



# La Yerba Buena



THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 303, June 2015

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



Thursday, June 11, 2015

## Members' Special Interest Groups in the Spotlight!

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

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

*Members whose names begin A-M, 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 especially lovely this year 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)*



### 2015-2016 Board Slate Elected

2015-2016 Board of Directors.

President: Leslie Bingham  
Vice President/Programs: Grace Emery  
Secretary: Gloria Ortiz  
Treasurer: Karen Lopez  
Membership chair: Robin Maymar  
Publicity: Mike Belisle  
Appointed members of our Board:  
Web: Lyn Belisle  
Newsletter: Joe-Beth Kirkpatrick  
Hospitality: Jane McDaniel

SAHS New Merchandise: Margie Larkin, Linda Klein

Immediate Past Presidents - Yvonne Baca, Grace Emery

We thank our out-going officers deeply and sincerely for all the hours put in over the past year.

Welcome to the new Board as they get settled and ready to tackle projects and programs over the next year.

Remember that the SAHS asks—no, it NEEDS—active participation by all of its membership. Without YOU, this organization can do *nothing*. We welcome anyone with ideas for programs and helping hands for our community outreach and fundraising events. Contact a Board member to help out. Thanks so much!



### Newsletter Deadline for May Issue

All materials for **July** due by **June 19**.

### Hearty Handshakes !!

Many, MANY thanks to all the volunteers who staffed our sales and information tables this spring. You were out in force and with unmatched enthusiasm to go with your sense of fun. It's a joy to set everything up then stand back and watch all the SAHS experts get to work. Hope everyone made at least one new friend this busy time of year. Every event chair offers heartfelt gratitude and appreciation for your participation. Thank you so much.

### Trip Advisor & the SA Botanical Garden

The SAHS recently heard that the SA Botanical Garden was given an award by the online travel rating site, "Trip Advisor" for being a traveler's favorite destination! Jane McDaniel reminds everyone that the early SAHS had a firm hand in the creation of the Garden for the Blind and, of course, the Herb Garden. With the overall plan featuring plantings imitating the wide variety of climate systems in Texas, it's no surprise that the "SABot" is a favorite with everyone!

### Hospitality Table

#### Schedule:

May: Banquet  
July: N-Q  
Aug: R-Z  
Sept: A-M

#### Members' Sale Tables

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

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## Member Recipes

Here are a few of the items from the May banquet tables.

### Flammenkuchen

(Alcace—southwestern France)

Submitted by Jane McDaniel

Ingredients for the base pastry:

6 oz flour  
3 oz lard  
1/4 tsp salt  
3/4 C ice water

Ingredients for the filling:

2 large or 3 medium onions, sliced  
5 oz bacon, fried, not crisp  
2/3 C heavy whipping cream  
1/4 tsp salt or pinch of salt

Directions

Cut lard into flour, using a cold metal knife or pastry cutter, until lard pieces resemble breadcrumbs. Add ice water a little at a time; form a ball. Turn out onto a floured board and, with a light hand on the rolling pin, roll out 1 - 4 times; if rolling out more than once, turn pastry over into 3, pressing down on the outer edges to seal in the air pockets. Cool in fridge for 30 minutes. Meanwhile, fry the onions in a little veg. oil in a deep pan until translucent (about 10 minutes). Add some freshly-ground pepper. In a separate frying pan, fry the bacon until it is almost crisp. Do NOT burn or crisp.

Roll out pastry to fit a large pizza pan. Turn in the outer edges to form a "wall" around the edge of the pan. Spread all the onions on the fresh pastry, dot the top with the cooked bacon. Add the salt to the cream and pour over the onions/bacon.

Bake at 350°F for 35 - 45 minutes.

Eat hot. Have a bottle of crisp white wine with this and a green salad. Feeds 6 (or 4 very hungry) people.

### Homestyle BBQ (vegan)

(USA)

Submitted by Jeanne Hackett

Ingredients

1/4 C olive oil  
2 large onions, chopped  
4 garlic cloves, chopped  
2 small cans tomato paste  
2 C brown sugar  
2 Tbs molasses  
1 C lemon juice  
4 Tbs tamari (can use soy sauce)  
1 (8 oz.) package of Butler's soy curls  
4-5 C water to cover ingredients

Directions

Add all ingredients to crock pot. Cook on high in the crock pot for 5 or more hours to allow all flavors to develop. May need to add more water to keep soy curls from drying out, but I never need to. Serve with tortillas or heaped onto a toasted bun.

