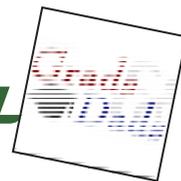




La Yerba Buena



THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 315, June 2016

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

Thursday, June 09 2016 Got Dirt? John Sells Does...

It's picnic time at the Garden Center! Been digging a little this spring? Perhaps it's been a little bit easier with all the rain. Regardless of soft or hard earth, we can all benefit with a refresher on the soils in our gardens all over the SATX region. Some of us deal with sticky black gumbo while others dull shovels on caliches and still more enjoy the sandy soils in the south. What kind of soil needs what kind of compost or mulch or other aid? What you grow (or want to grow) can be a determining factor on what you might need to do to help your garden soils along. All soils have their plus and minus sides and SAHS member and Master Gardener John Sells will bring his information in June. Be ready for some good, solid discussion. So come on out and let's all dig up a little dirt — on our gardens!

Members, please bring a treat to share. Be sure to provide a name card (and recipe) for the dish you bring (better yet, email it directly to the newsletter editor).

*The San Antonio Garden Center is located on the corner of **Parland** and N. New Braunfels.*

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



The 2016-2017 Board

Co-President Grace Emery
 Vice President / Programs Adrienne Hacker
 Co-Vice President / Programs Jane McDaniel
 Secretary MaryBeth Wilkinson
 Treasurer Karen Lopez
 Co-Publicity Lisa & Mike Kelly
 Co-Membership Robin & Milan Maymar
 Assistant to Membership Gloria Ortiz
 Co-Web Master Lyn Belisle
 Co-Newsletter Joe-Beth Kirkpatrick
 Co-Hospitality Lisa Kelly, Sandra Woodall
Contact information on page 5.

Festival of Flowers May 28

There was a terrific variety of garden and garden-related goods and presentations at this year's Festival at the Shrine Auditorium. Booths and vendors with all sorts of wares from plants (live and not), garden supplies (tools, amendments, enhancements), apparel (to protect our noggins from too much sunburn), GVST's plant swap corner, organic experts' round table discussions, annual daylily show and several herb kitchen demo (fortunately near our booth — ahhhhh the samples and aromas!).

Thanks to Gloria, Grace, Linda, Lydia, Jackie, Jane, Karen, MaryBeth and Robin for helping out. Our table presented SAHS books and some new food samples (jelly, dried herb blends and vinegars).

Net for the day was a little under \$200. We did a good job bringing our herbal message to the masses!

Basil Fest May 21 @ the Pearl

Basil Fest once again proved itself to be a lot of fun and an easy event to attend. Herb people were placed among the regular Saturday Farmer Market with reasonable success. This year, SAHS not only brought our books, we brought our salt blends and dried herb mixes and vinegars PLUS this summer's raffle basket. All items were well-received by the strolling public at the market. Thanks so much to Robin and her kitchen crew (salts and dried herbs) and to MaryBeth as vinegar vamp and raffle basket wrangler. Thanks to all our other volunteers: Milan, Grace, Diane, Randy, Marilyn, Betty, Martha, Jackie B., Lisa, Gloria and Tinky.



Hospitality Table

Schedule:
 Jun: N-Z
 Jul: A-M

Members' Sale Tables

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

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Members Munch

Here are a few of the items from the May Picnic

Dill Butter Sandwiches

Submitted by Jane McDaniel

Ingredients

- 1/4 lb (1 stick) butter
- 1 tsp curry
- 2 tsp dill weed
- 1/4 tsp salt
- 1/4 tsp cracked black pepper

Texas Caviar

Submitted by anonymous

Ingredients

- 1/2 C sugar
- 1/3 C cooking oil
- 1/2 C white vinegar
- 1 can black-eye peas
- 1 can pinto beans
- 1 can white shoepeg corn
- 1 jar pimentos
- 1 can green chilies
- 1 medium red onion, diced
- 1 medium green pepper, diced

Directions

Drain canned goods. Combine and bring to a boil the sugar, cooking oil and white vinegar. Let cool completely. When cool, mix with the remaining ingredients; store in frig. Serve with chips, crackers or as a side dish.

