



La Yerba Buena

Spring

THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 302, May 2015

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.

Thursday, May 14, 2015

Members' Spring Potluck With An International Flair

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 "International Cuisine" and everyone is invited to bring a dish with foreign origins for the buffet tables. A-F= sides or salads, G-M=entrees, N-S =desserts, T-Z= appetizers.



Be sure to identify your dish with the recipe name and country (and bring serving utensils!). Dress is summer casual for the potluck—just come and enjoy. All members are invited to bring your significant other or a guest. Please be sure to provide a name card (and recipe) for the dish you bring (better yet, 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



RackSpace Greenday

The San Antonio Herb Society was invited for the 5th time to be a vendor at the annual RackSpace Greenday event held on Thursday, 23 April at RackSpace headquarters in Windcrest. Members attending were Yvonne Baca, Grace Emery, Robin Maymar, Mike Belisle and Norm Hastings. Between 600-700 attendees visited our table looking at our literature, sampling and taking various donated herbs and flyers, asking questions about herbs and the Herb Society, and expressing great interest in herb growing and the SAHS meetings.



Submitted by Mike Belisle

King William Parade—Another Great Event!!

The day of the King William parade started with thunder and lightening as coordinator Beverly Tibbs and 16 other SAHS members put the finishing touches on our float. By parade start, though, the sun was shining and we were ready to take part in one of the happiest of Fiesta events. Thanks to the generosity of eight vendors, we passed out some 3000 packets of seeds, each labeled with SAHS information. Our fabulous hats added to the ambience of the flower-bedecked float, drawing lots of applause along the route, though some of the crowd missed "Herb", aka

Norm Hastings, whose brother-in-law and niece pinch-hit for him in the driver's seat. We even got help from the crowd when we started to flag, when three men jumped up and helped pass out seed packets. As usual, we had a great time with a great crowd, and so thankful for a gorgeous day in which to enjoy it. Till next year, ¡Viva Fiesta!



Submitted by Jeanne Hackett

Rainbow Gardens (Bandera Rd.)

Celebrate Herbs!

SAHS volunteers will bring our passion for herbs out to Rainbow Gardens for another display at their annual herb event. Under the live oak canopy in this very pleasant nursery and garden supply yard, we hope to meet new friends and give away our information brochures. Since part of our mission is to offer educational materials, these little brochures are just the ticket! **To volunteer on May 9th**, please contact Robin Maymar or Grace Emery. We need to start setting up our tent & tables at 8:30am and be ready for show time at 10:00am. Here's hoping to see YOU at Rainbow Gardens!

Newsletter Deadline for May Issue

All materials for **June** due by **May 22**.

Hospitality Table

Schedule:

May: Banquet

June: A-M

July: N-Q

Aug: R-Z

Members' Sale Tables

Please contact the Program Chair to arrange for your tables at least two weeks in advance.

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

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

Member Recipes

Here are a few of the items from the April tables.

Cauliflower Au Gratin

Submitted by Grace Emery

Ingredients

1 large head of cauliflower
2 C stock
3Tbs unsalted butter
1 large onion, diced
1 C Panko crumbs
1 1/2 C shredded cheddar cheese
2 Tbs fresh parsley, chopped
1 Tbs winter savory, chopped
salt and pepper to taste

Directions

Preheat oven to 350°F. Lightly spray 8" by 11" baking dish with cooking oil or Pam™. In a bowl, combine Panko crumbs, butter, parsley and cheese and set aside. Prepare the cauliflower: cut up, peel the stalks. Boil the stock, add the cauliflower and onion, simmer until all is soft - about 8 minutes. Put the cauliflower and onion in a blender with a few tablespoons of stock and blend thoroughly. Pour in the baking dish and add Panko mixture. Put in oven for 35 minutes.