Note: Butler's Soy Curls are 100% soy which has been dehydrated and nothing else. They can be found in some natural food stores in Austin, but are easy to just order on-line directly from Butler.

### Baba Ghanough - Afghanistan

Submitted by anonymous

Ingredients and Directions

Roast: 1 medium eggplant. Let cool; peel and seed. Place flesh in a food processor.

Add: 1 Tbs tahini; 2 Tbs cold water; juice of 1 lemon; 2 small garlic cloves, crushed. Process until smooth; pour into a serving bowl. Top with 2 Tbs olive oil.

### Forfar Bridies

(UK)

Submitted by Robin Maymar

Ingredients for the Paste for each man-sized pasty:

1/4 lb plain flour  
1/3 oz lard or 1 1/2 oz butter with salt  
just enough water to make a dough

Ingredients for the Filling:

2-3 oz shredded fillet steak  
1 Tbs each chopped beef fat (or suet) and onion, parsley, salt, pepper and dried mustard  
egg yolk for glazing

Directions

Roll the pastry into a thin square, cover one third with the meat sprinkled with chopped fat and onion and seasonings. Fold over the pastry, seal edges tightly, make an escape hole for the steam, glaze with egg yolk and salt and bake for 10 minutes at Regulo 7 or 425°F and 30 minutes more at Regulo 4 or 355°F.

### BACON AND EGG PIE—Perfect for Picnics

Submitted by Robin Maymar

(UK—From The Sunday Telegraph Cookey Book, by Jean Robertson, Printed in Great Britain by the Anchor Press 1965) I am adding a list of ingredients. This is a very flexible recipe, so use what you have on hand.

Ingredients

2 pie crusts  
12-16 oz bacon  
4-6 eggs  
6 oz mushrooms  
salt, pepper, parsley  
butter (I used sage infused butter I had made previously)

Directions

Original recipe is **bold**.

**Line a pie plate with short crust pastry**, (I used a store-bought pie crust) \*cover it with crisply grilled back or streaky bacon\* (I used regular bacon) **cut into squares. Break 4, 5 or 6 eggs on to the bacon without breaking the yolks, cover with sliced mushrooms, toss in butter and season with plenty of freshly ground pepper and just a little salt. Cover the pastry, seal the edges tightly and finish off as for veal and ham pie.** (I'm inserting here) About halfway through the cooking, cover the pie with a piece of dampened grease-proof paper to prevent the pastry over-cooking. **Bake in a fairly hot oven, Regulo 7 or 425°F, for 25 minutes. This is good both hot and cold.**

### Some of the other dishes:

Swedish Rice Pudding  
Aegean Salad  
Pork "Rosa di Parma"  
Sesame Chicken hotdish



## Over the Fence... 2015 Program Line-up



### SAHS online calendar:

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

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

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

**Aug:** to be announced

**Sep:** Cheryl Koch Lehman, Koch Gourmet Country Store

### Have ideas or contacts for new programs?

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

### Next Board Meetings

**June 29, 6:30 pm** Please contact one of the Board members to place an item on the agenda or for location or other details prior to the meeting day.

*Remember: ALL Members always Welcome!*

### Next Bylaws Review Meeting

**June 18, 6:30 pm** Please contact one of the Board members for information on location prior to the meeting day. We especially welcome members with parliamentary experience.

### SAHS Publicity Needs YOU

Every month, SAHS provides flyers via email. You can print them and post them at stores in your area, stores that you would be frequenting anyway. Know of a new contact that would help us? Get with Mike Belisle to help out.

### SA Botanical Garden Events

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

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

For info call 210-207-3250 or visit [www.sabot.org](http://www.sabot.org)

### SA Garden Center

For information, call 210-824-9981 or see

<http://sanantoniogardencenter.org>

### Texas Native Plant Society

June 23: Neil Kaufman, recent graduate of Texas State University, NPSOT-SA member, and Master Composter instructor in San Marcos, will present an introduction to the science behind composting, including how you can use this science to customize your compost for different applications. Chapter meets every 4th Tuesday, Lions Field Adult Center, 2809 Broadway. Native plant and seed exchange at 6:30 pm, followed by speaker at 7:00 pm. website:

<http://sanantoniochapter.wordpress.com/> or contact via email: [npsot.sanantonio@gmail.com](mailto:npsot.sanantonio@gmail.com)

### Comal County Master Gardener program

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

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

### Bexar County Master Gardeners

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

### Guadalupe County Master Gardeners

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).

