



La Yerba Buena



THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 267, June 2012

The San Antonio Herb Society is organized to bring together those who are interested in using, growing and promoting the general knowledge of herbs to the membership and the public at large.

Program Thursday, June 14, 2012 "Edible Weeds" with Paul Cox

Have a weed or two. That's right. Weeds from your yard or garden can be every bit as edible, delicious and nutritious as those more traditionally consumed greens. Purslane, henbit, dandelion, thistles, chickweed — all those wonderful little items.

Paul Cox, botanist, will be our program presenter this month. With a solid background in all sort of flora, Paul will "dish" a little on the many edible items we might otherwise want to yank up and toss in the compost heap.

Come on along to the June meeting and be prepared to be educated and entertained!

Members N-Q, please bring a tasty treat for our Hospitality Table. Be sure to provide a name card (and recipe) for the dish you bring (or email it directly to the newsletter editor for publication). Come on out to the lovely San Antonio Garden Center, located on the corner of Funston and N. New Braunfels.

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



15th Annual Festival of Flowers

This always such a nice event. The organizers have managed to put together a wide variety of garden-related vendors plus the selection of speakers is just as interesting. This is also the third year a Horticultural Show & competition has been held, the proceeds benefiting student scholarships. One of our members, Linda Welch, was a judge for this competition. She encourages everyone to submit entries for next year to help boost that scholarship fund.

SAHS was asked by Bruce Dueley (radio show host for KTSA's Organic Living) if we had a person willing to be a guest on a future program to talk about our interests as well as organic things in general.

The SAHS table did a lively business in handing out flyers and information sheets, but not so well with our sales this year, the net being only a few dollars over our expenses.



Regardless of that, everyone who helped out certainly had a great time! Thanks to Sandra W., Emily, Kathryn, Carol, Yvonne, Lenore, Bill, Barbara and Yvonne for their help. Thanks, too, to those folks who signed up hoping to be able to

help and couldn't make it. We know Memorial Day weekend is a busy time for everyone.

submitted by Joe-Beth Kirkpatrick

SAHS's Community Education and the Rackspace Green/Earth Day Expo

Event postponed to June 6th. See report in July news!

3rd Annual Basil Festival

Another great (albeit HOT) Saturday morning at the Pearl. The SAHS was out in force to spend that short time frame selling our Basil booklets, cookbooks and resource guides to the crowd.

For the Basil Festival events that morning, there was a talk on gardening with basil plus chef Johnny Rodriguez of La Gloria gave a talk titled "Beyond Pesto" (all about using basil, of course!).

We also helped out with this year's chef project: the "Thirst Quencher Challenge." SAHS volunteers helped coordinate the distribution of samples, the voting and the tallying.



The funds collected by this year's challenge will go to Project Agua (helping low income families pay water bills this summer). Thanks to all who volunteered - it was another great day!



Hospitality Table

Schedule:

Jul: R-Z
Aug: A-F
Sept: G-M
Oct: N-Q

Members' Sale Tables

Contact any Board member at least 2 weeks in advance for a table.

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GO TEXAN.

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

Member Recipes

Thanks to *everyone* who shared their delicious dishes and recipes during our May Banquet & meeting.

Submitted without recipe:

Green Beans & Vinaigrette w/ Moroccan-style Preserved Lemons (Rebecca Kary)

Caprese Rose Appetizers

submitted by Madeline Sprague

Ingredients

graph tomatoes

basil pesto

fresh mozzarella balls

green onion stems

skewers

Directions:

Cut and deseed grape tomatoes. Please green onion stem over skewer. Attach tomato to skewer. Fill pastry bag with basil pesto and fill center of each tomato. Place mozzarella ball on the tip of each skewer. Serve well chilled.



