



La Yerba Buena

THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 255, June 2011

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, June 9, 2011 What's New at the Farm?



Patience Diaz from Imagine Lavender will be sharing with us how she came to be raising Lavender, the types of Lavender she has been growing and how they are now incorporating permaculture practices out at the farm.

Imagine Lavender is a unique lavender farm, nestled in the Sabinal Canyonlands, a magical spot in the Texas Hill Country near Vanderpool & Lost Maples State Natural Area. The farm has 153 acres of hills, valleys, springs with three acres of lavender under cultivation. The "cut your own" season runs from April to June, as three different species of lavender bloom throughout those months. In the process of developing the Farm to produce lavender, over 400 species and varieties of that timeless shrub have been tested. It was found that many were completely at home in our rocky Hill Country and thrive there.

Patience will discuss the installation of a huge herb spiral, raised fertile mounds, vermiculture, composting, newly constructed natural beehives (Warre hives) and their evaporative public toilet called the *e/oo!* Imagine Lavender farm is owned and operated by three generations of Patience' family (her mom still lives nearby). They take great pride in using sustainable organic practices and honoring the land's natural beauty. Imagine is a charter member of the Texas Lavender Association, http://www.texaslavenderassociation.org/texaslavenderassociation.org/TLA_Home.html



Members' names A-F, please bring an appetizer (with its recipe!) a bit before 6:30 so we can sample your fare during our fellowship time. Come ready to have a great time visiting and learning with your Herb Society friends at the lovely San Antonio Garden Center, located on the corner of Funston and N. New Braunfels.

For more information, check out our website at www.sanantonioherbs.org

Congratulations to Our 2011-2012 Board of Directors

- President: Yvonne Baca (2nd term)
- Vice President, Programs: Marilyn Nyhus (1st term)
- Treasurer: Kathryn Seipp (2nd term)
- Treasurer Co-Chair: Barbara Quirk (1st term)
- Vice President Membership: Brenda Reinhardt (1st term)
- Membership Co-Chair: Norm Hastings (1st term)
- Secretary: (still open)
- Publicity Chair: Jeanne Hackett
- Web Master: Lyn Belisle
- Newsletter: Joe-Beth Kirkpatrick
- Hospitality: Sandra Lyssy
- Book sales at meetings: Patty Wilson
- Scholarship Program Co-Chairs: Eileen Achorn and Maria Lührman



Basil Fest June 4

Herb Market Association **Basil Fest at Pearl**, June 4; 9a-1p (books); *Gayle Morris, coordinating:*

The Basil Fest is a new event hosted by the same folks as host the Herb Market every October. Your able assistance makes SAHS' sales not only possible, but wildly successful!

The Full Moon...

The Old Farmer's Almanac says June 15th is the full Strawberry Moon. Sounds like shortcake is the order of the day! A few days later, June the 21st brings us the Summer Solstice.



Hospitality Table Schedule:

- June: A-F
- July: G-M
- Aug: N-S
- Sept: T-Z
- Oct: A-F

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GO TEXAN.

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

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

Member Recipes

Here are the recipes provided with some of the fine foods brought to the May Banquet

Cheese Sticks

Submitted by Jane McDaniel

Ingredients:

Shortcrust Pastry:

- 2 C plain flour
- 3 tsp each of lard and margarine
- 1/4 tsp salt
- 1/8 tsp pepper (fresh ground)
- 1/2 C ice water

Directions:

Mix all dry ingredients together until the consistency of small crumbs. Add water by the spoonful and mix until the dough forms a ball but is not sticky. Roll out 3 times, folding over in 3's between each roll out.

Baste with 1 whipped egg. Cut into 1-inch-wide strips; cut these strips down to 3-4 inches in length.

Roll in shredded mozzarella/asagio cheeses, dried basil or rosemary and finely chopped red onion. Twist each strip on itself twice.

Bake at 375°F for 12 minutes on an ungreased baking sheet. Serve warm or cold.

