



La Yerba Buena



THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 242. May 2010

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 13, 2010 Membership Summer Banquet



In May we will vote on the new Board Members for the 2010-2011 year.
Join us to vote and welcome our new Board!

After the brief business meeting we will adjourn to celebrate spring and the friendships we have made through the Herb Society. The theme is "Friends Are Flowers In The Garden Of Life" - *anonymous*

Dress is summer casual for the potluck. No competition this time for table decorations, just come and enjoy. We will have a little something at each chair and top off the evening with a drawing for door prizes.

All members are invited to bring your significant other or a guest.

The meeting will start a little early at 6:45p so be there a little earlier than usual to sample the appetizers! The food tables will open immediately after the short business meeting and board election. I

hope you will join us as we celebrate the ties of gardening and friendship.

"Let us be grateful to people who make us happy;

they are the charming gardeners who make our souls blossom."...Marcel Proust

Please contact Evelyn Penrod to help with the decorating the room and tables.

The appetizer tables open at 6:20pm. Members whose last name begins with A-L are requested to bring either an Appetizer or Dessert. M-Z is requested to bring a Casserole, Side or Salad. Don't forget to bring the recipe to share. 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



April is done and things are getting quiet

Thanks to everyone for their work to make this Spring's various sales and public presentations the great successes they always are. Give these fine folks a handshake:

Carol-lee Fisher for the SAWS Spring Bloom in March and the HEB Herb Fest in April;

Eileen Achorn for bringing the Big Read event to the SAHS and chairing the SAWS Walk Across Texas sale;

Evelyn Penrod for her terrific program arrangements and the Spring/Summer Banquet;

Jane McDaniel who gave talks about herbs to a couple of neighborhood groups;

Jackie Compere and Ruth Sagabiel (and spouses!) for their marathon efforts in running the table at Olives Olé;

Adrienne Hacker & Jean Dukes and their crews for their efforts in keeping us in the King William Parade;

Sandra Lyssy for her great presentations on "green cleaning" and herbal-based cleaning products;

And everyone else who helped give the SAHS a little more positive publicity this spring.

Members' Sale Tables at General Meetings

Contact Jean Dukes or Evelyn Penrod to reserve a table at least 2 weeks prior to the meeting.

Have your sales table set up by 6:30 pm and removed by 9 pm.

Members' Share Table

Is always open.

Bring your gently used items to share with other members. Items left over at the end of the meeting will be thrown away.

May 29 Festival of Flowers

It's May, and the SAWS Festival of Flowers is right around the corner on Saturday, the 29th, 9am-5pm. This is a really busy and fun show. There are plants and products for plants; there are presentations and panel discussions; the room will abound with information about gardening. An amazing venue. SAHS will participate with our cookbooks and resource guides for sale. Come and help sell for a couple hours, then see the show. Booth volunteers get in free. The goal is 50 books sold. Wear your SAHS nametag plus SAHS tee and/or apron.

This is our last big sale day for a few months.

Contact Joe-Beth to help. 830-460-0251. (need a few more folks to help cover Saturday mid afternoon.) Thanks!!



Hospitality Table Schedule:

May: Banquet, All

June: N-S

July: T-Z

August: A-F

Sept: G-M

Hospitality needs some help.

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Member Recipes

Only one recipe this month, compliments of Sandra Lyssy. Please remember to label the treats you bring to share along with the recipe for publication.

Herbed Tuna Salad on Whole Wheat Toast

anonymous

- 2 cans white Albacore tuna
- 2 hard-boiled eggs
- 1/4 C chopped red onion
- 1/2 C mayonnaise
- 2-3 tsp lemon juice
- 1 tsp chopped fresh tarragon
- 1 tsp chopped fresh oregano
- Salt & pepper to taste



Combine all ingredients and mix well. Cover and chill for before serving. Store in the refrigerator.

