



La Yerba Buena

THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 266, May 2012

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 10, 2012

"Everything is Coming Up Roses" Annual Spring Members' Banquet

Our annual Spring Banquet is HERE! We invite our entire membership to attend this truly fine event. With the rose as our herb of the year for 2012, we invite you to bring your favorite rose recipe to share and enjoy with everyone. Roses will fill the room with their fragrance and beauty - and music! It's been rumored that one of our members is providing a set of background tunes with *rose* in the titles. Can you name them all?

Bring yourself and a guest and prepare to enjoy a truly fine evening.

Now you know that we don't just eat - we have fun at these dinners!

Be ready to stretch your trivia skills a little this evening - there's door prizes at stake!

We will also announce the final slate of candidates for our 2012-2013 Board of Directors and take a vote.

Members bring food items (with roses as an ingredient if you have a recipe): A-F entree, G-Q sides, R-Z appetizers (please bring these by **6 pm**. We'll aim for dinner at **7 pm**. SAHS provides the dessert, beverages and table settings.

The decoration committee begins setting up at 2 pm. Please contact Marguerite Hartill or Marilyn Nyhus to help set up and to serve! Be sure to provide a name card (and recipe) for the dish you bring (or email it directly to the newsletter editor for publication). Come on out to the lovely San Antonio Garden Center, located on the corner of Funston and N. New Braunfels.

For more information, see our website at www.sanantioherbs.org



SAHS's Community Education and the Air Force Earth Day Expo

Once again, SAHS was represented at the 2nd annual Air Force Earth Day Kick-off Expo on April 12, and once again, our Herbs in Everyday Products display was a big hit! The lovely smells from our bouquets and pots of fresh rosemary, mints, oregano, rosemary, sage, eucalyptus, parsley, thyme, cilantro, aloe, ginger root, chamomile, poppy, a three-foot high stalk of dill and even a sprig of willow drew about a thousand military and civilian personnel to our tables to sniff, touch and taste, and kept Carol Hamling, Maria Luhrman, Norm Hastings and myself hopping during the four hour event. Sandra's "Chillin' Out Brew", a cooling spray of lavender and peppermint essential oils, had hundreds requesting a spritz and taking the recipe home with them (and thank you Sandra Lyssy for sharing that!). Freshly cut sprigs of rosemary to scent offices or to take home drew "oohs and aahs".



Maria had lots of takers to try squares of felt with a drop of lemon, oregano or peppermint essential oil, courtesy of Yvonne

Bacca. And our cute little packets of rosemary and baking soda cleaning scrub was a huge draw! The positive feedback ("This table makes the whole building smell great!") and the enthusiastic questions and comments ("Where can I get these essential oils?"; "I never knew Greek and Italian oregano tasted different from each other!"; "There's willow in aspirin?!?"; "Roses are herbs??"; "What can I use this rosemary in?"; "Can mint grow in containers?") were so gratifying for us. It really is so much fun to share the things you love and are enthused about--in this case, herbs!--with people who appreciate them and want to learn more. And who knows, maybe some of those eager participants will join us in upcoming meetings, and become new friends!

submitted by Jeanne Hackett



Hospitality Table Schedule:

Jun: N-Q

Jul: R-Z

Aug: A-F

Sept: G-M

Members' Sale Tables

Table will not be available during the Banquet meeting. Contact any Board at least 2 weeks in advance to arrange for a table.

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GO TEXAN.

Be sure to view the unabridged version of this newsletter with its full color photos @ www.sanantioherbs.org If you would like to receive the SAHS newsletter electronically, please contact Lyn: belisle@satx.rr.com

Member Recipes

Thanks to everyone who shared their delicious dishes and recipes during our April meeting.

Black Bean, Corn & Tomato Salad/Salsa

submitted by Chris Lopez

Ingredients

- 1 can (15 oz) black beans, rinsed & drained
- 1 can (12 oz) sweet corn, drained
- 1 can (28 oz) diced tomatoes, drained
- 2 green onions, chopped
- 1/2 med red onion, chopped
- 1 C balsamic vinegar
- salt & pepper
- optional: jalapeno or Serrano peppers, chopped

Directions

Mix all, cover and refrigerate until time to serve.