Lemon Balm Fruit Dip

Submitted by Karen Abel

Ingredients:

- 2 oz unsalted margarine or butter
 - 8 oz cream cheese (whole or low-fat)
 - 2 Tbs heaping orange marmalade
 - 1 tsp orange zest
 - 1 Tbs orange juice or orange liqueur
 - 3 Tbs fresh lemon balm, chopped
- Fresh fruit for serving

Directions:

Allow margarine and cream cheese to soften, then blend together in a medium bowl. Mix in the other ingredients. Let the dip chill overnight to allow the flavors to blend. Serve at room temperature with fresh strawberries, orange slices, grapes and pineapple chunks. This dip will keep up to a week in the refrigerator. It's nice served as the ending to a brunch or an appetizer to begin a buffet. Makes about 12 oz dip.

Adding lemon balm to your recipes will give them a little added kick, so it's a great herb to keep growing in the kitchen herb garden.

Mint Cucumber Salad

Submitted by Jeanne Hackett as adapted from a recipe by Central Market

Ingredients:

- 2 cucumbers, cubed
- 2-3 avocados, cubed
- 4 Tbs chopped fresh mint
- 2 Tbs chopped green onions (include tops)
- 2 large cloves garlic, minced
- 1/2 tsp salt
- black pepper to taste
- 1/2 large lemon, juiced
- 1 lime, juiced

Directions:

Put onion, mint & garlic in a small bowl. Drizzle with lemon & lime juice. In a large bowl combine avocado, cukes and mint mixture. Add salt and pepper to taste. Toss and serve.



Fruit Salad w/ Cinnamon Tortilla Chips

Submitted by Madeline Sprague (from Allrecipes.com)

Salsa ingredients:

- 3 kiwis, diced
- 3 apples, peeled, cored & diced
- 3/4 lb raspberries
- 1 1/2 lb strawberries
- 3/4 lb peaches
- 1/4 C + 2 tsp fruit jam
- fresh mint
- sugar as desired

Directions:

Dice all fruit and toss gently to combine. Add fruit jam and sugar (if desired) and toss again. Mint may be sliced thin and mixed in or used as garnish.

Cinnamon Tortilla Chips ingredients:

- 15 10-inch flour tortillas
 - cinnamon sugar
 - butter-flavor cooking spray
- Spray tortillas with cooking spray. Shake in a bag with the cinnamon sugar. Arrange on a cooking sheet and bake at 350°F 8-10 minutes until golden brown. They will crisp as they cool.

Serve with the fruit salsa.

Broccoli Salad

Submitted by Beverly Tibbs

Ingredients and Directions:

Chop fresh broccoli, carrots, pineapple, parsley and stevia to preference. Add raisins and toss. Make a vinaigrette with fresh lavender flowers, fresh raspberries, honey, vinegar and water. Toss again and serve.

Rice, Cranberry and Pecan Salad w/ Balsamic-Raspberry Dressing

Submitted by Eileen Achorn

Ingredients:

Dressing:

- 3 Tbs balsamic vinegar
- 3 Tbs raspberry vinegar
- 1/4 C extra-virgin olive oil
- Salt & pepper to taste

Salad:

- 3 C cooked wild rice blend
- 1 C toasted pecan halves
- 1 yellow pepper, diced
- 1/2 C dried cranberries
- 1/2 C minced parsley
- 4 scallions, thinly sliced

Directions:

Mix the dressing and pour over salad ingredients in a large bowl. Mix well.

Melon Grape Dessert

Submitted by Kathryn Seipp

Melon Grape Dessert

Ingredients:

- 6 cups melon (cantaloupe, honeydew or watermelon)
- 2 cups red seedless grapes (sliced in half)
- 2 tablespoons honey
- 1 tablespoon lemon juice
- 1/4 cup chopped fresh mint leaves

Directions:

Cut melon in bite size pieces and slice grapes in half. Place in large bowl. Mix honey, lemon juice and mint leaves together. Pour over melons and toss gently. Let sit 1 to 2 hours. May be served room temperature or chilled.



Over the Fence... 2011 Program Line-up



July: Members' Share and Show-n-Tell. This is one program we all look forward to as you never know what our Members have up their collective sleeves! Be thinking about what you'd like to show off or tell about during this most easy-going meeting of the year.

