



La Yerba Buena

THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 290, May 2014

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 8, 2014 May Banquet—a Picnic!



Ahhhhh! Spring! Take a deep whiff of those wonderful, fresh fragrances so abundant in just about everyone's gardens this time of year. Even the simple green stuff has a freshness that can't be denied. Our Spring Banquet is a picnic - members are asked to bring dishes (with appropriate serving utensils) per the list below. SAHS provides beverages and table ware. Everyone is also asked to bring cuttings from their own gardens (as possible) and add them to the centerpieces. Nothing like having something to discuss or compare notes for or just plain brag about during the course of our dinner! Can't wait to see what YOU bring!

Be there a little early to get your dish set out - about 6:15pm. No formal program is planned after we conduct a brief meeting so you'll have lots of time for visiting (and that bragging!). See you there!

A-G appetizer, **H-M** side dish or salad,
N-S entrée, and **T-Z** dessert.

SAHS will provide the beverages and table ware. Be sure to provide a name card (and recipe) for the dish you bring (or email it directly to the newsletter editor).

The San Antonio Garden Center is always a treat and is located on the corner of Funston and N. New Braunfels. For more SAHS information, see our website at www.sanantonioherbs.org



Spring's Busyness and YOU!

We need YOU for great events and opportunities this coming Spring. Here's a sample

Garden Happy Hour, May-October, members' socials
Spring Banquet, May 8, coordinator & helpers

Celebrate Herbs, May 10, book sales and outreach

Festival of Flowers, May 24, book sales and outreach

Basil Fest, May 31, book sales and outreach

May has THREE weekends with events needing YOUR help. Please contact any Board member or review the meeting minutes for more information. We look forward to seeing you at one of these events soon. Thanks!

2014 King William Parade

The truck, trailer, decorators, riders and walkers (and all those great hats!) showed up on Eagleland Blvd early on April 25 Everyone helped put the final touches on the float and off they went! The parade wound through SA's historic King William neighborhood and is always a delightfully casual event. The parade committee prepared packages of seeds which were handed out to people along the route until the supply was exhausted.



Introducing the 2014-2015 Board

Immediate past President	Emily Sauls
Co-President	Yvonne Baca
Co-President	Grace Emery
VP - Programs Director	Rachel Cywinski
Publicity/PR	Mike Belisle
Membership Co-Chair	Ann T Rossi
Membership Co-Chair	Penny Cardwell
Treasurer	Robin Maymar
Co-Treasurer	Lenore Miranda
Secretary	Barbara Quirk
Hospitality	Jane McDaniel, Leslie Bingham, Grace Emery, Cindy Moore
Merchandise Sales	Lynda Klein, Margie Larkin
Newsletter	Joe-Beth Kirkpatrick
Web Master	Lyn Belisle

Hospitality Table

Schedule:

Jun: N-Q
Jul: R-Z
Aug: A-M

Members' Sale Tables

Contact any Board member 2 weeks prior to the meeting to arrange for your table.

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Member Recipes

Here are a few of the treats from the April meeting

Hummus

Submitted by Mary Gregory (from Healthy Mediterranean Cooking by Rene Salaman)

Ingredients

1 1/2 C chickpeas, picked clean and soaked in cold water overnight

2 Tbs tahini

2 cloves garlic

juice of 2 lemons

2 tsp cumin, ground

1 Tbs olive oil

salt & pepper to taste

Directions

Rinse chickpeas, place in saucepan and cover with water. Bring to boil and skim until clear. Cover and boil until chickpeas are soft; drain. Place all ingredients in food processor with 2/3 C water; process. Add a little water if necessary. Taste and adjust seasoning. Dress by drizzling a little oil over the hummus and sprinkle paprika or cayenne on top.



