



La Yerba Buena

THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 314, May 2016

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 12 2016

Annual Spring Potluck Dinner Plus Ice Cream – a Picnic at the Beach with a Friend



It's picnic time at the Garden Center! You can't go wrong with a good, old-fashioned potluck dinner on the grounds and that's just what's in the offing for us on the 12th. Our decorations will reflect a picnic at the beach—think colorful papers and fabrics, sand play tools and buckets, towels and sun hats and a kite or two to fly in the breeze. Ahhhhhh. Can you see it yet?

Bring a friend! Bring some new friends to the Herb Society and introduce them around. Picnics demand finger foods and that's what we're asking everyone to bring along. We're going to sample this great fare and visit around with everyone. Can't wait!

Food table alphabet: Side Dishes K-Q; Entrées R-Z; Appetizer A-J;

Dessert = **Did we say Ice Cream?**



Robin says to bring your favorite herbal ice cream. Since the herb of the year for 2016 is capsicum (peppers), why not try out a new recipe that include this universally known and loved food? Cold, creamy, sweet and hot - what a combo! SAHS will provide lots of little cups and spoons so you can taste each and every one of them! What a great way to enjoy an evening!

Members, please bring a picnic dish (finger-foods are best) to share.

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 located on the corner of **Parland** and N. New Braunfels. For more SAHS information, see our website at www.sanantonioherbs.org*



2016-2017 SAHS Board Needs YOU ...

We have "job" descriptions for all positions and lots of help transitioning / learning the ropes. Come join us! Here is the slate of candidates (as of May 1) upon which we will vote during our May meeting and Picnic. Several of these positions really do need a co-chair. Do consider how you can help the SAHS for a longer term than just one event or a meeting or two. To live and grow, everything must have regular tending—and so does this organization.

The 2016-2017 Board Slate

Co-President	Grace Emery
Co-President	
Co-Vice President / Programs	Jane McDaniel
Co-Vice President / Programs	Adrienne Hacker
Co-Secretary	MaryBeth Wilkinson
Co-Secretary	
Co-Treasurer	Karen Lopez
Co-Treasurer	
Co-Publicity	Lisa & Mike Kelly
Co-Membership	Robin & Milan Maymar
Co-Web Master	Lyn Belisle
Co-Web Master	
Co-Newsletter	Joe-Beth Kirkpatrick
Co-Newsletter	
Co-Hospitality	Lisa & Mike Kelly

Basil Fest is May 21 @ the Pearl

Don't miss another opportunity to put your best face forward for the SAHS this month. Basil Fest is a lot of fun and an easy event since we're so focused on this one versatile herb. Contact Grace or Joe-Beth

Hospitality Table

Schedule:
May: everyone!
Jun: R-Z
Jul: A-M

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

Members Munch

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

Curried Chicken Salad for Tea Sandwiches

Submitted by Carol Hamling

Ingredients

2 C cooked chicken breast, chopped small
2 Tbs onion, chopped fine
1/3 C celery, chopped fine
1/2 C red apple, chopped to fine dice
3 Tbs – 1/4 C Mango chutney chopped
Hellman's Mayonnaise just enough to bind it together
1/4 tsp curry powder
Salt and white pepper to taste

Directions

Mix all ingredients together. Refrigerate at least an hour for flavors to blend. You want the ingredients chopped small for tea sandwiches.

Using softened butter, spread thinly sliced bread (Pepperidge Farm Thin-sliced has a good structure for tea sandwiches) with a little butter on both sides of the bread. Spread with the chicken salad. Cut the crusts off of the sandwich and cut into shapes. If making ahead, cover with a damp cloth to keep the bread from drying out.

To cook chicken breasts for eating or salad, start with bone-in chicken breasts. Place on a foil-lined, rimmed baking sheet, season with salt, pepper, garlic, paprika and thyme or savory. Cook uncovered in 350° oven for 30 – 45 minutes depending on the size of the chicken breasts. You can use immediately or pull off of the bone and freeze in plastic bags for later use.