August: Molly Keck, entomologist with the Texas AgriLife Extension Service on "15 Bugs Every Gardener Should Know". Your landscape is filled with bugs, but it is hard to know which ones to keep and which ones to squash. Join Molly and find out whether they are good or bad and how to manage or encourage them.

September: Mary Dunford of Nature's Herb Farm and SAHS founding member on "Fall Gardening".

October: program to be determined; last minute plans before the annual Herb Market on the 15!

November: Thanksgiving

December: Member Holiday Banquet; need coordinator

Have ideas for programs?

Contact Marilyn Nyhus or Marguerite Hartill, program chairs, with your suggestions.

Next Board Meeting

June 27, 6:30 pm. These meetings are open to the general membership. 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.

2012 Scholarship Project

Please see separate article, page 5.

Tee shirts, totes and aprons available

Need a new tote bags for your summer travels? Come check out the new SAHS bags! These are sized up with longer handles and are terrific for a blanket and extra bottle of water for those summer outdoor concert sessions.

SA Botanical Garden Events

Events over the summer months include an evening live concert series as well as movie nights. Call the Garden for information.

The San Antonio Botanical Garden is having one plant sale in June, on the 18th. There are lots of new plants that have been moved up to gallon pots and are ready to start blooming, and as an added incentive, They're having a "buy three pots, get a fourth pot free" sale.

Antique Rose Emporium has casual seminars

Beginning in March, A.R.E.'s Tom Hagerman will be in the vegetable garden each Saturday at 9:30 am to talk about what is growing.

NEW!!! Aromatherapy SIG

Jean Dukes is creating an Aromatherapy SIG. Please email her @ 10days@earthlink.net and she will contact you and take a brief survey of potential members to see what day & time works best for everyone and then notify the group as to details.

SAHS Needs Advertising Help

Every month, SAHS provides flyers via email. You can print them and post them at stores in your area, stores that you would normally be frequenting anyway. Contact

Jeanne Hackett at jeannehackett@sbcglobal.net, or call at 210/735-5333.

SAHS Internet Sites & Feedback

Our Facebook page may be found by going to our existing web page, www.sanantonioherbs.org, and clicking the big blue "F" icon or going directly to www.facebook.com

SAHS Board decided to not continue with "Meetup": website for financial reasons.

GVST classes

GVST offers monthly "Essentials of Gardening" classes which emphasize water-saving landscaping and gardening practices. They are open to the public and free; a \$5 donation is requested to help cover expenses.

Schedule: Classes are 3rd Monday of each month, 12:15-3pm, at San Antonio Garden Center. Be sure to confirm the dates and locations prior.

Remaining Topics in this series: 15 Bugs Gardeners Should Know (Molly Keck) and Toxic Landscape Plants (Paul Cox).

Be sure to confirm the dates and locations prior.

Call 210-251-8101 for info.

Blanco Lavender Festival

June 10-12, 2011. Start out on the old Courthouse square and sample the fair wares, food and various speakers. Take the self-guided tour of the lavender farms in the area surrounding Blanco, maybe even cut some fresh for yourself. A great weekend outing, one that won't stretch your gas mileage too much.

Farmer Markets in Full Swing

San Antonio Farmer's Market Assn Schedule
TUESDAY

Olmos Basin

100 Jackson Keller (between San Pedro and McCullough
San Antonio, TX 78216

Open year-round 7:30am - 1pm

WEDNESDAY

Leon Valley Community Center
6427 Evers Rd

Leon Valley, TX 78238

Open year-round 7:30am - 1pm

WEDNESDAY

St. Jude Catholic Church

130 S. San Augustine St.

San Antonio, TX 78209

Open May - Dec. 8am - 1pm

For more information contact: Penny Gonzalez,
210-842-0376 Email: pen.gonzalez@gmail.com

THURSDAY

San Antonio Botanical Gardens

555 Funston Place

San Antonio, TX 78209

Open May- Dec. 8am - 1pm

FRIDAY

St. Matthews Catholic Church

11121 Wurzbach Rd.

San Antonio, TX 78230

Open year-round 8am - 1pm

SATURDAY

Olmos Basin

100 Jackson Keller (between San Pedro and McCullough)
San Antonio, TX 78216

Open year-round 7:30am - 1pm

Members' Share Table...