Dilly Casserole Bread

Submitted by Peggy Mahan

- 1 pdg active dry yeast
- 1/4 C warm water
- 1 C cream-style cottage cheese, heated to lukewarm
- 1 Tbs butter
- 2 Tbs sugar
- 1 tsp salt
- 1/4 tsp baking soda
- 1 Tbs instant minced onion
- 2 tsp dill seed
- 2 1/4 - 2 1/2 C flour

Soften yeast in warm water, let stand 10 minutes. Combine in a large bowl, the cottage cheese, butter, sugar, salt and baking soda. Add the onion, dill seed, egg and softened yeast. Beat well to blend thoroughly. Add flour gradually, beating after each addition. Cover and let rise in a warm place until doubled in bulk—about 1 hour. Stir down dough. Turn into a well-greased 1 1/2 or 2 quart casserole. Let rise in a warm place until light, about 30-40 minutes. Bake at 350oF for 35-40 minutes or until crust is golden brown. Brush top with soft butter. Cool about 5 minutes before turning out on cooling rack.

Microwave Dill Tater Snacks

Submitted by Patty Wilson

- 3 slices lean turkey bacon
- 10 small red potatoes, unpeeled and halved (about 1 1/2 lb)
- 2 Tbs sliced green onions (2 medium)
- 1 tsp chopped fresh dill weed
- Dash pepper
- 1/4 C grated Parmesan cheese
- Fresh dill weed or parsley for garnish, as desired

Cook the bacon in microwave as directed on the package. Cool slightly. Crumble; set aside. Place the unpeeled potatoes, cut side down in 12x8 ungreased microwavable dish. Add 2 Tbs water. Cover tightly with microwavable plastic wrap. Microwave on high for 9-12 minutes or until tender, rotating dish 1/4 turn halfway through cooking. Let stand 3 minutes. Drain; cool slightly. In a small bowl, mix sour cream, green onions and 1 tsp dill weed. Turn potatoes over. If necessary, trim a thin slice off the bottom of each potato half to make it stand upright. Top each with dollop of sour cream mixture; sprinkle with crumbled bacon. Sprinkle each with pepper and parmesan cheese. Garnish with fresh dill or parsley.

June Newsletter Deadline

Saturday, a week following the regular meeting, i.e., May 22nd. YOUR contributions, reports, commentary & photos are requested and always welcome. Thanks!

Sweet Potato Mash & Smoked Almonds on Whole Grain Crackers

Submitted by Jeanne Hackett

- 1 medium (about 3/4 lb) sweet potato, roasted, peeled and mashed (to make about 1 C)
- 1 orange, zest and juice (organic preferred)
- 1 Tbs chopped fresh parsley
- Sea salt and ground black pepper, to taste
- 24 whole grain crackers
- 24 (about 1/3 C) whole smoked almonds
- 1 tsp organic Hungarian paprika

In a large bowl, mash together sweet potato, orange juice and zest, parsley, salt and pepper. Spread a bit of sweet potato mash on each cracker and then top each with an almond and light dusting of paprika.

Jeanne's tip: if you quarter the raw sweet potato, boil it until done and let it cool, it's much easier to peel.



Green Living Hints

The April 25 issue of the SA Express-News had an insert containing a great list of the many types of recycling supported by various businesses in the area. Some things you may not think about every day included places to take your old flashlight batteries, tennis, computer monitors, cell phones, motor oil, tires, cardboard, brush and etc. It also listed some service companies that are quite green in the products used such as a cleaners,

There were suggestions for new, but very reusable items like glass straws (instead of the paper-wrapped plastic ones), organic cotton twill lunch bags, kitchen sponges made from cellulose (like when I was a kid) or from recycled paper and agave fibers, solar charges for small electronics, shoes that either decompose within 20 years if left to their own devices or are made from recycled materials (rubber for the soles).

Check with the City of San Antonio for information on what you can and can't put in the recycle bins for the regular curbside pickup. They've changed a couple of the rules, allowing more types of plastics but asking they NOT be in old plastic grocery bags (they jam up the sorting machines). As before, please rinse out the food containers before tossing them in the big blue bin.

See if you can get a copy of the insert. I've saved mine for future reference.

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.

Over the Fence...