### SA Rose Society

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

For more information, see [www.sarosesociety.org](http://www.sarosesociety.org) or call Meg Ware 210-698-8440

Submitted by Peggy Jones, Publicity, SARS

### Gardening Volunteers of South Texas

Contact (210) 251-8101 or [info@gardeningvolunteers.org](mailto:info@gardeningvolunteers.org)

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

### Gift Basket Raffle: A Beach Picnic!

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



We ask everyone to commit to "selling"

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



### Festival of Flowers May 23 at Alzafar Shrine

This fine annual event was, as always, a terrific variety of vendors of all sorts—there were gardening supplies and nifty things, nurserymen, plant societies, yard art guys, talks and cooking demos. SAHS volunteers braved the extreme weather of the weekend to bring our books and to that show! We were fairly successful with our outreach efforts and sold a few of those books in the process. The Herb Market folks held three demonstrations during the day and did a terrific and tasty job of it. We thank all of the volunteers so very much—your time and efforts are very appreciated!

### Basil Fest May 30 at the Pearl!

All things basil were out and for sale with Nature's Herb Farm leading the pack. SAHS brought our books PLUS helped the Chef's Challenge. This year the chefs made a crab dip and lemonade featuring basil—made the mouth water! We had lots of volunteers at this half-day event including several new faces! Hope everyone had a good time. Thanks so much for your time and enthusiasm!

### Used Books = Fresh Treasures!

Charlene Swofford and Karen Lopez are coordinating bringing the used books to each meeting for your shopping convenience. Here's a short list from recent donations

Perfect Thai  
Best of the Best Italian  
Summer Herbal Delights  
Perfect Tapas  
Lighthearted Everyday Cooking  
Made from Scratch Vegetarian  
Le Cordon Bleu -Vegetables  
A Vegetarian Cookbook for all Seasons  
The Vegetable Cookbook from Earth to Table  
Pasta, Best Ever Pasta and Sauce Recipes.

### SA Express-News Garden Features Column

The SA E-N is still accepting names of members who're willing to have their gardens featured in a column. They're looking especially for gardens with a theme, topic, purpose, special end-use or whatever.

Contact Grace Emery [gemery49@yahoo.com](mailto:gemery49@yahoo.com)

## Minutes from May 14, 2015 Spring Banquet & General Meeting

The Meeting was held at the San Antonio Garden Center. It was our annual May Banquet.

Grace Emery, co-president, opened the meeting at 7:00 pm. She acknowledged all visitors and thanked them for coming. Also acknowledged and thanked, was the Hospitality Committee for the beautiful table laden with luscious herbs and flags of foreign countries. Also thanked, were all that brought food to-night. New member, Carol Hausler, was welcomed.



Our next meeting is June 11, 2015. If your last name begins with A-M please bring a treat to share at the Hospitality Table. Reminder that newsletter articles and recipes are due by May 22. These may be sent to Joe-Beth's email address in the newsletter. If sending a recipe, remember to include the name of the recipe and your name.

Item 1: Ask Mike or Grace to submit your gardens in the San Antonio Express-News' feature "Sow, Grow and Savor".

Item 2: Raffle Basket tickets are available for you to take home and sell.

Item 3: Joe-Beth has clipboards for volunteers for the next two fund-raising events:

Festival of Flowers, May 23, at the Alzar Shrine, 9-5.

Basil Fest, May 30, at the Pearl, 9-1. We will be helping with wreath making and the Chef's Challenge.

Item 4: Candidates for Board of Directors 2015-2016:

President            Leslie Bingham

Vice President    Grace Emery

Treasurer         Karen Lopez

Membership Chair Robin Maymar

Public Relations Mike Belisle

Since no one volunteered in time to be included in the ballot, a Secretary will be appointed (will be presented next month).

Appointed        Webmaster        Lyn Belisle

Newsletter        Joe-Beth Kirkpatrick

Hospitality        Jane McDaniel

The vote by acclamation was approved.

Thanks to all of the outgoing officers who served us so well.

A delicious potluck meal followed with an international menu.

