of chemicals in the river water that it receives from rain run-off in its watershed. The one at the mouth of our own Mississippi spans about 7500 square miles.

Some bagged mulches found at big-box retailers bear a good read of their labels. There was a recent story making the rounds that told of a homeowner whose dog became very ill after ingesting some cocoa-hull mulch. No surprise there. A constituent of cocoa-hull mulch is theobromine – extremely toxic to dogs. Note: xylitol is also extremely toxic to the backyard buddies. READ the labels before you buy. Better yet, just rake up last fall's leaves and use them for mulch!

Rainwater harvesting, in Bob's opinion, will be the salvation of South Texas. If you get a chance to see a presentation of John Kight's systems, go for it. John operates out of Boerne and has regular sessions at the Cibolo Nature Center (830-249-4616).

So go organic. Pick off the bugs. Alternatively, try the apple slice in a jar in the ground trick or go get some of Malcolm Beck's Auntie Fuego or other products from GardenVille. Spread mulch around (try Lady Bug or New Earth, both from South/Central Texas and without cocoa-hull content). Try not to till too much (brings up too much organic matter and allows it to sort of flash off its nutrients). Build a compost pile. The last is the easiest, requiring no fancy bins or buckets or drums. Just start a pile in your backyard and keep adding to it. Dig out what you need from the bottom and let the pile sort of drop in to fill that space. Try compost tea or dry molasses or green sand. If you feel the need to buy something to help, his preference is with the Medina product line.

The bottom line is that we are the current stewards of this good earth and we must teach our children to do likewise. We have this obligation to strive toward the return of a healthy planet that will be healthy for generations to come.





Members put information into Practice.



Here's a photo from Jean Dukes of her NEW square foot garden. An avid gardener and fresh food lover, Jean & Sid put together this version of a square foot garden. The thought here is that the open cinder blocks will maintain separation between some certain of their vegetables and make the tending a bit easier (not to mention tidier!)

Good luck with the new garden, Jean!



Did You Know...

An interesting item from hipmamablog.com explains those little stickers on the produce at the grocer's. "A four-digit number means it's conventionally grown. A five-digit number beginning with a 9 means it's organic. A five-digit number beginning with 8 means it's genetically modified."

Some Old-Fashioned Advice from the 1852 Old Farmer's Almanac:

To avoid fevers, eat moderately, drink sparingly, lie not down on the damp earth, nor overheat yourself; but keep your temper, and change your clothes as the weather changes.

Walk Across Texas Plant Sale Notes

So someone asked "How does one get to Texas?" The answer? "One walks"

That's what Janet Miller and her crew did back in Mid-April. For two days in the Botanical Garden's conservatory courtyard, they did their best to raise a few dollars for this club and to provide a few herb plants to all-comers. The weather cooperated (well, mostly) and they did pretty well. Thanks to all who came out to help out. We'll have details at the May meeting. Meanwhile, here's a couple photos.



Hearty Handshakes to.... Jinnie Perkins

for so kindly sending condolences and newsletters with mention of Marcy Scalf to her family, so that they family would know how much she was cherished and valued by the society.

2009 King William Parade Report

To judge by the photos Rebecca sent along, this event continues to be one of the best for plain good ol' fun! Here's a few to get you going. Take a look at the full set online at www.sanantonioherbs.org

Madeline Sprague, Queen. Check out her hat and shoes



Some of the float royalty.



Take a gander at Yoli and her helpers.

A special thanks to Yoli & Sil Huron who have provided the float trailer and truck every year SAHS has participated in the parade.



While we're talking about being environmentally friendly.

Remember that it's the season for most of the Farmers' Markets in this area to be back in full swing. Buy locally produced produce. You get FRESH stuff plus you aren't paying for the gas (and pollution) of a long distance freight carrier to bring something that may not be organically grown and was probably picked green (yuk).

Another item to think about: It takes 28% less energy to recycle than to produce paper from scratch. Paper accounts for 40% of solid waste in the US, which is about 72 millions tons annually. (where does it all go?!) If every household replaced one roll of regular toilet paper with one recycled post-consumer waste roll, 424,000 trees would be saved. A single tree will absorb 1 ton (yes, one tone!) of carbon dioxide over its lifetime.

Use a french press for your morning coffee instead of a coffee maker needing a paper filter. On that note, take your own refillable mug when you make that stop for the designer coffee. That's a lot of paper saved!

excerpted from becomegreen.com



Over the Fence...



2009 Program Line-up

May: Ice Cream Social. All members are asked to bring either an herbal-based ice-cream, frozen yogurt, sorbet, topping or other accompaniment or a fingerfood. We're opening the patio doors and letting the outside in! Come enjoy the treats AND the lovely gardens.