A Floral Spring Tonic Herbal Tea

Submitted by Leslie Bingham

Ingredients

2 parts lemon balm

1 part calendula flowers

1 part dandelion leaf

1 part jasmine flowers

1 part red clover blossoms

1 part rose petals

1/4 part lavender flowers



Penne with Asparagus and Cherry Tomatoes

Submitted by Margie Larkin

Ingredients

8 oz penne pasta

3 Tbs olive oil

2 garlic cloves, minced

1 1/2 lbs thin asparagus, trimmed & cut into 1-inch pieces

Salt and freshly ground black pepper

2 C (about 9 ounces) cherry tomatoes

1 C shelled fresh (or frozen) peas

1/2 C low-sodium chicken stock

1 C grated Parmesan

2 Tbs chopped fresh basil leaves

Directions

Bring a large pot of salted water to a boil over high heat. Add the pasta and cook until tender but still firm to the bite, stirring occasionally, about 8 to 10 minutes.

Drain the pasta, reserving about 1/2 cup of the pasta water. In a large sauté pan, heat the oil over medium-high heat; add the garlic and cook until fragrant, about 1 minute. Add the asparagus, season with the salt and pepper, and cook for 3 minutes until slightly soft. Add the cherry tomatoes and peas; cook for 2 minutes. Pour the chicken stock into the pan and bring the mixture to a simmer. Cook until the tomatoes start to burst and the stock is reduced by half, about 3 minutes. Transfer the asparagus mixture to a large serving bowl. Add the cooked pasta and 1/2 of the Parmesan. Toss well, adding reserved pasta water, if needed, to loosen the pasta. Garnish with the remaining Parmesan and chopped basil.



Fresh Corn Casserole w/ Red Bell Peppers

Submitted by Cheryl Morrisey

Ingredients

8 ears corn (still in the husk)

2 red bell peppers, diced

1 C heavy cream

Salt and freshly ground black pepper

1 stick salted butter, cut into pieces

Directions

Remove the corn from the husks. In a large, deep bowl, slice off the kernels of corn with a sharp knife. Turn the knife to the dull side and scrape the cob all the way down to remove all the bits of kernel and creamy milk inside. (I do this inside the bowl because it goes everywhere if you cut it on a board.) Add the red bell peppers, heavy cream, salt to taste, a generous amount of pepper and butter and mix it well. Pour into a 9 by 13-inch baking dish. Bake until thoroughly warmed through, 30 to 45 minutes.



Kugel Pudding

Submitted by Barbara Quirk

Ingredients

18 oz cream cheese, softened

1 stick butter, softened

1 pt sour cream

6 Tbs sugar

3 eggs

8 oz fine noodles, cooked and drained; German brand, Bechle, at Central Market

1 1/2 C golden raisins

2 tsp vanilla

1/4 + tsp cinnamon

1/4 tsp nutmeg

1 T sugar

1/2 C slivered almonds

Finely grated peel and juice of one lemon

Directions

Beat until smooth the softened butter and cream cheese. Blend in sour cream, sugar and vanilla. Beat eggs. Stir eggs into cream cheese mixture. Stir in lemon juice and peel, then noodles and raisins. Put all into a 9x13 casserole dish. Sprinkle with sugar, cinnamon, nutmeg and almonds. Bake at 350°F for 30 minutes until firm and sides pull away from the dish. Serve warm or chilled.



Roasted Garlic and Cannellinis Dip

Submitted by Jeanne Hackett (adapted from "125 Best Vegan Recipes")

Ingredients

2 C cooked cannellini

3/4 tsp fresh rosemary, finely chopped

1/2 tsp grated lemon (organic preferred)

1 to 1 1/2 tsp freshly squeezed lemon juice

1 tsp EVOO

1/2 tsp red wine vinegar

pinch of cayenne

salt to taste

Directions:

Roasted Garlic: Slice the top 1/4 inch off garlic head so that a small piece of each clove is exposed. Place the head in an 8-inch square of foil and drizzle with olive oil. Fold the foil over the head to make a teardrop shape. Bake in a preheated 375°F oven 40 minutes or until garlic is soft and fragrant. Let cool

Dip: In food processor, combine 5-3 cloves roasted garlic, beans, rosemary and lemon zest; pulse 10-12 times. Add lemon juice, EVOO and vinegar; pulse until desired consistency is achieved. Add cayenne and salt; pulse a bit more to mix. Transfer to a serving bowl and serve or chill (covered) until ready to use.