2010 Program Line-up



June: Sam Coffman is founder and lead instructor of The Human Path (<http://www.thehumanpath.com>), which is an ecology-based school in the San Antonio area that teaches herbology, wilderness medicine, wilderness living and survival skills and much more. See his blog here: <http://voices.mysanantonio.com/samcoffman/>

July: Presentation on Dill, 2010 Herb of the Year

August: annual show-and-tell from our membership

September: pending confirmation

October: Judy Barrett of "Homegrown" with a topic title of "What Do I Do With My Herbs?"

Next Board Meeting

May 31, 6:30 pm. These meetings are open to the general membership. Please contact one of the Board members for location or other details prior to the meeting day

NEW Tee-shirts, totes and aprons now available!!

Check out the sales table at the next meeting or contact Patty Wilson.

Board Nominations are in

Slate was presented at the April Meeting. See list elsewhere in this issue.

SAHS out and about in April

Carol-lee Fisher went up to Tarpley to new member Sally Garrett's place for a class in one-day tincturing.

Lyn Belisle and Jean Dukes both attended the book signing at the Twig. This event featured Susan Wittig Albert who gave a talk as well as signed books.

SA Botanical Garden Events

For May as provided by Judy Yaeger, SABot volunteer.

May 2, 10a to 2p. Garden Jazz Party and Plant Sale (SAWS). Featuring live music, entertainment and lots of new plants from the greenhouses.

May 8, 9a to 2p. Kumamoto En Day & Plant Sale (Japan America society of SA); This garden was a gift from Kumamoto, one of SA's sister cities. This event will feature traditional food & entertainment plus interpretations of the many traditional features of this lovely spot.

Herb Affair—May 8

Please mark your calendar for the annual Herb Affair co-hosted by Comal Master Gardeners and the Antique Rose Emporium on Saturday, May 8, 10 am – 3 pm at the Antique Rose Emporium. This is the eighth year that CMGs have joined with the Emporium in providing this educational and fun event to the San Antonio area.

This year's Herb Affair is themed "Herbs for all Reasons," and it will feature the use of herbs throughout the home and garden, to include, of course, using herbs in the kitchen. The 2010 Herb of the Year, Dill will be featured and assure a dilly of an herbal affair.

Come join your CMG friends and learn some new information about herbs. Taste some of the samples and mix, mingle and chat with your herbal friends. There will be a stamping table for kids and because dill immediately brings caterpillars to mind, there will be a butterfly information display.

Submitted by Sally Ann Hnaituk

Ed note: The Rose Society's meeting is the same day at the A.R.E. at 10 am.



SA Daylily Society show and sale

Saturday, May 15, 2010, 1:00-4:00 at the San Antonio Garden Center. Be sure to visit our friends and enjoy this lovely and useful plant.

Children's Day in the Garden

Saturday, May 22, 2010, 1:00-4:00 at the Antique Rose Emporium. Bexar Cty Master Gardeners host this event.

Note: The Antique Rose Emporium also hosts a Farmers' Market every Saturday from 9-12

New Horticultural Show during Festival of Flowers.

Home gardeners are invited to show off their prized plants at this year's Festival of Flowers on Saturday, May 29. The first Alamo Area Horticulture Show is sponsored by the Bexar County Master Gardeners and the Texas Nursery and Landscape Association. Entry guidelines and rules are posted on the Festival website at www.SAFestivalofFlowers.com, or call (210) 930-1100 to request the information by mail. Awards will be given in nine different categories--potted foliage plants, blooming plants, and cactus and succulents; cut specimens of blooming and foliage plants; hanging baskets; dish gardens and terrarium plants; container gardens; and vegetables and fruit. The Horticulture Show is in addition to the City-Wide Plant Exchange. The Festival of Flowers happens at the Alzafar Shrine at 901 N. Loop 1604 West, between Stone Oak Parkway and Blanco Road.

Contact for more information:

Anne Schiller, PH: (210) 380-3532

E-Mail: anne@anneschiller.com

Big Read and other events

An **Herb Walk** at the SA Botanical Garden for the Big Read series of events was conducted by Evelyn Penrod. She reports that about 12 folks attended that one. Pretty day for it. All were interested in herbs and had a great time.