Cherry Chocolate Chip Crisp Rice Treats

Submitted by Kathryn Seipp

Ingredients

10 oz marshmallows (1 bag)
4 Tbs salted butter
6 C crisp rice cereal
1/2 C dried cherries, chopped
12 oz milk chocolate chips (1 bag)
salt and pepper to taste

Directions

Grease a 9 x 13 inch baking pan with butter. Chop cherries and mix with rice cereal in large bowl so that cherries are evenly distributed. Melt butter in 8 C glass measuring bowl in microwave. When melted, add marshmallows; stir to evenly coat the marshmallows with the butter. Melt 3-5 minutes on high or until the marshmallows are completely melted. Stir often with a wooden spoon. When completely melted, pour over the cereal mixture and stir to combine the marshmallow syrup and cereal. Place mixture into the buttered pan, gently pressing to form an even layer. Allow to cool for 30 minutes. Cut into desired size pieces. Melt the chocolate in a shallow baking dish in the microwave on high for 3-4 minutes, or until the chips become liquid; stir the chocolate chips often. Dip the bottom of each crispy treat in the chocolate and place chocolate side up on a parchment lined cookie sheet. Allow chocolate to completely harden before storing.

Story Teller Off to the Continent...

Eddie McGuire is a composer and flutist from Glasgow, Scotland, a member of the renowned Whistlebinkies trad group and a curiously talented composer of the most beautiful music. So I was thrilled to hear that he would be one of three artists - Stefan Grasse, classical guitarist and myself - to give Celtic music and story concerts around southern Bavaria. What I thought was southern Bavaria - it turns out to be extreme eastern Bavaria, Ober-Franken to be exact; land of the Danube River, lush rolling hills and tidy, small Medieval villages. We met in Nuerenberg for rehearsals and from there, with the car packed full of technical equipment, traveled to an old synagogue in Schwabach, a community cafe in Nuerenberg, and 200 kilometers east to a Museum cafe in Passau.



I told stories in English (had offered to translate them into German but the organizers said "English is more authentic" - I had to throw in some Irish after that..)

The concerts were sold out. The people came early, and packed the halls; they sat on the floor, they sat on the stage, and they sat in the corridor outside, out of sight of the stage but within hearing distance. Stefan and Eddie played old Celtic tunes and new compositions, I told old and new Celtic and Irish stories. The local Press said I could "tell stories of murder and joy and passion side by side with equal relish".



It was a thrill to see my name up there on the poster for the Passer Saiten with such names as Irish guitarist and composer John Feeley, Jamie McDougall, one of The Three Scots Tenors, US lutist Peter Croton, harpist Sharon Griffith and a number of other musicians. After all the concerts I gave two storytelling concerts in St Gisela's School for Girls in old Passau.

Then it was back to Wiesbaden, for a 4-day visit with daughters and grandchildren and then on to Shannon Airport, Ireland, where I met up with Tinky Miranda and we traveled northwest to Achill Island, where we stayed together for a week of walking, driving, cooking, talking, pub-hopping and just enjoying the beauty of Ireland's most western-most isle.



Submitted by Jane McDaniel

SAHS and Garden Happy Hour 2015

The first Happy Hour of the 2015 SAHS season will be on Saturday, May 16, 6 pm - 8 pm at Jane McDaniel's house. In the tradition of past Happy Hours, bring a snack dish to share, and whatever you'd like to drink. The host will also provide a dish, drinks, glasses, cutlery, plates.... and a congenial place to gather on the big deck in her back yard. Call her at 210 930 1026 or email her at janesirish@att.net for address and instructions on how to find the place.

We met new friends and here's hoping we'll see them at our meetings in the next few months!
See all y'all there!

Submitted by Jane McDaniel



Over the Fence... 2015 Program Line-up



SAHS online calendar:

<http://www.sanantonioperbs.org/Calendar/CALENDAR.htm>

May: Spring Banquet & Social
2015 Board vote
Rainbow Gardens' Celebrate Herbs (May 9th)
Festival of Flowers (May 23rd)
Basil Fest (May 30th)

Jun: SAHS SIGs: Get Inspired! or "What WE Like About Herbs and What We Do With Them"

Jul: Annual Members' Show-n-Tell and Share

Aug: to be announced

Have ideas or contacts for new programs?