Guacamole Dip

Submitted by anonymous

Ingredients

Avocados, Tomatos, Onion, Jalapeno (mild), salt, Cilantro, Garlic

Vegetarian Dolmades (Stuffed Grape Leaves)

Submitted by Therese Pieniasek

Ingredients & Directions

Fresh grape leaves: Quantity of leaves depends on size of leaves - use two or more if small. Snip off stems with scissors and blanch in boiling water for one minute to soften. Drain and cool. Note: These are best gathered in the spring.

Rice Filling

1 C dry rice cooked with 2 C water
Saute 1 large onion (finely chopped) in olive oil until soft and transparent. Add several cloves of chopped garlic and cook until soft. Mix in rice with 1 Tbs of finely chopped fresh mint and 1 Tbs of finely chopped fresh flat-leaf parsley. Add coarsely ground black pepper and kosher salt to taste. Other herbs can be added to taste (lemon thyme, oregano, etc.). Add to rice and mix well.

Put 1 rounded tsp rice mixture inside each leaf; use extra leaves if they're small. Wrap tightly and pack tightly in stovetop pan (Corningware if you have it); keep layers even. Multiple layers are ok. Cover with a generous amount of olive oil (1/2 to 1 C) and the juice of one or two lemons plus enough water to cover. Use extra leaves to cover the batch plus a heatproof plate to prevent shifting. Bring the pan almost to a boil on top of the stove, then lower heat and simmer, covered, for about 45 minutes. Uncover and allow water to reduce a little, simmering gently. Serve warm or cold. Can be kept refrigerated up to a week or frozen. Garnish with fresh lemon slices and Greek olives.

Chicken Mole - Slow Cooker Version

Submitted by anonymous

Ingredients

1/4 C sesame seeds, lightly toasted
2 Tbs minced fresh cilantro
1/4 tsp ground cinnamon
1/2 tsp salt (I used 1/4 tsp)
1/8 tsp ground cloves
1 Tbs brown sugar
1 tsp ground cumin
1/2 tsp ground cayenne
2 Tbs cornmeal
3 Tbs cocoa
1 lb boneless chicken breast
1 Tbs vegetable oil
1 onion, chopped
4 cloves garlic, crushed
10 oz pureed tomatoes
2 chipotle peppers in adobo sauce, seeded & chopped
2 Tbs raisins
1 C chicken stock
5 ancho chilis, seeded, stemmed & chopped
1/4 C cashews, toasted and chopped
fresh cilantro for garnish

Directions

Combine first 11 ingredients (dry spice mix) and set aside.

Brown chicken breasts in oil. Coat each piece with dry spice mix and place in slow cooker. Add remaining dry spice mix. Add onion, garlic, tomatoes, chipotles, raisins, stock, anchos. Make sure all are covered with liquid. Top with cashews. Cover and cook 7-8 hours. Remove chicken, shred and set aside. Transfer all remaining ingredients to a blender and puree until smooth. If too thick, add a little water until desired consistency is achieved. Return chicken and sauce to slow cooker. Cook on high until heated through. To serve, spoon onto individual plates; top with fresh cilantro. Serve with rice, beans and tortillas. Makes 3-4 servings.

12 Herbs Cookbook Committee

The new cookbook committee is still testing, sorting and arranging all the recipes contributed.. Thanks to all who submitted and especially those who've been testing the recipes.

Get in touch with Grace Emery for more information or to help out.

Rainbow Gardens on Bandera Rd. "Celebrate Herbs" on May 7

This location is once again hosting an herb festival that Saturday from 9am to 3 pm. The fair is a nice one and always well organized. There will be several vendors (including SAHS) with their wares for sale plus there will be several speakers—including one from SAHS! Would you like to meet new friends? Get in touch with any Board member soon!



Over the Fence...

