



# La Yerba Buena



THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 291, June 2014

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

## Program Thursday, June 12, 2014

### Christine Arrendondo and SA's Gourmet Olive Oil

Welcome our newest business member Christine Arrendondo, owner of San Antonio's Gourmet Olive Oils (ultrapremium olive oils and Italian balsamics)! Ms. Arrendondo, a graduate of Harlandale Middle School and South San Antonio High School, is a career U.S. Marine who served two tours of duty in Iraq. A year ago she opened her health-conscious business at 1913 South Hackberry Street near Interstates 35 and 10 (in Highland Park across the street from Little Red Barn Steakhouse). There are more than 50 varieties of extra virgin olive oil, including infusions with various herbs, chiles and even honey, in her store.



Ms. Arrendondo's presentation will focus on culinary and health aspects of using oils with herbs. Samples of ten of the oils will be available during the hospitality time beginning at 6:30. Also during the hospitality time, all SAHS members will have the opportunity to sign up for a SAHS-members-only private tour of San Antonio's Gourmet Olive Oils which is scheduled at 2:30 p.m. for a Sunday after Father's Day. If you're out of town in June, drop by San Antonio's Gourmet Olive Oils

Monday-Saturday when you return and introduce yourself to Christine Arrendondo.

*SAHS members N-Q, please bring a snack 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 always a treat and is located on the corner of Funston and N. New Braunfels.*

*For more SAHS information, see our website at [www.sanantonioherbs.org](http://www.sanantonioherbs.org)*

### Spring's Busyness and YOU!

We had lots of great events and opportunities for everyone's involvement this Spring. Here's a list

- SAWS Spring Bloom, March 8, *plant sale*
- Garden Center meeting, April 4, *hospitality hosts*
- Rackspace Green Day, April 24, *community outreach*
- King William Parade, April 25, *community outreach*
- Spring Banquet, May 8, *social time*
- Celebrate Herbs, May 10, *book sales and outreach*
- Festival of Flowers, May 24, *book sales and outreach*
- Basil Fest, May 31, *book sales and outreach*



To all those SAHS folks who helped out at these events, **THANK YOU!!** Without you, we couldn't keep bringing you the wide variety of programs. Without you, we couldn't "keep the light on" here at the Garden Center. Without you, the rest of SA wouldn't have a clue that we're here every month. Without you, we'd all be missing some great friends!!

### Business Members are looking for YOU

Don't forget to check out our business members! They often make presentations or other contributions to our programs and would certainly appreciate your patronage.

Get up a few herby friends and take a field trip. Consider this: our June presenter, Christine Arrendondo has invited the SAHS to a private tour and demonstration at her shop later in June (date to be announced at the meeting). What a terrific idea and opportunity to encourage her to become another one of our very special business members!

Looking for your enthusiastic participation. See the back page for a listing of all our business members.

### Raffle Winner!

Nidia Milne was the happy winner of the "It's Italian" gift basket recently raffled by the SAHS.

*If you have an idea for a future raffle basket or are up for helping create the next raffle basket, please contact Grace Emery. As with any other job, many hands make light work and in this case, make a little more profit that helps keep our little organization rolling along. Call Grace today!*



### Hospitality Table Schedule:

Jul: R-Z  
Aug: A-M

### Members' Sale Tables

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

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## Member Recipes

Here are a few of the treats from the May Banquet

### Iowa Corn Spoon Bread

Submitted by Robin Maymar (adapted from a recipe found in the Washington Post)

#### Ingredients

- 2 eggs slightly beaten
- 1 8-oz pkg corn muffin mix
- 1 8-oz can cream-style corn
- 1 8-oz can whole kernel corn, drained, or 1 cup fresh Iowa corn cut from the cob
- 1 C sour cream
- ½ C butter, melted
- 1 C Jarlesburg or shredded Swiss cheese

#### Directions

In a bowl, combine all ingredients except cheese. Spread in a buttered 2-quart casserole. Bake at 350°F for 35 minutes. Top with cheese and bake 10 to 15 minutes more until a knife inserted in the middle comes out clean. Yield: 6 servings.