Buckwheat Groats with Dried Fruit and Nuts

Submitted by Dean & Gilda DeBenedictus

Ingredients

- organic buckwheat groats, toasted
- almonds
- toasted walnuts
- toasted pecans
- raisins
- cranberries
- golden raisins
- vanilla ice cream as topping, optional

Kielbasa with Peppers and Onions Sandwiches

Submitted by Gloria Ortiz

Ingredients

- 2 big green bell peppers and 1 yellow bell pepper cut into stripes
- 2 big onions cut into strips
- 1 Tbs olive oil
- 1 tsp kosher salt
- 1/4 tsp black pepper
- 6 Kielbasa sausages
- 12 hamburger buns

Mayonnaise

Directions

Preheat oven to 375. Toss together first 5 ingredients in a large bowl; spread evenly in a lightly greased heavy duty aluminum foil-lined sheet pan. Pierce each sausage 4 times. Place sausages 3 inches apart on pepper mixture.

Bake at 375 for 35 minutes; increase oven to broil 6 minutes till lightly browned, turning sausages halfway through and checking that sausages or vegetables aren't burning.

When cool enough to handle, chop everything, spread a little mayonnaise on buns, fill with sausage mixture and slice in half.

Asian Cole Slaw (almost Kimchi)

Submitted by Dean & Gilda DeBenedictus

Ingredients

- Napa cabbage
- garlic
- hot red pepper
- lemon pepper seasoning
- sesame oil
- honey

Guava with Serrano and Dill Granita

Submitted by Gloria Ortiz

Ingredients

- 2 C guava juice
- 1/4 C sugar
- 1 Tbs lime juice
- 1/4 tsp salt
- 1/2 C water
- 1/4 dry dill
- 1/4 dry serrano ground

Directions

Whisk everything till sugar dissolves, pour in an 8 inch square pan

Freeze 4 hours, stirring every 30 minutes. Scrape with a fork

Stuffed Jalapeños

Submitted by Marilyn Nyhus

Ingredients

- 12 large Jalapenos, halved and seeded
- 8 ozs whipped cream cheese
- 12 slices bacon, halved

Directions

Preheat oven to 400oF. Halve and core jalapeños. Fill each with soft cream cheese and wrap half slice of bacon around fastening with a toothpick. Place on a greased cookie sheet and bake for 45 minutes until bacon is crisp and cheese bubbly. Serve immediately.

NOTE: check for doneness after 35 minutes

Zoodles with Curried Red Pepper Sauce

Submitted by MaryBeth Wilkinson

Serves 1-2

Ingredients

- 3 small zucchini
- 1 yellow squash
- 1/2 red bell pepper
- 1 tsp garlic, finely chopped
- 1 tsp ginger, finely chopped
- 1-2 tsp Curry powder
- 1 can coconut milk
- 1 Tbs Coconut oil
- 1-2 stalks lemongrass
- 2 Tbs lemon balm, finely chopped
- 1 Tbs lemon verbena, finely chopped

Shred zucchini, yellow squash and red bell pepper into fine strips. Heat coconut oil on medium heat. Add garlic and ginger. Sauté till fragrant (2-3 minutes). Add squash strips and sauté until wilted. Remove from pan.

In remaining liquid, sauté red bell peppers (adding 1 tsp more coconut oil may be necessary). Add curry powder, lemongrass, and coconut milk, stir to blend. Simmer to reduce by half; return cooked zoodles to sauce and coat.

Serve immediately.

Note: There is plenty of sauce to add more vegetables or 4 oz of cooked pasta (like linguini).

Over the Fence...

2016 Program Line-up



SAHS online calendar:

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

Jun 09: John Sells on garden soils

He's a first class gardening expert with a wealth of knowledge and experience

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

Aug 11: Grace Emery, Garden First Aid

Sep 8: pending

Have ideas or contacts for new programs?