Know a great speaker for an interesting herbal topic? Contact any Board member with your suggestions and contacts. Let's complete the list for 2015!

Next Board Meetings

June 1, 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.

Remember: ALL Members always Welcome!

SAHS Publicity Needs YOU

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. Know of a new contact that would help us? Get with Mike Belisle to help out.

SA Botanical Garden Events

Rainforest exhibit; March thru September. Maze leads guests on an educational experience.

Brews & Blooms, May 23 (get tickets soon!)

The Garden is open year-round, 9am to 5 pm.

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

SA Garden Center

For information, call 210-824-9981 or see <http://sanantoniogardencenters.org>

Texas Native Plant Society

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

<http://sanantoniochapter.wordpress.com/> or contact via email: npsot.sanantonio@gmail.com

Comal County Master Gardener program

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

Website: <http://txmg.org/comal/>

Bexar County Master Gardeners

Contact 210-207-3278. or <http://www.bexarcountymastergardeners.org/>

Guadalupe County Master Gardeners

MAY 7, 12-1pm: Lunch & Learn program on LAWN CARE will be presented by Marvin Borth, Master Gardener, and the GCMGs. Location: Texas A&M AgriLife Ext Ofc, 210 East Live Oak Street, Seguin. Topics: Lawn types and maintenance, weeds, pests and fertilization. FREE: bring your own lunch.

The regular meetings are on third Thursdays; free and open to the public (business follows program). For further information call 830-303-3889 or visit our website at

www.guadalupecountymastergardeners.org.

SA Rose Society

San Antonio Rose Society meets second Mondays at 7 pm at the Garden Center. Public is welcome.

May 9, 2-5pm: Open Garden Tour

For more information, see www.sarosesociety.org or call Meg Ware 210-698-8440

Submitted by Peggy Jones, Publicity, SARS

Gardening Volunteers of South Texas

Contact (210) 251-8101 or info@gardeningvolunteers.org

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

Gift Basket Raffle: A Beach Picnic!

The next basket will contain lots of cool stuff for a warm summer's day picnic: beach towels, plates, cups, doodads...

We ask *everyone* to commit to "selling" just 10 tickets or chances, our net income potential on this basket will be good. This is a fun basket filled with beach supplies: towels, toys, snacks and wine. Can't beat that! Grab a handful of tickets and go sell some and help us keep the lights on!



Festival of Flow-

ers May 23 at Alzafar Shrine

This fine annual event is a terrific variety of vendors of all sorts—there's gardening, nurserymen, plant societies, yard art guys, talks and cooking demos. SAHS will be there selling our books and we need your help! Showtime is 9-5 on May 23 and we need about 12 volunteers. Contact Joe-Beth and thanks very much!



Basil Fest May 30 at the Pearl

Another now-established annual event sponsored by the Herb Market Association. All things basil will be out and for sale with Nature's Herb Farm leading the pack. SAHS will bring our book table PLUS will be helping the Chef's Challenge (this year they're making tapas featuring basil—makes the mouth water!). SAHS needs your help to staff this event—at least 20 volunteers requested. Please contact Joe-Beth to help out. Thanks so much for your time and enthusiasm!

2015-2016 Board Slate Presented

Here's the slate for next Board of Directors.

President: Leslie Bingham

Vice President/Programs: Grace Emery

Secretary:

Treasurer: Karen Lopez

Membership chair: Robin Maymar

Appointed members of our Board:

Publicity: Mike Belisle

Web: Lyn Belisle

Newsletter: Joe-Beth Kirkpatrick

Hospitality: Jane McDaniel

SAHS New Merchandise: Margie Larkin, Linda Klein

Immediate Past Presidents - Yvonne Baca, Grace Emery

The SAHS needs—no, it requires active participation by all of its membership. Without YOU, this organization can do *nothing*. We still need a recording secretary and co-chairs for various other tasks. Contact a Board member to help out. Thanks so much!