2016 Program Line-up



SAHS online calendar:

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

May 12: Spring Picnic / Ice Cream Social meeting;
Board election

May 07: Rainbow Gardens "Celebrate Herbs" fair and sale (Bandera Rd. location)

May 21: Basil Fest @ the Pearl (May 21)

May 28: Festival of Flowers @ Shrine Auditorium

Jun 09: John Sells on garden soils
He's a first class gardening expert with a wealth of knowledge and experience

Jul 14: Show-n-Tell-n-Share meeting

Aug 11: Grace Emery, Garden First Aid

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 2016!

Next Board Meetings

May 30. 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!

Bylaws Review Sessions

Please contact any Board member for information on these sessions. We especially welcome members with parliamentary experience. The group is working to clarify and update several sections of our existing Constitution and Bylaws.

SAHS Publicity Needs YOU

Every month, SAHS provides meeting info **flyers on our website and via email**. You can help our membership grow!. Be a part of our publicity group and help us meet new friends and fellow herbies. Get with any board member for details.

Speakers Bureau needs you, too.

Do you enjoy talking to folks about various herbal topics? Cooking, gardening, healing, crafting—these topics are all welcome by our various audiences. Please contact any Board member to help out.

Fundraising ideas needed

The SAHS Board is experimenting with a couple different products (aside from our usual books) to sell at the various events we attend. Mike Belisle has donated a few jars of basil jelly and MaryBeth Wilkinson donated some of her soaps. Both were well received at the recent Irish Heritage Day in Leon Valley. We will look at how we can make these a profitable venture while we promote herbs in general.

What are your ideas? How would you implement them? Come talk to any Board member and let's get things rolling!

Membership and a Telephone Committee

Remember 'phone trees'? This is a time-tested method of keeping our membership informed of the happenings in the Society PLUS it's a great way to confirm volunteers for our various events and projects. Many folks enjoy helping out from the comfort of their home—a method that benefits us all. Please contact any Board member.

Other Clubs:

SA Botanical Garden Events

Wings of the City - thru June 5
Storybook Houses thru July 10
Spring Plant Sale May 7, 10am-2pm
Brews and Blooms May 21 (must buy tickets in advance)
Winged Wonders. San Antonio is an Official Monarch Waystation and is the only Monarch Butterfly Champion City. Family Drop-In Programs, free with admission; Saturdays from 10am – 12noon. June 25, July 23, August 13, August 27, September 10, September 24, October 8, October 22. The Garden is open year-round, 9am to 5 pm. For info call 210-207-3250 or visit www.sabot.org

SA Garden Center

Regular meetings are every first Wednesday; coffee at 9:30am—program afterwards.

For information, call 210-824-9981 or see

<http://sanantoniogardencentre.org>

Texas Native Plant Society

website: <http://sanantoniochapter.wordpress.com/> or contact via email: npsot.sanantonio@gmail.com or contact Meg Inglis at 512-589-1316.

Gardening Volunteers of South Texas

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

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

Comal Master Gardener program

Third Mondays starting at 6 pm at the GVTC Auditorium.

Meetings are open to the public.

Contact (830)964-4494 or 221-4316.

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

Guadalupe County Master Gardeners

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.

Bexar County Master Gardeners

BCMG general info

www.bexarcountymastergardeners.org/ or call 210-207-3278

SA Rose Society

San Antonio Rose Society meets second Mondays at 7 pm at the Garden Center. Next meeting is Monday, May 9th at 7:00 pm at San Antonio Garden Center. We will host VINCE VITA. His presentation is on "Building an Irrigation System".

SARS is now on FACEBOOK. Come visit us on Facebook at <https://www.facebook.com/SanAntonioRoseSociety/> and enjoy pictures of roses and learn about upcoming garden events!

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

Ed. Note: SAHS, remember that we have a booklet on roses as herbs published back in 2012 when the rose was herb of the year. This book makes a great gift to your friends who like both roses and herbs! Get one soon.

Summer Gift Basket Raffle

Tickets available until **August 11** at the general meeting. We'll draw the winning ticket that night. Be there!