New reminders:

City-Wide Plant Exchange: Saturday, May, 23rd, 9a-3p, Alzar Shrine (during Festival of Flowers).

A Nutrition Support Group, presented by Loretta van Coppenole, is the first Thursday of the month; 10a-11:30a, 1802 North Main. No cost to all interested in exploring the power of nutrition and exchanging ideas and information.



Garden Happy Hour at Jane McDaniel's - May 15th at 6:00pm

See you next month, June 11, when our Special Interest Groups will showcase their ideas on doing things with herbs.

*Submitted: Barbara Quirk, Secretary SAHS*

## "International" Potluck Banquet

Let the photos speak!!



### Send Your Get Well Wishes!

We heard that one of our members, Nick Vann (Nematode Nick) was in the hospital recently. Most of us know that that's never a lot of fun and is typically a source of worry.

Jane McDaniel took a spill in her own backyard, cracking a couple of ribs and bruising up some internal stuff. She'll tell you it's because the grass and deck are so soggy from the May rains! All taped up and sitting quietly, we hear. Wait—Jane? Quiet?



SAHS sends wishes for the best of health and healing. You all take care out there.

## Membership

About 50-60 attendees at the May banquet.

We need volunteers to meet & greet our members and guests at each meeting's social time. Please contact Robin to help out.

## New nametag system...

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



## SAHS out and about—Speaking at other Clubs

Today I presented at the Parman Library - a beautiful modern building which blends into the live oak forest off Blanco Road, just north of Heubner. The subject was "Culinary Herbs – how to grow and enjoy" There had been a total of 21 people signed up for the 2 hour "hands-on" lecture – according to Christina Hess my contact at the library...and we had a very good turnout of 20 participating. These lectures have been sponsored by the San Antonio Friends of the Library and I have been invited back to present both here and at two other locations in the fall. We had a wonderful time with lots of laughter and a lot of very good and practical information exchanged. This writer learns something new from her audience every time she presents and today was no exception.

There was a mix of older experienced gardeners and younger less experienced but very eager neophyte gardeners in attendance, both ladies and gentlemen! There were those with very established large gardens and some younger folks in apartments growing herbs in window boxes, who were most appreciative for information disseminated re that particular genre. I brought a herbed goat cheese & crackers for my guests to try (recipe to be in our new cookbook) which was very popular and then we returned for a general Q&A. We talked about the Herb Society and I encouraged everyone to come out to one of our meetings, and I believe they will. I then went on to demonstrate potting up 4 inch herb plants, discussed potting & garden soils, different planting positions and garden aspects.

All in all a good day at the Parman, leaving the writer just a little hoarse after 2 continuous hours of speaking, but happier for the experience once again. The Herb Society made a profit of \$50 from the sale of two sets of books (Resource Guide & Cookbook) plus a very generous donation of \$25 from "Friends of the Library" for a total of \$75. All in all a very good day for SAHS!

Submitted by Leslie M. Bingham

## SAHS Constitution and Bylaws

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

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

Please contact any board member for information.

## Treasurer's Report, April 2015

Submitted by Robin Maymar, Co-Treasurer

### INCOME

Merchandise Table	25.00
Raffle ticket sales	100.00
Donation from Forest Oak speaker's event	25.00
<b>Subtotal - INCOME</b>	<b>\$150.00</b>

### EXPENSES

Garden Center, rent	85.00
Garden Center, attendant's fee	45.00
King William parade fee	25.00
Backyard Basics booth fee	25.00
Hospitality supplies	34.65
Raffle expenses	91.63
Postage	49.00
Public Storage (quarterly)	255.00
Utility Media (website host fee)	49.00
<b>Subtotal - EXPENSES</b>	<b>\$659.28</b>

**NET TOTAL (Income-Expenses)** -\$509.28

### ASSETS

Frost Cert. of Deposit	\$1,215.33
Frost Checking	5,134.68
Frost Saving	460.40
Scholarship Fund	1,096.88
Cash on Hand	81.37
<b>TOTAL</b>	<b>\$7,988.66</b>

*DISCLAIMER: Information presented in this newsletter and at the SAHS meetings is for educational purposes only. It is not intended to diagnose, treat, or replace the advice of a health professional. Herbal formulas are given for reference purposes only. Use of any information mentioned in this newsletter are at the decision and discretion of the individual.*

