



# La Yerba Buena



THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 243, June 2010

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 10, 2010

## SAHS welcomes Sam Coffman of The Human Path



Sam Coffman is founder and lead instructor of The Human Path (<http://www.thehumanpath.com>), which is an ecology-based school in the San Antonio area that teaches herbology, wilderness medicine, wilderness living and survival skills and much more.

Sam has many years' military experience as a U.S. Special Forces Medic in the Army. He also studied botany and bioregional medicine both privately and at several outdoor schools in Colorado. He taught herbology and wildcrafting for the Boulder School of Natural Medicine and spent several years testing his own primitive living skills throughout regions of the Rocky Mountains, in solitary survival excursions with no equipment beyond a knife. He currently lives in the San Antonio region, where he teaches herbology and local medicinal plant use.

At his talk in June for the San Antonio Herb Society, Sam Coffman will be introducing several native plants of the San Antonio region and discussing their ethnobotanical and modern medicinal uses. He will also touch briefly on the topic of the energetics of western herbs, working primarily with the plants growing in our own bioregion, and forest gardening.

Members whose last name begins with N-S are requested to bring a snack for the hospitality table. Don't forget to bring the recipe to share.

We're in the San Antonio Garden Center, located on the corner of Funston and N. New Braunfels. For more information, check out our website at [www.sanantonioherbs.org](http://www.sanantonioherbs.org)



### July 8th is All About Dill, 2010 Herb of the Year

You've seen it, smelled it and tasted it dry, but have you enjoyed it fresh? Dill freshly washed and snipped from the plants in your garden have a fragrance and taste that can't be beat. Joe-Beth Kirkpatrick will share some historical tidbits collected during her research about dill.

Part of this program is all about audience participation. If you have a favorite recipe featuring dill, fix it up and bring it to the meeting. Email your recipe to Joe-Beth no later than June 30 for inclusion in the meeting handouts. If you have a favorite anecdote or use for dill, bring those stories, too!

Contact Joe-Beth to help. 830-460-0251. *Thanks!!*

### **Members' Sale Tables at General Meetings**

Contact Jean Dukes to reserve a table at least 2 weeks prior to the meeting.

Have your sales table set up by 6:30 pm and removed by 9 pm.

### **Members' Share Table**

Is always open.

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



### *the Herb Garden at SABotanical*

*...how can they possibly plant anything more?*

### **Hospitality Table Schedule:**

June: N-S

July: T-Z

August: A-F

Sept: G-M

Oct N-S

Hospitality needs some help.

*No occupation is so delightful to me as the culture of the earth, and no culture comparable to that of the garden. Thomas Jefferson*

Longtime SAHS member and programs guru **Lorraine Jennings**, who recently moved up to the Tyler area to be closer to her daughter, called a couple of weeks ago and offered up her compliments on the newsletter and all the things that SAHS is doing.. Thanks, Lorraine, for your call and compliments. It is a joy just to hear the pleasure in your voice on the phone. That means so much to have an appreciative audience & readership!

### **Inside this issue:**

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Be sure to view the unabridged version of this newsletter @ [www.sanantonioherbs.org](http://www.sanantonioherbs.org)

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

## Member Recipes

Here are the recipes provided with some of the terrific dishes brought to the May Banquet.

### Grilled Zucchini

Submitted by Diane Lewis

Slices of fresh zucchini, sliced and grilled then topped with toasted pecans, crumbled feta cheese and a tangy chipotle-tomato sauce drizzled over.



### Cheese and Apricot Morsels

Submitted by Linda Barker

Cream cheese  
Milk

Cheddar cheese  
salt & pepper to taste  
Apricots, skinned, halved, pitted  
Walnut pieces

Mix the cheeses, milk and seasonings together until of a stiff but creamy consistency. Fill the hollow of the apricot halves with this mixture and top with walnuts.

### Pea Pesto

Submitted by Linda Barker

Green peas  
Garlic  
Parmesan cheese  
Olive oil

Salt & pepper to taste

Mix all ingredients in a blender and whirl until at desired consistency. Excellent dip with chips or crackers



### Chicken & Spinach Lasagne with White Wine Sauce

Submitted by Evelyn Penrod

(no recipe details provided)

### Corn Casserole with Jalapenos

1 box Jiffy cornbread mix  
1 can whole corn  
1 can cream style corn  
2 eggs, beaten  
1/2 C melted butter

Prepare according to box directions, adding the remaining ingredients at last mixing.



### Not Your Mother's Bean Salad

Submitted by Sheila Mangra

Large, split lima beans  
Garbanzo beans (chickpeas)  
Black-eyed peas  
Fresh fava beans (plant in the fall for spring harvest)  
Herbs, spices & seasonings  
Mix well, season to personal preference.