Quick Pickles

(as found in the SATX Express-News, Sunday 4/1/12)

submitted by Carol Hamling

1. Pickling Liquid

Makes about 7 cups

Use this pickling liquid to make pickles out of any fresh, ripe vegetable you choose.

Ingredients

- 5 C white distilled or cider vinegar (5 percent acidity)
- 2 C water
- 1 C sugar
- 1/4 C kosher salt

Instructions

Combine vinegar, water, sugar and salt in a large saucepan over medium heat. Cook, stirring occasionally, until sugar dissolves and the mixture just begins to boil. Cool and refrigerate until needed.

2. Quick Dill Pickles

Makes 16 servings

- 1 1/2 C Pickling Liquid (see accompanying recipe)
- 8 pickling cucumbers (about 1 pound)
- 1/2 C fresh dill
- 3 cloves garlic, peeled and halved
- 1 tsp dill seed
- 1 tsp peppercorns
- 2 (1/2 inch) pieces fresh horseradish (if available)

Instructions

Pour cooled Pickling Liquid over cucumbers, dill, garlic, dill seed, peppercorns and horseradish allow to sit for 2 to 4 days. If you don't have that long to wait, slice the cucumbers about 1/4 - inch thick before pouring the Pickling Liquid over the ingredients and allow to sit for at least 1 hour. Pickles should be stored in the refrigerator.

3. Pickled Green Beans

Makes 16 servings

- 1 tsp cracked black pepper
- 1 small red onion, julienne sliced
- Pickling liquid (from accompanying recipe)

4 C green beans

Instructions

Add pepper and onion to Pickling Liquid and bring to boil. Cool to room temperature. Bring a pot of salted water to boil and blanch the green beans in the water until tender but still crisp. Drain and transfer the green beans to the container. Pour Pickling Liquid over the green beans and let cool to room temperature. Refrigerate until needed.



Carrot and Cardamom Cake

submitted by Eileen Achorn

Preheat oven to 350. Grease and flour an 8" round cake pan.

Beat together:

- 1/2 C soft brown sugar
- 1/4 cC white sugar
- 1 C oil (canola or sunflower)

3 eggs

Stir in:

- Grated rind of one orange
- Seeds from 10 cardamom pods, crushed
- 1/4 tsp ground ginger

Sift together and fold in:

- 2 1/4 C flour
- 3 tsp baking powder
- 1 tsp salt

Fold in:

- Grated carrots - about 1 2/3 - 2 C
- 3/4 C chopped walnuts

Directions

Tip into pan and spread evenly. Bake 1 - 1 1/4 hours until a skewer inserted in the middle comes out clean. Turn onto a wire rack and cool completely. Frost with your favorite cream cheese icing.



Marinated Mushrooms with Tarragon

submitted by Mike Belisle

Ingredients

- 1 1/2 lbs 1" mushrooms
- 1/3 C salad oil
- 1 medium onion, sliced thin
- 2/3 C red wine vinegar
- 2 tsp brown sugar
- 2 tsp fresh (or 3/4 tsp dried) tarragon*
- 1 tsp dried mustard
- 1/2 tsp salt

Directions

Rinse, drain, and trim mushrooms. In a 4-5 qt. saucepan over medium heat, cook mushrooms with 2 Tbs of oil until lightly browned (5 minutes). Add onions and cook another three minutes. Remove from pan and set aside. To same pan, add remaining oil and other ingredients. Heat through, pour over mushrooms and onions. Let stand until cool and refrigerate at least four hours or overnight.

(*1 use fresh Mexican Mint Marigold and double the quantity. -- LB)

Dry Chimichurri Rub

submitted by Carol Hamling for the NEW Life & Thymes SIG

Ingredients:

- 3 Tbs dried oregano leaves
- 3 Tbs dried basil leaves
- 2 Tbs dried parsley flakes
- 2 Tbs dried thyme leaves
- 2 Tbs coarse kosher salt
- 1 Tbs freshly ground black pepper, coarse
- 1 Tbs dried savory leaves
- 1 Tbs smoked paprika
- 2 tsp garlic powder
- 1-2 teaspoons crushed red pepper

Directions:

Whisk all ingredients in a small bowl. Keep in an airtight container. Rub all over beef before roasting; sprinkle over fish before pan searing; make a marinade for roast chicken by whisking 1/4 C dry rub with 1/2 C olive oil and 3 Tbs red wine vinegar. This rub is also good on vegetables for grilling. Use whole dried herbs instead of powdered.