June Bay Laurel, Herb of the Year.
Presentation by SAHS membership including the first issue of our new Bay Laurel booklet.

July: Tentative: Herbal Landscaping—Your Edible Yard.

August: Annual "Share, Swap, Show Us What You Got" session. Bring your favorite tool, recipe, book, herb, memory, photograph, magazine, hat—whatever.

an Herb Affair...

May 9, 9-1 at the Antique Rose Emporium. Theme - Herbs in the Home. Activities: ethnic herbs; herb of the year (by me); drying herbs; paper making; aromatherapy; herbal nature printing; vinegars; herbal home cleansers; herbal pest control; landscaping with herbs; breads, butters, spreads and grilling.

— *Sally Ann*

Next Board Meeting

May 25, 6:30 pm. These meetings are open to the general membership. Please contact one of the Board for location or other details prior to the meeting day.

Nematode Nick's e-newsletter

Have you received your Spring issue? In the latest issue, Leslie Vann talks about their herb garden — they recommend planting enough dill for you AND the Monarch caterpillars! Even included a tasty-sounding recipe for a dill dip. They recommend Mexican petunia for this area and have some encouragement for gardening green-ly. See their web page: www.nematodenick.com

Did you know

That Carol-lee Fisher has been teaching a cooking class at the University Presbyterian church recently? The class ran for 4 Fridays and targeted preparing good, simple food with locally purchased produce. Must've been good—especially when you get to eat your work!

SAHS and Other Events

Clear your calendars now and be ready to have some SAHS FUNdraising

May 2: Solar Fest @ Maverick Park

May 3: SAWS Garden Jazz party & Plant Sale at SA Botanical Garden. 10am.

May 3 - 10 is National Wildflower Week at Lady Bird Johnson Wildflower Center.

May 9: Birdathon @ Mitchell Lake Audubon Ctr.

May 12: 6:30pm; Native Plant Society
1101 Elbel Road, Schertz

Shade Gardening With Native Plants" by Judit Green, Urban Wildlife Biologist

May has the Becker Lavender Festival in Stonewall.

May 23rd 12th Annual Festival of Flowers, call Joe-Beth Kirkpatrick to help (phone #s on page 5).

June 3-6: Shakespeare in the Park (SA Botanical)

June 8: at 10:00 am Judy Barrett of Homegrown magazine will be at The Antique Rose Emporium to lecture and sign books.

June 11 & July 9: Concert Under the Stars (SA Botanical)

June 13-14 Blanco Lavender Festival.

May: Coming Labor Day to the SA Botanical Garden: monster-size bug sculptures. Sounds like a Field Trip!

SA Botanical Garden's Art in the Garden series lists Susan Budge sculptures "Myths, Magic and Mysteries"

November: Aromatherapy workshop. Jean Dukes has another tidbit of information for everyone. There will be a clinical-lab workshop weekend conducted by Dr. Maria-Dolores Gonzales, ND, CNC, CNHP in November of this year. Anyone interested, please see Jean for that information.



A Note from the SAWS e-newsletter,

conserve:

"If you're lucky enough to have oaks or other trees in your yard, limit the grass underneath them. For the healthiest trees, remove or limit grass out to the tree drip line. Instead, apply mulch and natural leaf litter. There's a reason you don't see trees on the grasslands or grass in a forest: they prefer to live separate lives, if possible. Here in South Texas, I'd rather have the shade from trees. "

A Book Review:

The Passionate Olive: 101 Things To Do With Olive Oil
by Carol Firenze.

I have long thought of olive oil as a substance to use in salads, sautéing, and bread dipping. Boy, did I learn a lot! Carol covers the milestones of olive oil from 6000 B.C. to 2005 A.D. and then delves into the history and culture, myth and legend, religious and folk magic of olives and olive oil. She explains olive oil categories, how they are judged and what to look for on a label. Then the fun and information flow!

In the chapter "Around the House" she covers using olive oil to clean (very eco-friendly), preserve wood finishes, repair and maintain items and how to use olive oil "in a pinch" when nothing else is available. Carol devotes a chapter to health – inside and outside. She gives formulas for anti-wrinkle, massage, facial masks and hand and nail care. There is a chapter on pregnancy and baby care, another for pet care using olive oil and of course a chapter for cooking and preserving with olive oil.

The entire book is filled with her family stories and recipes. Not only is this book informative but it is a fun read as well.