Know a great speaker for an interesting herbal topic? Contact any Board member with your suggestions and contacts.

Let's complete the list for 2016!

Next Board Meetings

June 27. Please contact one of the Board members to place an item on the agenda or for location or other details prior to the meeting day.

Remember: ALL Members always Welcome!

Bylaws Review Sessions

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

SAHS Publicity Needs YOU

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

Speakers Bureau needs you, too.

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

Fundraising ideas needed

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

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

Membership and a Telephone Committee

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

Summer Sangria Gift Basket Raffle

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

Other Clubs:

SA Botanical Garden Events

Wings of the City - thru June 5

Storybook Houses thru July 10

Brews and Blooms May 21 (must buy tickets in advance)

Winged Wonders. San Antonio is an Official Monarch

Waystation and is the only Monarch Butterfly Champion City.

Family Drop-In Programs, free with admission; Saturdays

from 10am – 12noon. June 25, July 23, August 13, August

27, September 10, September 24, October 8, October 22.

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

For info call 210-207-3250 or visit www.sabot.org

SA Garden Center

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

For information, call 210-824-9981 or see

<http://sanantoniogardencenter.org>

Texas Native Plant Society

June 28: Chuck Janzow, a founding member of the Boerne chapt of NPSOT, was a science teacher at Boerne High School for over thirty years and is a self-taught horticulturist. He collaborated on Jill Nokes' seminal work, How to Grow Native Plants of Texas and the Southwest. He and his wife Martha Barker can often be seen harvesting seeds from native plants in the Texas Hill Country. Chuck is not only a wonderful speaker but his is very giving of this time in his efforts to save and propagate Texas native plants.

website: <http://sanantoniochapter.wordpress.com/> or

contact via email: npsot.sanantonio@gmail.com or contact

Meg Inglis at 512-589-1316.

Gardening Volunteers of South Texas

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

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

Comal Master Gardener program

Third Mondays starting at 6 pm at the GVTC Auditorium.

Meetings are open to the public.

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

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

Guadalupe County Master Gardeners

The regular meetings are on third Thursdays; free and open to the public (business follows program).

For further information call 830-303-3889 or visit our website

at www.guadalupecountymastergardeners.org.

Bexar County Master Gardeners

BCMG general info

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

SA Rose Society

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

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

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

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

Minutes from April 8, 2016
General Meeting

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

Grace Emery, our president opened the meeting at 7:00 pm. She greeted and welcomed everyone; members with guests stood up and introduced them.

Hospitality was thanked and all members who brought food and members who made possible our Picnic theme for the banquet. Special thank you our Chair, Robin Maymar.

Reminder Newsletter articles and recipes are due by May 20 th . Send articles to Joe-Beth email in the newsletter. Please remember to include article topic, name of recipe and your name.

Items for discussion/announcements:

Minutes from previous month's SAHS General Meeting and Treasurer's report are available in the newsletter and will be reviewed next month.

Grace introduced the slate of new officers, asked for nominations from the floor, none submitted, and asked for a vote from the members by acclamation according the by-laws. All approved.

President: Grace Emery

Co VP-Programs: Adrienne Hacker and Jane McDaniel

Treasurer: Karen Lopez

Secretary: Mary Beth Wilkinson

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

Publicity: Co Chairs, Lisa and Mike Kelly

Appointed positions:

Web master: Lyn Belisle

Newsletter: Joe-Beth Kirkpatrick

Upcoming events:

May 21 st Basil Fest at the Pearl, 9 am 1 pm

May 28 th Festival of Flowers at the Al Zafar Shrine 9 am-5 pm

June 4 th Board brunch and Board meeting 9 am-12pm

June 16 th WIC Program 4-5 pm

July 14 th WIC Program 4-5 pm

An appreciation gift was presented to Jane McDaniel for her work of 13 years leading the Weed and Gloat Special Interest Group.