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



Minutes from May General Meeting

May 12, 2011

Yvonne Baca started meeting at 7:00pm with a greeting to new members, visitors and regulars alike.

Meeting paused while we enjoyed the great buffet dishes everyone brought.

Jean Dukes offered up a short program on the values of essential oils. This coordinated nicely with the theme of the night's banquet "Scents of Spring" and the several herbs featured.

Jane McDaniel read her essay "In Appreciation of Sally Ann".

from 6:30-7:30pm members enjoyed trying new recipes at our Spring Banquet.

7:30pm Yvonne Baca thanked Jean Dukes and all volunteers who helped with planning & setting up of banquet.

Minutes were approved of in April's newsletter. A correction was made about next board meeting will be May 23 instead of May 30.

Future meetings: in June, Imagine Lavender with Patience Diaz "What's New at the Farm;" in July, members will have Show and Tell; in August, Molly Keck will present "15 Bugs Every Gardener Should Know"; in September, Mary Dunford will discuss fall gardening.

Jane McDaniel gave a wonderful Tribute to Sally Ann (see her essay printed elsewhere in this issue).

Joe-Beth Kirkpatrick asked for help at Festival of Flowers on May 28. This is one day, 9am to 5 pm. We'll be selling our cook books and resource guides and other booklets.

Evelyn Penrod spoke about Basil Festival on June 4 at Pearl Brewery. SAHS will again be selling our books (not plants). This was a successful event in its first time last year and the Herb Market Association hopes to hold this annually.

Eileen Achorn talked about scholarship fundraiser. Members voted for first to proceed with a Scholarship Fund and second to finance it with a Garden Tour of members' gardens.

Yvonne Baca introduced the slate of officers for 2011-2012 and asked for any further nominations. The following slate was approved by acclamation of the membership present. (Note: the secretary's position is still open.) the Board approved is as follows:

President: Yvonne Baca, Vice President, Programs: Marilyn Nyhus, Programs Co- Chair: Marguerite Hartill, Membership Chair: Brenda Reinhard, Membership Co-Chair: Norm Hastings, Treasurer: Kathryn Seipp, Treasurer Co-Chair: Barbara Quirk, Publicity/PR Jeanne Hackett. Yvonne announced non-voting board members are Webmaster: Lyn Belisle, Newsletter: Joe-Beth Kirkpatrick, Hospitality: Sandra Lyssy and Book/Shirt/Tote Sales: Patty Wilson. Retiring Board Members are Vice President, Programs: Jean Dukes, Membership Chair: Gayle Morris and Secretary Karen Abel.

Yvonne Baca introduced our speaker, SAHS member Jean Dukes, who spoke on the uses and the making of essential oils. After Jean Dukes spoke, she conducted the evening's raffle for door prizes.



Meeting adjourned at 8:38pm. Next meeting will be June 9.

Meeting adjourned at 8:30pm
Submitted by Karen Abel

May Program—

Spring/Summer Banquet

The Scents of Spring: With each table decorated to feature a specific



herb, it was hard to choose just one! But have to sit somewhere, Jean Dukes' several helpers did a great job putting everything together and it all looked just wonderful. The bright spring green table covers tied it all together. There were baskets, pottery, buckets, old stuff, new pretties, and you-name-it. We do pretty good. Had the tables almost all filled up this time, too. Good to see everyone out for the evening.

Jean did let everyone enjoy the meal and visit a little before she started her program. Using the featured herbs tonight, she outlined the therapeutic values and uses of each one. We were all reminded (once again) that true essential oils are some of the best "medicine" out there for almost any ailment. Jean's husband, Sid, good-naturedly allowed himself to be a display. He had a skin lesion that wouldn't heal until they started using a couple of oils on it. After several days, they noticed that the lesion was healing when prescription and OTC remedies weren't successful.

A note here: the production of essential oils takes an enormous amount of plant matter to produce a very small amount of pure E.O. - and the resulting oil production varies greatly from plant to plant! Examples include these: melissa officinalis requires 20 acres fully planted of mature plants to produce 4 gallons of E.O.; lavender requires the same acreage to produce 40 gallons of E.O. What is left is a very powerful product. Most essential oils are used by the drop - not spoon or cup.