Submitted by Sally Ann Hnaituk

San Antonio Herb Society Minutes Meeting

April 9, 2009

Call to order: Eileen Achorn

Welcome to visitors

Minutes from March 18 meeting accepted

Business discussed:

Review of recent SAHS events

Updates and Upcoming Events:

Janet Miller: SA Botanical Gardens/Walk Across Texas Plant Sale—April 18/19

Please wear nametags & SAHS t-shirts

Joe-Beth: Festival of Flowers—May 23—9am-5pm (shifts start at 8)

Passed shift volunteer sign-up sheet

Need cookbook recipes brought in for samples

Wear SAHS t-shirts or aprons and nametags

Sally Ann spoke on the need for continuity with Co-chairs for offices

(still need Co-chair for President!)

New slate of officers:

Eileen Achorn - President,

Evelyn Penrod -Vice President,

Jean Dukes – VP Co-chair,

Membership - Gayle Morris,

Don Crites - Treasurer

Publicity - Katheryn Seipp,

Jan Conwell - Secretary

Voting for officers in May



Bob Webster presented: Organic Gardening Techniques

Chemical fertilizers and pesticides; dangerous to us, our pets, and the environment

Organic alternatives, solutions, and cultural methods to reduce pest damage

Where to get the good stuff—compost, organic amendments, bug traps, and books

Question and answer session

More Business:

Ice Cream Social—May Banquet

Members are to bring herbal ice cream, toppings or finger foods

Adrienne Hacker held the vote for King Williams Parade Court:

Queen-Madelaine Sprague

Princess-Mary Anderson

Dutchess (to be chosen the day of)

(Waivers necessary to participate)

Meeting adjourned, more food, visiting, and then home.

Submitted by Jan Conwell, co-secretary

June Newsletter Deadline

Wednesday following the regular meeting. I.e., May 22nd.

The editor welcomes your contributions & photos. Thanks!

Resource Guides

Don't delay. Get YOUR copy today.

DISCLAIMER

Information presented in this newsletter and at the SAHS meetings is for educational purposes only. It is not intended to diagnose, treat, or replace the advice of a health professional. Herbal formulas are given for reference purposes only and a person may have a reaction to any herbal product even though it is not a toxic substance.

Treasurer's Report / March 2009

Submitted by Don Crites, SAHS Treasurer

Income

Membership Dues	\$455.00
Plant Sales (SAWS)	\$1,007.13
Nametags	
T-Shirts, Aprons, Totes	\$75.00
Book Sales	
Cookbooks (3, 1)	\$80.00
Resource Guides (15)	\$300.00
Booklets (5)	\$15.00
Miscellaneous	\$5.93
Total Income	\$1,938.06

Expenses

Newsletter	
Printing	(\$19.47)
SA Garden Center	
Leasing Fee	(\$85.00)
Attendant Fee	(\$36.00)
SA Botanical Society	
Nametags (5)	(\$67.58)
Programs	
Speaker Honorarium	(\$50.00)
Plants	(\$1,007.00)
Special Events Fees	(\$100.00)
Olive Festival / Festival of Flowers	
Miscellaneous	(\$38.15)
Total Expenses	(\$1,403.20)

Account Balances

Certificate of Deposit	\$1,154.09
Savings Account (+int)	\$2,385.00
Checking Account	\$2,980.32
Cash On Hand (petty cash)	\$50.00
Accounts Total	\$6,569.41

'08 - '09 SAHS Board Officers

Eileen Achorn - President

207-712-1903 (cel), Eileen.Achorn@utsa.edu

Evelyn Penrod - Vice President Programs

830-438-2290 (cel), epenrod@qvtc.com

Rebecca Kary - Secretary / Membership

210-200-8512, karyrebecca@yahoo.com

Jan Conwell - Co-Secretary / Membership

575-439-7522 C,

Don Crites - Treasurer

210-846-9019 or 671-0989, drcrites@msn.com

Lyn Belisle - Publicity / PR / Webmaster

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

lyn.belisle@trinity.edu

CONTACTS

Joe-Beth Kirkpatrick – Newsletter

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Sandra Lyssy – Hospitality (needs assist)

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Patty Wilson - T-shirts, Cookbooks

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

jan_storyteller@yahoo.com

Board meetings are typically the last Monday of the month. Contact us if you have an item for the agenda or wish to attend.

Brian's May To-Do List for The Garden

Compiled by MG Brian D. Townsend



1st Week:

Yearling purple Martins could still

be coming in looking for new nesting sites to colonize. No matter where you live, keep your housing open through June. Martins may arrive and begin nesting as late as the end of June, anywhere in North America! - PMA (visit their website @ <http://www.purplemartin.org>)

Goldfinches have migrated back up north! Watch feeder (especially if it is the "upside down" type) and take it down if not in use.