She was also asked to do another during the Walk Across Texas. Well, it poured rain that day and the attendees only totaled four and those folks were also interested in purchasing plants so Evelyn acted as guide and took them up to the sale area.

Herbal Cleaning was conducted by Sandra Lyssy; here's her report:

"I had the privilege of taking part of the BIG READ for the San Antonio Library Association.

I was asked to do the Herb Society's presentation on Cleaning with Herbs. The two locations where I was assigned were the Brookhollow and Tobin Libraries. Unfortunately, the turnout was not overwhelming. At Brook Hollow one person showed up!! We had an engaging chat on using earth friendly cleaners. At Tobin my audience doubled (2 showed up).! It could have been the weather that morning since we had a tremendous downpour. At least this experience made me go to a public library, since I have not been to one in years. It was nice to see that the library system is doing well in SA. I saw families, friends etc., using the available resources.

On another note, I was invited to speak at the monthly luncheon for cancer patients and families hosted by the Cancer Therapy and Research Center (CTRC) on Wed April 21st. The turnout was much better; approximately 20 people were my audience. I went over the presentation and fielded tons of questions!! The organizer said this was one of the better attended meetings they have had."

As submitted by Sandra Lyssy

San Antonio Herb Society Meeting Minutes for April 8, 2010

Eileen opened the meeting at 7 p.m.

Welcome and Thank you to Sandra and others who decorated or brought food – reminder to all of share table.

Business Meeting:

Acceptance of Secretary's minutes

Reports on Recent Past Events:

SAWS Spring Bloom – report - \$813

Olive Ole – report by Jackie Compere – 54 volunteer hours, \$479 minus booth fee of \$50.

Eileen announced Big Read events– Carol-lee cooking, Sandra cleaning, Jean healing, Evelyn led herb walk at the garden on Saturday for herbs that were in the book, there's another walk on the 17th; all going well

Upcoming Events:

Central Market Herb Fest – this Saturday and Sunday. Come out and talk about herbs and help push our cookbooks. Carol-lee is the contact person; Joe-Beth signed up volunteers.

Walk Across Texas Spring Plant Sale – the 17th. Please sign up if you can help. We still need a few able bodies.

King William Parade – Adrienne and Jean are contact people. Still need flowers to decorate with. Vote on hats by applause (unless Adrienne has made other arrangements.)

Queen went to Mary Anderson, all others will be duchesses.

May banquet – theme "Friends are the flowers in the garden of life" – still need decorating help. Contact Evelyn if you'd like to help.

Festival of Flowers – Joe-Beth is the contact person; Signed up volunteers for the event.

Eileen announced that Susan Wittig Albert will be at The Twig Friday the 16th from 5 – 7 to sign books.

Nominating committee – Gayle announced the slate of officers: Newsletter: Joe-Beth Kirkpatrick; Webmaster: Lyn Belisle; Treasurer: Kathryn Seipp; Secretary: Karen Abel; Publicity: Jeanne Hackett; Vice President for Programs: Jean Dukes; President: Yvonne Baca. ; Past President: Eileen Achorn. Additional nominations were requested from the floor but there were none. Voting on this slate will take place at the May general meeting.



L-R above: Yvonne, Kathryn, Karen, Maria, Jeanne, Joe-Beth, Lyn, Jean, Gayle (at Podium), Eileen (at back).

Eileen introduced our speaker:

Robbi Will is a native of Central Texas. She graduated from Texas A&M with a degree in Horticulture. She has been working in the Green industry for over 30 years and has been at the Antique Rose Emporium for 12 years where she is General Manager. She says that "gardening is a vocation, a hobby and a genetic tendency". And on occasion, she has been known to eat roses. Tonight's topic however is herbal ground-covers. Please welcome Robbi Will. (See separate program notes that follow.)

Eileen thanked Robbi with a card and check after her talk.