Given this knowledge, you'd think those oils would be incredibly expensive. There are those vendors of oils who dilute them to stretch that profit dollar.

The hydrosol remaining after the plant matter is processed is also quite an effective item. You'll see these in the stores as well. Hydrosol is the distillation water containing microscopic particles of the oils. They are quite fragrant and almost as effective as the pure oil.

Essential oils can be used "neat" meaning the oil can be applied directly to a person's skin or (most often) diluted in a carrier oil such as grape seed, olive or jojoba. The carrier is to aid the even absorption into the body and prevent minor burning or blistering possible from the pure oil.

Jean stressed the importance of choosing therapeutic grade oils when you do buy them. The best way to avoid these adulterated products is to look for a known brand whose product label states the oil is of organic origins and is therapeutic grade. Be sure and be safe.

In using essential oils, one must exercise restraint as a little bit goes a very long way. A drop or two can be sufficient whether used in capsules, aromatherapy or mixed with a carrier oil.

Submitted by Joe-Beth Kirkpatrick

The herbs featured tonight were Lavender, Lemon Balm Thyme, Spearmint, Peppermint, Oregano, Basil and Rosemary.



SAHS Exploring New Project: Scholarship Program Funded via Herbal Garden Tour

May, 2011

We've been tossing the idea around, asking for your input or for a volunteer to step forward – and it's finally happening! At the May meeting, the general membership voted to create a culinary scholarship for a local St. Phillips College student and to fund the scholarship with an annual garden tour. Eileen Achorn and Maria Luhrman have volunteered to co-chair the event. Planning is in the beginning stages. We hope to have 10 – 12 garden hosts, each of whom will be paired with a local nursery sponsor. Mary Yaus, a former nursery owner herself and a former member who is returning just so she can be part of this, will serve as liaison to area nurseries.

At this point, 8 gardens have been confirmed and others are eagerly sought. All garden hosts will spend the next 16 months designing, planting, fertilizing, weeding and decorating their gardens. All of the logistics of the event will be handled by the planning committee and no garden host will be asked to undertake anything other than their own garden work. A date of September 22, 2012 has been scheduled with a rain date of the 29th. Gardens can be themed – for example, we have confirmed "Gardening on a Budget" and "Square Foot Gardening" to name just two - or can be more general – such as "Texas Eclectic."

The planning committee is looking for a few more members; if you'd like to be part of this ground-breaking event, contact Eileen (207-712-1903) or Maria (210-474-0550) to volunteer. Stay tuned for more details!

submitted by Eileen Achorn

April 30th Field Trip to Sam Coffman's

Some of our SAHS members went on a field trip to Sam Coffman's. He is the founder and lead instructor of The Human Path, an ecology-based school in our area teaching herbology, wilderness medicine, wilderness living and survival skills and much more.

Sam led us on an herb walk on his property and we were all amazed at the myriad of plants that can be used for various ailments & problems. He showed us 24 plants, including Skullcap, Mexican Hat, Mullein, Prickly Poppy, Lantana, Wood Sorrel, and so much more! Even with the drought, there were quite a lot of plants to explore.

We also had the opportunity to participate in his tincturing class and purchase some tinctures. His wife also prepared a delicious healthy meal for us. A wonderful, educational time was had by all who attended.

If you are interested in learning more, check out Sam's website (<http://www.thehumanpath.com>), to see what classes he offers. Sam was a U.S. Special Forces Army Medic and studied botany and bioregional medicine privately and at several outdoor schools in



Colorado. He taught herbology and wildcrafting for the Boulder School of Natural Medicine and spent several years testing his own primitive living skills throughout regions of the Rocky Mountains, in solitary survival excursions with no equipment beyond a knife. So he is a wealth of knowledge and you will learn a lot from Sam!

It was such a good time, we are thinking about scheduling another walk in the fall, to see what new plants we can learn about!