### Stuffed Garlic Mushrooms with Prosciutto

Submitted by Grace Emery

#### Ingredients

- 1 onion, finely chopped
- 6 Tbs butter
- 8 large portabellas or 2 containers of baby bellas
- 1 clove garlic
- 1 egg
- 5 Tbs fresh parsley chopped
- 5 Tbs fresh thyme chopped
- salt and pepper to taste
- smoked paprika
- 3 oz prosciutto thinly sliced
- crumbled goat cheese (optional)

#### Directions

Preheat oven to 375°F. Fry the onion and garlic in half the butter for 6-8 minutes, meanwhile break the caps off the mushrooms and chop them finely. Add the mushrooms to the onion pan for 2-3 more minutes. Transfer the mixture to a large bowl, add bread crumbs, eggs, herbs and seasoning and mix. In a small pan melt the rest of the butter and brush on the mushrooms. Arrange on a cookie sheet and spoon in the filling. Bake for 20-25 minutes, until they are browned. Top each mushroom cap with smoked paprika, goat cheese and a piece of Prosciutto.

### Ham Tarts

Submitted by Gloria Ortiz

#### Ingredients

- Pastry for 9" crust
- 2/3 C milk
- 2 eggs, beaten
- dash black pepper
- 1 C (4 oz) extra sharp cheddar cheese, shredded
- 1 Tbs flour
- 1/2 C (3 oz) smoked jam, chopped

#### Directions

Preheat oven to 350°F. Roll dough on lightly floured surface to 1/4" thickness. Cut with 3" round cutter; fit into 3" tart pans. Blend milk, eggs and pepper. Toss cheese with flour; add to egg mixture with ham. Fill shells 2/3 full with cheese mixture. Bake 25-30 minutes or until golden brown. Makes 2 dozen.

### Ice Cold Fresh Fruits

Submitted by Sheila Mangra

Ginger syrup with poppy seeds on Mango and on Pineapple



### Apple Pecan Salad

Submitted by Cindy Moore

#### Ingredients

- 1/4 C mayonnaise
- Juice of 1 lemon
- 1/2 C celery, finely chopped
- 1 large Granny Smith apple, cored and chopped
- 1/4 C dried cranberries
- 1/4 C pecan (or walnut) pieces

#### Directions

Combine mayonnaise, lemon juice, celery and apple; mix to coat well. Add cranberries and nutmeats; mix. Cover and refrigerate at least 30 minutes. Good served with graham crackers.

### Tootsie the Tuna

Submitted by anonymous

- 2 small cans tuna fish
- 1 medium white onion, grated
- 1 medium can spinach with juice
- 1 1/2 C ground crackers
- 1/2 tsp salt
- 1 cucumber, ground
- 1/2 tsp pepper
- 1 Tbs powdered garlic

#### Directions

Blend all in a bowl adding carrot slices and put in fridge overnight.

### Cheesecake Squares

Submitted by Loretta Hastings

#### Ingredients

- 1 box yellow cake mix
- 1 stick margarine, melted
- 1 egg, beaten
- 8 oz pkg cream cheese
- 1C brown sugar
- 2 eggs, beaten
- 1C powdered sugar
- 1 tsp vanilla

#### Directions

Mix together first three ingredients; press into greased and floured 13x9 pan. Beat together the cream cheese and brown sugar. Add the two eggs, powdered sugar, vanilla and salt and beat well. Pour over cake layer. Bake at 325°F for 40 minutes.