Over the Fence... 2014 Program Line-up



Sales & Events:

May: Members' Spring Banquet;
2014-2015 board election

Jun: Christine Arredondo, SA Gourmet Olive Oils

Jul: t/b/d

Like our programs? We WANT your ideas!

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

Next Board Meetings

May 27 or June 2 (tbd), 6:30 pm 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 Mike Belisle.

SA Botanical Garden Events

Have you checked out this spring's sculpture in the garden? Birdhouses exhibit (a joint venture with the local AIA chapter) is on display from March 29 thru June 29.

Sat., May 4, 10am - 2pm, Garden Jazz Party; admission free during the event. Last plant sale until Fall.

Art in the Garden: Richard Hunt sculpture exhibit. Nine contemporary sculptures in the Conservatory. Ends January 2015.

For info call 210-207-3250 or visit www.sabot.org

Gardening Volunteers of South Texas

Third Mondays @ San Antonio Garden Center, noon to 3pm; 3310 N. New Braunfels. Bring your hand pruning tools and have them sharpened by "Dr. Fix-It" for \$2 each. Free and open to the public, \$5 donation is appreciated. Contact (210) 251-8101 or info@gardeningvolunteers.org

Web site: <http://www.gardeningvolunteers.org/gvstwp/>

Texas Native Plant Society

4th Tuesdays, Lions Field Adult Center, 2809 Broadway. Native plant and seed exchange at 6:30 pm, followed by speaker at 7:00 pm.

New: The Native Landscape Certification Program is a series of courses that teaches best practices for native plant landscape and habitat preservation. Targeted audiences are homeowners, native plant enthusiasts, landscape architects, architects, landscape designers and nurserymen, Master Naturalists, teachers, citizens, Master Gardeners, engineers, and more. The program, initially developed in San Antonio, has been adopted by NPSOT's state board to expand the program throughout the state and to develop advanced levels of the class. Contact Joan Miller 210-732-7138; website: <http://npsot.org/wp/nlcp/san-antonio-classes>

Submitted by NPSOT, San Antonio Chapter

Comal County Master Gardener program

First Wednesdays at the GVTC Auditorium. Meetings are open to the public. Contact (830)964-4494 or 221-4316.

New Braunfels Library Monthly Garden Series

Free programs at the NB Library, 700 E. Common Street, New Braunfels. No preregistration. Contact: 830-964-4494

Guadalupe County Master Gardeners

Third Thursdays. Free and open to the public. The regular business meeting at the end of the program. For further information call 830-303-3889 or visit our website at www.guadalupecountymastergardeners.org.

PayPal and SAHS membership payments

Your dues can be paid online with our PayPal link on the SAHS website. Click on that logo on the SAHS website's home page.

Spice and Herb mixes

We have 60 Cajun mix packets available for sale. Remember that by purchasing these products you are supporting the Herb Society. Contact Robin Maymar.

Raffle Basket: "It's Italian!"

In case you missed the first one, another wine basket raffle is now in place. The theme is: "IT'S ITALIAN". The tickets will be sold in at the April and May general meetings. The winner will be drawn at the May banquet. Donations for the tickets are: \$3.00 for 1 ticket and \$5.00 for 2 tickets. All proceeds go to the San Antonio Herb Society.



Approximate value is \$100.00 and includes: three bottles of Italian wine, pasta sauce, olive oil, balsamic vinegar, bread sticks, two wine glasses, a serving pasta fork, a sauce ladle, bread dipping spices, dark chocolate with hazelnut candy, a hand painted trowel by Robin Maymar and the basket. Good luck to you all to win!

Contact Grace Emery for tickets or to make a donation for the next basket.

Thyme & Treasure Garden Center

Nick and Leslie Vann (Nematode Nick's, SAHS business member) have opened a new business venture in St. Hedwig. Go visit them during their Grand Opening day and week. Celebration starts May 3 (10a - 6p).