Over the Fence... 2012 Program Line-up

June: "Edible Weeds" by Paul Cox, consulting botanist on the 2nd, Third Annual Basil Fest at Pearl (book sales)

July: to be announced

August: Annual Members' Show-n-Tell-n-Share session; members are invited to bring something to show off to everyone.

Have ideas for programs?

Know a great speaker for an interesting herbal topic? Contact any Board member with your suggestions.

Next Board Meeting

June 4, 6:30 pm. This meetings will be our "hand-off" to the new Board members 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.

Help SAHS Publicity Get the Word Out!

Every month, SAHS provides flyers via email. You can print them and post them at stores in your area, stores that you would be frequenting anyway. Contact Jeanne Hackett at jeannehackett@sbcglobal.net, or call 210/735-5333. Jeanne is the OUTGOING Publicity Chair for SAHS.

Want to Start a Special Interest Group?

Please contact any member of any current SIG for advice on getting one started.

The next SAHS cookbook, a "Best of" issue

The cookbook committee has begun organizing all the suggestions you submitted. If you have questions, please co-chair Kathy Bruce at kmbruce05@gmail.com

NEW event-Garden Happy Hour-3rd Fridays

Have you heard? SAHS is having a Garden Happy Hour every month! Marilyn Nyhus heard about another group doing this and thought SAHS might be interested. This is strictly a casual affair with visitors bringing appetizers or snacks and a chair and the host providing ice and paper goods. Come to visit and admire a garden, swap stories and tips. We'll try this on every third Friday of the month from April to October, from 6:30 to 8:30 pm. RSVPs required to help each month's host prepare for you and to provide you with a gate code if necessary.

Marilyn hosted the first one (4/20) and a

lovely evening it was! We were treated to some nifty garden "planters" in the form of huge steel pipe PLUS a great example of rain-water catchment! **Marguerite** Hartill is taking May (5/18). Contact her at 210-497-1355 (h) to RSVP and for the gate code. Who's up for June? July? Let us know soon!



Whole Foods Earth Day

is on May 9 (4 hours) needs volunteers to help staff the table selling our resource guides and other booklets. This is also another opportunity to do a little community education. Call **Jeanne Hackett** to help out.

Bluebonnet Sewing School

Here's a nice departure from strictly herbal items: Instructor-**Leslie Vann** (Mrs. Nematode Nick, a biz member) teaches basic sewing, beginner's and intermediate quilting. Call Leslie at 210-268-9808, nlvann@hotmail.com

Interested in Texas Native Plants?

Native Plant Society of Texas, San Antonio chapter meets 4th Tuesdays except December & August. You gotta know that Texas has its own variety of native herbs, too! Webpage: www.npsot.org/sanantonio

SA Botanical Garden Events

Native Plant Walks at 10:00 am. Explore 11-acres of the Texas Native Trail with a Master Naturalist! Saturday, May 12, topic: "Seasonal Highlights" For info call 210-207-3255.

Guadalupe County Master Gardeners

meet Thursday, May 17th, at 7 pm in the AgriLife Extension Bldg. at 210 E. Live Oak in Seguin. **Mary Dunford**, owner of Nature's Herb Farm, will talk about how herbs can be used in our diet. There will also be information available on the next series of classes for the Guadalupe County Master Gardeners. Classes begin August 15. Get applications at the meeting.

Meetings are free and open to the public. For more information, please call us at 830-303-3889. or go to our website at www.guadalupecountymastergardeners.org

*** **Call for Volunteers** ***

Festival of Flowers @ the Shrine Auditorium

May 26, 9a-5p

Need folks to staff our book sales tables. We'll be featuring our newest herbal booklet, *Roses, Roses, Roses: 2012 Herb of the year*. This is an all day event, so there'll be plenty of opportunity for you to help out. Come early & work, then go to one of the workshops or talks or the horticultural show or "Ask the Experts" panel. Or do all that first and work later on. Or do a split shift. Whatever you can contribute in the way of a couple of hours of your time, makes it all happen for the Herb Society! **Contact Joe-Beth** at 830-460-0251 today!