Submitted by Jean Dukes

Black Lentil and Couscous Salad

Submitted by Joe-Beth Kirkpatrick

Ingredients:

- 1/2 C dried black lentils
- 5C water, divided
- 3/4 tsp salt, divided
- 1 C cherry tomatoes, quartered
- 1/3 C golden raisins
- 1/3 C finely chopped red onion
- 1/3 C finely chopped cucumber
- 1/4 C chopped fresh parsley
- 3 Tbs chopped fresh mint
- 1 tsp grated lemon rind
- 3 Tbs fresh lemon juice
- 2 Tbs extra-virgin olive oil

Directions:

Rinse lentils with cold water; drain. Place lentils and 4 C water in a large saucepan; bring to a boil. Reduce heat and simmer 20 minutes or until tender. Drain and rinse with cold water. Bring remaining 1 C water to a boil in a medium saucepan; gradually stir in couscous and 1/4 tsp salt. Remove from heat; cover and let stand 5 minutes. Fluff with a fork. Combine lentils, couscous, remaining 1/2 tsp salt, tomatoes and remaining ingredients in a large bowl.

Toss gently to combine.

Grilled Chicken Satay

Submitted by Anonymous

Ingredients:

- 4 chicken thighs, cleaned and skinned

Satay Sauce ingredients:

- 1 onion, chopped
- 1 Tbs sugar
- 1/3 C flour
- 1 Tbs lemongrass
- 1 Tbs basil
- 1 Tbs salt
- 3 cloves garlic, chopped
- 1 tsp coriander seed
- 1 tsp cumin
- 1/2 tsp turmeric, ground
- 1/2 tsp ginger
- 2 Tbs olive oil

Directions:

Mix all ingredients well. Prepare chicken thighs and marinate in the satay sauce overnight. Heat grill to 400°F. Soak wood skewers in water for 10 minutes. Put marinated chicken on skewers and grill until done.

Other dishes on the buffet included:

- Grilled garlic sausage with onions and peppers
- Chicken in mushroom sauce with Rosemary



Hearty Handshakes to...

Jean Dukes and her crew for setting up a terrific Spring/Summer Banquet. We also appreciate Sid's good humor during Jean's program!
Thanks so very, very much!

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 items mentioned in this newsletter are at the decision and discretion of the individual.

Brian's June To-Do List for The Garden

Compiled by MG Brian D. Townsend

"Heaven on Earth is a choice you must make, not a place we must find."

- Wayne Dyer



In Our Herb Garden:

Shape plants by pruning gently, pinch back blossoms to save plants from going to seed and cross-pollinating. * Maintaining 2" of mulch is the key to saving water, discouraging weeds and cooling the soil. * Check watering system(s). Drip irrigation is ideal. Water early in the morning and deeply, check on a regular basis. Caution: do not over-water, keep water-thirsty plants separate from more tolerant plants (this makes watering chores much easier). It is easy to kill sage or rosemary by being too kind with water. * During periods of high heat and humidity, check and apply "earth-kind" treatments for pests, such as spider mites, white flies, aphids and mealy bugs. – HERBS: A Resource Guide for San Antonio

1st Week:

Watch for insect pests. Spray for specific ONLY as needed. Avoid general "wipe-out" sprays. Please remember, when you kill beneficial insects, you inherit their job! – me

FIREFLIES lighting up the night! Fireflies in San Antonio are not something that's real common anymore, mainly because of "urban sprawl", insecticides and fire ants. Good weather, the use of pesticides down and fire ants having a bad year, these are perfect conditions for fireflies (and insects in general). Lightning bugs show in South Texas in May and June, primarily in open areas adjacent to woods. – THL

2nd Week:

Attract Birds with Water: Even if you can't provide food, a simple bird bath with clean water will attract plenty of birds to your yard. Replace the water every three days to keep the bath clean and to avoid mosquito problems.

Grow Your Own Feeders: Plant sunflowers instead of buying expensive sunflower seed. The flowers look beautiful and also provide nectar for bees and other beneficial insects. In the fall, cut the flower heads and hang them in the yard as home-grown bird feeders.

3rd Week:

Webworms are making their homes in pecans and mulberry trees. Open the webs with a cane pole so wasps can feed on the worms. Other options are to spray Bt (*Bacillus thuringiensis*), carbaryl (Sevin) or Malathion on the foliage where they are feeding or to let them run their course without treatment.