3561 Kusmierz Rd., St. Hedwig, Texas 78152, 210-667-2220; www.thymeandtreasure.com

Books for Sale

SAHS volunteers will be helping sell new and gently used cookbooks/herb books before and after our general meetings. The original collection was a donation to the club with the offer that any sales proceeds be considered a donation to our treasury. A great idea! We can keep this idea going with a few of YOUR donated books. See Emily for details and how you can help with this new project.



Cookbook, Vol III Committee Report

Recipe submittal criteria for the new cookbook:

Recipe Format

1. Recipe name & submitter's name
2. Origin (if interesting or applicable)
3. Ingredients list
4. Instructions
5. Comments (if any)

Evaluation Criteria for Recipes

1. Presentation and appearance
2. Use of herbs
3. Use of seasonal and/or fresh ingredients whenever possible
4. Taste



Send your herbal recipes directly to Grace Emery:
1415 Sage Run, SATX 78253 or gemery49@yahoo.com
Submitted by Grace Emery

Minutes from April 10, 2014

General Meeting

Attendance 73 (22 guests). The meeting was called to order by Co-President Emily Sauls at 7:00pm.

Members and Guests enjoyed refreshments at 6:30. There was the Share Table, a table manned by Linda Barker with Scentsy and adorable handmade stuffed bunnies and kitties, and a table with Grace Emery's Italian Basket being raffled. Tickets are \$3.00 for one, \$5.00 for 2. Lynda Klein and Margie Larkin handled the SAHS Merchandise Table while Cheryl Morrissey had eggs for sale.

Emily Sauls, co-president, called the meeting to order at 7:00. She acknowledged 1 new member and several visitors. She, also thanked those who brought food and the Hospitality Committee for the lovely, spring table.

The next meeting will be our May Banquet, May 8th. The theme is "spring picnic" and she asked if there are any members that are willing to help decorate. An alphabetical breakdown for the potluck meal was given. It will also be printed in the May newsletter.

A reminder was given that the deadline for articles and recipes for the newsletter are due Friday, the 18th and if your SIG is meeting after that deadline to please communicate with the editor so that she will save space for your article.

There are still slots open to volunteer for "Celebrate Herbs" being held Saturday, May 10th from 10-3. It will be at Rainbow Gardens on Bandera Road. Emily passed around a sign-up sheet.

Grace Emery said some words on the "Italian Basket" to be raffled. She also gave an update on The Cookbook reminding everyone to send in recipes. A recipe format is being emailed to everyone to follow. Try to include the season, if one, for the recipe and origin.

Beverly Tibbs gave an update on the King William Parade. Parking is available at Breckenridge High School. The parade starts at 9:30 so we should be there around 7:30 to decorate. Jupe Mills Nursery has donated okra, green bean, and radish seeds that we need to package. They also loan us bales of hay. Please patronize them. Don't forget to wear a glorious hat!

Emily briefly mentioned Rack Space, April 23, from 12-3. It is open to the public.

Robin Maymar announced the next Happy Hour will be on May 16, 2014. Place to be announced and also asked for members to sign up to host a month.

Presentation of the Nominating Committee's recommendation for the 2014-2015 year:

Yvonne Baca, Co-president; Grace Emery, co-president; Rachel Cywinski, Vice President, programs; Robin Maymar, Treasurer; Lenore Miranda, co-treasurer; Penny Cardwell, Co-membership; Ann Rossi, Co-membership; Barbara Quirk, Secretary; Mike Belisle, Public Relations. Emily asked if there were any nominations from the floor from an active member. None. Slate is elected per Robert's Rules of order. New Board members were welcomed! Then Emily called forward the non-elected board members Joe-Beth Kirkpatrick, Newsletter; Lyn Belisle, Webmaster; Lynda Klein & Margie Larkin, Merchandise Table; Jane McDaniel & Leslie Bingham, Hospitality.

Lesley Bingham introduced the speaker for the evening, Jenny Perez with the American Botanical Council.