Minutes from April 8, 2016

General Meeting

Call to Order by President pro-tem Grace Emery at 7:05 p.m. Introductions were made and attendees reminded to turn off cell phones

Greetings:

1. Guest Berenice Gonzalez was acknowledged
2. Hospitality table and food providers were thanked. For next month meeting all were asked to bring a dish for the banquet.
3. Merchandise, books, t-shirts, share tables were acknowledged.
4. Reminder all articles and recipes for the next newsletter need to be submitted to Joe-Beth by April 22, 2016.

Items for Discussion/Announcements:

5. Minutes from previous month general meeting and Treasurer's report were approved as written, which are always available on the website to review
6. Nominations Committee has a slate of officers, we still need co-officers:

President: Grace Emery (need a co-president)

Co VPs-Programs: Adrienne Hacker and Jane McDaniel

Treasurer: Karen Lopez (needs a co-treasurer)

Membership: Co Chairs, Robin and Milan Maymar, assistant Gloria Ortiz

Publicity: Co Chairs Lisa and Mike Kelly

Web master: Lyn Belisle (need an assistant)

Newsletter: Joe-Beth Kirkpatrick (need an assistant)

If interested, please contact any Board member.

New officer brunch will be held on June 4th 2016 at the Belisle Studio at 9:00 am for old & new members of the Board. We will conduct the hand-off Board meeting at that time.

7. Cookbook Committee update: Will meet on April the 25th 2016. Need a few recipes please sign up at the entry table.
8. By-Laws: Committee Chair Robin Maymar will set up an email meeting

9. WIC and Christus Santa Rosa asked SAHS to provide a presentation on growing herbs for kitchen use to their clientele. Three sessions to be held as follows:

First event May 12th at 4:00 pm at Lackland

June 16th at the Christus main office 401 San Saba

July 14th at the Christus Clinic, 5500 Babcock.

Please contact Grace to help. Need assistants for each.

10. SAWS Spring Blooms plant sale report: Joe-Beth thanked volunteers personally for a successful event, 30 volunteers=100 hours. Net was about \$1500.00.

Joe-Beth told us also about upcoming events:

May 7 Celebrate Herbs at Rainbow Gardens on Bandera Road; 9-3pm

May 21 Basil Fest at the Pearl; 9-1pm

May 28 Festival of Flowers at the Alzafar Shrine; 9-5pm

Signup sheets were passed around

Jean Dukes is coordinating with *Human Path* for a plant walk on April 22. \$10.00 a ticket, contact Jean.

Sangria Basket raffle \$2.00 a ticket or 3 for \$5.00

11. Robin Maymar, Chair of the Spring Banquet: needs volunteers for setting up the room for the picnic theme and also for making herbal ice cream.

12. Loretta Van Coppanole informed us that San Antonio has been named a Tree City, USA, thanks to arborist Mark Bird and others who made this happen.

Next month's General Meeting: Spring Banquet, May 12, at Garden Center 6:30 pm

Board Meeting April 25th 2016 will be held via email.

Adjourned at 8:25pm

Submitted by Gloria Ortiz SAHS secretary

Jane McDaniel Program: Diane Lewis, Herbal Teas A Journey for Wellness and Flavor

Program: Diane Lewis and Herbal Teas for Health and Wellness

Diane Lewis has grown and studied herbs and their uses for over 30 years. She served on the board of SAHS as Vice President and Secretary and is a member of several Special Interest Groups of SAHS. Her garden, herbal recipes and advice were featured in the Spring 2011 issue of San Antonio Taste Magazine. Diane is a Clinical Laboratory Scientist (BS, University of Missouri) with an AAS in Landscaping and Horticulture (Palo Alto College, with honors 2004). She interned with Texas Parks & Wildlife urban biologists, assisting with the wild cape native plant program. Diane is currently a mycologist for the Christus Santa Rosa Health System.

Submitted by Gloria Ortiz, secretary

Calling all herbal techies!

Lyn Belisle, SAHS Webmaster, needs a back-up person to help with the SAHS website. Volunteers need a bit of knowledge about webpage updating, FTP and HTML. It's fun and doesn't take a lot of time, plus you get to be the first to get the latest news!