Meeting adjourned at 8:20 p
Submitted by Eileen Achorn.

Report from the April Program

Robbi Wills from Antique Rose Emporium, Herbs as Ground Covers

Things started out a bit dry but got pretty interesting pretty quickly. Robbi's position as a manager for the ARE off Evans Road on San Antonio's north side allows her to work at something she truly enjoys: being out in the garden. She said it's a genetic tendency - her parents and grandparents all gardened in some fashion. Robbi noted that, as a child, she was introduced to the mysteries and wonders of the plant world. She described



the fragrance of a particular plant that now inspires pleasant memories her mother while the smell of another that brings on that ominous childhood feeling of "I'm in trouble". The olefactory sense is one of the most powerful memory triggers humans possess.

Herbs as ground covers or borders offer us the advantage of their many known attributes being backed up by their visual, textural and agricultural benefits. Some taller herbs work well as border plants and some of the lower, spreading ones act as living mulches. Woody perennials can be used to control erosion with their sturdy roots around the edges of a sloped garden. Many herbs are good around or incorporated into a retaining wall structure since their roots take kindly to the gravel and poor soil behind those walls.

Robbi offered up examples, too. For low-growing ground covers, try these: thymes, marjorams, oreganos, mints.

Give a little attention to those herbs that tend to shed leaves and build up mats like Lamb's Ears - dig 'em out every so often to prevent fungal growth under the mats.

For borders, these are good: lavender, rosemary, giant catmint, garlic chives (dig them every so often and give them to your friends),

Some herbs not normally thought of as ground covers included gotu cola, EZ Leaf celery (not really celery), Corsican mint and elfin thyme (both require attention as they aren't terribly resilient around SA),



Hearty Handshakes to Sil Huron

Our own Fiesta Royalty, Sil, has graciously put his mission work in Mexico on hold for the 5 out of the last 6 years to fulfill his role as our King William Parade Float Master. He has enthusiastically repainted, built devices, loaded hay and done everything to insure a wonderful experience for all our members.

Please take a bow, Sil.

PS Cheers to Yoli Huron, too, for making sure Sil remembers it's parade time.

From the Membership Chair

Our Newest Members:

This month we welcome Kathy Bailey to the SAHS! We look forward to getting to know Kathy, and all of our newest members, better in the months ahead. Be sure to look for someone you don't know, introduce yourself, show them around, talk about what's coming up in our organization, mention the interesting SIGs we have going, find out what's of interest to them and how we can help them with those interests and goals – you know, just make everyone feel welcome and at home!

Submitted by Gayle Morris, Membership Chair

Treasurer's Report, March 2010

Submitted by Kathryn Seipp

INCOME

Membership	640.00
Plant Sales	1,775.75
Cookbook	127.00
Resource Guide	100.00
Booklets	18.00
Bundled Sales	360.00
Shirts, Aprons, Tees	45.00
Miscellaneous	11.00
Interest on Savings	0.29
Total Income	\$3,077.04

EXPENSES

Attendant Fee	45.00
Banquet	0.00
Booth Fee	98.00
Copies	0.00
Equipment	0.00
Honorarium	75.00
Hospitality	144.43
Licenses & Permits	0.00
Plants Cost	882.00
Printing & Engraving	0.00
Rent Expense	85.00
Shirts & Aprons	0.00
Storage Rent	0.00
Supplies	148.27
Tax, Sales	0.00
Total Tax, Business	0.00
Website Fee	30.00
Total Expenses	(\$1,507.70)

Total Income – Expenses \$1,569.34

ASSETS: Cash and Bank Accounts

Cash on Hand	100.00
Frost Cert Of Deposit	1,154.09
Frost Checking	4,734.74
Frost Savings	2,386.19
TOTAL ASSETS:	
Cash and Bank Accounts	8,375.02
(Liabilities)	(0.00)
Overall Total Assets	\$8,375.02

From the Old Farmer's Almanac:

Historically, the Native Americans who lived in the area that is now the northern and eastern United States kept track of the seasons by distinctive names to the recurring full Moons. **May** is the Full Flower Moon. Flowers spring forth in abundance this month. Some Algonquin tribes knew this full Moon as the Corn Planting Moon or the Milk Moon.