(See program notes following.)

Emily thanked Jenny Perez for speaking. She reminded guests to visit the tables before leaving and thanked everyone for coming. The next meeting is May 8th. Meeting was adjourned at 8:40.

Submitted by Barbara Quirk, Secretary

Program: Jenny Perez

Jenny has been working with the American Botanical Council by sharing her passion (and she showed it) and practices of urban horticulture, kitchen medicine and therapeutic nutrition. A handout was given to help members follow her enthusiastic talk on re-connecting plants and people. To have understanding of herbal medicinal methods you have to know the traditional experiences.



Ginseng was used by royalty of China. Our bodies have an exchange with herbs, and they can work in a slow and steady way for healing. There are culinary herbs, such as Rosemary, and other aromatic herbs from which we get essential oils. In nature the scents the herbs give off help to keep away predators but they attract pollinators to reproduce. There are also ornamental herbs and ones that are antiviral. Make peppermint tea.

One can use lavender essential oil to calm themselves and those around them on airplane flights. Essential oils should be mixed with a carrier oil if used on your skin. Chamomile has calming effects. Astringent herbs are high in tannin. Herbs of the Rose family are high in tannin. Rose hips are helpful for diarrhea and problems of the uterus.

The handout went into depth on the classification Medicinal and Aromatic Plants, the Rose Family (used medicinally), and the Pea Family. The basic premise Ms. Perez has- Why don't we use our plants and herbs for healing instead of pharmaceutical prescriptions? She also gave out a recipe for Immune Boosting Chai Tea.

Submitted by Barbara Quirk, Secretary



NEW event: "Celebrate Herbs" May 10, 10a-3p

CALLING VOLUNTEERS – 12 NEEDED!!

SAHS is invited to set-up a table at "Celebrate Herbs" on Saturday, May 10th at Rainbow Gardens, 8516 Bandera Road, from 10am – 3pm. This is a great outreach opportunity for us to share information about herbs and San Antonio Herb Society with the community.

Rainbow Gardens has organized a great line-up of speakers, several of which are SAHS members. The speakers start at 10am with Jean Dukes – Aromatherapy; Phil Haike – Grampa's Tea at 11am; Soap-fisticated at 12pm; Nature's Herb Farm at 1pm; and Hill Country Lavender at 2pm.

For this event **we would like to mentor a SAHS member who has not chaired an event before**. You would be teamed up with a seasoned Events Chair to be with you through the entire planning and organizing of the event, all the way through the end of the day with tear-down and working out the inventory and receipts. This is a great opportunity to get involved and make a new event, like "Celebrate Herbs" a big success.

Please contact Joe-Beth Kirkpatrick or Yvonne Baca for more information (contact details below).

Festival of Flowers, May 24, 9a-4p

CALLING VOLUNTEERS – 14 NEEDED!!

SAHS will once again participate in this event. This festival celebrates all things floral and even those not-so-obviously floral. It includes vendors for a wide variety of items: live plants, gardening supplies, knick-knacks and more. There's also a concurrent horticulture show open to all comers.

See their web site: <http://safestivalofflowers.com>

For this event **we would like to mentor a SAHS member who has not chaired an event before**. You would be teamed up same as for Celebrate Herbs.

Please contact Joe-Beth. 16 needed for this event.

Basil Festival, May 31, 9a-1p

CALLING VOLUNTEERS – 20 NEEDED!!

There's not a garden in the world that can have too much basil. For that reason AND to show our adoring public that basil's not just for pesto, the Herb Market Association and the SAHS are again hosting the Basil Festival at the Pearl. We need 24 volunteers at this short event. We'll sell our books and guides as well as help out with the various demonstrations. Then there's the chef's challenge "Appetasers". We help with that, too.

Please contact Joe-Beth. We need 24 for this event.

Rackspace Green Day Report

Mike Belisle coordinated a handful of SAHS volunteers and set up a table at Rackspace's annual green day. We all brought cuttings or propagated herbs from our gardens to share with all visitors to our table. We did well—handed out lots of brochures and meeting flyers and having some great conversations with lots of folks—many of whom didn't know SAHS existed. Attendance count was well over 1500. Let's hope we made some new friends at this event!