If interested, email Lyn: lyn@lynbelisle.com. You can visit our webpage at www.sanantonioherbs.org.

Herbal Outreach Event—Volunteer Opportunity

The SAHS was invited earlier this year by the Christus system to provide a series of presentations for WIC (Women Infants and Children) participants. These programs will include the 12 herbs that grow easily in south central Texas and will emphasize the use of these herbs in everyday meal preparation.

These talks aim to teach moms and dads simple ways to start and maintain a small kitchen garden as well as use the products of those gardens in simple and easily-prepared meals their youngsters will enjoy. And who knows? Perhaps those youngsters will grow up and be dedicated and passionate gardeners and herbalists!

In advance of this series, several flats of basil and oregano are growing from seed which will be ready to give out at the meetings. We hope the participants will take them home and have fun in the care and harvest of fresh food!

Want to help make this presentation? Dates are May 12, June 16 and July 14. Needed are at least 4 volunteers for May and June and 4 for July.

Contact Grace Emery today!

Membership

Our membership continues to grow! As of the end of March, the total was about 90 with monthly attendance averaging just about 40.

Don't forget you can join under three categories: individual, family or business. Your membership dollars help us pay the rent and fees associated with meeting at the Garden Center, plus the costs of providing our speakers with honorariums, our meeting attendees with treats and everyone with newsletters through the year.

As a business member, you enjoy the same privileges as above, plus your company name and pertinent information will be listed each month for everyone to see. We offer complimentary memberships to those who give presentations at our general meetings.

We hope you'll find the program line-up for 2016 a good one to bring friends along! Looking forward to seeing you soon.

SAHS Constitution and Bylaws

Early in 2015, the Board determined that our bylaws could stand a review and possible updating. 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 or to help out.

Festival of Flowers May 28

From 9am to 5 pm at this Festival, you'll find a terrific variety of garden and garden-related goods and presentations.. The fair is a nice one—not too busy—and well organized. There will be several vendors (including SAHS) with their wares for sale plus there will be several speakers—including one from SAHS! Do you have a favorite herb? Would you like to help us out? Get in touch with any Board member soon!

Herbal Sales Events—Volunteer Opportunities

Celebrate Herbs Need 12	May 7, 9-3
Basil Fest @ Pearl Need 12	May 21, 9-1
Festival of Flowers @ Shrine Need 12	May 28, 9-5
WIC & Christus Need 4	June 16
WIC & Christus Need 4	July 14

All these events need your smiling face and willing hands. These events are an unparalleled opportunity to meet friends new and old and anywhere in between! Come share your enthusiasm for all things herbal. We always have a good time.

Contact a Board member for information. See page 5.

Treasurer's Report March 2016

Submitted by Grace Emery & Karen Lopez

INCOME	
Deposit—Membership	100.00
Deposit—Membership & Books	187.00
Plant sales (SAWS Spring Bloom)	718.30
Plant sales (SAWS Spring Bloom)	2,140.00
Subtotal - INCOME	\$3,145.30
EXPENSES	
Garden Center rent	85.00
Garden Center attendant fee	45.00
Membership supplies/postage	37.78
Cash box change fund (SAWS Spring Bloom)	200.00
Hospitality supplies	56.70
Honorarium	50.00
Subtotal - EXPENSES	474.48
NET TOTAL (Income-Expenses)	\$2,670.82
ASSETS	
Frost Cert. of Deposit	\$1,215.33
Frost Checking	7569.52
Scholarship Fund	1,097.00
Cash on Hand	50.00
TOTAL	9,931.85

Newsletter Deadline for June Issue

All materials for June due by May 20.

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.