## Over the Fence... 2014 Program Line-up



**Jul:** Share, Show-n-Tell

**Aug:** Teaching kids about herbs and starting a classroom garden Natalie Cervantes *AgriLife* agent

**Sep:** Mike Bolner, *Bolner's Fiesta Spices* on development of herb and spice blends

**Oct 16:** Mary Dunford, drying and arrangement of herbs for holiday decoration

**NOTICE of DAY/DATE CHANGE.**

**MEETING IN OCTOBER IS ON THE 16th (3rd Thurs).**

**Nov:** Herbs for holiday cooking

### Like our programs? We WANT your questions!

Please send your question to Rachel Cywinski at [worldvisitor@rocketmail.com](mailto:worldvisitor@rocketmail.com) no later than 3:00 p.m. on Sunday before the meeting. Rachel will collect the questions and pass them on to our speaker to consider before the Thursday meeting.

### Like our programs? Want more like this?

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

### Next Board Meetings

**June 30, 6:30 pm** Please contact one of the Board members to place an item on the agenda or for location or other details prior to the meeting day.

### Help SAHS Publicity Get the Word Out!

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

### Fanick's Garden Center

Invites you to the Fanick Family 75th Anniversary Celebration. This event will include many of Fanick's vendors bringing their educational displays along with local service groups (Boy Scouts, etc.). **June 14**, 9am ~ 3pm, at their Garden Center, 1025 Holmgreen Rd., SATX 78220, (210) 648-1303

### SA Botanical Garden Events

Art in the Garden: Richard Hunt sculpture exhibit. Nine contemporary sculptures in the Conservatory. Ends January. August 2-3, Dog Days of Summer  
Sept 6 thru Jan 4: Lego Sculptures  
For info call 210-207-3250 or visit [www.sabot.org](http://www.sabot.org)

### Gardening Volunteers of South Texas

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

### Texas Native Plant Society

4th Tuesdays, Lions Field Adult Center, 2809 Broadway. Native plant and seed exchange at 6:30 pm, followed by speaker at 7:00 pm. Contact Joan Miller 210-732-7138; website: <http://sanantoniochapter.wordpress.com/>

*Submitted by NPSOT, San Antonio Chapter*

### Comal County Master Gardener program

First Wednesdays at the GVTC Auditorium. Meetings are open to the public. Contact (830)964-4494 or 221-4316. Website: <http://txmg.org/comal/>

### New Braunfels Library Monthly Garden Series

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

### PayPal and SAHS membership payments

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

### Guadalupe County Master Gardeners

Next Guad. County MG class (#26) starts August 13 and run every Wednesday from 10am to 2:30pm. Cost is \$190; registration deadline is July 31.

Call Cindy Waechter 830-624-1114

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](http://www.guadalupecountymastergardeners.org).

### Landscape for Life™

Landscape for Life™, a 10-hour landscape planning course based upon the principles of the Sustainable Sites Initiative™ gives landowners the tools they need for sustainable management of outdoor spaces.

The course will be offered free of charge over three Saturdays (June 7, 14, 21) from 10:15 a.m. to 3:30 p.m. at Mission Branch Library. The class will be taught by Landscape for Life™ instructor Rachel Cywinski, a member of the Friends of San Antonio Public Library (and SAHS!). The class is co-sponsored by San Antonio River Authority. The class enrollment fee (normally \$50/person) is free for this session.

To register for the three-session class, contact Mission Branch Library at 210-207-2704

### From the Program Chair

#### **Assistants needed**

VP-Programs Rachel Cywinski is seeking two assistants who are willing to accept the responsibility of bringing the SAHS projector to each monthly meeting and help set it up between 6:00 and 6:30 p.m. Related duties include packing up projector after the each meeting and coordinating projector use with other SAHS members who borrow it to do presentations for the organization. Compensation includes getting to know our monthly speakers better! This is an EXTREMELY IMPORTANT position! Your valuable work will directly impact the quality of our programs. Yes, YOU ARE NEEDED! Contact Rachel at [worldvisitor@rocketmail.com](mailto:worldvisitor@rocketmail.com) if you are willing to make this important contribution to San Antonio Herb Society.