Grace invited all to surf on over to the beach picnic banquet led by members who brought guests. The highlight of the night was the ice cream tasting: Mexican Chocolate with Ancho by Robin Maymar, Basil and Lemon Verbena by Barbara Quirk, Rosemary and Pine Nuts by Mike Belisle, Guava and Serrano granita by Gloria Ortiz.

Share table: mushrooms, courtesy Mike.

Prizes were given to members with guests, also door prizes via a ticket drawing.

Meeting adjourned at 8:30 pm.

Submitted by Gloria Ortiz SAHS secretary



Members talk about our Picnic~

What a night! From the deco at midday - Robin with a wealth of ideas and armed with striped towels for the tables, Grace, Tinky, Lisa and myself - to the raucous night at the Garden Center.... Chairs were added on and added on to our table, as guests arrived; we sat with the Maldonados, Grace's two guests, with Tinky Miranda, Deco Mistress Cindy Moore, guests storyteller Pat Schieffer and friend Marilyn, my husband Robert McDaniel and Grace.. who spent more time on the floor that at the table. The food - especially the *antipasti* - was to die for; the variety of main entrees such as I, in 19 years with the SAHS - have never seen before. And the ice creams!!!! Went home, satiated with great food and great conversation. What a night!

Jane

I brought a mild egg salad sandwich on croissant. I met several new people and enjoyed them immensely. The decorations were really great with a sail boat on the snack table and beach towels across the dining tables—it was a beach theme throughout. The bouquets on the main food table were beautiful. The desert table was great. Everyone brought a lot of food and a great time was had by everyone.

Karen

Spring banquet, great party and the highlight was the ice cream tasting. We enjoyed Robin's Mexican chocolate with ancho chili, Barbara's basil and lemon verberna, Mike's rosemary with pine nuts, Gloria's guava with dill and serrano *granita*. Share table had big and beautiful white mushrooms from Mike. There were 35 members and 10 guests (several want to join!).

Have a great afternoon.

Gloria

The prizes were given to those who brought guests and they were table decor with plants/ herbs, we had basil and other donated plants that we have everyone a ticket for, we had fun!!

Grace

Membership

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

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

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

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

Treasurer's Report March 2016

Submitted by Grace Emery & Karen Lopez

INCOME	
Deposit—Membership	100.00
Deposit—Membership & Books	187.00
Plant sales (SAWS Spring Bloom)	718.30
<u>Plant sales (SAWS Spring Bloom)</u>	<u>2,140.00</u>
Subtotal - INCOME	\$3,145.30

EXPENSES	
Garden Center rent	85.00
Garden Center attendant fee	45.00
Membership supplies/postage	37.78
Cash box change fund (SAWS Spring Bloom)	200.00
Hospitality supplies	56.70
<u>Honorarium</u>	<u>50.00</u>
Subtotal - EXPENSES	474.48

NET TOTAL (Income-Expenses) \$2,670.82

ASSETS	
Frost Cert. of Deposit	\$1,215.33
Frost Checking	7569.52
Scholarship Fund	1,097.00
<u>Cash on Hand</u>	<u>50.00</u>
TOTAL	9,931.85

Newsletter Deadline for July Issue

All materials for July due by June 17.