Sweet Carrots au Naturelle

submitted by Jean Dukes

Ingredients

1 lb carrots (about 6-7 medium) peeled & grated

1-2 Tbs olive or grapeseed oil

2 Tbs real maple syrup

1-2 drops Young Living Basil essential oil

3 Tbs chopped fresh basil or 1 Tbs dried

Salt & Pepper

Directions:

Preheat oven to 375°F. Place carrots in heavy glass casserole dish with a lid. Mix basil essential oil into oil & maple syrup and pour over carrots. Sprinkle with basil, salt & pepper to taste. Bake covered, stirring occasionally for 1 hour or until carrots are tender.

Roasted Parsnips and Sweet Potatoes with Capers Vinaigrette

submitted by Marilyn Nyhus

Ingredients

4 parsnips (1 1/2 lbs. total)

4 medium red onions

2/3 C olive oil

4 thyme sprigs

2 rosemary sprigs

1 head garlic, halved horizontally

salt & black pepper

2 medium sweet potatoes

30 cherry tomatoes, halved

Dressing

2 Tbs lemon juice

4 Tbs small capers (roughly chopped if large)

1/2 Tbs maple syrup

1/2 tsp Dijon mustard

Garnish:

1 Tbsp toasted sesame seeds

Directions:

Preheat oven to 375°F. Peel the parsnips and cut into segments. Cut each piece lengthways into two to four more pieces. The pieces should be about 2 inches long and 1/2" wide. Peel the onions and cut each into 6 wedges.

Place the parsnips and onions in a large mixing bowl and add 1/2 C olive oil, thyme, rosemary garlic, 1 tsp. salt and some pepper. Mix well and spread out in a large roasting pan. Roast for 20 minutes.

While the parsnips, etc. are cooking, trim both ends of the sweet potato. Cut them (with skins on) widthways in half, then each half into six wedges. Add the potatoes to the pan with the parsnips and onion and stir well. Return to the oven to roast for another 40-50 minutes.

When the vegetables are cooked through and have taken on a golden color, stir in the halved tomatoes. Roast for 10 minutes more. Meanwhile, whisk together the lemon juice, capers, maple syrup, mustard, remaining 2 Tbsp olive oil and 1/2 tsp salt. Taste and adjust seasonings.

Pour the dressing over the roasted vegetables as soon as you take them out of the oven. Stir well, taste again and adjust the seasoning if needed. Scatter the sesame seeds over the vegetables and serve at the table in the roasting pan.

Mike's Meat Loaf

submitted by Mike Belisle

Ingredients

1 C tomato juice

3/4 C Quaker oats

1 egg

1/4 C chopped onion

1/2 tsp salt

1/4 tsp pepper

1 1/2 lbs lean ground beef

Directions:

Heat oven to 350°F. Combine all ingredients and mix well.

Press into loaf pan and bake 1 hour. If you

like ketchup on top then at the end of the hour cover top with ketchup and return to oven for 10 more

minutes. When done, drain; let stand 5 minutes. At higher altitudes, add 10 minutes cooking time.

Cheese & Herb Loaf

submitted by Emily Sauls (adapted from Everyday Cooking with Herbs By Mary A. Collin)

Ingredients

1 - 8oz pkg cream cheese

1/2 C crumbled blue cheese

1/2 tsp dried basil

2 Tbs sour cream

2 tsp+ dried dill weed

2 tsp+ cup chopped walnuts

Directions:

Let cream cheese and blue cheese stand at room temperature until soft. Blend two cheese until smooth. Add basil and dill weed. Mix thoroughly; chill. Form chilled mixture into small balls or one large ball. Roll in chopped nuts. Chill until serving. Makes 1 1/4 cups.

Apricot Walnut Bread

submitted by Dean DeBenedictis (adapted from a recipe found in the Sacramento Bee)

Ingredients

1 C chopped dried apricots

1/4 C butter or margarine

3/4 C brown sugar

2 eggs

3/4 C buttermilk

2 C unbleached white flour

3 tsp baking powder

1 tsp cinnamon

1/2 tsp salt

2/3 C chopped walnuts

Directions:

Preheat oven to 350°. Put apricots in a small bowl and cover with boiling water. Let steep 15 minutes, then drain.