#### **SAHS Speakers' Bureau**

SAHS needs your help! We have many members who are able to share their passion for herbs in formal presentations, and have much to share about what they have learned using herbs. Do you have a presentation prepared that you would be able to do again with just a few days' notice? Do you have a presentation that you are preparing about herbs? VP Rachel Cywinski is creating a resource list of members who would be willing and able to immediately step in and help in the event that one of our speakers is unable to make it to a meeting. If you would be willing to help in this capacity, please send information about the topic(s) you can present to Rachel. Don't be shy! You are needed!

#### **Share Meeting Planning assistance request**

WANTED: 2-3 CREATIVE (and fun-loving, preferred) SAHS MEMBERS to plan the July "Share" meeting which will feature our own members! If you are willing to assist, please meet with VP Rachel Cywinski at 6:15 p.m. June 12, in the San Antonio Garden Center, prior to our June meeting. Can't make the meeting but want to assist? Please contact Rachel at [worldvisitor@rocketmail.com](mailto:worldvisitor@rocketmail.com).

*Submitted by Rachel Cywinski*

## Minutes from May 08, 2014

### General Meeting

Attendance approximately 40. The meeting was called to order by Co-President Yvonne Baca at 7:00pm.

The traditional SAHS May Banquet was held at the SAGC on Thursday, May 8, 2014. The evening began in the beautifully decorated center room with full access to the enticing adjoining garden area. The theme this year was "picnic" and picnic it was. Baskets and vases filled with herbs and flowers were everywhere. Food tables covered with red and white checkered tablecloths displayed the food prepared by the membership.

Yvonne opened the meeting portion of the evening. She thanked the SAHS Board for doing the decorations and all who brought food to be enjoyed.

Joe-Beth Kirkpatrick spoke of upcoming events where volunteers are needed. On each table are sign up sheets for:

May 10th, Celebrate Herbs at Rainbow Gardens on Bandera; 10am-3pm

May 24th, Festival of Flowers at Alzafar Shrine; 9am-5pm

May 31st, Basil Fest at Pearl Brewery including participating in the Chef Challenge (appetizers); 9am-1pm

Jane McDaniel reported that the Weed and Gloat sig had received an award from the Botanical Gardens for its years of volunteering.

Grace Emery- told details of the Italian Basket for which tickets for the drawing were still on sale. The drawing will be to-night.

Tickets were handed out to each attendee for the door prizes to be given away at the end of the meeting. Door prizes are \$10.00 gift certificates from Rainbow Gardens, Shades of Green, Schulz's Nursery, Fanick's and Milberger's Nurseries. There were 2 separate certificates from each of the businesses.

Yvonne then announced that all of the tables with red table tops could begin to line up and get their food. A short time later the rest followed. There was a beautiful array of appetizers, salads, entrees, sides and desserts on the serving tables.

In the center of each dining table were a dozen cupcakes with white icing and blue and red embellishments. Each table also had 8 large poblano peppers, courtesy of Mike Belisle, that the guests could take home. Feasting was enjoyed by all.

Following the dinner was the drawing for the *It's Italian* basket. Grace Emery announced that Nidia Milner was the winner.

Then there was the drawing for door prizes. Ten lucky attendees won the gift certificates.

Yvonne adjourned the lovely evening at 8:15pm.

*Submitted by Barbara Quirk, Secretary*





## SIG-nificant Events

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

### Culinary SIG I

We went for a "PBD" (plant-based diet) night at Jeanne's for our May gathering, and showed off our culinary chops—so to speak—yet again. After catching up with each other and taking quick tours of the garden and its herbs, we repaired to the dining room table to share our recipes and food. First course was a lovely and unusual avocado gazpacho served with a scrumptious rustic bread bursting with sundried tomatoes and Kalamata olives. Entrees included a rich and authentic-tasting lasagna al forno Bolognese, and a delicious lentil Sloppy Joe topping (featuring dried apricots as a surprise ingredient) encased in potato rolls.