June has the Full Strawberry Moon, The Algonquin tribes knew this Moon as a time to gather ripening strawberries. It is also known as the Rose Moon and the Hot Moon.

According to another article in the Almanac, Crabbing, shrimping and clamming are best when the Moon is full. Best days for fishing are between the new and full Moon. Dig your horseradish in the full Moon for the best flavor.

SAHS Officer Nominations for the 2010-2011 Term

Many thanks to Gayle and the outgoing Board for their search for volunteers to take over for the next term. Candidates for this next term are as follows:

President: Yvonne Baca
 Vice President (programs): Jean Dukes*
 Membership Chair: Gayle Morris*
 Secretary: Karen Abel
 Treasurer: Kathryn Seipp*

Non-elected positions:

Past President: Eileen Achorn
 Publicity: Jeanne Hackett
 WebMaster: Lyn Belisle
 Newsletter Editor: Joe-Beth Kirkpatrick*
 Programs Assistant: Marilyn Nyhus
 Membership Assistant: Maria Luhrman
 Book/Shirt/Tote sales: Patty Wilson*
 Hospitality: Sandra Lyssy* & Marilyn Nyhus
 * indicates candidate is continuing from 2009-2010

Sales Reports

Central Market Herb Fest, April 10-11, 2010, chaired by Carol-lee Fisher. Volunteers included Paul Fisher, Cindy Moore, Veronica Gard, Diane Lewis, Adrienne Hacker and Joe-Beth Kirkpatrick. We were guided by Gina Marie, manager of the Floral Department and Javier, merchandising expert. Our own Judy Daughy, a long time member of SAHS and Healthy Living partner at Central Market headed up the potting tables. SAHS helped CM customers choose herbs for their potted gardens, offering advice for good combinations of plants in a pot. We offered our own cookbook for sale and saw 11 go home with some happy folks. Central Market's Herb Fest was not



just a garden/potting event. In the cafe and chef-prepared display cases, there were many items featuring a wide variety of fresh herbs, all looking, smelling and tasting delicious.

Walk Across Texas Herb Sale

April 17, 2010, chaired by Eileen Achorn. SAHS conducted a plant sale during this larger, 3-day event at the SA Botanical Garden. Eileen reported that it RAINED. Sold over half the plants, had many left over. Nature's Herb Farm agreed to take back any plant of which there were at least 6 count intact. That still left quite a few to sell or use or otherwise distribute. You may be seeing those little guys around during our banquet. Or Call Eileen to see if there's any of the leftovers you could use in YOUR garden.

June Newsletter Deadline

Saturday, a week following the regular meeting, i.e., May 22nd. YOUR contributions, reports, commentary & photos are requested and always welcome. Thanks!

Dipping Oil Recipes from the Healthy Living with Herbs SIG

Italian Dipping Sauce

Ingredients

1 tsp crushed red pepper
1 tsp ground black pepper
1 tsp dried oregano
1 tsp dried rosemary
1 tsp dried basil
1 tsp parsley flakes
1 tsp granulated garlic
1 tsp minced garlic
1 tsp kosher salt
1/4 - 1/2 C extra virgin olive oil

Directions

Combine all ingredients, except oil, on a shallow bowl or plate. Pour olive oil over. Yield: 1/2 C

Parmesan Pepper Bread Dipping Oil

Ingredients

1 tsp dried basil
1 tsp dried thyme
1 tsp freshly ground black pepper
1/4 C Parmesan cheese
1/4 C extra virgin olive oil

Directions

Add the basil, thyme, black pepper and Parmesan cheese to a small bowl or shallow dish. Stir the herbs and cheese together until they are well blended. Pour the olive oil into a separate shallow dish.

To use this dipping oil, first dip a piece of bread into the olive oil, then dip the bread into the herb and cheese mixture.

Italian Sun-Dried Tomato Dipping Oil

Bursting with Italian flavors, this dip is sure to be a favorite.