Minutes from April 09, 2015

General Meeting

The meeting was held at the Garden Center. The Fiesta themed hospitality table with food brought by members was enjoyed by all.

Meeting was brought to order by Yvonne Baca, co-president, at 7:08 pm. After introducing herself, Yvonne asked that all cell phones be turned off.

There was one new member who was acknowledged as were visitors. There were 36 in attendance including 5 guests.

The Hospitality committee was thanked as were those who brought food.

The next meeting is May 14th which is our Spring Banquet to which all members bring food. Members with the last name beginning with A-F=sides, salads, G-M=entrees, N-S=desserts, T-Z=appetizers. Please bring utensils for your dish.

Check out the tables at the back of the room before the night is over: Members' Share table and SAHS Used Book table
Newsletter articles and recipes are due by Friday, April 17th, and should be sent to Joe-Beth Kirkpatrick (email in newsletter). Include the name of recipe and your name.

ITEM 1: Texas AgriLife Backyard Basics Expo - Robin stated that we sold books at the event held at Madison High School on March 28th. Much interest in our society was exhibited by visitors.

ITEM 2: 9th annual Rackspace Green Day - Chair Mike Belisle not here. This event held from 9-3 always is a good PR day for us where we distribute information about us and have give aways such as bay leaves.

ITEM 3: Hat Parade in honor of King William Parade. Bev Tibbs and Lisa Kelly modeled their creative hats.

ITEM 4: Update on King William Parade, April 25th: Beverly Tibbs reported that Saturday, April 11th is a mandatory meeting at which she will be told where our float will be. Bev has been having workshops at her home to fill packets with seeds to be handed out. She is in need of help to work on signs. Norm Hastings will have float workdays on Wednesday, April 15th, 2-6pm and Wednesday, April 22nd, 2pm-dark. Bev also reported that Joe-Beth had printed the labels for the seed packets for free.

ITEM 5: Spring Banquet, May 14th - International Herbal Foods -Leslie Bingham

ITEM 6: Garden Happy Hour - Robin reported that Jane McDaniel will host the first Happy Hour of the year on Saturday, May 16th at 7pm.

ITEM 7: Express News is asking for people to have their gardens described in the column, "Sow, Grow and Savor".

ITEM 8: Updating the SAHS Bylaws:next meeting on April 17th, 6:30pm at Robin Maymar's home. Anyone may attend.

ITEM 9: Cookbook Committee update and recipe testing - Grace stated the committee is researching prices on a smaller cookbook for now focusing on the twelve herbs of Texas plus lemongrass and savory.

ITEM 10: Update: SAWS Spring Bloom - March 14th - Joe-Beth, reported we netted just a little less than \$1500.00. SAWS said that we are their best customer.

ITEM 11: Festival of Flowers, May 23rd, and Basil Fest, May 30th - Joe-Beth passed around sign-up sheets for both events for volunteers. Festival of Flowers is held at the Alzar Shrine building. Basil Fest is at the Pearl when we will also participate in the Chef Challenge.

ITEM 12: Beach Basket Raffle - Grace Emery handed out en-

velopes containing raffle tickets to be sold and information. Tickets are 1 for \$3 or 2 for \$5.

ITEM 13: Nominating Committee's Slate of Officers:

President: Leslie Bingham

Vice-President, Programs: Grace Emery

Treasurer: Karen Lopez

Secretary: (open - needs candidate)

Membership: Robin Maymar

Publicity: Mike Belisle.

Nominations from floor were requested; none received

Ongoing position assistants needed

Webmaster - Lyn Belisle

Newsletter - Joe-Beth Kirkpatrick

Hospitality - Jane McDaniel

SAHS New Merchandise: Margie Larkin, Linda Klein

Immediate Past President(s) - Yvonne Baca and Grace Emery

PROGRAM: Grace introduced our speaker: Angela Love, RN: Aromatherapy for Stress Relief.