Cream butter or margarine with sugar until smooth. Beat in eggs and buttermilk until well blended. Mix together flour, baking powder, cinnamon and salt. Stir in creamed mixture and mix only until blended. Fold in apricots and nuts. Spoon into a greased 9 X 5-inch greased and floured loaf pan and bake for 50 to 60 minutes, until a toothpick comes out clean. Cool for 15 minutes before removing loaf from pan. Cool, wrap and store or freeze.



Over the Fence... 2012 Program Line-up

July: to be announced

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

September: program to be announced

October: program to be announced; 10/202-Annual Herb Market @ Pearl

Have ideas for programs?

Know a great speaker for an interesting herbal topic? Contact Maria Lührman or Emily Sauls with your suggestions.

Next Board Meeting

June 4, 6:30 pm. This meeting will be our hand-off to the new Board members. Please contact one of the Board members to place an item on the agenda or for location or other details prior to the meeting day.

Help SAHS Publicity Get the Word Out!

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

Want to Start a Special Interest Group?

Please contact any member of any current SIG (or Carol Hamling @ Carol Hamling, 210-493-8713 or obith@satx.rr.com) for advice on getting one started.

The next SAHS cookbook, a "Best of" issue

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

NEW event-Garden Happy Hour-3rd Fridays

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

Marguerite Hartill opened her gardens in May. Again, we were treated to a lovely set of gardens. Marguerite and husband, Rich, worked with a professional landscape designer during the building of their home out off Evans Road. Their award-winning property is elegant and serene and about as water-wise as you can get. They use a drip system to help their gardens survive the on-going drought.



June 15th garden host will be Jackie & Mark Compere (210-491-0163 H; 210-240-8581 C)

Gilda and Dean DeBenedictis have tentatively offered their garden for **July**.

Who's up for **August**? Let us know soon!

Interested in Texas Native Plants?

Native Plant Society of Texas, San Antonio chapter meets 4th Tuesdays except December & August. Hey, Texas has its own variety of native herbs, too!

Webpage: www.npsot.org/sanantonio

SA Botanical Garden Events

Plant Sale June 16th, 9am to 1pm. Buy 3 gallon-size plants, get the 4th at 1/2 off. For info call 210-207-3255.

Guadalupe County Master Gardeners

meet Thursday, May 17th, at 7 pm in the AgrLife Extension Bldg. at 210 E. Live Oak in Seguin.

The next series of classes for the Guadalupe County Master Gardeners begin August 15. Call for info & application. Meetings are free and open to the public. For more information, please call us at 830-303-3889. or go to our website at www.guadalupecountymastergardeners.org

*** Call for Volunteers ***

Community Outreach & Education Chair

Our efforts at community outreach and education have been recently demonstrated at the shows with the Air Force, Rackspace and Whole Foods Earth Day events. SAHS' mission specifically states that our job is also to promote herbs to the public in general. Ask Jeanne Hackett or Lyn Belisle or Yvonne Baca or Norm Hastings or Marilyn Nyhus or Marguerite Hartill—all these fine folks have given their time and talents to the SAHS this spring AND to that "public in general" with pleasant results. Yes, it's a bit of work to put supplies together for these displays. But think of the satisfaction of helping people understand even a little more about herbs in general. It's a great feeling and a great community service. Contact any board member to volunteer to be part of this committee (heck, isn't this just another kind of SIG?) Let us hear from you!

New Hospitality Coordinators

We thank Pat Gonzales, Jane McDaniel and Arlene Carter for volunteering to coordinate this job.

Best wishes to Sandra Lyssy as she continues to care for elderly parents while keeping at her full-time job!!