GARDEN HAPPY HOUR

One Friday each month between April and October. Mark your calendars for the next Happy Hour, Saturday May 17, location to be announced.

Submitted by Robin Maymar

RAFFLE BASKET

Get your tickets at the May banquet meeting for this fun gift basket! It's Italian and yes it it. Wine, food, trinkets... Keep it or give it to someone special, the proceeds from the ticket donations benefits the SAHS!



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

'13 - '14 SAHS Board Officers & Members

Emily Sauls - Co-President

830-438-8314 H; kivuli@msn.com

Yvonne Baca - Co-President

830-537-4700 H; 210-313-8705; yvonne943@yahoo.com

Leslie Bingham - Vice President (Program Chair)

210-445-8665 C; 210 998-3898 H; lesliegw@live.net

Norm Hastings - Membership Chair

210-860-4332 C; normhastings@hotmail.com

Sarah Rice - Membership Co-Chair

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Barbara Quirk - Secretary, Recording

210-828-0432 H; barbara.quirk@sbcglobal.net

Lenore Miranda - Treasurer Chair

253-777-2979 C; tinky@earthlink.net

Robin Maymar - Treasurer Co-Chair

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Grace Emery - Publicity / PR & Cookbook III Chair

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Jane McDaniel - Chair, Hospitality

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Leslie Bingham - Co-chair, Hospitality

lesliegw@live.com

Margie Larkin - Co-Chair T-shirts, Cookbooks

Lynda Klein - Co-Chair T-shirts, Cookbooks

More Information Contacts

SAHS web page: www.sanantonioherbs.org

SIG-nificant Events

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

Culinary SIG I

April is Fiesta in S.A., and what a fiesta of flavors we celebrated at Vivian's this month! The theme was Curry Without Borders and, as usual, we went all out with about a dozen different treats, making the whole house redolent of the beautiful spices of curry.

There were, of course, some lovely dishes that came out of India, including a complexly spiced cauliflower and pea curry and a garam masala flavored roti (or flatbread) paired with a rich roasted curry cream sauce. Usually served as an appetizer, we munched on them throughout dinner! Salads included delicious and perfectly cooked asparagus spears served with a dollop of a versatile sour cream and mayo sauce. Two different chicken salads also came to the table, and though both featured curry spices, the flavor profiles were quite different and equally delicious, secondary to the binders and kinds of fruit and chutneys used. A quinoa and bulgur wheat salad with power greens, fresh mango and grilled pineapple spears drew raves, and a flavorful curried rice, tofu and vegetable dish described as an often requested potluck favorite rounded out the main dishes. Everyone loved a deceptively simple curried roasted fruit accompaniment that had us tossing out ideas for "go-withs" when we reproduced it in our own kitchens. And yes, we even had curried desserts, including curried baked peaches with a sour cream and almond topping, and a wonderful take on Rice Krispies treats that featured Madras curry, coconut, coconut oil and cashews in addition to the usual ingredients. We finished dinner with sips of homemade limoncello, made from a recipe shared by a restaurant owner on the Amalfi coast, which was brought home scribbled on the back of a napkin.



Amidst updating each other on our lives and sharing cooking tips (dry-roasting curry spices, even powder, brings out the flavor, and—inside joke here—corning a brisket has nothing to do with corn the vegetable!), we got a bit of business done. The King William parade float plans are in full swing, Culinary SIG II is well launched, and the annual cookie exchange in December will include a white elephant gift exchange. Next month, we are in a "To Be Announced" mode at present. Stay tuned!