'15-'16 SAHS Board

Grace Emery - President pro-tem /
210 875-6919 C, gemery49@yahoo.com

Jane McDaniel - Vice-President Program Chair pro-tem
210-930-1026 H

Robin Maymar - Membership Chair
210 494-6021 H; 830 459-8415 C; robinmaymar@gmail.com

Gloria Ortiz - Secretary, Recording

Karen Lopez - Treasurer i_quilts@yahoo.com

Mike Belisle - Publicity / Speaker's Bureau Contact
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

Yvonne Baca - Immediate Past President
830-537-4700 H; 210-313-8705 C; yvonne943@yahoo.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 Stuff

Culinary SIG I

It may be Fiesta all over San Antonio, but it was everything Pizza at our April meeting for the Culinary SIG.

We thought about starting with the three dessert pizzas since we didn't want them to get warm, but decided we had better start with the main course pizzas so they wouldn't get cold, such a hard decision. While we described our "pies" we sampled an appetizer pizza made with a crisp crust, topped with a creamy base sprinkled with small pieces of broccoli, bell peppers, tomato and red onion.

Our choices for dinner pizza, were varied. Who knew you could have roast beef, mushrooms and a cheese sauce on pizza. There was a Tejano Pizza made with the herbal pizza dough from Trader Joe's, hot sauce, jalapeño jack cheese, oregano and red pepper strips which made for a spicy pie. We enjoyed a pear, prosciutto and Gorgonzola pizza on a Trader Joe's pizza crust. Our last one was a roasted corn, asparagus and basil pizza with sun-dried tomatoes - no sauce but it did have mozzarella cheese on homemade pizza dough. The secret to the crisp crust was holes in the bottom of the pizza pan and pre-baking the crust prior to filling.

Our dessert pizzas were also varied. An original pineapple pizza that started with a Trader Joe's unflavored pizza crust, sour cream, cream cheese, brown sugar, butter and of course pineapple and cherries. A brownie based pizza with a cream cheese and whipped cream topping, and a fruity pizza with a sugar cookie crust, creamy base topped with strawberries, blueberries and kiwi brushed with a sweet glaze.

We discussed the Monarch butterfly chrysalis that is hanging over our hostess' front door and how many others she has then moved on to insurance coverage and why you should have an inventory of your home. Nothing to do with food at all, but it is interesting how topics of conversation change and how often others have been thinking of the same things you have. Until next month when we will meet at Chris' home.

Submitted by Carol Hamling standing in for Jeanne who was working NIOSA

Culinary SIG II

The capsicum-themed dinner was held at the home of Grace Emery and we all enjoyed a varied use of peppers. Karen Lopez thrilled us with a baked jalapeno dip and flax chips. MaryBeth Wilkinson started us out with chorizo and jalapeno-stuffed figs wrapped in bacon and a "Zoodle" curry salad (zucchini and yellow squash - very festive). Grace made a tortellini with artichoke, spinach and red peppers (cook it in 13 minutes - a good quick dinner). Sandra Woodall made a vegan dish: marinated, roasted vegetables and red peppers, drizzled with balsamic vinegar and served cold or hot. Robin and Milan Maymar brought a family favorite of Lawry's™ *chile relleno* casserole from her mother-in-law plus a Chinese steak and peppers recipe which was the most tender we ever tasted. The main excitement for the evening was Gloria Ortiz' rice-stuffed peppers. Inspired by Turkish and North African cuisine, it included Anaheim and bell peppers and purple eggplant. It was colorful, plated to please and melted in your mouth with a kick from some crushed red peppers. Finally, Pam DeRoche made a lovely fresh fruit salad tossed with her homemade poppy seed dressing - the poppy seeds were from her own garden.

The next SIG II dinner is scheduled for May 26, and will be hosted by MaryBeth Wilkinson. The theme is parsley/cilantro.

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

Submitted by Grace Emery



Weed-n-Gloat

Lenore Miranda led the weederers in a successful session. Lisa and Mike Kelly, Grace Emery, Robin Maymar, Gloria Ortiz, Marsha Wilson and Marilyn Nyhus took care of all the over-grown plants and planted pepper (2016 Herb of the Year) in our new barrels.