Grace thanked our speaker and adjourned the meeting at 8:12pm.

Submitted: Barbara Quirk, Secretary SAHS

Angela Love and Aromatherapy for Stress Relief

Our speaker received her degree at Texas Eastern School of Nursing in Tyler, Texas, and specializes in women's health and geriatrics including Alzheimers, hospice and palliative care. Angela's goal is to treat people holistically so that everyone may have peace and happiness.



April is National Stress Awareness Month. Stress negatively affects the body and increases physical tension. This is physiologic and real. It changes one's body by affecting the neurons that control stress levels. There are

essential oils that can be used to reduce the effects of stress. Angela favors geranium and rose absolute for her personal use. She also recommends lavender as an aid for relaxation while sandalwood is very calming; chamomile and Mandarin help induce sleep. Rose geranium helps lift depression. A diffuser is helpful in dispersing essential oils throughout a room and a spritzer with water and essential oils is handy for other places.

Aromatherapy is being used in hospitals and hospices. It has helped reduce seizures and high blood pressure. Recently, aromatherapy has been used in treating PTSD patients. Aromatherapy uses essential oils in a controlled way to promote personal well-being. Essential oils are also good in maintaining cleanliness of an environment, as in diffused lemon oil has been proven to kill pneumonia and staph germs. Information sheets were handed out regarding the power of smell, aromatherapy to help you relax and essential oil buying tips.

Angela Love is a R.N. and a Wesley Nurse working for community health via the Methodist Healthcare System. This is a free-and-open-to-the-public service accepting walk-ins or appointments. Contact her office 210-733-7156.

Membership

About 40 attendees at the April meeting

Call for volunteers: The next Board needs membership officers. Please talk to any board member for information.

New nametag system...

Don't forget: your nametag will be available to you at the door at the beginning of each general meeting. Pick up the nametag, wear it with pride, turn it back to the membership desk before you leave for the night. Simple. You don't have to worry about remembering to wear the tag (or losing it somewhere). Extra name tags will be available for those volunteers working at one of our events.



SAHS out and about—Speaking at other Clubs

I presented to The Men's Garden Club of SA – Topic was companion planting with herbs—about 35 in attendance at Ob-late Center off of Nacogdoches. It was well received.

Second presentation was April 18th at the Brook Hollow Library for the "Outlander Day" (series of books and now TV Movie by Diana Gabaldon) all things Scottish were touted (and we learned how to make and wear a "real" kilt out of 8-10 yards of tartan material – courtesy of the Scottish Society Presiden).

I was one of several speakers, and my presentation was the "Medieval Still Room" wherein I spoke of medicinal herbs as they related to the books...how they were grown, prepared and used. We discussed the housewife's role in caring for the Manor house, seeing to the stocking of the kitchens and buttery, as well as attending to the health and wellbeing of all the souls within her purview which could be well over 200, including family, servants, men-at-arms, stable hands, and those working the manor lands as well as the elderly and those in the village. It was very well attended and there seemed to be a great deal of interest in the subject.

Next presentation is at Parmen Library on May 16th which will be the old standby Growing and using Culinary Herbs in south central Texas...at which I will prepare and serve a herbal goat cheese and crackers for the general delectation of the attending public...

Submitted by Leslie M. Bingham

SAHS Constitution and Bylaws

Earlier this spring, the Board determined that our bylaws could stand a review and possibly updating. A group of volunteers has met a few times to discuss the items within those documents requiring attention. This is NOT a closed committee or effort. This group welcomes your input. It especially welcomes those persons who are well-versed in standard parliamentary procedures.

The idea is to make our governance timely yet broad enough to allow the Board to make decisions that will benefit the entire organization and encourage its growth.

Please contact any board member for information.

Special Interest Groups (SIGs) in June!!