Our salads and vegetable entrees were varied and unusual. A warm broccoli and cranberry slaw was a perfect accompaniment for the Sloppy Joes. A citrusy couscous dish with roasted vegetables was wonderful, as was a broccoli and cauliflower salad tossed with a tangy homemade vegan mayo. A brown rice salad with crunchy sprouts and seeds was a big hit, as was a baby spinach salad with a variety of fruits tossed in a creamy strawberry dressing flavored with home grown stevia and mint. A cooling gelatin and fruit dish rounded out our variety. We all somehow also made room for a decadent double fudge chocolate Bundt cake!

Although maybe a bit daunted initially about preparing dishes with no animal products, including eggs and dairy, our group was happily surprised with the completely delicious menu we created, and were proud of the cooking discoveries we made in working with entirely plant-based ingredients. Plus, in addition to feeding ourselves exceedingly and healthily well, that evening we lived very lightly upon the earth and we ate 'cruelty-free'. How good is that!?! Next month, we meet at Yvonne's with a theme still to be finalized. Stay tuned!

*Submitted by Jeanne Hackett*

### Culinary SIG II Enjoys Comfort Foods



Our "Salad Themed" dinner on May 22 was colorful, herby and nutritious. We began the evening with a tour of the host, Marilyn's garden which is growing beautifully.

Our salads were all delicious and extremely varied. Sandra Woodall created a German potato with caraway seeds which was very good and hearty. Marilyn Nyhus served her favorite Bok Choy salad with a tangy dressing. Penny Cardwell brought an adaptation of the Green Restaurant Kale salad with both purple and green kale; it was light, colorful and delicious. Grace Emery did a Garbanzo Bean Feta salad filled with fresh herbs from her garden. Salpicon, a Mexican shredded beef

salad by Gloria Ortiz, was spicy and filling. Robin Maymar pulled a very different recipe from her Grandma's files - a Tomato Jelly on Romaine Lettuce - a surprise for all of us. To finish, Marilyn wowed us with a homemade pound cake covered with a puree of strawberries, black berries, blue berries and lemon balm from her garden, garnished with whole berries and topped with vanilla ice cream.

The next meeting will have an "Appetizer Theme" on Thursday, June 26, 6:30 PM at Bernetta Haden's home; we know it will be appetizing.

*Submitted by Grace Emery*

### Aromatherapy SIG

The Aromatherapy SIG skipped May.

In June, Frankie Campbell will talk about how essential oils synergize with the body's energy.

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

### Healthy Living with Herbs SIG

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

*Submitted by Joe-Beth Kirkpatrick*

### Weed-n-Gloat SIG

Fun in the Sa-Bot Gdn's Herb Garden in April

We weeded and gloated, and, due to the fact that we now have a great amount of mulch down on the bed in the Herb Garden, we had a lot of time to talk with visitors from out of



State about herbs - and with each other. This is a great team, willing and able to work together; willing and able to play together. I couldn't ask for a more enjoyable Last Monday.

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

*Submitted by Jane McDaniel*

### Herbal Crafts SIG

The "Eclectic" Herbal Craft SIG met on Saturday 5/17.

Another way to be green is to take what would go into a landfill and make something new. With basically simple items, we took used, shredded office paper, a blender, a tub, water and a screen and made craft paper from the pulp. This requires you to play with the pulp -- it does bring out the kid in you to once again make messy mud pies. To make it extra special, we added mint leaves, potpourri and various other items that struck our fancy. These new sheets of paper are currently drying this week. They can be used for bookmarks, gift cards or extra special stationary.

In our next session, we'll try our hands at making incense.



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

*Submitted by Kathryn Siepp*

### Texas Natural Living SIG

The Texas Natural Living SIG met and traveled to Austin on Thursday, May 15th to visit the American Botanical Council (ABC) gardens. Jenny Perez—who spoke at our April meeting—gave us a guided tour of the gardens, answered



questions and shared her knowledge of medicinal herbs. With this information, we made honey infusions...some for cooling and relaxing, some for burns or wounds, some for antiviral purposes and even some to be used as probiotics. Before our journey back to San Antonio, we had lunch at the Eastside Café. We highly recommend their beet salad! After one last stop to buy some Good Flow raw honey, we headed home.