### Salmon Tartare Spread

1/4 C capers, drained of brine pack  
8 oz smoked salmon  
2 Tbs fresh dill, chopped  
2 Tbs olive oil (extra virgin)  
1/2 tsp lemon zest, finely grated  
1/4 C red onion, fine dice

Pulse capers, until coarsely chopped in a food processor fitted with a steel blade. Add salmon, dill, oil and lemon zest; pulse until salmon is finely chopped and well mixed. Stir in red onion. Serve with kettle-style chips, sesame crackers or toasts. May be assembled as hors d'oeuvres by topping each cracker or toast with a thin slice of lemon, rind & all.

### Corn & Avocado Salad

Submitted by Jeanne Hackett and adapted from a "Vegnews" recipe)

3 C frozen corn, thawed  
1/2 C red onion, diced  
2 small avocados, diced  
Juice of 1-2 limes  
1 Tbs fresh basil, chopped  
1/2 tsp sea salt  
Freshly ground pepper to taste  
1 jalapeno, finely diced

In a large bowl, combine all ingredients. Serve with chips.



### Pulled Pork—Slow Cooker Method

Submitted by Kathryn Seipp

Pork:

1 (6 lb) boneless pork shoulder roast  
1-2 Tbs Carol's Pork Rub  
1 (14.5 oz) can beef broth  
1 large onion  
2 cloves garlic, chopped

Cut pork roast to fit in slow cooker. Rub 1/2 of the roast with the rub mix and place in cooker. Lay onions and garlic on top. Rub the second 1/2 of the roast with the rub mix and place on top on onions. Pour beef broth over all. Cook on low setting for 12 to 13 hours, until pork is fork tender. Remove from slow cooker, reserving the cooking liquid. Shred (pull) the meat with two forks. Cool meat & liquid separately in frig overnight.

Sauce:

1 (15 oz) can tomato sauce  
1 (12 oz) jar picante sauce (choice of heat levels)  
1 tsp dried parsley  
1/2 tsp ground black pepper  
1 (6 oz) can tomato paste  
1 tsp dried oregano  
1/2 tsp salt

Mix all ingredients and pour over pulled pork. Mix thoroughly. Put back in slow cooker. Add enough reserved liquid to cover pork to prevent drying, about 1-2 cups. Cook on low heat for 4-6 hours or until heated through.

Note: The cool down step can be skipped. The sauce addition and reheat can be accomplished on the stove top: allow the meat with sauce to simmer for 1 hour.

Carol Hamling's Pork Rub Mix

2 Tbs salt  
2 tsp chili powder  
1/2 tsp garlic powder  
1/2 tsp cayenne pepper  
2 Tbs sugar  
2 tsp paprika  
1/2 tsp onion powder  
1 Tbs brown sugar  
1 tsp cumin  
1/2 tsp black pepper.

Mix all ingredients and store in an airtight container.

Great as a roast rub or grilling rub.

recipes continued on p. 6.

### Hearty Handshakes to...

To **Rosemary Kotrich** for all of the time spent on designing the beautiful decorations for the May Banquet and for her help with selecting the gifts for the door prizes. Thanks for making it a beautiful evening! To **Rosemary, Sally Ann and Marilyn** for coming in early to decorate the Garden Center for the May Banquet.

## Over the Fence...

### 2010 Program Line-up

**July:** Presentation on Dill, 2010 Herb of the Year; membership participation is requested. See box on page 1.

**August:** annual show-and-tell from our membership. Always a fun and relaxed event,

**September:** pending confirmation

**October:** Judy Barrett of "Homegrown" with a topic title of "What Do I Do With My Herbs?"

### Next Board Meeting

June 28, 6:30 pm. These meetings are open to the general membership. Please contact one of the Board members for location or other details prior to the meeting day

### NEW Tee-shirts, totes and aprons now available!!

Check out the sales table at the next meeting or contact Patty Wilson.

### SA Botanical Garden Events

The first Shakespeare in the Garden occurred the first week of June; the summer series of concerts is underway.

June "Fire" Sale at the SABOT Greenhouses Saturday, June 19th, 9:am to 1 pm. They'll sell odds-n-ends, left-overs, overgrown, etc., all items grown for SATX's heat (of course)....

### SAHS acquires "Go Texas" membership

Go Herb Society! Go Texan!

Yahoo! The San Antonio Herb Society has been accepted by the Department of Agriculture as a Go Texan! member! The Go Texan program promotes their members through retail stores, festivals and special events around the state. The San Antonio Herb Society will now be a part of this. You can find us on their website, and we will have new opportunities to promote our love of herbs and our love of Texas. Our banner is being updated with the Go Texan! logo and we are having a second smaller banner printed with the new logo to help us advertise at events where space is more of an issue. Look for our unveiling at the Festival of Flowers.

Go Texan!