## '15 - '16 SAHS Board Officers & Members

**Leslie Bingham** - President

[lesliegw@live.com](mailto:lesliegw@live.com)

**Grace Emery** - Vice-President / Program Chair  
210 875-6919 C, [gemery49@yahoo.com](mailto:gemery49@yahoo.com)

**Robin Maymar** - Membership Chair and Salt Blend Maven  
210 494-6021 H; 830 459-8415 C; [robinmaymar@gmail.com](mailto:robinmaymar@gmail.com)

**Gloria Ortiz** - Secretary, Recording [gloria4clarins@yahoo.com](mailto:gloria4clarins@yahoo.com)

**Karen Lopez** - Treasurer [i\\_quilts@yahoo.com](mailto:i_quilts@yahoo.com)

**Mike Belisle** - Publicity / Speaker's Bureau Contact  
210-826-6860 H, [mbelisle@satx.rr.com](mailto:mbelisle@satx.rr.com)

**Lyn Belisle** - Webmaster & Green List Coordinator  
210-826-6860 H, [belisle@satx.rr.com](mailto:belisle@satx.rr.com)

**Joe-Beth Kirkpatrick** - Newsletter  
210-590-9744 H, [joby53@gmail.com](mailto:joby53@gmail.com)

**Jane McDaniel** - Hospitality and Weeder Extraordinaire  
210-930-1026 H

**Leslie Bingham** - Hospitality

**Yvonne Baca** - immediate Past President  
830-537-4700 H; 210-313-8705 C; [yvonne943@yahoo.com](mailto:yvonne943@yahoo.com)

**Margie Larkin** - Co-Chair, SAHS New Merchandise

**Lynda Klein** - Co-Chair, SAHS New Merchandise

### More Information

SAHS web page: [www.sanantonioherbs.org](http://www.sanantonioherbs.org)

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

## SIG-nificant Events

### Culinary SIG I

The theme for May was tropical flavors, sweet and savory, and our host Linda set the scene with leis for our necks, palm fronds and pineapples for the table, and Don Ho for our ears.



Snacking on dried tropical fruits, macadamia nuts and a spicy mango and cilantro dip, we shared provenance, techniques and special ingredients (including where we found them) for our recipes, and then we feasted. Entrees included a fragrant tropical island chicken dish with pineapple; a lovely cilantro-infused pork loin with a rice, macadamia nut and coconut side; and a Haitian kidney bean and rice dish. A taro, yam and jackfruit combo flavored with cardamom, cumin, cinnamon, coriander and fresh ginger pleased, as did a tropical rice salad with veggies, papaya and pineapple. An authentic Chamorro recipe from Guam, red rice seasoned with annatto and achiote to give the characteristic color and with a fiery finadene sauce to complement, wowed. Cooling us off were beautiful fruit kabobs and a tropical fruit salad served in a hollowed watermelon with a raspberry dressing.

Desserts included a refreshing pineapple haupia (a sort of island Jell-O made with coconut milk and fruit, and thickened with cornstarch); a chilled lime-infused and custardy bar cookie; a tasty pina colada cake richly flavored with coconut crème, pineapple and rum; a second beautiful frozen pina colada cake that layered sponge cake with an ice cream, crushed pineapple and coconut crème filling, then frosted with whipped cream and decorative fruits; and (finally!) a pineapple gooey butter cake. Despite two sticks of butter and a box of powdered sugar among the ingredients, we did eat just about the whole thing!

Stay tuned!

*Submitted by Jeanne Hackett*

### Herbal Crafts SIG

The Craft SIG met at Jane Mc Daniel's house this past Saturday 5/16/2015 to learn how to knit. Whereas some people learned this skill at an early age, there are those of us who are just now getting into it. We learned to cast on, knit, purl and cast off. I personally need more practice but Jane was a very good teacher. After that we had a very tasty lunch.



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

*Submitted by Kathryn Seipp*

### Healthy Living with Herbs SIG

In May, Carol-lee brought her notes to Randy's yoga studio over off Culebra and we talked about matters of the heart—having a joyous heart, that is. What is a joyous heart and when and how do you have one? Thoughtful discussion is always a treat in itself and our little group certainly won the day on that score. Carol-lee had prepared three tonics for us to share, to take home and to try out. We were delighted with her

take on using herbs for the more ethereal aspect of health!