Our next meeting will be hosted by Grace Emery on June 19th. For information, please contact Marilyn Nyhus (rudyardmar@yahoo.com) or Marguerite at mhar-till@aol.com.

*Submitted by Marguerite Hartill*

### Mad Hatters

The Mad Hatters were invited to share a Japanese tea with the San Antonio Tea & Herb Enthusiasts on May 3rd. It was a really nice evening for an outside garden tea. The Host greeted people in a kimono and directed us to his small but nice side garden. There was a lovely pond and Japanese lanterns. Everyone in attendance brought a Japanese dish to share. Several small courses were served starting with fresh spring rolls then some sushi and all kinds of small foods. For the sweets, there were several Japanese cookies & candies - think ginger watermelon balls! Of course throughout the meal we were served several kinds of teas, including green teas & black teas. As we shared the meal, the host gave us some tea growing and harvesting info.

*Submitted by Linda Barker*

### Garden Happy Hour

There was a light breeze that kept most of the mosquitoes away for the Garden Happy Hour at 110 W. Brandon. The tomatoes, although large, had refused to even turn pink for the party, but the day lilies bloomed for the first time, in honor of the event. We all agreed that going out into the garden in the evening was an excellent idea.

Want to join us? Next Garden Happy Hour will be at the home of Diane Lewis, Saturday June 21, the Summer Solstice. Watch for an e-blast in the middle of June and come join in the fun. Next Happy Hours will be July 12 and August (date to be announced).

**RSVP required for access to the gardens.** Contact Robin at [robinmaymar@gmail.com](mailto:robinmaymar@gmail.com)

*Submitted by Robin Maymar*

### Odds-n-Ends...

MORE from the SABotanical Garden:  
Introduction to Texas Tough Gardening

**June 7, 9-11am**

A class designed to help beginning gardeners get started. \$10 (\$9 members)

New Gardens for Newcomers

**July 12 or August 9, 9-11am**

New to San Antonio? Let us help you create a garden that thrive in our climate. Fee: \$10 (\$9 members)

### In the News...

Sandra Woodall's water catchment methods were noted in a SA Express-News article recently. See this link on the web: <http://www.expressnews.com/lifestyle/home-garden/article/Solutions-to-drought-can-be-low-cost-relatively-5449079.php>

*Note: Requires E-N subscription to read the entire story.*

### Thyme and Treasure Garden Center

Come visit a new retail venture by biz members Nick & Leslie Vann of Nematode Nick's. Featured this month: Concrete Garden Art made by St. Hedwig's local artist, Cheryl; Americana Shopping Bags Heavy duty, reusable shopping bags made from feed and seed bags. Created by our very own Bag Lady, Elaine.

[www.thymeandtreasure.com](http://www.thymeandtreasure.com)

### Essential Oils—Simple Test for Fakes

For whatever this is worth. Article found in Prevention magazine (also online at <http://www.prevention.com/>)

The article lists seven signs that your essential oils might not be what you think. Here are a couple of the tests:

The sign: How it looks

Here's a fun fact: essential oils aren't true oils at all. They simply got stuck with the label because they don't play well with water. And, as it turns out, this quirk comes in handy for spotting any hidden nut, seed, or vegetable oils covertly added to an essential oil. The test: Place a single drop on white printer paper and let dry. If there's an oily ring left behind, it's not a pure essential oil. The exceptions: Essential oils such as sandalwood, vetiver, German chamomile, and patchouli oils, which are naturally heavier in consistency and deeper in color, says Jade Shutes, president of the National Association for Holistic Aromatherapy.

The sign: The name

Make sure the plant's Latin name is listed on the label or, if you're shopping online, the webpage. If only the common name is listed (for example, "lavender essential oil") you might be shelling out for a lower-cost hybrid. And if it doesn't specify that it's an essential oil, it isn't. "Lavender oil" is nothing more than perfumed oil; it may or may not contain material from the plant, and won't have the same therapeutic properties as "lavender essential oil."