Ingredients

1 C extra virgin olive oil
1 Tbsp. chopped fresh basil
1 Tbsp. chopped fresh parsley
1 Tbsp. chopped dried oregano
1-2 garlic cloves; minced
1/2 tsp. salt
1 tsp. coarse ground black pepper
1 Tbsp. sun dried tomatoes; finely chopped

Directions

Mix all the ingredients together and set aside 1 hour to allow flavors to marry. Serve in a shallow bowl with crusty Italian bread.

Olive Oil Bread Dip

Ingredients

1/4 cup olive oil
2 garlic cloves, finely chopped
1 tsp basil
1 tsp crushed red pepper flakes
2-3 tsp balsamic vinegar

Directions

Combine all ingredients except vinegar. Heat in microwave for 20 seconds. Let stand a few minutes. Add vinegar and serve.

Several of these recipes were tried out as a dressing for green salad and found to be quite satisfactory.

King William Parade SIG

Thanks to all of our great SAHS members for offering their assistance in making decorations for the King William float.

We made great strides in laying the ground work for having recyclable decorations for this years and future floats.

Thanks to all who volunteered: Karen Abel, Vangie Aparnoco, Linda Barker, Fiorenza Bruni, Cheryl Cokor, Jean Dukes, Kathy Heikes, Rosemary Kotrich, Maria Lührman, Rosemary Michel, Shelia Mangra, Jinnie Perkins, Chris Sined and Lisa Stanley.

Ed note: Did you see the photo of last year's float in the 4/15/2010 special section of the SA Express-News? It showed the float clearly along with herbies Yoli, Rosemary M., Mary Anderson and Martha V.

See the June issue of this newsletter and the SAHS online for photos from this year's parade.



The butterfly net was just the thing for Beverly.

Hats on parade and almost ready for the vote during the April meeting. Birdhouses, seed packets, flowers of all shapes & sizes and a flock of butterflies. Can't get much more entertaining than this. The reward for all this hard work? Chris, Jean, Madalene and Linda all win a ride on the SAHS float in the King William parade, one of many Fiesta events.



Queen Mary and her parasol—wonder if that rose is a good floss? Her shoes matched that parasol, by the way.



SIG-nificant Events

SIG Leaders... What has your group done lately?
Don't forget to get a note to the newsletter editor for *next* month!

Healthy Living with Herbs SIG

April 14, 2010 at Marguerite Hartill's out off Evans Road.
Subject: After a tour of the back yard gardens, our little group paired off and used recipes provided by Marguerite to create a nice variety of dipping oils for the fresh artisanal breads baked by our host. (See page 6 of this issue for the recipes.) She made up a "no-knead" bread with thyme and a whole wheat bread with rosemary—both picture-perfect and delicious. While we worked over our cutting boards, Marguerite reminded us of some of the basic health benefits of olive oil in the daily diet. After stirring and tasting and sharing a little bit, we sat to a dinner of steamed fresh vegetables over penne pasta. Some of us used those dipping oils as our salad dressing! By the way, those wonderful salads were composed of greens fresh out of Marguerite's and Jean's gardens. We had a mini-plant exchange between dinner and dessert (which was pound cake with fresh fruit). Diane brought cuttings of the night-blooming cereus (not sure if I have the patience), Jean had lots of oregano potted up from her garden, Marguerite had a variety of seed she hadn't found room for yet. There were tiny starts of kalachoe, tomatos, salvia greggei, and several others. It's so fun to see what folks have done in their gardens!