Come see our presentation at the SAHS general meeting on June 11. We'll show you some of what we do at our get-togethers. PLUS, we have room for new members, so get in touch—we love company!

*Submitted by Joe-Beth Kirkpatrick*

### Culinary SIG II

The SIG met on May 28, 2015 for a basil themed dinner at the home of Grace Emer; hostess was Pam De Roche. Robin Maymar made a green pea, leeks and basil soup with a basil-infused oil to drizzle. Pam De Roche made a delicious appetizer of basil, sundried tomato and pimento cheese spread with a toasted artisanal bread. Grace's strawberry-basil tart had a basil-infused custard with a basil simple syrup for the strawberries. Karen Lopez crafted a basil, shrimp and fettuccini salad filled with grape tomatoes. Trina and Don Reiter made a squash casserole with lots of basil. Gloria Ortiz thrilled us with a basil three-cheese lasagna - many layers of basil and ricotta to enjoy. Mary Beth made her grandma's favorite tomato basil fritters - very tasty and easy to make.



The next Culinary SIG II dinner will be held at Robin Maymar's on June 25, 2015 at 6:30 pm; the theme will be announced.

For SIG meeting information, please contact Grace Emery at 210 875-6919 C, or [gemery49@yahoo.com](mailto:gemery49@yahoo.com)

*Submitted by Grace Emery*

### Texas Natural Living SIG

Say farewell to Marguerite & Rich Hartill as they leave Texas (after 10 years) and move back up north to be closer to family. Happy and safe travels to you both. We'll miss your quiet authority on all things herbal and your enthusiasm in learning as a continuous joy.

Send us a postcard!

The next meeting will take place on June 20th—we're going to the Lavender Festival in Blanco. Join us!

For SIG meeting information, please contact Marilyn Nyhus ([rudyandmar@yahoo.com](mailto:rudyandmar@yahoo.com)).

### Mad Hatters

In spite of the drenching rain the Mad Hatters put on their hats and met for a lovely lunch at the beautiful Los Patios. We shared some wonderful dishes from corned beef sandwiches, chicken salad plates, shrimp dishes, chicken with mushrooms & a beef tip plate along with a nice raspberry tea. Good food & good conversation is always abundant at a Mad Hatters get together.

In June the Mad Hatters are planning a "Tea Share" lunch. Everyone will bring some kind of tea to swap or share with others. I am sure that we all have some great teas that we are not using or going to use & wouldn't mind sharing with the rest. I am looking at buying a nice Sasparrilla & maybe a fig raspberry. So - dig out those teas and bring them along to share or swap. We will meet for what should be a great luncheon at Crumpets.

Since June is National Iced Tea Month I am absolutely sure that plenty of tea iced or otherwise will be enjoyed. So put your hats on & join the Mad Hatters & join us for our 1st annual "Tea Share".

Interested in having tea with us? Contact me at [Inbdesignline@aol.com](mailto:Inbdesignline@aol.com).

*Submitted by Linda Barker*

### Weed-n-Gloat SIG

No report for May.

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

*Submitted by Jane McDaniel*

### Aromatherapy SIG

This SIG is on indefinite hiatus due to an accumulation of personal commitments and a return to education. However, the members will gladly help other SAHS members form a new SIG on this topic. For more information, contact Jean Dukes at 210-566-4379 or [itmakescents@earthlink.net](mailto:itmakescents@earthlink.net)

*Submitted by Jean Dukes*

### Garden Happy Hour

Spanacopita, Weinschorle made with Pino Grigio and Gerolsteiner Sprudel (fizzy water), fruit salad with spearmint, hreen eggs and ham (hardboiled eggs yolks mixed with mashed avocado and a dash of Slap Ya Mamma Cajun spice mix and topped with prosciutto triangles), eggplant enchiladas, deep fried mushrooms with white sauce, a huge pizza, Grady's sweet tea and cider and merlot and a good Red...

The dining and drinks table for the first SAHS Happy Hour of the season was laden with goodies and the rooms rang with animated conversation. Because of the dicey weather we gathered indoors. In the kitchen, in the living room, in the back den... every seat in there was taken - and at times the talks moved to the back garden. A good time was had by all, and it was nine pm before the last one left through the front jungle.

Thank you to all who came ... to Robin and Mylan and Mary Jo and Basil and Marilyn and Tinky and Joe-Beth and Mama T and Don and Grace and the ones whose names I've forgotten, and Robert, who come home late from work (Mary Jo: "who's that man who just walked through here?").