Basil Fest @ Pearl June 2, 9a-1p

Need about 6 people to staff our book sales tables PLUS some more (4 to 6) to help with some of the demonstrations by the guest chefs that day. YOU are one of those people! **Contact Joe-Beth** at 830-460-0251

Hospitality Coordinator

Need a coordinator for this job. Sandra Lyssy, our current coordinator has asked to be released from this task so that she may care for family members requiring frequent assistance. Those of you who've cared for elderly parents know what kind of time this takes and to expect Sandra to continue as if nothing else matters might reconsider. The small crew of members who've helped with this stand ready to continue. SAHS just needs a person who will be responsible for getting all the supplies to the Garden Center for each meeting night and who can come up with appropriate table decoration to boot (and that doesn't take much, really). If you can do this, please **contact Sandra** for more information. Thanks very much.

Rose Trivia Answer
D) early in the morning. During the day, the sun's damaging rays evaporate precious essential oils from rose petals, and then that happens, the flavor of the rose is diminished.

Minutes from April 12, 2012

General Meeting

Meeting called to order at 7:00 by past President, Eileen Achorn. Attendance was 63 people.



-Eileen greeted all, acknowledging visitors, new members, and first time attendees and thanking everyone who brought food.

Reminded all of the SAHS table manned by Patty Wilson, the 2 Member's Tables (Virginia Perkins with Usana Health Services and In Home Senior Care, and Jane McDaniel with Jane's Irish) and the Share Table.

Reminded all of the deadline for articles for the newsletter. Minutes for the March meeting were approved.

Also reminded all of the **"Members Only" banquet in May** and the June program would be on "Edible Weeds".

Reports:

-Jeanne Hackett reported on the **Air Force Earth Day** kickoff at Port San Antonio with the emphasis on "Herbs in Everyday Households"...especially Dill. It was reminded that St. Mark's Episcopal Church will be holding a program on sustainable gardens; the SA Rose Society's Rose Show will be here (the Garden Center) on April 21.

Joe-Beth reported that the **SAWS Spring Bloom** event (10 March) actually made a profit of \$1033 (not the \$943 as previously reported) and that we had 23 volunteers helping out on a very cold and wet day...thank you everyone. She also reminded all that the **Festival of Flowers** will be held May 21 at the Shrine Auditorium on Lp 1604 from 9-5 and the Herb Society will be selling books only. A sign up sheet was circulated.

-Eileen announced that this Saturday will be the free Blossoms and Blooms event at the Inspire Art Center on Queen Anne St from 11-8 and that the SAHS will also have a table at the Whole Foods Earth Day on April 21 from 12-2.

Announced that we are now officially in the **King William Parade**... Beverly got up with her wonderful rose hat

along with two cohorts showing what they would be wearing and asking for more participants on the float. Norm will be providing his truck/trailer to haul the members through the parade route.

Eileen reminded all of the **June 2 Basil Fest at Pearl Mkt**... Joe-Beth is in charge of the SAHS book-selling table. This year's emphasis (and Festival chef's challenge) will be on Herbal Libations.

Carol Hamling reminded all of the **new SIG** with the first meeting at her house this Saturday. Decision will be made then as to whether the emphasis will be medicinal/food/or whatever. She also called for the donation of any hardbound cookbooks for the St. Phillips Culinary School library.

Marilyn Nyhus reminded all of the **new "Garden Happy Hour"** with the first one being next Friday, Apr 20 at her house and reminding all to bring their choice of drinks and an appetizer or small snack.



Eileen reminded all of the **Fall Garden Tour on Sept 22** where you can tour 10 gardens for \$10...all to provide a scholarship for a student at St Phillips Culinary School.

Joe-Beth remarked that Ed Bradley of the Rose Society was very impressed with what the SAHS was doing with Roses (herb of the year 2012) and quickly reminded anyone interested of the Internat'l Herb Society Annual convention in Austin on May 3-5.

-Eileen announced the **candidates that were interested in the open Board positions:**

Marla Garza...President (not in attendance)

Jennifer Lange...Membership Co-Chair (in attendance)

Kim Paynter... Publicity (not in attendance)

Emily Sauls and Maria Lührman...Programs (along with Marguerite Hartill)

Lenore Miranda...Co-Treasurer (in attendance)

And asked for suggestions and/or nominations from the floor. No nominations were made. The new Board Members will be announced at the May banquet.