Zinc is one of the most important trace minerals and often one that is deficient, particularly in alkaline soils. Highly organic soil usually has sufficient zinc content. By adding compost and organic fertilizer to your soil, you will ensure that it contains adequate amounts of zinc. - TGS

4th Week:

Somewhat sedate plants can be as strong as any commercial chemical. The leaves of wood sorrel make a good natural bleach. Boil and allow it to steep for several hours, then reboil and use. Oxalic acid in this common woodland plant is the active working ingredient. Juice from its leaves will remove rust spots from linen or cotton garments. - TGS

Thanks to MG and SAHS long-time member Brian Townsend for this monthly article. Brian has culled this information from the wisdom of a number of local and regional gardening experts, plus our own HERBS: A Resource Guide for San Antonio. Please see the full length version of this on the SAHS website.

SIG-nificant Events

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

Culinary SIG

Norm and Loretta opened their lovely home and spacious kitchen for the Culinary SIG, a perfect setting for our pizza-themed gathering this month. Our group quickly got wrist-deep into Maria's superb pizza dough over which we strewed a variety of our favorite toppings. Twenty minutes later, we were chowing down on an amazing variety of luscious pizzas. How could we go wrong with herb and garlic-infused oil, pesto, marinated artichokes, sun-dried tomatoes, sausage (the faux and pork kinds), mushrooms, peppers, caramelized onions, olives, and even carrots for an unexpected and delicious crunch. And of course mozzarella, the regular and dairy-free kind, and lots of fresh basil.

Just when we thought we couldn't eat another bite, the piece de resistance came out of the oven: Madeline's incredible desert pizza with raspberry sauce, fresh pineapple, kiwi and dried cranberries, with a drizzle of white chocolate. We were in pizza heaven! We also managed to eat the whole thing, right down to the crumbs on our fingers.

We walked out to our cars with full tummies, happy hearts and a gorgeous full moon overhead, already looking forward to our June gathering for salads at Alma's!

Submitted by Jeanne Hackett

Healthy Living with Herbs SIG

We met at Yoga San Antonio's facility out in Helotes. The building and the environs are enough to make you want to indulge in a good, challenging workout! We gathered this month to learn about stress and how it affects us in mind, body and spirit. Randy Mass led the discussion with her always-well-coordinated class materials. The talk began by reminding us that stress is supported by and can adversely affect the adrenal system - think about that old phrase "fight or flight". The presentation then centered around how we can all deal with stressors in a very holistic and (of course) healthy way by learning to face a problem with honesty and openness. This technique then allows one to resolve any problems. We also got a refresher on daily habits that can help deflect stress and tension before they become problematic. Randy used a few items from the ayurvedic philosophy with a short questionnaire designed to help us see what our basic personalities might be. Extremes in personality can be balanced using a variety of thought, exercise and dietary processes. This evening, Randy brought out three foods and three essential oils as part of her demonstration on this balancing. What a refreshing presentation!

We also listened to our SIG leader for so many years, Carol-lee, give her last talk prior to moving to Bastrop. Using what she's learned from personal experience over the past couple of years, Carol-lee explained further about the need to keep one's adrenal system as balanced and as healthy as possible. The avoidance of stress (another "of course" item) and toxic foods are paramount in this effort. She pointed out that one's frame of mind at the beginning of each day is also an indicator of, first, how the day will unfold and, two, how that day will likely end. Keeping yourself in a positive, pleasant and accepting mindset is a daily habit to be cultivated. Carol-lee also reminded us of a basic tenet our group has studied over the years: herbs are the most helpful things around (whether fresh or in other forms). So many herbs have been proven to support various of our body's systems that we would be foolish to ignore such wonderful helpers. Her favorites for this class included schizandra, ashwagandha and ginger. Gonna miss you, Carol-lee. Hope you find wonderful friends in your new home up in Bastrop! Come to see us from time to time!

June will find us at Diane's friend Lin's home for a session on Asian herbs. In July, we'll be out at Marguerite's.