SAHS recently purchased and donated these new barrels to help freshen up our herb patch in the SA Botanical Garden

Submitted by Grace Emery

Weed-n-Gloat

A note re the SAHS Weed and Gloat Team: I founded this group 13 years ago; now, after commendation by the SA Botanical Garden for our work in the Herb Garden there and many years of both enjoyable and hard work, upon reaching 70 years of age it is time for me to retire as leader of this team. I have found a capable and enthusiastic SAHS member in Tinky Miranda to lead the Weed n Gloat Team into the future from June 2016 on. For this I thank her. She is a Master Naturalist, works a regular stint in the greenhouses, has been a member of the Weed n Gloat Team for longer than I can remember, and has worked with me as a coordinator between the WnG Team and the horticulturists of the SA Bot Garden.

I will remain a member of the WnG Team; with 13 enthusiastic members it is way too much fun to give up completely.

We meet from 9-10 am during the hotter months, and from 10-11 am during the cooler months; and we usually meet afterwards for a light lunch or coffee at a nearby cafe. Contact me, Jane McDaniel, via email janesirish@att.net if you'd like more information about the Weed n Gloat team, or if you would like to come and join this merry group.

Submitted by Jane McDaniel

Aromatherapy

Each month we are doing an in-depth study of one oil. In March we studied *Dorado Azul*, an oil that is rather new to the essential oil scene. This month we will examine *Copaiba*, which is an essential oil that is steam-distilled from the resin tapped from the tree (instead of from the green plant matter), similar to maple syrup.

The SIG meets at 6:30 at La Madeleine on Broadway on the 4th Tuesday of each month. Most of us arrive by 6 to enjoy the snack or meal.

If you would like more information about the SIG or have questions please contact Jean Dukes at 210.566.4379 or itmakescents@earthlink.net.

Mad Hatters

The Mad Hatters had planned to meet in April. However it seemed that we were all too busy to squeeze it in. Our Tea at the Bread Basket will be rescheduled for another time. We are planning a Kentucky Derby event in May—*everyone* wears a hat on Derby Day! Please let me know if you are interested in joining us in May.lunch.

Tea wisdom:

"A good Tea is like a picnic indoors....."

Contact me at lnbdesignline@aol.com

Have a beautiful day.

Submitted by Linda Barker

Herbal Crafts

No report for April.

Texas Natural Living

No report for April

If you would like to be part of the Craft SIG, please contact Kathryn at kseippccc@aol.com or 210-643-1445 to get

on the list for what is happening. We meet from 10 am to 1 pm on the 3rd Saturday of the month with a potluck lunch. We take turns at different houses based on the space needed and have different presenters based on their interest in showing how to complete the project. We have no limit on membership, so feel free to join us.

Submitted by Kathryn Seipp

Healthy Living with Herbs

The group did not meet in April. We may go en masse to the Blanco Lavender festival in June—haven't quite decided on that yet. There are a couple of events being sponsored by the American Botanical Council (in Austin) in April and May and a few of us have been planning to go to one or the other. Reports will come soon!

Submitted by Joe-Beth Kirkpatrick

Viva Botanica, Fiesta Family Event

On April 15, the San Antonio Herb Society brought our Scent Detective game to the SA Botanical Garden's Fiesta event, "Viva Botanica" from 9 to 3. With the weather continuing to threaten downpours, we set up under the spacious Conservatory Arcade. So many visitors! We tallied 137 who participated in the



"Scent" game - both children and adults - and everyone had a great time. Robin Maymar organized the whole effort and had as willing helpers Mike Belisle, Leslie Bingham, Grace Emery, Gloria Ortiz and Marilyn Nyhus

Submitted by Grace Emery

Herbies out Plant Walking

Medicinal & Edible Plants of Central Texas by Sam Coffman of the *Human Path* (SAHS business member, see page 8). Jean Dukes got a group together for one of Sam's native plant walks. His skills are worthy of your time and learning if you like to lead the outdoor life. Story is they had a great and educational time!

Herbies at Irish Heritage Day

Robin, Leslie, MaryBeth and Gloria took the SAHS show on the road on April 24 to test the audience at the Irish Heritage Day in Leon Valley.