From Marilyn Nyhus

I want to say thank you - but while Marguerite and I had the initial idea, we really appreciated all the help in getting everything executed, from setting everything up (thank you Jeanne, Joe-Beth, Norm, Arlene and Sarah), to Jean getting Ed's beautiful roses and Marguerite bringing lovely roses and petals; Norm getting music going and Rob getting the other music going (and packing up my computer, etc.); all bringing their beautiful glass bowls; Lyn, for the picture show; Marguerite, Jean and David for the great door prizes; Emily, Jeanne, Joe-Beth and Arlene busily making the evening go smoothly and cleaning up!!!! also thank you to Maria and Cindy...

We have so many to thank - I hope I did not forget anyone. We had a wonderful evening and thank you all!!!!

p.s. If you took **tablecloths** home to launder, PLEASE bring them to the June meeting OR coordinate

SAHS Internet Sites

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

E-Mail Courtesies

For the safety and security of all our membership, please do not use the emails posted in this newsletter or in our on-line documents for general random items not pertaining to SAHS unless you've first gotten an ok from the recipients. Your friends at SAHS will appreciate it!

Minutes from May 10, 2012

Member Banquet & General Meeting

10 May 2012 Approximately 58 in attendance (many did not attend due to inclement weather).

Appetizers were served at 6:30 with entrees, salads and side dishes served at 7:00. Order of being served was determined by drawing table numbers. A slide show of beautiful roses and other flowers played throughout the evening on the screen (note: this was the inaugural use of the new SAHS projector).

Meeting called to order by President Yvonne at 7:53.

Yvonne greeted and welcomed everyone, acknowledging and thanking Marilyn Nyhus, Marguerite Hartill and all volunteers who helped with the banquet planning and setup. Asked for approval of April minutes and members approved. Reminded all of the June meeting: Paul Cox talking of "Edible Weeds". Congratulated Joe-Beth Kirkpatrick on receiving her 10-year membership pin.

Joe-Beth reported on the May 26 Festival of Flowers event and the June 2 Basil Fest and strongly emphasized the need for more volunteers and asked that all workers wear their SAHS t-shirt or apron and nametag.

Lyn reported on the Inspire Art Center's "Blossoms and Blooms" event, the Whole Foods Market Day event and gave a progress report on the new cook book, reminding all that if they had a favorite recipe, they needed to submit it ASAP. Had good feedback from all participants at these events.

Beverly Tibbs reported on the April 28 King William Parade float. Everyone had a great time, got great feedback from parade goers, and thanked everyone for their help...especially Norm Hastings for all his hard work (appreciation gift was presented by Beverly to Norm).

Marguerite Hartill reported on the new monthly garden Happy Hour. 16 people attended the 1st one at Marilyn's and had a great time. The next one will be at Marguerite's on May 18th. Looking for volunteers to host the next few. Reminded all to bring a chair, drinks and a snack to share.

Yvonne reported that the RackSpace Earth Day event was postponed due to weather but no new date has been selected. Also reported on the upcoming Scholarship Fundraiser Garden Tour on Sept 22...all is going well.

Yvonne then introduced the slate of new officers, asked for nominations from the floor (none submitted), and asked for a vote from the members. All approved. The new officers are:

President...Marla Garza
Co-VPs of Programs...Maria Luhrman & Emily Sauls
Publicity/PR...Kim Paynter
Membership Chair...Norm Hastings
Membership Co-Chair...Jennifer Lange
Treasurer...Barbara Quirk
Treasurer Co-Chair...Lenore Miranda
Secretary...Mike Belisle



Non- voting Board Members are:

Web Master...Lyn Belisle
Newsletter...Joe-Beth Kirkpatrick
Hospitality... Jane McDaniel, Pat Gonzales, & Arlene Carter
Merchandise sales...Patty Wilson

Retiring Board Members:

President...Yvonne Baca
VP Programs... Marilyn Nyhus & Marguerite Hartill

Treasurer...Kathryn Seipp
Publicity/PR...Jeanne Hackett

Marguerite presided over the rest of the night's program, inviting all to enjoy dessert cupcakes and cake. A trivia game on knowledge of roses was played by each table with prizes given to the highest scorers along with door prizes based on ticket drawing. A great time was had by all.