*Submitted by Jane McDaniel*

*Ed. note: We want your garden!!! For future Happy Hours, please contact Robin Maymar to volunteer your garden as host to the next one! Robin also needs someone to help ride herd on this seasonal project. Call her today!!*

### Rainbow Gardens: Celebrate Herbs!

SAHS Rainbow Garden on Bandera is aptly named. It is a large garden filled with a most marvelous assortment of plants and garden gadgets. The herb Society had a table for information and books and Grace Emery gave a presentation about herbs on Saturday May 9.

It was absolutely perfect weather, small threat of rain that went away, sun and clouds, breezes and moderate temperatures. We all pitched in to set up the tent: Grace Emery, Joe-Beth Kirkpatrick, Robin Maymar and Norm Hastings. Pam De Roche joined us to help promote herbs.

The garden has a wonderful supply of every variety of herb you could want. If you have not visited there, you must make a special trip. There are tall oaks, shading the areas and many demonstration gardens to learn from.

We met many interested customers, and invited one and all to our next meeting, June 11, when we will have the Special Interest Groups present information about their specialties.

*Submitted by Robin Maymar*



### Recipes, continued

#### **Kourabiedes (Greek Butter Cookies)**

*Recipe adapted and submitted by Kathryn Seipp*

Ingredients

1 lb butter, room temperature  
1 large egg  
2 ½ tsp pure almond extract  
8 Tbs powdered sugar  
1 tsp baking soda  
5 C flour

Directions

Preheat oven to 350°F. Beat butter in the bottom of a stand mixer on a medium high speed for 20 minutes. Add egg and almond extract, mix until combined. Sift powdered sugar and baking soda together in a small bowl. Add to butter and egg. Beat another 10 minutes on a medium high speed. Sift five cups of flour and salt together in a large bowl. With the speed on low, add flour a little bit at a time until completely incorporated. If the dough is too sticky, add ½ cup more of flour.

To Form: Roll about ½ tablespoon of dough into crescents and place on a baking sheet lined with parchment paper or silt pad. There is no need to place cookies very far apart, as they do not spread much. Bake for 15-20 minutes until very pale brown and cooked through. Dust cookies with powdered sugar while still warm. Makes about 5 dozen.

#### **Blintz Souffle - Russia**

*Submitted by Marilyn Nyhus*

Ingredients

¼ C butter (1 stick)  
12 frozen cheese blintzes  
4 eggs  
1 tsp salt  
½ C sugar  
1 tsp vanilla  
1 ½ C sour cream  
1 Tbs orange juice  
opt: 1 can blueberry or cherry pie filling

Directions

Melt butter and pour into a 9x13 pyrex dish. Line frozen blintzes on butter (I cut the blintzes in thirds). Mix all other ingredients in a blender and pour over top of blintzes. Bake at 350°F for 45 minutes. Serve topped with warmed pie filling.

#### **Baklava - Turkey or Greece**

*Submitted by Marilyn Nyhus*

Ingredients

1 pkg phyllo dough (I use 12 sheets per recipe)  
½ C olive oil  
½ C tahini  
½ C sugar  
⅛ C cinnamon (or use cinnamon sugar)

powdered sugar

Directions

Defrost phyllo dough; unroll and take top sheet and place on parchment paper. Brush dough lightly with olive oil. Add 2 Tbs sugar. Place second sheet of phyllo dough on top; brush with tahini and olive oil intermittently as above. Sprinkle with sugar and cinnamon. Place third sheet of phyllo dough - brush with olive oil and sprinkle with sugar. Start on one end and roll up tightly. Slice on diagonal and place on parchment lined cookie sheet. Bake at 350°F for 20 minutes or until light brown. When cool, dust with powdered sugar.

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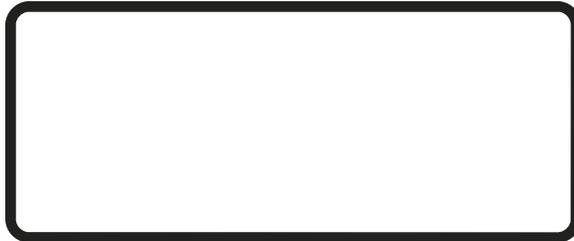
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