Ever wondered what it is that our SIGs do and why they got started? Simple: often times groups of folks of like interests will naturally gravitate toward one another. SAHS is fortunate that our membership is so varied. Our people enjoy cooking, crafting, healing, gardening, researching, using and just plain enjoying herbs. Our June meeting will be a round-robin format where in you'll see a short introductory presentation by our SIGs. See one you like? That SIG will help you either collect enough other interested people to form a new SIG OR bring you in to their fold, space available.

Do plan to come in June—you'll be glad you did!

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.

Treasurer's Report, March 2015

Submitted by Robin Maymar, Co-Treasurer

INCOME

Backyard Basics books & booklet sales	118.00
Merchandise Table	40.00
Spring Bloom Plant sales	2,918.41
Spring Bloom book sales	69.00
Membership	320.00
Subtotal - INCOME	\$3,465.41

EXPENSES

Garden Center, rent	85.00
Garden Center, attendant's fee	45.00
Festival of Flowers booth fee	50.00
Nature's Herb Farm (Spring Bloom plants)	1,357.40
Subtotal - EXPENSES	\$1,537.40

NET TOTAL (Income-Expenses) \$1,928.01

ASSETS

Frost Cert. of Deposit	\$1,215.33
Frost Checking	5,568.96
Frost Saving	460.40
Scholarship Fund	1,096.88
Cash on Hand	90.00
TOTAL	\$8,431.57

'14 - '15 SAHS Board Officers & Members

Yvonne Baca - Co-President

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

Grace Emery - Co-President & Cookbook III Chair

210 875-6919 C, gemery49@yahoo.com

Rachel Cywinski - Vice President (Program Chair)

Ann Rossi - Membership Co-Chair

210 422-8506 C; aspiring_annie@yahoo.com

Penny Cardwell - Membership Co-Chair

210-380-9755; p.card1@aol.com

Barbara Quirk - Secretary, Recording

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

Lenore Miranda - Treasurer Co-Chair

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

Robin Maymar - Treasurer Co-Chair and Salt Blend Maven

210 494-6021 H; 830 459-8415 C; robinmaymar@gmail.com

Mike Belisle - Publicity / PR / Seed Procurement

210-826-6860 H, mbelisle@satx.rr.com

Lyn Belisle - Webmaster & Green List Coordinator

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

Joe-Beth Kirkpatrick - Newsletter

210-590-9744 H, joby53@gmail.com

Jane McDaniel - Hospitality and Weeder Extraordinaire

210-930-1026 H

Leslie Bingham - Hospitality

lesliegw@live.com

Margie Larkin - Co-Chair, SAHS New Merchandise

Lynda Klein - Co-Chair, SAHS New Merchandise

More Information

SAHS web page: www.sanantonioherbs.org

Our website contains an archive of past newsletters, membership and book order forms PLUS includes a PayPal link for your convenience.

SIG-nificant Events

Culinary SIG I

April had our group revising plans when our host was instead recovering from surgery and then her volunteer replacement suffered injuries from a fall and had to bow out. Fortunately, San Antonio has many fine restaurants and on our designated night, we repaired to the lovely covered patio of Green at the Pearl. Green serves vegan and vegetarian comfort food, fare that was perfect for Earth Day this month and our need to be a bit cosseted.

Over a huge platter of black bean, 'cheese' and guacamole nachos, we shared our Fiesta plans (the coronation, NIOSA and King William!) and tried our hand at identifying an unusual and beautiful thistle as well as tasted and inspected the leaf of an unknown herb, with no luck with either. Our dishes arrived, with several of us getting the overstuffed and delicious portabella burgers with various sides. Eggplant parmesan, the thin slices coated and crisply fried just like she preferred it, not only satisfied our member but was also large enough to provide the next day's lunch. A grilled cheese sandwich with a side of fries gave another the carbs she was craving. A vegetable and legume burrito hit the spot for one member, as did a falafel bowl for another. Chick'n parmesan served atop linguine with marinara was delicious. The one dish that all of us wanted to try the next time we visit was the artichoke and spinach quesadilla. Between the food and our charming and attentive waitress, not to mention each others' company, we parted feeling buoyed and refreshed.