Meeting adjourned at 8:35pm in the midst of a large storm.

Submitted by Mike Belisle, Secretary



A Spring Banquet Photo Album





continued from page 3

Fresh Fruit with Spearmint

submitted by Joe-Beth Kirkpatrick

Ingredients

1 pineapple, peeled, cored and chopped into bite-size pieces

1 large handful fresh spearmint leaves, washed and julienne sliced, then chopped once more crosswise

1 lb red seedless grapes, stemmed

2 kiwi fruit, peeled and sliced thinly

2 D'anjou pears, peeled and diced small

Directions:

Prepare the pineapple first. Mix in the chopped spearmint and allow to sit for an hour or more in the fridge. Mix in the remaining fruit and toss gently. Serve. This keeps well for two days in the fridge.

Basil and Herb Cashew "Cheese" Spread

submitted by anonymous

Ingredients

1 1/2 C raw cashews, soaked for 4 hours in plain water

1 tsp garlic, crushed

2 Tbs lemon juice

salt & pepper to taste

1/2 C fresh basil leaves (or a little more)

1/4 C fresh parsley

Directions:

Drains and rinse cashews. In a food processor, blend cashews until chunky - use your "S" blade. Then add garlic, lemon juice, salt & pepper and herbs. Blend until smooth. Taste to check for flavor, adding more garlic, herbs and/or salt & pepper. If the "cheese" becomes too thick, you may add a few splashes of water. To mold the "cheese", use a large measuring cup, dish or any utensil that is round and fill the mold with plastic wrap. If you wish to encrust the top, add pepper (or fresh herbs) to the inside of this plastic wrap mold. Scrape the "cheese" into the mold, pressing out any air pockets, and bring the plastic wrap tightly across the bottom. Place on a plate and refrigerate for a few hours - overnight is best as the extra time enhances the flavors immensely. Serve with bread, toast, chips, crackers or veggies.

Smoked Salmon Rose in Cucumber Boat

submitted by Madeline Sprague

Ingredients

1 English cucumber

1 C sour cream

1 8oz pkg cream cheese

1 tsp horseradish

1 clove garlic, minced

3 Tbs fresh dill, chopped

salt & pepper to taste

Smoked Salmon

dill sprigs

Directions:

Cut cucumber in 1-inch slices. Hollow out interior of each cucumber slice and arrange on serving dish. Mix together next 6 ingredients and fill each cucumber slice with a spoonful. Curl a slice of the salmon into a rose flower-shape and place on the center of the cucumber slice; garnish with sprig of dill. Serve chilled.

Rose Trivia

The sharp thing on the stem of some roses is called a...

- A) sticker
- B) prickle
- C) thorn
- D) blade

Answer elsewhere in this newsletter.



SAHS Membership

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

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

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

"First Law of Gardening:

When weeding, the best way to make sure you are removing a weed and not a valuable plant is to pull on it. If it comes out of the ground easily, it is a valuable plant.

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 and 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. If you're looking for a different summer plant, consider basil for the summer garden. Many colors, shapes and fragrances (& flavors) are available. Mulch all beds two to four inches deep to keep soil cool, roots healthier, conserve moisture and minimize weed germination.

In Our Organic Rose (Herb) Garden:

We're approaching our second cycle of spring bloom, and the (hopefully) timely May rains will have really helped.

****Bush Grooming –** As old blooms fade (you determine when it's time), cut down to a five leaflet node (small branch) pointing outward away from the center of the bush, to encourage new growth. Remove any inner, spindly growth to open up your bush as much as possible for sunlight, air circulation and expose hiding places for pests.

General Notes for the Late Spring Season:

For you birders, try growing 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.

Pinch back chrysanthemums, Mexican mint marigold, autumn asters and other late summer and fall-blooming annals. Plant heat-loving shade plants such as coleus, caladiums and begonias.