It was also emphasized that the **SAHS still needs a Hospitality Chair** and that if no one volunteered to take the position that likely the duties would rotate through the various SIGs. This will be decided later.

Marilyn Nyhus introduced Cindy Meredith, owner of the Herb Cottage in Lavaca County (Hallettsville) who spoke on container gardening.

Meeting adjourned at 8:40.

Submitted by Mike Belisle, Secretary

Review: Cindy Meredith's Herb Cottage

Cindy gave a wonderful presentation with lots of hints on rooting cuttings, various mediums, drainage and watering, the importance on watering for certain herbs, and which herbs need more shade. She talked of how tough the summer can be because of the heat, dry conditions, and different fungal diseases. Mulch is a necessity in growing herbs!! Also talked of various soil additives such as pea gravel, white rock, and decayed granite along with why a drip irrigation system is better than direct overhead watering.

Cindy talked of different herbs having different growing patterns and why water hungry herbs, such as basil, can be planted in the center of "drier" herbs so they can co-exist and flourish. She extolled the virtues of stevia as a non-calorie, very sweet alternative to sugar in teas and other foods.

Cindy also emphasized the wonderful art of container gardening so the herbs can be moved for decoration, shade and to enhance growing. She introduced the group to growing in "coir" which is a byproduct of the cocoa plant. She prefers this as it is renewable, as opposed to peat...along with various fertilizers, compost, and expanded shale. Cindy then demonstrated various fertilizers, additives, teas, seaweeds, and foliar sprays, explaining the benefits of the ones on display tonight.

Cindy then prepared a plant container with various herbs (parsley, french thyme, basil, oregano and rosemary) as a door prize. She explained why the thirsty basil would work well in the center of the pot of more drought-tolerant items: the thirsty one is happy to remove all the extra water and in doing, helps keep those dry-land guys happy. A drawing was held shortly after... resulting in a very happy winner. Cindy also sold a large selection of herbs from her garden to some very willing buyers. A wonderful evening.

P.s.:

-Jane McDaniel ended the evening telling a story of her relatives who actually worked on the building of the Titanic as this week is the 100th Anniversary of the sinking of that ship.



Dear Rosie,

Hi, Rosie.

I thought your readers might enjoy this little tidbit from Martha Washington's letters. It's called "Receipt for Honey of Roses" and was used for treating sore throats and headaches back when.

"Take a pinte of honey, boyle & scum it, & add as many bruised leaves of red roses buds (ye whites being cut of) as you may easily stir in. Yn cover it close & boyle ye pot in water, till you think ye goodness of the roses is in ye honey. Then change ye roses once or twice in ye same manner, & at ye last, strayn out ye roses & keep it for yr use."

- History nut

Dear History,

What a delightful recipe! And it just goes to show that long before commercial pharmaceuticals, our grandparents and great-grands and beyond were usually the ones responsible for creating the little remedies every household needed.

Thanks so much for this wonderful reminder!

-Rosie

Rose Trivia

The best time to pick roses for cooking is....

- A) at noon
- B) after sunset
- C) before sunrise
- D) early in the morning

Answer elsewhere in this newsletter.

Herbal Crafts SIG

With so many other great things going on in SA this April, the Craft SIG took off. The outing planned to a brewmaster was canceled by the owner in favor of other, more profitable ventures. Darn. No worries. They'll go another day.

For the SIG's next plan of action, please contact Sandra (210-659-5561, slyssy123@yahoo.com) or Rebecca Kary (karyrebecca@yahoo.com).

Submitted by Sandra Lyssy

Aromatherapy SIG

No report.

If you are interested in joining this SIG, contact Jean Dukes @ 210 566 4379.

Countdown to the Scholarship Garden Tour

Everything is on track for the fabulous garden tour on September 22, 2012. The committee has seen several of the gardens now and they are looking terrific with all the winter rain we had so let's hope summer rains grace us equally. Fall gardens always present a special challenge and a special reward after a long, hot summer. Mark your calendars to join us for our tour of these terrific gardens – and tell your friends and neighbors about it, too. The more tickets we sell to this event, the greater our scholarship can be to St. Philips.