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

'15-'16 SAHS Board

- Grace Emery** - President
210 875-6919 C; gemery49@yahoo.com
- Adrienne Hacker** - Vice-President Program Chair
210-930-1026 H; hackla@aol.com
- Jane McDaniel** - Co-Vice-President Program Chair
210-381-4931 C; janesirish@att.net
- Robin & Milan Maymar** - Membership Co-Chairs
210 494-6021 H; 830 459-8415 C; robinmaymar@gmail.com
- Gloria Ortiz** - Membership Assistant
210-326-7382 C; gloria4clarins@yahoo.com
- MaryBeth Wilkinson** Secretary, Recording
210-788-8831 C; soapfisticated@gmail.com
- Karen Lopez** - Treasurer
830-379-1837 H; 210-316-0817 C; i_quilts@yahoo.com
- Lisa & Mike Kelly** - Publicity / Speaker's Bureau Contact
817-223-4142 C; poorbabydesigns@yahoo.com
- Lyn Belisle** - Webmaster & Green List Coordinator
210-826-6860 H; belisle@satx.rr.com
- Joe-Beth Kirkpatrick** - Newsletter
210-590-9744 H; joby53@gmail.com
- Lisa Kelly** - Hospitality
- Sandra Woodall** - Hospitality
210-824-5422 H; lswoodall@gmail.com
- Margie Larkin** - Co-Chair, SAHS New Merchandise
- Lynda Klein** - Co-Chair, SAHS New Merchandise
- More Information**

SAHS web page: www.sanantonioherbs.org

Our website contains an archive of past newsletters and a membership form PLUS a PayPal link for your convenience.

SIG-nificant Stuff

Culinary SIG I

Our host, Chris, had a great idea for our May meeting: appetizers for dinner! After admiring her beautiful and exotic garden, we repaired to the buffet to admire and describe, and then eat, our equally lovely display of edibles.

We nibbled on star-shaped watermelon slices garnished with feta and pineapple mint, served atop pink Himalayan salt blocks, which provided a subtle flavoring to the fruit....we all wanted to get salt blocks too! Tasty potato bites, baked in mini-muffin tins, reminded us of loaded baked potatoes, down to the sour cream and chives garnish. We loved a broccoli, corn, dried cranberry and seed salad, which we stuffed into crisp lettuce for wraps. Another hit was a smoked salmon spread that got Texas flair with cilantro and lime juice. Arancini, Italian arborio rice balls, were flecked with fresh basil and minced artichoke hearts, and came with a marinara dipping sauce. Popular in Sicily, they were popular with us, even if the cook swore to never make them again! Layers of cheesy rice, roasted red peppers and green chilies, baked and cut into squares, were colorful and delicious. Tortilla pinwheels with a couple different cream cheese based fillings melted in our mouth, with our cook noting the recipe came from a mid-1980's cookbook put out by HEB. A fun nosh was aptly named "firecrackers", with red pepper flakes and cayenne in honor of the herb of the year. I think our cook needs to bring these to the next general meeting!

Corn bread muffins studded with corn kernels and sun dried tomatoes were so moist and flavorful, a keeper recipe. We even had a sweet: pineapple chunks, strawberries and banana slices with a mint syrup and yogurt sauce, and chocolate-dipped bites of pound cake. Our cook shared the secret for hardening the chocolate coating: Crisco!

Next month, we'll gather at Beverly's for an annual favorite: ice cream! Stay tuned!

Submitted by Jeanne Hackett

Culinary SIG II

Culinary SIG II was at the home of Mary Beth Wilkinson. The theme was Parsley and/or Cilantro.

We started the evening's gourmandizing with a Chilled Avocado Cilantro soup. Light and refreshing, it was creamy and bright without a hint of greasiness. This one was so good, we're going to submit it to the Cookbook Committee!

Next, Sicilian *focaccia* bread with a medley of parsley, onion and capers baked in. The herbed dipping oil was totally unnecessary, but who can resist fresh-snipped basil, oregano and parsley with garlic in a superior extra-virgin olive oil?! The grilled pork tenderloin with chimichurri sauce was a perfect pairing with the potatoes with parsley pesto (and not even planned in advance!). The chimichurri sauce, made with both parsley and cilantro is traditionally served with grilled meats in Argentinian culture. This easy green sauce is tangy, garlicky, spicy and (in this writer's opinion) great on anything! The vegetables with green *mole* was unusual and a bit spicy! The toasted pumpkin seeds lent a richness to the vegetables which, though there was no meat, was reminiscent of stew gravy.