Next month is a work in progress, but no fears, gentle reader, we will come up with something that will make us happy to be together. Stay tuned!

Submitted by Jeanne Hackett

Herbal Crafts SIG

The Craft SIG met in April at Marilyn's house to make plant markers. The Polymer clay allows for great customization to the plants that are in your garden. Next month the Craft SIG is planning on learning to make knitted items.

If any of you would like to be part of our SIG, please contact either Leslie at lesliegw@live.com or Kathryn at kseippccc@aol.com. New members are *always* welcome.

Submitted by Kathryn Seipp

Healthy Living with Herbs SIG

In April, we met at Joe-Beth's home to do some tasting of items made with Savory, the 2015 herb of the year. After a stroll around the backyard made lush with all the spring rains, we settled to do our tasting and discussion of savory in general. Joe-Beth had roasted little potatoes with and without winter savory for a comparison; Leslie brought a creamy spring soup with savory (*and* with "lots" of other herbs); Jean satisfied the fish craving with some pretty tasty salmon patties; Carol-lee brought tuna salad made with OUT mayo! There was also a savory-infused rice vinegar to sample—nice and peppery! Joe-Beth also provided an interesting handout of various articles on fingernails, their structure, life cycles and care.

We have room for new members, so get in touch—we love company!

Submitted by Joe-Beth Kirkpatrick

Culinary SIG II

The SIG dinner had an Italian/Mediterranean theme and was held at the home of hostesses Trini and Don Reiter where the group was treated to a real feast. Trini created a marinara spaghetti cooked in beef broth, while Don did spaghetti/noodle casserole filled with chicken and vegetables; both dishes were wonderful. Theo Dean had a delicious tabbouleh, a stand-out with parsley and



mint leaves as well as perfectly prepared bulgher. A Mediterranean salad by Karen Lopez had a lovely red wine vinegar dressing. Grace Emery found a Mediterranean appetizer in the 7 layer dip family with pita chips; the hummus, vegetables, Greek yogurt and feta topping started the evening. Additionally, Grace had some homemade rolls with pesto and parmesan. But the surprise for the evening was brought by Robin Maymar, a Tangerine Punch (with mangos and grapes and fresh herbs) squeezed from the fruit of her own home grown tangerines. We were impressed.

The next Culinary SIG II dinner will be hosted by Pam DeRoche at Grace's home on May 28 (contact Grace for address). The theme is basil so we can expect a wonderful evening of dishes sure to please the members.

For SIG meeting information, please contact Grace Emery at 210 875-6919 C, or gemery49@yahoo.com

Submitted by Grace Emery

Texas Natural Living SIG

The Texas Natural Living SIG visited E.D. Huntington's Orchids and Tropicals Nursery in San Antonio on April 16th. The nursery is a hidden gem tucked in near the intersection of Wetmore and Stahl Roads. While the greenhouse is small, their plants are larger than life. The colors and the variety of plants were impressive to say the least. The owner let us survey the nursery, and then she took time for some questions and answers. Basically, a beautiful orchid needs to be neglected...no soil to speak of...little water...and sometimes just air is all that is needed to produce some of the flowers. And, they seem to flower for a long, long time. Some folks bought plants to take home. Beautiful ones! Then lunch at Beto's on Broadway near 410. Guy Fieri from Diners, Drive-ins, and Dives visited the restaurant some years ago and deemed it "over the top." So, we had to investigate his claims. It was very good! Our next meeting will take place on June 20th....going to the Lavender Festival in Blanco. Join us!



For SIG meeting information, please contact Marilyn Nyhus (rudyardmar@yahoo.com) or Marguerite at mhartill@aol.com.

Mad Hatters

The Mad Hatters met for a lovely afternoon of Irish tea and tasty tea treats in Jane's wonderful back yard. There is not a lot that is better than having tea with friends outside on a beautiful day.