Submitted by Eileen Achorn

SAHS Membership

Woo hoo!! 17 new nametags were ordered in March!

Don't forget to check your name on the sign in sheet when you come in for the general meeting. This count lets our membership chairs know that you're active. It also lets us know our visitor counts and *that* tells us if our outreach is working or not. This tally helps confirm a member's request for nametag, too.

Don't forget to let **Norm** know if you need a new or replacement name tag by the June meeting.

Poisonous Plants in the Landscape – do you have them?

I love rhubarb. One of the great joys of life was getting up early on Sunday morning in late Spring, making fluffy Puff Pastry from scratch to fill large, round pie dishes with rhubarb, fresh from the garden. Baked in pastry, filled with lashings of sugar and a dash of cinnamon, and topped with a basket weave of pastry strips, that first slice of pie, hot from the oven, was as close to heaven as one could get. I've tried to grow rhubarb here in my back yard in San Antonio, to no avail. It HURTS to pay \$3.40 for three stalks of rhubarb at the local supermarket, for a plant that, in my home country grows almost like a weed.

But, rhubarb has a darker side. The Romans knew it as a medicinal plant, and as an aphrodisiac, and the London barber-surgeon and apothecary John Gerard reports in his great Gerard's Herbal of 1597 of studies carried out which proved that it could cure malaria and possibly syphilis. Later medical research proved that it did neither, but its purgative nature is known and respected up to modern times. When I'm in good cooking form in the kitchen, I'll cook it – puro – with sugar and a pinch of cinnamon and a half-cup of white wine. We'll slurp it from desert bowls with some home-made custard, or dunk crusts of bread in the rhubarb and eat those, dripping with the sweet treat.

Today, the World Health Organization (WHO) estimates that around 80% of the planet's population relies mainly on natural plant medicines. In industrialized countries, where modern Western scientific medicine is widely available, a little less than half all pharmaceuticals are derived, at some stage, from natural sources. The story of how plants and humans interact is a constantly evolving one; as plants adapt to their surroundings, they have developed viricides in an attempt to control virus attacks, and they can contain powerful insecticides, bactericides and fungicides. Some plants contain substances that mimic insects' feeding hormones, stopping them eating. Others mimic the hormones that regulate insect growth and metamorphosis, or possess nerve poisons that inhibit cell division in insects. And many of these insecticides can work just as well for humans as they do for the plants that contain them. We use many of these plant-derived insecticides in our gardens.

Information is our first weapon against involuntary ingestion of so called poisonous plants. So called, because... poisonous does not mean immediate death, or always entail serious harm. Some will cause stomach aches, or rashes, or cure colic in children, or help in the speedy healing of cuts and bruises, or aid with respiratory problems, Some have huge social, political and economic importance, such as the poppy, coca bush, fever and willow trees. Many have been used since time immemorial to cure ailments in the home, to boost disease resistance and fertility, to calm the spirit.

Working with the SAHS Weed and Gloat team in the Herb Garden at the SA Botanical garden each month, I have deepened my knowledge of herbs, of their culinary use, and their medicinal and curative uses. There are many, and I fear that I may never know it all.

Which of the following plants can you identify as poisonous or not: poinsettia, oregano, aloe vera, yew, neem, hemlock, hydrangea, tobacco, subtropical periwinkle, buttercup, comfrey, St. John's Wort, morning glory, chamomile, Jimson Weed, chrysanthemum, wisteria, English ivy, petunia, gardenia, rue, rosemary, feverfew, foxglove, dandelion, black cohosh, mint, honey-suckle? Get out the gardening books; check the facts.

OR, come with the Weed and Gloat team on the next last Monday of the month to the Botanical Garden at 10.30 am. We'll work in the Herb Garden for an hour and you'll go away wiser. If you have any questions at all about this lively group (also known as a San Antonio Herb Society SIG), call me at 210 930 1026.

submitted by Jane McDaniel

Brian's May To-Do List for The Garden

Compiled by MG Brian D. Townsend

"Sunshine is delicious, rain is refreshing, wind braces us up, snow is exhilarating; there is really no such thing as bad weather, only different kinds of good weather". John Ruskin

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.