Other sides included a black bean and corn salad and hot potato salad; both were out of our own SAHS cookbook (Volume II), so of course they were delicious! The potato salad is worth a try! Tangy and smoky from the bacon.

Interestingly, the black bean and corn salad looked a lot like the cold wild rice salad, festive with bright colored chopped veggies and herbs, but the flavors were totally different. Many similar ingredients, but the use of lemon vs. lime in each changed the entire character and each were uniquely different – and very good!

It was a pleasant evening all around with great food and great company as always. Best of all, while some were out

touring the herb patch, some 'clean-up elves' apparently visited and the entire kitchen was sparkling! Many thanks!

The next meeting will be June 23rd, hosted by Pat Hasser in Cibolo.

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

Submitted by Mary Beth Wilkinson

Weed-n-Gloat

No report for May.

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

Submitted by Jane McDaniel

Aromatherapy

No report for May. The SIG meets at 6:30 at La Madeleine on Broadway on the 4th Tuesday of each month. Most of us arrive by 6 to enjoy the snack or meal.

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

Mad Hatters

Mad Hatters plan to meet for lunch at the Bread Box in Artisans Alley this month. Since only 1 or 2 of our group has been there we are looking forward to it. All of the reviews of this restaurant are awesome.

Tea wisdom:

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

Contact me at lnbdesignline@aol.com

Submitted by Linda Barker

Texas Natural Living

No report for May

Herbal Crafts

No report for May.

If you would like to be part of the Craft SIG, please contact Kathryn at kseippccc@aol.com or 210-643-1445 to get on the list for what is happening. We meet from 10 am to 1 pm on the 3rd Saturday of the month with a potluck lunch. We take turns at different houses based on the space needed and have different presenters based on their interest in showing how to complete the project. We have no limit on membership, so feel free to join us.

Submitted by Kathryn Seipp

Healthy Living with Herbs

The group did not meet in May. We may go en masse to the Blanco Lavender festival in June—details are pending.

There was an event sponsored by the American Botanical Council (in Austin) in May: Here's Carol-lee's take:

Saturday May 7 Herb Day Festival at American Botanical Council on Manor Rd in Austin. The Guest Speaker was David Winston who has an Herb School in Washington, New Jersey, His topic was "Adaptogenic Herbs for Strength, Stamina, and Stress". Was full of full color pictures of each herb as well as lots of information - I filled many pages with notes! Attendees received emailed (and fabulous) handouts prior to the event.

My favorite part is always the herb walks. The morning walk was lead by Ginger Webb of Sacred Journey School of Herbalism in Austin and Nicole Telkes of Wildflower School of Botanical Medicines. These two ladies are great fun - both encouraged everyone to stop, touch the plant

then repeat its Latin name twice to better remember it. They had information about uses of the plants; great formulas and ways to dry and tincture them, what part of the plant to harvest (leaf, bark, berries or roots) when to use them as teas or tinctures. It is wonderful that there are now three (3) herb schools in Austin along with the classes offered at the American Botanical Society.

And oh, the herbal salves, tinctures and teas that were to be found at the vendor booths. This year, Sacred Moon Herbs, a wonderful herb shop in Dripping Springs, had a booth. I picked up my favorite bath salts and a new sleep tincture. At the Wildflower Herb School booth I picked up Nicole's book on "Native Texas Herbs" and a joint pain relief salve that I took home and applied to my honey's aching joints which brought immediate relief. The best news of the day is the upcoming Moonflower Herb Fest to be held outside of Austin, this October, 28-30. The Fest is planning for 35 herb speakers from all over the U.S. It is filling quickly, so if you want to go, find their website and sign up today.

Submitted by Carol-lee Fisher

LOST-N-FOUND LOST-N-FOUND

A 1 lb. pot of marmalade and a fairy Pot Pad were left at the Garden Center after the April meeting. They have been recovered and kept for safekeeping. Jane McDaniel will bring them both to the June meeting; there the owner can reclaim her property. Call 210 381 4931 for more info. Thanks!!!