Submitted by Jeanne Hackett

Culinary SIG II Enjoys Comfort Foods

Thursday, April 24, the Culinary SIG II met at the home of Robin Maymar. The delicious smells surrounded the group dinner table and reminded us of the days when Mom did the cooking. We had a scrumptious Spaghetti Salad that Karen Lopez fixed, a mouthwatering meat loaf by Marilyn Nyhus with that good down-home taste. Adrienne Hacker spent some time in the Greek Islands and her comfort food was Mouskka - very delicious. Gloria Ortiz made a wonderful corn pudding with a Mexican/Peruvian flair; Bernetta Haden roasted some Brussels Sprouts mixed with a sweet Thai



Chili sauce and peanut butter - it was the surprise of the night. Sandra Woodall remembered her first cornbread and beans from Mom Rousseau's recipes; we all agreed with her love of the dish. Penny Cardwell did Chicken Spaghetti in a King Ranch style - the flavor was unbelievable. "AWENDAW" or Spoon Bread by Robin brought us all back home again. Grace Emery finished the evening off with an all time favorite of hers, Apple Strudel; it reminded us of life on her dad's apple farm.

The next dinner will be held at Marilyn Nyhus' home on May 22. We will enjoy cold salads with an herbal flair.

Submitted by Grace Emery

Aromatherapy SIG

In April, Carol White gave us a fantastic presentation on essential oil blending. We learned that it takes skill to do effective blending, and it is an art and a science that requires some experience and expertise. One of her greatest tips was to keep a blending notebook to keep track of your results and thoughts when experimenting with blending. We are skipping May and will meet again in June.

This SIG meets at La Madeleine on Broadway. For info, please contact Jean Dukes @ 210 566 4379

Healthy Living with Herbs SIG

The HLWH SIG met Tuesday, March 18 at Joe-Beth's comfy place with it's huge back yard and sprawling herb beds (blooming like crazy this spring!).

The topic of the day was slippery elm, a wonderful source of mucilage. This versatile tree produces an inner bark that, when dried and shredded or powdered, becomes a very welcome addition to the diets of those persons afflicted with respiratory or digestive distress. The mucilage the bark or powder produces is soothing and healing as well as being highly nutritive to the body overall. A poultice made of the powdered bark can speed healing of skin ailments and wounds, too.

We're skipping May and will gather again in June to blend teas. Diane and Randy are leading the session

Submitted by Joe-Beth Kirkpatrick

Weed-n-Gloat SIG

The Weeders meet the last Monday of each month at 9 am for an hour or two of garden work, then adjourn for refreshment. To learn more about herbs on site, please get in touch with me, Jane McDaniel, at email: janesirish@att.net

Submitted by Jane McDaniel



Herbal Crafts SIG

The Craft SIG met at Rosemary Kotrich's home on Sat April 19th. In conjunction with Earth Day 2014, the Craft SIG featured two craft projects incorporating recycled products. Diana Fox taught the group a cute and fun way to reuse CD's as yard art and/ or a means of deterring critters from munching on our veggies and herbs in the garden. Simply using 2 CD's , colored foam , a glue gun and a little

left glitz we all crafted fantastical birds and fishes for the garden. Adrienne followed with a simple project of re purposing older or simple glass containers into Mercury Glass collectibles by using a specialty mirror paint product. The weather was perfect for enjoying Rosemary's park-like garden.



The May 17 Craft SIG is paper making from recycled/shredded paper (using old tax returns!).

Need to recycle your old Christmas decorations? The Craft SIG is requesting SAHS members donate their gently used Christmas decorations. We will be green, recycling and incorporating them into our theme for the 2014 Christmas Banquet. You can bring them to the next general meeting. For more information, contact Lenore Miranda.



Submitted by Adrienne Hacker

Texas Natural Living SIG

Penny Cardwell hosted the Texas Natural Living SIG group on Thursday, April 17th. We now call her Sweet Penny because her lesson was all about STEVIA, a sugary, almost calorie-free herb! For anyone unfamiliar with stevia, it is a short-lived perennial that can be grown quite easily in San Antonio. A little stevia goes a long way though –one teaspoon of stevia is as sweet as three cups of sugar. Better than any artificial sweetener, stevia does not cause the after-eating spike in blood sugar that aggravates diabetes. Before we discussed this sweet herb, we had a salad-themed lunch. With eight of us in the group, we had apple and fennel salad, Texas caviar, several green salads with strawberries, mandarin oranges, and avocado, and some tasty bread to go along with them. To drink, Penny made lemonade, sweetened by....guess what....stevia... and finished off with lemon balm! Our next meeting is May 15th with a trip to ABC in Austin.