In Our Organic Rose (Herb) Garden:

Roses should only be grown organically since they are one of the best medicinal and culinary herbs in the world. When they are loaded with toxic pesticides and other chemicals, that use is gone, or at least should be. Drinking rose hip tea or using rose petals in teas or salads after spraying with synthetic poisons is a really bad idea.

Keeping spent blooms cut will make the garden look better, reduce thrips and improve the growth of the bush. If one is short of time, simply snapping off the faded bloom at the peduncle is quite acceptable. It may even make for better growth of young plants.

Mulching: 2 - 3" of shredded native cedar. Do not pile the mulch up on the stems of the roses.

General Notes for the Late Spring Season:

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). Fertilize your lawn with a slow-release lawn fertilizer. Choose a fertilizer that is high in nitrogen and low in phosphorous and potassium. Many soil test are showing high amounts of phosphorous and potassium. Some of the common formulas are 19-5-9, 20-5-10, 21-7-14, 27-2-2, 21-0-0 and 9-1-1. The "right" formula depends on your soil conditions, have it tested every 3 to 4 years or just watch the weeds in your yard, they can signal deficiencies or excesses.

Trim FIRE-BLIGHT infected pear trees 18 inches below diseased limbs. Be sure to use clean equipment and disinfect often.

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. 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.

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 on the SAHS website.



SIG-nificant Events

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

Weed-n-Gloat SIG

Join us!! We meet at the SA Botanical Garden Herb Garden, the last Monday of each month, 10 - 11 am. To find out more, contact the Ober-Gloater, Jane McDaniel at cell # 210-381 4931.

Submitted by Jane McDaniel

Mad Hatters

Roast beef with horseradish on pumpnickel, Guinness bread with orange curry butter, chocolate chip and almond slices, a large bowl of spring greens dressed in multicolored edible flowers (dianthus, nasturtiums and violas), a Sock-it-to-Me cake and some welcome Darjeeling were the offerings at the April tea meeting of the Mad Hatters minds at Jane's house. We try.

Submitted by Jane McDaniel

Culinary SIG

Our Culinary SIG met on a fine April evening in a fiesta sort of mood, to celebrate oregano at Vivian's eclectic and artistic home in the heart of Southtown. Our band did some catching up of news, including Carol and Emily's mentoring of a new SIG that promises to be a lot of fun, and the progress that Bev, Madeline and Norm have made on the prep work for the King William parade, also promising a lot of fun.

But we are the Culinary SIG, and we were eager to share our oregano-inspired dishes with each other. As usual, we had a wonderful and delicious array to choose from, including a savory orzo and grilled vegetable salad, with feta, olives and lots of fresh oregano, an aromatic puerco con pasta de oregano roast with chipotle salsa served on tortillas, some melting slow-roasted tomatoes dressed with oregano and feta, a yummy 'old-fashioned' zucchini casserole flavored with oregano and lots of mozzarella, a sweet-sour caponata with oregano and bruschetta (seeing a theme here yet?), some beautiful homemade yeast rolls crusted with a variety of herbs, with both a herb butter and a garlic-oregano dipping oil, delicious roasted fingerling potatoes coated with an oregano pesto, and an addictive lime-infused pasta salad with feta, pecorino, sun dried tomatoes and olives tossed with an oregano pesto. Our 'dessert' was a tour of Vivian's wonderful garden, backlit by the Tower Of Americas just a few blocks to the north. It was another lovely evening with great company. Next month, we will be stretching our culinary chops with lavender. Think sweet!



*Submitted by
Jeanne Hackett*



Healthy Living with Herbs SIG

So we trooped over to Randy Mass' house off Bandera road. Before sitting down to the topic of the evening (herbal and non-toxic haircare) we HAD to go and admire all that Randy has accomplished in the few months she's been in her new home. Raised beds and all sorts of herbs and vegetables growing

outside, nice patio setting with lots of places to sit or circulate, great indoors (including a room given over to her yoga practice!). Our vegetarian pizzas were terrific. Amazing what you can do with a little whole wheat flatbread and some fresh veggies, cheese and a wonderful pesto made with walnuts and sunflower seeds! (recipe below)

Carol-lee led the night's discussion by starting with a refresher on what herbs one might use on a given human ailment or symptom. Had us really exercising those memory cells! Done with that, we went on to a talk about hair care - specifically, shampoos and rinses. Reading the label of even the most "natural" commercially marketed shampoo reveals a long list of stuff that maybe isn't all that necessary. We'd brewed several strong teas earlier in the evening (rosemary, chamomile, mint and sage) to use in our shampoo-making lab. We used simple liquid castile soap, herb tea, water and jojoba oil. That done, we review a better way to rinse the hair to encourage health. Vinegar wins again! A simple recipe of natural cider or rice vinegar mixed with a strong herbal tea and water is an easy one to make AND use. Next time you see us, you'll know we all now have healthy hair!