Some new items were on the table that day including some of Mike Belisle's new basil jelly (look out, Basil Fest!), some of MaryBeth's soaps, some of Robin's herb-salt blends, SAHS books and booklets and this summer's raffle basket (tickets for sale). This was a new venue for SAHS and hearsay is that it was a nice afternoon. Maybe we'll see those Irish again next year!

Speakers Bureau at Wildwood Homeowners

Grace Emery presented at the Wildwood Homeowners' Association on April 20. The SAHS 12 Herbs handout sheet provided the basis for this program. The audience of 45 was very interested in growing herbs in their gardens and containers. They expressed interest in a future program on cooking with herbs.

Speakers Bureau at Oakwood Garden Club

On April 5th, Leslie Bingham presented one of her pro-

grams – "Herbs for Use and For Delight" to the Club. There were about 20 ladies in attendance, both friendly and welcoming. The program emphasized the herb garden, specifically, methods on how to choose the correct location for the majority of herbs, at least 6 hours of direct sun. The best soil combinations, how to seed and transplant and how to maintain, dry and use the harvest. As usual it was a very pleasant way to spend several hours answering questions and touring some lovely neighbourhood gardens. Many thanks to Margaret White and her team for the delicious goodies that followed the presentation.

Herbies out Traveling

Lyn Belisle returned recently from a painting trip to the Boston area. While the three-day workshop was going on, she stayed nearby at the historic Hawthorne Hotel in Salem, Mass – yep, that Salem. A fun discovery amid all of Salem's magic shops was Artemesia Botanicals, a herbal specialty shop that has over 400 varieties of herb teas including Serendipitea, Mad Hatter, and Hangover Helper. According to Salem lore, if you fill a small cotton bag with as many anise seeds as it can possibly hold, and then sew it to the inside of your pillowcase, you will be assured of pleasant dreams. And cinnamon and basil are particularly good herb to use in love potions. Helpful hints!

Submitted by Lyn Belisle

Herb Symposium in Wimberley

Joe-Beth & Randy Mass went to this new event The First (to be) Annual Herb Symposium was on April 23. Sponsored by several notable organizations, companies and individuals and held on the grounds of the beautiful EmilyAnn Theater, it was a very interesting and very busy day. Some of the speakers gathered for the day included Sam Coffman, John Dromgoole, Sally Garrett, Trisha Shirey, Will Morris, Nicole Telkes, Beth Johnson, Elizabeth Quigg, Carlos Hernandez and Ginger Webb. Stephen Foster was keynote speaker. There were hands-on demos, several vendors (of these, most were sponsors or gave talks), plant walks and lots of literature to bring home.

With so many sessions (there were 19!), Randy and I headed out. I decided the best thing for me was to attend sessions given by people with whom I wasn't familiar - except for Stephen Foster's, of course. My list included a wander through the hands-on demos, Seasonal Self Care (herbal rituals to help beat the heat), Herbal First Aid and Evolution & Herbal Medicine. The interesting connection among these was how the presentations all utilized the concepts of cycles of life in general which, even more interestingly, coincided with each other in those various discussions! Our lives and living more and more naturally are indeed the circle of life. Being attentive to these cycles can help one maintain mental and physical health, especially when the world of herbs is incorporated.

Randy attended Women's Medicine Bag, Empowered Women's Health with Herbs and Spiritual Bathing. She also took a stroll through the various hands-on demos in her spare time.

We came home with new smudge sticks, an acquaintance with a new and local herbal tea source (yaupon from Bastrop), copies of the *HerbalGram*, and refreshed appreciation for the plant world around us.

Our very sincere thanks to Frontier Co-op for their providing the tickets we were given and to Dani, Ellen and Judy, the charming hosts and coordinators for this new event. Hope everyone will look for this one next year!

www.heartoftexasherbsymposium.com

Submitted by Joe-Beth Kirkpatrick

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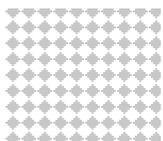
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