Submitted by Jane McDaniel

Herbs FROM your garden needed!

Thinning your plants? We are seeking dried Mexican Mint Marigold, parsley, and chives (garlic or onion) to use in the spice packets we sell at upcoming events.

Any amount appreciated. Contact MaryBeth or Grace.

Submitted by MaryBeth Wilkinson

Raffle Basket:

Summertime Sangria

The 'Traveling Basket' has become a bit of fun. Certainly, it's already paid for itself, but also gave members fodder for ribbing the new Board Member for soliciting funds at the last meeting, while they generously contributed for raffle tickets at the baskets 'debut'.

Submitted by MaryBeth Wilkinson

Calling all herbal techies!

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

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

Rainbow Gardens Celebrates Herbs

May 7 at Rainbow Gardens' Celebrate Herbs Day was the kick-off for a month of events for the San Antonio Herb Society. (up next are Basil Fest at the Pearl and Festival of Flowers at the Alzafar Shrine). The management at the Rainbow Gardens is so accommodating - opening gates and sending help to move our tables. The weather was helpful also: breezy and overcast.

We had three new lines of products to "test market" at this venue. Mike Belisle made a batch of Basil Jelly for

the event. Mary Beth Wilkinson prepared a "tasting" station with a dried herb blend (dill plus more). We mixed it with yogurt for one taste and cream cheese for another. I had mixed this blend with milk for a salad dressing the previous week. My guests thought it was very good, so we could recommend this blend for use three different ways. She had also made a tarragon blend and a garlic herb blend. We made samples of these. Mary Beth had also prepared Tuscan Vinegar and Rosemary Vinegar. We also brought the SAHS inventory of cookbooks, resource guides and brochures. Everyone pitched in to set up the tables and tent.

Shoppers arrived ready for a look at our wares. We met many, many people, and lots stopped to talk herbs. Kids especially liked the pretzel stick tastes. We had invitations to the Picnic at the Beach Banquet and invited many people to join us. Leslie Bingham gave a talk about the herb of the year: Capsicum (that is peppers, in case you did not know). There are a wide variety of peppers, so this year, we are all having fun including this herb is all sorts of items. Some are sweet, some hot, some very hot. We use some fresh and some dried. A very flexible and useable herb.. We highly recommend growing some in our hot Texas weather.

After a day of visiting and friendship, we closed at 3.

Submitted by Robin Maymar

Herbal Outreach Event—Volunteer Opportunity

Christus system and WIC (Women Infants and Children) These programs will include the 12 herbs that grow easily in south central Texas and will emphasize the use of these herbs in everyday meal preparation. We aim to teach moms and dads (and kids!) simple ways to start and maintain a small kitchen garden as well as use the products of those gardens in simple and easily-prepared meals their youngsters will enjoy. And who knows? Perhaps those youngsters will grow up and be dedicated and passionate gardeners and herbalists!

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

Contact Grace Emery today!

One more recipe from the Picnic...

Dill Potato Salad

Submitted by MaryBeth Wilkinson

Ingredients

3 lbs white potatoes
1 C mayonnaise
½ C sour cream or plain yogurt
1 large bunch fresh dill chopped, no stems
or 2 Tbs of dry dill
2 green onions chopped
Juice of 1 lemon
1 tsp garlic salt
1 tsp celery salt
1 tsp dry mustard
Salt and pepper to taste

Directions

Wash then boil potatoes, skins on, for about 40 minutes; drain and cool completely then skins can be removed easily. Cut potatoes into cubes, add mayonnaise and sour cream and all ingredients, except lemon juice and mix gently. An hour before serving, add the lemon juice and return to the frig until time to serve.

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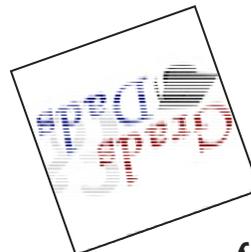
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