Even when the American goldfinches leave, you can attract lesser goldfinches, house finches and an occasional painted or indigo bunting to the thistle (niger) feeder.

If your lawn or plants are turning yellow, apply a chelated iron supplement to the soil (results are slower, but longer lasting, using a "granular" form of iron - EO), or as a foliar spray to correct iron deficiency, which causes CHLOROSIS (the yellowing).

Harvest columbine seeds now. Place stalks in paper bag to collect seeds.

Keep beds well mulched. In our area, heavy mulch has proven very beneficial. Almost any organic material can be used that lets the rain and air through, yet minimizes evaporation from the soil. Good mulch keeps down the weeds, keeps the soil cooler and adds humus to the soil. Better growers in our area do not neglect it. Fluff it up from time to time with a fork to maximize its insulating quality.

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. *Hot rainy spells are hard on herbs, as they do not like humidity. Solutions are 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.- TGS

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.

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

Plant zinnias, marigolds and cockscomb (celosia) seeds. **Divide and transplant plumbago**, sultana and pentas. **Mallow hibiscus, firebush, lantanas** and other heat-loving plants have begun to grow. Plant zinnias, marigolds

and cockscomb (celosia) seeds. **Now is a good time to seed Bermuda** or Buffalo grass. **Protect vegetables such as squash**, eggplant, okra and tomatoes from harsh direct sunlight to keep them from burning or wilting.

Use scissors to thin out flowers you're growing from seed. Thinning will improve the quality of the flowers and using scissors will not disturb roots.

3rd WEEK:

Columbine seeds are mature. Plant them in containers in potting soil now and they will be ready to transplant in fall.

Keep peach trees well-watered as long as there is fruit on the tree. Pick when the green background on the fruit changes to yellow.

4th WEEK:

Keep summer squash, peppers, tomatoes, green beans and other vegetables harvested to maximize production. To prevent BIRDS from pecking ripening tomatoes, hang a few red or orange Christmas bulbs or decorations on the plants now while the fruit is green. The birds will check out the bulbs and, not finding anything, will lose interest and pass up the real fruit when it ripens. - CF

If the weather has cooperated, we should have an abundance of LADYBUGS. Avoid use of pesticides and let the ladybugs do their work. Their larvae can eat as many as 400 aphids a day. - TAE

Many thanks to my contributors for sharing their wisdom so I can learn and share it with you. This is a very abbreviated version of Brian's To-Do List. Read Brian's complete, unedited list on the SAHS website at www.sanantonioherbs.org/todo.htm

**In updating this collections of useful tips, I have come across several comments, instructions and chemicals that are being replaced with newer techniques and materials. In some cases, I do not want to change what others have written, but I need to bring "them" up-to-date by putting a "(?)" right behind the point in question and maybe adding my own two-cents worth. - me*

Many thanks to my contributors for sharing their wisdom so I can learn and share it with you.

Handy Hint for that smelly kitchen sink disposal: Next time you peel an orange or lemon or lime, drop the peels down the disposal and grind away with a little hot water streaming in with it.

Got a call the other day from Mary Salmon of the Guadalupe County Master Gardeners.

They ask SAHS to pass along any even information for their newsletter and meeting announcements. She also puts together CE hours for the group. Share & share alike!! Contact her at gardenquiltlady@yahoo.com or 830-627-8174

Herb Garden at the SA Botanical Garden

aiming for Star of the Garden Award

"Tear it out!" was the order of the day as the Weed and Gloat team got to work on the San Antonio Botanical Garden's Herb Garden on Monday, April 27. The parsleys were huge and dominating our sunny patch between the Cottage Garden and the Rose Garden, and it was time to cut them down to size, eliminate them, and choose which two to leave for "show". The seed-filled shoots are very decorative. So we left three to delight the eye and planted basil, feverfew, Mexican mint marigold, pennyroyal and a couple of rosemary seedlings in the bare spots. Curly purple basil and sweet, green basil; just walking slowly past our planted patch, and running one's hands along the various plants is enough to make one want to go home and cook up a huge batch of herbed, fried potatoes and onions.

The talk was, as usual, of favorite herb dishes, and the medicinal uses of "our" herbs, and of an old German who kept sheep on a sloping patch of land, and dispensed information on how to use herbs to avoid pregnancy. Yes.... we are approaching wise. We lucky few: Evelyn, Jan, Helga, Rosemary M., Martha V. and Jane.