Next month, discussion on dill, herb of the year.

submitted by Joe-Beth Kirkpatrick

Culinary SIG

Well, I don't know about the rest of our group, but I had one of the most relaxing days I've had in a long time when our Culinary group headed to the home of member Ernie Vieluf in Comfort on April 10. Ernie has a wonderful – and peaceful -- plot of land overlooking the hill country. His landscaping is his garden – or his garden is his landscaping? He doesn't have a designated spot with rows of crops but rather has a multitude of vegetables, herbs, and flowering plants growing around his house, along his fence, around the trees, in the yard, in the greenhouse. It was an inspiration – gave me such ideas for incorporating a love for growing vegetables and herbs into the landscape. And we tasted his asparagus, lettuce, and onions straight from the garden – delicious!! We had lots of lively conversation, as always, and asked lots of questions, got lots of answers, and followed it all up with a lunch at a great little Mexican restaurant (sorry, I've forgotten the name but if you're ever in that area, Ernie can help you out). And I have to say, an added bonus to the trip were the absolutely GORGEOUS wildflowers along I-10! It was a day in heaven, as far as I'm concerned. May is Herbal Smoothies and Shakes at Chris's house!



Submitted by Gayle Morris

Herbal Crafts SIG

The Herb Craft SIG will be going to Becker's Vineyard for the Lavender Fest on May 15.

Submitted by Sally Ann Hnaituk

Ever use A French Press to make tea?

Jean Dukes ran across an ad promoting the use of a regular French press-type of coffee pot to use in making herbal teas with loose herbs. The page suggested some combinations, to wit: apple, thyme and ginger—fruity, herbaceous and spicy; lemon verbena and lemongrass—lots of citrusy zing; tarragon and orange peel—sweet with anise; last but not least is good old peppermint—refreshing and soothing. Using a press is about the simplest thing: loose herbs in the pot, pour simmering water over, cover and let steep. Press the filter plunger down when it's ready to enjoy.

Ed note: I use a French press almost every day and just love the convenience and simplicity of it. It's sort of green when you think about it—doesn't take up counter space, isn't made from tons of plastic, nor does it have a clock or timer to fiddle with.

Do you know about "Warbler Woods"?

Jean Dukes and Marguerite Hartill went out there recently and discovered a delightful place for a quiet walk among the wildflowers and birds. It's out in Schertz, just north of San Antonio.



Brian's May To-Do List for The Garden

Please See Brian's full column via the www.sanantonioherbs.org web page.

'09 - '10 SAHS Board Officers

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

Evelyn Penrod - Co-Vice President Programs
830-438-2290 (cell), epenrod@gvtc.com

Jean Dukes - Co-Vice President Programs
210 566-4379 (cell), 10days@earthlink.net

Gayle Morris - Membership
210-497-7416 or 210-912-9787 (cell)
gaylemorris09@gmail.com

Jan Conwell - Secretary / Recording
575-439-7522 (cell), jan_storyteller@yahoo.com
Treasurer - vacant

Lyn Belisle - Webmaster & Green List Coordinator
210-826-6860, belisle@satx.rr.com

Kathryn Seipp - Publicity / PR / Treasurer pro-tem
210-495-3591, kseippccc@aol.com

Contacts

Joe-Beth Kirkpatrick – Newsletter
210-590-9744, joby53@gmail.com
Hospitality needs chair

Patty Wilson - T-shirts, Cookbooks
210-647-0838, dwilson@satx.rr.com

Business Members

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

Nature's Herb Farm

Mary Dunford
7193 Old Talley Road., #7
SAT 78253
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www.communityed.neisd.net

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www.inhomeseniorcare.net

Lisa Ann Stanley, Realtor

Coldwell Banker D' Ann Harper, Realtors
18756 Stone Oak Pkwy Ste 101
San Antonio, TX 78258
210-617 0544 Cell
210-483-7509 Business
210-483-4709 Efax
lstanley@cbharper.com
lstanley12@yahoo.com

The Hermits Garden

Jan and Phil Conwell, Resident Hermits
Custom Leather and Folk Art
conwell@hermitsgarden.com
<http://hermitsgarden.com>

Here's To Yum Bistro

Charles Harzman and Rene Maldonado,
chefs/owners
8407 Broadway
San Antonio, TX 78209
210-826-4223
heres_to_yum@yahoo.com

Garden Jazz Party May 2
Kumamoto En Day May 8
Herb Affair May 8
Daylily Society Show May 15
Festival of Flowers May 29



PLEASE SEND TO:



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The San Antonio Herb Society