"Jet-setting Jane" had just returned from Europe two days before our tea and was, as ever a great hostess. She greeted us with a nicely chilled glass of Baileys Irish Cream. We sipped while the table was set with all kinds of yummy things to eat and a delicious tea to drink. We helped ourselves to ham & sheese croissants, egg salad, dhicken



salad & strawberry/cucumber sandwiches along with a tasty cheese spread on crackers. On the sweet side, we selected from mini blueberry muffins with fresh blueberries, lemon pound cake, cherry pastries and a wonderful old fashioned orange cream molded Jell-o. This brought about a lengthy discussion on old cooking terms, tools and old recipe books, some of which had been handed down through the generations and held pleasant and precious memories.

We spent the afternoon with lots of good conversation about tea ceremonies and some great ideas for future teas like a traveling tea, a Downton Abbey tea, tea cup story tea and even a Boots & Hats tea. Whatever we decide on for our future plans, next month we are to going out for tea. We will have our May meeting at Los Patios.

Stay tuned for more info from the lovely, hat-wearing Mad Hatters. Interested in having tea with us? Contact me lnbdesignline@aol.com.

Submitted by Linda Barker

Weed-n-Gloat SIG

The SAHS Weed n Gloat team met on the last Monday of April to work again in the SA Botanical Garden's Herb Garden - OUR Herb Garden, as we like to think. Basil and Mary Jo Aivaliotis, long time members of SAHS, Robin Maymar, Jeanne Hackett, Tinky Miranda and I, armed with spade and trowel and clippers and brush, pruned parsley gone wild and planted germander, lavender, pineapple sage, dill, fennel, basil, chives and a single oregano in the Herb Garden plot. We pruned out wild canna, cilantro which was almost past its bloom, comfrey, which always threatens to take over, enormous, past its prime borretsch and what seems like an acre of mint. You will see that mint sometime in the near future - Robin took it all home to dry and "play around" with.... there is maybe mint sugars or mint salts in SAHS's future.... We had four large containers of clippings when we were done, and the brush did overtime, learning the walkway.



The recent rains and the warm weather have served the Herb Garden well - everything there that we take care of is thriving. Take a walk, sometime, in the early morning, through the San Antonio Botanical Garden and, while you are there, take a look at our Herb Garden; you'll find it right inside the entrance, just beyond the Rose Garden and beside the Cottage Garden. It's worth a visit. Many, many thanks to Robin, Mary Jo, Basil, Tinky and Jeanne who

came out to make this little piece of Mother Earth beautiful.

Weed-n-Gloat is the last Monday of the month. Contact Jane for more information: janesirish@att.net

Submitted by Jane McDaniel

Aromatherapy SIG

This SIG's leaders are looking to reorganize and get some sessions rolling later this year. They also plan to participate in the June SIG presentation at our general meeting. Interested? This SIG has room for another couple of members. For more information, contact Jean Dukes at 210-566-4379 or itmakescents@earthlink.net

Submitted by Jean Dukes

King William Parade — April 2015

Thank You to all our Seed Donors!!

The SAHS is grateful for donation of LOTS of seeds by several companies in support of our mission to promote herbs in our community. Having the seeds to start a little garden is sometimes enough to ignite that spark of interest that, with care, grows into a life-long passion. Please stop by our local friends and do business with them. Check out the websites for the national folks—you might find something there that you can't live without!

We sincerely thank the following businesses:

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Note: Jupe also provides us with the hay bales used on the float itself.

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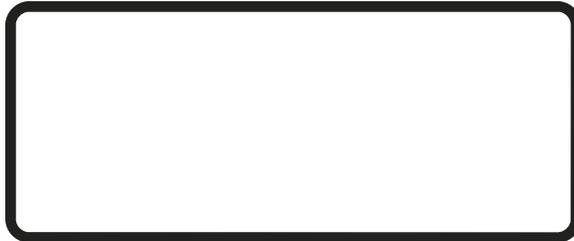
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