Even seers have to eat: we had lunch at TacoTaco on Hildebrand, where the best tacos in the entire USA (according to the T.V. Food Network,) are to be found.

We meet again at 9.30 am on the last Monday in May, to weed and gloat over our Herb Garden at the San Antonio Botanical Garden on Funston Steet.

Submitted by Jane McDaniel

SIG-nificant Events

SIG Leaders... Don't forget to provide a line or two about what your SIG's doing -the month before or next. Having this little bit of information sure helps newer members in creating new SIGs!

Mad Hatters Tea SIG Reports

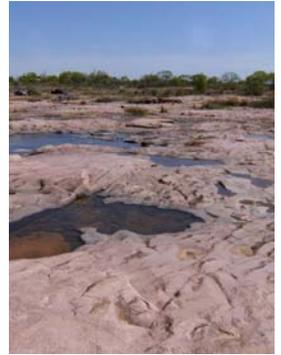
The Mad Hatters enjoyed a Valentine Tea on February 14th hosted by Diane Lewis in her home. Fresh sweetheart rose bouquets, antique valentines, & soft music set the mood. Members brought their favorite tea fare; finger sandwiches, mini quiches, chicken salad, fruit salad, scones, chocolate covered strawberries, & rose decorated chocolate heart layer cake. Diane provided a "tea menu", describing 5 tea blends served. Chocolate strawberry tea was voted most popular! Diane shared information about "Numi Flowering Tea"; hand sewn tea leaves that blossom like a flower when steeped. She concluded the tea with a sparkling wine toast to Valentine's Day, the MH SIG, and friendship!

April 11th found the Mad Hatters relaxing on Jane McDaniel's arbor covered deck as she hosted a delightful Irish Tea. Her gardens; adorned with herbs, many varieties of roses, & other flowers in bloom; were a feast for the eyes. Members provided Irish tea fare; corned beef stuffed cherry tomatoes & sandwiches, salmon with dill sandwiches (see recipe), soda bread, & much more. Rosemary Kotrich made a cute & tasty piña colada "Easter chick" cheese spread. SIG leader Diane Lewis shared a favorite book "Cooking with Green Tea" by Ying Chang Compestine ISBN 1-58333-065-8 with tips about the health benefits of green tea. Members informally shared information about growing & using ginger and other gardening tips. Jane's "Cut & Come Again Cake" was a special treat as was the "Irish Coffee" served in wine glasses as a grand finish to the tea

Submitted by Diane Lewis

Healthy Living with Herbs SIG Reports

In early April (as a delayed March meeting), this group made its way away up to the Hill Country, just west of Llano to the weekend retreat of Judy and Randy Riley. Friends of Carol-lee, they graciously opened their home and the surrounding acreage for us to have a good herb walk (hike!). There, away from the crowds and city folk, we saw wild yarrow, horsemint, bee bush, dry land fern, lichens, and a host of other specimens (I'm sure someone has a real list). Maybe I'm a little biased, but these hills and those rocks and this part of Texas are, to me at least, what heaven must look like. If you look at the photo a little further down, you'll see a dish garden we saw growing



in a shallow place up on top and in the middle of one of those huge chunks of pink granite. Afterwards back at the house, we settled under the trees for a terrific picnic lunch. After we'd rested up a bit, Randy piled us in the

A real live "dish" garden.



truck and another herb walk was had in the Llano river bottom a couple of miles away. We surprised a red-eared tortoise making his way to a shadier part of the river bed. The countryside up there is part of the *Llano Uplift* and is mostly of granite and related volcanic origin. It is beautiful. Go visit.

Later in April for the regular meeting, an abbreviated group (Diane Lewis, Joe-Beth Kirkpatrick and Jean Dukes) met at the home of Bill Drane to talk a little about and do a little bit of soap making. Bill, like several other Herb Society members, learned his basic soap making from another SAHS member, Judy Daughy. He'd done the basic prep and we just jumped right in stirring the lye/water mix with calendula-infused olive oil plus palm and essential oils. It's not too difficult, just gotta be specific with your ingredients and temperatures. Let it cure out for several weeks... can't wait.



Submitted by Joe-Beth Kirkpatrick

Herbal Craft SIG Schedule

Rebecca Kary provided this schedule for the SIG:

May 16: Mosaics

June 20 TBD

July 18 Paper Beads

August 15 Cards and Gift Labeling

September 19 Salsas and Guacamoles

October 10 Gift day, vinegars; Moroccan-style preserved lemons; roasted, flavored pecans; seasoning mixes, etc

November 21 Collage project

Contact Rebecca at 210-200-8512, karyrebecca@yahoo.com

Business Members

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

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