The sign: The feel

Place a drop of a vegetable, nut, or seed oil on the pad of one index finger, and place a drop of the essential oil on the other. Rub the oils with your thumbs, noting the differences (or similarities) between the feel of each. True essential oils have a little slip, but for the most part, they shouldn't feel thick or greasy. Heavy, richly colored essential oils, like sandalwood, vetiver, German chamomile, and patchouli are exceptions.

## Business Members

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

### Nature's Herb Farm

Mary Dunford  
7193 Old Talley Road, #7, SATX 78253  
(210) 688-9421  
[www.naturesherbfarm.com](http://www.naturesherbfarm.com)

### Diane R. Lewis, B.S. & A.A.S.

*Herb, Cooking & Gardening Classes;  
Landscape Design*  
(210) 495-6116  
[drldesigns@swbell.net](mailto:drldesigns@swbell.net)  
[www.communityed.neisd.net](http://www.communityed.neisd.net)

### Nematode Nick's

*Landscape Design & Installation  
Organic Landscaping, Organic Fertilizing*  
Nick & Leslie Vann  
3561 Kusmierz Rd.  
St. Hedwig, Texas 78152  
(210) 667-1500  
[www.nematodenick.com](http://www.nematodenick.com)

### FloraScape

Mary Blasko TCLP, TCNP  
[florascape@swbell.net](mailto:florascape@swbell.net)  
"We can help with your gardening projects"

### Norm Hastings

*Therapeutic Massage*  
SATX  
210 435-4459 H  
210 860-4332 C  
[normhastings@hotmail.com](mailto:normhastings@hotmail.com)

### It Makes Scents

*Natural Health Counseling & Essential Oils*  
Jean Dukes, RN, CNHP,  
Certified Aromatherapist  
(210) 566-4379  
[itmakescents@earthlink.net](mailto:itmakescents@earthlink.net)  
[www.youngliving.org/makescents](http://www.youngliving.org/makescents)

### In-Home Senior Care and USANA Health Sciences

*Nutritionals You Can Trust™*  
Greg & Jinnie Perkins  
5805 Callaghan Rd. Ste. 205, SATX 78228  
(210) 256-2273  
[jinnieperkins@yahoo.com](mailto:jinnieperkins@yahoo.com)  
[www.inhomeseniorcare.net](http://www.inhomeseniorcare.net)

### San Antonio Yoga Center

Randy Mass, ERYT, Studio Manager  
11011 Shaenfield Road, SATX 78254  
(210) 523-SAYC (7292)  
<http://www.sanantonioyogacenter.com>  
[randy@sanantonioyoga.com](mailto:randy@sanantonioyoga.com)

### Hens to You

Cheryl Morrisey  
Elmendorf, Texas  
210-635-7269  
[rosepink5@aol.com](mailto:rosepink5@aol.com)

### Jupe Mills Feed

14906 Bandera Rd., Helotes, Texas 78023  
(210) 695-3551  
<http://www.jupefeeds-sa.com/>

### Yvonne Baca, LMT

*Holistic Health Practitioner  
Therapeutic Massage, Lymphatic Drainage,  
Essential Oils, Reiki Master, Therapeutic Touch  
Akashic Record Consultations*  
(830) 537-4700 H  
(210) 313-8705 C  
[yvonne943@yahoo.com](mailto:yvonne943@yahoo.com)  
<http://www.boerneholistichealth.com/>

### Heron's Nest Herb Farm

Melanie & Fred VanAken  
1673 River Bend Dr., Blanco, Texas 78606  
(830) 833-2627  
[heronsnest@txwinet.com](mailto:heronsnest@txwinet.com)  
[www.heronsnestherbfarm.com](http://www.heronsnestherbfarm.com)  
12/14

### Lyn Belisle Studio,

*A Place of Creative Belonging*  
Lyn Belisle  
1824 Nacogdoches Road, SATX 78209  
210.860.9468  
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