Submitted by Joe-Beth Kirkpatrick

Herbal Crafts SIG

Greetings -- On Saturday May 21st, the Craft SIG met for our monthly gathering. This time we met at Maria's house to make living wreaths using both herbs and succulents. With Maria's excellent guidance all were able to create beautiful wreaths to take home. Some of us got really messy -- mainly me but we had a great time. Lucky for us Maria had a wonderful backyard for us to work on our creations. After getting our hands dirty and taking a few photos, we headed inside to munch down on all the wonderful goodies brought to share. We had an enjoyable Saturday morning.

Next month is up in the air but once we know the details we will send out information. With Sally Ann departing on her adventure to Washington, Rebecca and I will be taking over the SIG communication. So please feel free to contact us Sally Ann we wanted to thank you for all you have done for our SIG and wish you the best on your new adventure. Don't forgot about us!!!!

Sandra Lyssy: 210-659-5561 , slyssy123@yahoo.com;

Rebecca Kary: karyrebecca@yahoo.com

Submitted by Sandra Lyssy

Weed-n-Gloat SIG in Appreciation of Sally Ann

Once a month, early on a Monday morning, I walk up that winding path between flowers and trees to the Herb Garden. It's early yet, for me, and there are few visitors in the Garden. I'm carrying a hoe, trowel, gloves, clippers, plastic bag, my usual gear for a stint at weeding and planting in the Botanical Garden's Herb Garden.

I called all the members of the Weed and Gloat team about today -- Evelyn, Helga, Lenore, Jan, Adrienne, Sally Ann, Mary, Auntie Bev, Madeline, Veronica, Rosemary -- but who will come, who will have time? Down the steps to the Rose Garden, and, between the trellises and the climbing roses I can see her -- it's Sally Ann, gloves

donned, clippers in hand. She's there, first, as usual. And she's been there half an hour before our Weed and Gloat team is due.

Sally Ann runs on a different clock to us normal mortals.

As a time over-achiever with the capability to -- almost -- do three things at once, I marvel at Sally's talent for juggling projects, answering questions, listening with both ears.

What to do with papalo? Call Sally -- she has a recipe AND the history of that foreign herb. What is going on with organic gardening in South Texas -- who is doing anything interesting, who are the movers?? Call Sally. Got a knotty question that just won't solve itself? Call Sally.

I have been deeply honored to start to know Sally Ann over the past many years -- I can honestly say that they have been days and weeks that I treasure; times special, memorable, cherished. As a SIG leader, a member of the Weed and Gloat Team, as a Master Gardener who brings so much of her gardening know-how to the SA Herb Society, as a friend, a lively brain with a delightful tendency to tangent off on improbable flights of imagination -- and NOT just as the host -- with husband Mark -- of the best Pig Roast in all South Texas -- what remains indelible is Sally's unstinting readiness to listen, to give her honest, measured opinion and to help when needed at whatever.

A simple thank you is not enough but it's the best I can do -- heartfelt and sincere.

I hope we'll keep in touch. Too many of life's good friendships are lost to distance. We're gonna miss you!!

When I stand in the Herb Garden at the SA Botanical Garden and wonder at God's modest miracles that we see there I'll be saying:

Sally, the basil's look great!

Sally, the comfrey is taking over again!

Sally!!

Submitted by Jane McDaniel

Treasurer's Report, April 2011

Submitted by Kathryn Seipp

INCOME	
Membership	100.00
Plant Sales	0.00
Cookbook sales	0.00
Resource Guide sales	20.00
Booklets	0.00
Interest on Savings Acct	<u>0.29</u>
TOTAL INCOME	312.00
EXPENSES	
Attendant Fee	45.00
Honorarium	50.00
Banquet	12.98
Printing & Engraving	0.00
Rent Expense	85.00
Plants cost	0.00
Storage Rent	193.00
Supplies	<u>246.31</u>
Total Expenses	<u>632.29</u>
Total (Income-Expenses)	1,663.94
ASSETS	
Cash and Bank Accounts	
Cash on Hand	0.00
Frost Cert of Deposit	1,194.95
Frost Checking	5,241.96
Frost Savings	2,387.38
TOTAL Cash and Bank Accounts	<u>8,824.29</u>
TOTAL ASSETS	8,824.29
LIABILITIES	<u>0.00</u>
OVERALL TOTAL	8,824.29

'10 - '11 SAHS Board Officers

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