Please contact Marilyn Nyhus (rudyardmar@yahoo.com) or Marguerite Hartill at mhartill@aol.com if you have questions.

Submitted by Marguerite Hartill

Mad Hatters

At the Mad Hatters' April meeting we were guests of the online Meetup group, The San Antonio Tea & Herb Enthusiasts. We were included in their April - Flash Mob Tea en-blanc. These Flash mob events are a real hit in Europe & on the east coast. We met at Brackenridge Park off of Mulberry. The weather was great and the spot was perfect & company lively. It was fairly quiet spot & there was lots of room. We even had some of the residents from a nearby neighborhood stop by to ask about our event & share our tea & snacks.



There were only a few of us but we had a wonderful selection of tea snacks & there was plenty for all. We enjoyed several different types of hot teas & ice teas. Our members contributed some delicacies of our own: white tea with honey (in keeping with the theme), refreshing sliced melon wrapped in ham with fresh mint, baklava, tasty jalapenos in honey and homemade pimento cheese sandwiches.

The host tea group brought cucumber with radish finger sandwiches, croissants with roasted chicken salad, cookies, white mini-cupcakes and crackers with apricot cream cheese.

During the afternoon, we drew for door prizes where the prizes were different kinds of teas. The final drawing was for a really nice silver tea tin.

It was a wonderful way to spend a Sunday afternoon, outdoors in our fabulous spring weather. Sharing time with friends & good food & interesting conversation and, most of all, great tea. I wish you all could have joined us. The next Flash Mob Tea en-blanc is shaping up already to be a bigger & more elaborate event. The Tea & Herb Enthusiast meet-up group was our host for this & has invited us to join them again at their May meet-up which will be a Japanese-themed tea.

The Mad Hatters SIG has some great ideas for this year so stay tuned to the SAHS newsletter for all of our events.

I hope everyone stays well,

Submitted by Linda Barker

Hearty Handshakes!!

To all our own Norm Hastings who's helped make the King William Parade float HAPPEN these past several years. Without his construction skills and pickup truck and negotiating skills with Jupe Mills, our float would be a very small and simple thing instead of the gloriously busy and fun item it has become! Thanks so very much..

Thanks to Linda Barker for picking up the reins and completing the job when Beverly was called out of town.

AND (of course) Thanks to all the parade volunteers and helpers, truck drivers, route walkers, sign carriers



and float riders!
Hearty handshakes all around!!

Treasurer's Report, March 2014

Submitted by Lenore Miranda, Treasurer

INCOME	
Membership	\$345.00
SAWS event plant sales	3,863.50
Wine Basket raffle donations	56.00
Spice Mix sales	100.00
TOTAL - INCOME	\$4,364.50
EXPENSES	
Garden Center, attendant fee	\$45.00
Garden Center, rent	85.00
VanCoppenelle honorarium	50.00
Public Storage (3 month)	231.00
SUBTOTAL - EXPENSES	\$411.00
TOTAL (Income-Expenses)	\$3,953.50
ASSETS	
Frost Cert. of Deposit	\$1,209.29
Frost Checking	7,700.01
Frost Saving	460.36
Scholarship Fund	3,116.72
Cash on Hand	110.00
TOTAL	\$12,596.38

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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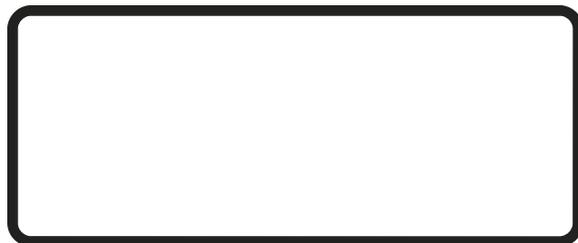
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