The next few months will see us on outings. Blanco Lavender, here we come!

Thanks for the hospitality, Randy!

Pesto Sauce *Submitted by Randy Mass*

2 cloves garlic, peeled

1/4 - 1/2 tsp salt, depending on taste

2 C tightly packed basil leaves, approximately 1/2 basket (salad washer)

1/4 C finely chopped pinenuts

1/2 C olive oil

1/2 C shredded parmesan cheese

Clean & wash the basil. Put all ingredients in a food processor. Process until finely chopped or your eye tells you the texture is correct for pesto.

Variations:

Romano cheese for part or all the Parmesan

1/3 of the basil replaced with parsley

Pecans or walnuts or sunflower seeds instead of pinenuts

Add 2 Tbs finely ground ancho chilies for an earthy hotness

Submitted by Joe-Beth Kirkpatrick

Life and Thyme of Herbs - NEW SIG!!

The newest SIG (Special Interest Group) of the San Antonio Herb Society got off to a great start Saturday April 14th, at Carol Hamling's home. We took a tour of some of the herb beds and Emily Sauls pointed out that the plant I thought was Yarrow was actually Jerusalem Sage. This proves you cannot trust all nursery tags.

We made a Dry Chimichurri Rub that everyone got to take home (recipe below). If there is room in the newsletter the recipe will be printed. We enjoyed chicken salad sandwiches and pineapple torte while discussing in which direction the new members wanted the group to go. It was decided to focus on herbs, how to plant and care for them, how to use them in cooking and if there is a medicinal use for them. The name is Life and Thyme of Herbs.

Members will take turns hosting the monthly meeting which will take place on the third Tuesday of the month at 6:30 P.M. The next meeting will be at Jennifer Lange's home on the 15th of May where they will explore all things lavender. There are openings for additional members. Please contact her at 210-998-9771 or email her at: niffers_00@yahoo.com

Submitted by Carol Hamling



Treasurer's Report, March 2012

Submitted by Kathryn Seipp

INCOME

Membership	\$145.00
Plants	1848.00
Cookbook	40.00
Resource Guides	40.00
Booklets	120.00
Bundled Sales (books)	35.00
Shirts, aprons, totes	27.00
Miscellaneous sales to retailers (booklets)	0.00
SUBTOTAL - INCOME	\$2,255.00

EXPENSES

Attendant Fee	45.00
Booth Fee	50.00
Plants	934.00
Licenses & Permits	45.00
Rent Expense	85.00
Storage Rent	192.00
Supplies	13.18
Website fee	30.00
Sales Tax	0.00
SUBTOTAL - EXPENSES	\$1,399.73

TOTAL (Income-Expenses) \$855.27

ASSETS

Cash and Bank Accounts	
Cash on Hand	0.00
Frost Cert of Deposit	1,194.95
Frost Checking	3,676.38
Frost Savings	<u>2,387.68</u>
TOTAL Cash and Bank Accounts	7,259.01
TOTAL ASSETS	7,259.01
LIABILITIES	0.00
OVERALL TOTAL	\$7,259.01

'11 - '12 SAHS Board Officers & Members

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Marilyn Nyhus - Vice President Programs

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Eileen Achorn - Immediate Past President

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Joe-Beth Kirkpatrick - Newsletter

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Sandra Lyssy - Hospitality

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Patty Wilson - T-shirts, Cookbooks

210-647-0838 H/W, dwilson@satx.rr.com

More Information Contacts

SAHS web page: www.sanantonioherbs.org

SAHS toll-free phone: 888-837-4361

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PLEASE SEND TO:



Happy Mother's Day!

The San Antonio Herb Society
PO Box 90148
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