SPIDER MITES can be controlled insecticidal soap, horticultural/ plant oil such as Neem, (or a strong spray of water) or Kelthane applied under the leaves. The first signs of damage from spider mites will be tiny tan mottling on the leaves. Eventually, the leaves will turn entirely tan, then brown and dead. You may even see webbing, but only once the pests are out of control. To know if spider mites are plaguing your garden, thump a suspected twig over a sheet of white paper. If you see paprika-colored specks that move, you've discovered spider mites! Spray both top and bottom leaf surfaces with the materials listed above.

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.

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



SIG-nificant Events

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

Culinary SIG

A glorious Spring evening in May had our Culinary SIG gathering in the spacious kitchen at Norm and Loretta's home to celebrate all things lavender. As usual, we out-did ourselves, and also as usual, every dish was different from the other, even when an identical recipe was used! Starters included three different lavender-sprinkled focaccias, onto which we could slather heavenly-smelling lavender-infused butter. Two recipes for lavender aiolis were there for sampling, into which we could dip roasted asparagus, crackers, roast potato wedges, grilled squash (thanks, Tim!), and boiled egg slices. Salads followed with lavender-cilantro and citrus-lavender dressings, topped with various tropical fruits---mango, orange, kiwi, and pineapple as well as lavender-spiked chicken strips. The entrees included an incredibly fragrant lavender au gratin potato dish, a pan of delicious lavender and thyme roasted vegetables, with ten different veggies, lavender-marinated chicken breasts, beautiful sandwiches of lavender chicken salad, arugula and avocados with a drizzle of sauce made from lavender, strawberries and raspberries, and a luscious corn and green bean casserole (no lavender, but at this point, who needed it!?!?).



Desserts were two varieties of lavender tea breads with (at least for the more sybaritic among us) more of that wonderful lavender butter. To inspire future forays into lavender-spiked foods, Maria presented each of us with a jar of lavender and lemon zest sugar (I'm thinking of sprinkling it on chocolate cookies, or maybe on Barbara's sopapilla cheesecake!).

Next month, we meet at Maria's where our culinary travels take us to the Middle East, with India thrown in for good measure. What a trip we are on!

Submitted by Jeanne Hackett

Healthy Living with Herbs SIG

HLWH SIG went to the Comal Master Gardeners' "An Herb Affair" at the Antique Rose Emporium in May. this was their 10th annual event and it featured (what else?) ROSES as herbs! This great bunch of folks went all out to show what can be done with roses - food and beverages, crafts, body care... really nice things out on display and for sampling. Other tables in the room included everyday garden herbs and bee keepers. Stopped and chatted with the bee people and learned a great deal and got a couple of ok titles that need to be in the ol' home library. The lesson? Honey bees aren't the only ones doing all that necessary pollinating! Our group was short by a few but we strolled around and admired the vegetable garden area (HUGE chards and lots of ripe onion and artichokes gone to flower. After making a few purchases, we adjourned to "Fancy That" for a great lunch topped with more visiting!

In June, we're traveling again - this time to Blanco for the Lavender Festival! See you then.

Submitted by Joe-Beth Kirkpatrick



Herbal Crafts SIG

Peaches and Wine

The craft SIG had a fun field trip on 5/19/2012. Four of us, Karen Blessing, Annette Millard, Diana Fox and Kathryn Seipp, spent the day in Fredericksburg and the surrounding area. The other SIG members unfortunately had conflicting schedules and could not make it. Peaches are doing well this year so we made the best of it by shopping for peaches, had peach ice cream, peach tea and homemade peach bread, peach cider, peach wine, and even mead. We also checked out the Wildseed Farms for ideas and plants and had lunch at the Herb Farm. We joined the other tourists and proceeded to shop up and down main street. It was a pleasant day with the weather just right and we highly recommend you make the trip between now and the end of July to take advantage of the great hill country peach crop.



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

Submitted by Kathryn Seipp

Life and Thyme of Herbs - NEW SIG!!

No report this month.

Please contact Jennifer Lange for the group's schedule. Her email is niffers_00@yahoo.com

Aromatherapy SIG

No report this month.

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

Weed-n-Gloat SIG

No report this month.

King William Parade Committee

Norm Hastings has this to say about the feed store that supplied the hay bales SAHS used for the KW parade float:



"I explained to Alex (manager of Jupe Feed Mills, 14096 Bandera Rd., in Helotes) our particular (SAHS) needs for "temporary use" of hay bales. He graciously allowed us to purchase the bales we needed the Friday before the parade and return them the following Monday, for a 100% refund of our money. His willingness to work with us saved the SAHS \$92.50.

I would recommend this feed and pet supply store to all SAHS members (and everyone else on the northwest side of San Antonio) who find a need for farm stock and domestic pet supplies. They are a full service Feed Store. Things I noticed while there included horse tack, pet shampoos, grooming aids, farm equipment, the list goes on and on. If you need feed or pets supplies I would recommend calling Jupe's FIRST before going elsewhere. That's what I am going to do.

The entire staff is knowledgeable, friendly and professional. I truly enjoyed working with them."

Submitted by Norm Hastings

Treasurer's Report, April 2012

Submitted by Kathryn Seipp, Treasurer

INCOME

Membership	\$241.00
Cookbook	0.00
Resource Guides	0.00
Booklets	<u>0.00</u>
SUBTOTAL - INCOME	\$241.00

EXPENSES

Attendant Fee	45.00
Booth Fee	75.00
Rent Expense	85.00
Storage Rent	0.00
Printing & Engraving	252.66
Honorarium	50.00
Sales Tax	<u>0.00</u>
SUBTOTAL - EXPENSES	<u>\$501.66</u>

TOTAL (Income-Expenses) -**\$266.66**

ASSETS

Cash and Bank Accounts	
Cash on Hand	0.00
Frost Cert of Deposit	1,194.95
Frost Checking	3,309.72
Frost Savings	<u>2,388.58</u>
TOTAL Cash and Bank Accounts	6,993.25
TOTAL ASSETS	6,993.25
LIABILITIES	<u>0.00</u>
OVERALL TOTAL	\$6,993.25

'12 - '13 SAHS Board Officers & Members

Marla Garza - President

210-837-7632 C, marla.garza@yahoo.com

Maria Luhrman - Co-Vice President Programs

210-474-0550 H; 317-5706 C; mluhrman@yahoo.com

Emily Sauls - Co-Vice President Programs

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

Norm Hastings - Membership Co-Chair

210-860-4332 C; normhastings@sbcglobal.net

Jennifer Lange - Membership Co-Chair

210-998-9771 C; niffers_00@yahoo.com

Mike Belisle Secretary, Recording

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

Barbara Quirk - Treasurer Co-Chair

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

Lenore Miranda - Treasurer Co-Chair

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

Kim Paynter - Publicity / PR

210-520-0480 H; 210-573-7056 C, texicana@satx.rr.com

Lyn Belisle - Webmaster & Green List Coordinator

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

Yvonne Baca - Immediate Past President

210-313-8705 C, yvonne943@yahoo.com

Joe-Beth Kirkpatrick - Newsletter

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

Pat Gonzales - Co-Chair, Hospitality

patgonz51@yahoo.com

Jane McDaniel - Co-Chair, Hospitality

210-930-1026 H; 210-381-4931 C

; janesirish@att.net

Patty Wilson - T-shirts, Cookbooks

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

More Information Contacts

SAHS web page: www.sanantonioherbs.org

SAHS toll-free phone: 888-837-4361

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We thank our business members for their support. When you patronize their businesses, be sure to mention your SAHS membership.

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*To our business members:
Your membership keeps your listing
here for a whole year!
Thanks for your patronage*

Rose Trivia Answer
B) prickle. Thorns are a type of twig growing off a node on a plant's stem or branch—think Mesquite tree thorns. Prickles are little sharp growths erupting between other leaf or branch nodes.



PLEASE SEND TO:



The San Antonio Herb Society
PO Box 90148
San Antonio, TX 78209