### Garden Design Student expresses appreciation.

*"Diane, I just wanted to let you know how much I enjoyed your class on designing your herbal landscape. Thought I would send you a picture of my garden so you can see the results of your training. Hope to take more of your classes in the future." Annette Millard*

One of Diane Lewis' garden design class students put her good learning to work. The results she photographed and sent along to Diane with a compliment and thanks. Diane shared that here. See photo.

One of Diane Lewis' garden design class students put her good learning to work. The results she photographed and sent along to Diane with a compliment and thanks. Diane shared that here. See photo.

### Our Membership is in Demand.

As knowledgeable speakers. Lyn Belisle recently received a request from the New Braunfels garden club for program speaker...

### More places to get information:

#### Native Plant Society, San Antonio chapter

John Nikolatos (jnik@earthlink.net)



Every 4th Tuesday, at the Lions Field Adult Center, 2809 Broadway. Louise Cooper spoke on the mission and activities of the Helotes Creek Nature Center. Native plant exchange at 6:30pm; program at 7:00pm. Info at [www.npsot.org/sanantonio](http://www.npsot.org/sanantonio).

### Helotes Creek Nature Center

Louise Cooper, administrator; Myfe Moore, founder; 14433 Bandera Road, Helotes, Texas 78023; 210-695-1711, <http://www.helotescreeknaturecenter.org>

### Our Friends from Sandy Oaks Olive Farm

...have a busy June lined up:

Tapas, Wine and Beer Saturday June 19, a Day for Dad (casual, no reservations required).

Cooking Class, The Scoop on Soups, Saturday, June 12, 11am by Chef Cathryn S. Tarasovic.

Reservations are a must for the cooking class. <http://www.sandyoaks.com/> or call (210) 621-0044

Pearl Brewery Pesto Cookoff, **Jun 26**, 2010, during the **Basil Festival** at Pearl Brewery

### An Herb Affair

As usual, An Herb Affair was not only informative but loads of fun. Being a Comal Master Gardener, I can take special pride in how great the event was as I was involved again this year. This was the eighth year for the event and we always try to build on our experiences. One of the main comments has been that there is so much information to carry. This year the Master Gardeners did a 8X10 bound booklet that contained everyone's contributions from their tables. All the facts, demonstrations and recipes are in the booklet. What a great memento for all who attended! The gardens at the Antique Rose Emporium were so beautiful it was breathtaking and a delight to walk around and enjoy the colors and scents.

The information tables consisted of herb of the year where Evelyn Penrod and I introduced people to dill. We gave away a dill and parsley mix for dip, a small bite of dilled zucchini and a packet with dill weed. Next to us was the hospitality table with 3 different types of cookies. One was a lemon dill butter cookie that Evelyn Penrod created. You know we had to have dill in one cookie at least. After that was the pesto table. Everyone learned how to make, store and use a wide variety of pestos. The sampling was grrr-eat! Jalapeno pesto, spinach pesto, mint herb pesto, sage pesto! Very hard to choose a favorite.

We used basil as a featured herb this year. Lots of information on types of basil, planting and care. The taste samples were awesome. Basil wine jelly and basil garlic parmesan butter! Next was harvesting and preserving herbs. Several different ways to preserve herbs were shown and explained. I especially like the old-fashioned drying rack. How to make and use herb flower sugars was explained. Making candied herb flowers and leaves was especially interesting and how beautiful to decorate a cake with them. And who would have thought to do that to preserve your herb flowers? Herbal cleaners and herbal pest control had a table. It was all about getting back to the basics for cleaning in your home.

There was an excellent presentation on butterflies and which herbs attract and provide a host. There was a fennel plant that had hundreds of eggs on it and of course the ever present larva. The life cycle of the butterfly was explained and hints given to feed, water and protect all stages of development. And finally, nature printing with herbs. Everyone delights in making note cards and bookmarks with herb leaf printing. I feel sorry for those of you who did not attend but mark your calendar for next year. An Herb Affair is always held the Saturday before Mother's Day.

*Submitted by Sally Ann Hnaituk*

## May 2010 Banquet meeting notes

Jazz playing through the sound system, flowers and candles on all the tables, and a welcome glass of tea, lemon water or wine to greet you when you walked in. That was the greeting for the May banquet. In keeping with the theme "Friends Are The Flowers In The Garden Of Life", each member upon entering was encouraged to choose a "saying from the garden" which would be used later in the program to select the winners for the door prizes. Evelyn opened the program with a welcome to all members and guests. After thanking Rosemary for the beautiful decorations and Sally Ann and Marilyn for their help in decorating the room, she thanked the membership for their support over the last year. For those of you who were not able to attend, her message is reprinted here, because it is meant for you also.

*"I would also like to thank all of you who volunteered your time over the last year in support of the Herb Society. Please stand if you worked in Hospitality, As a Greeter, or at the T-shirt sales table at the monthly meetings. Please stand if you supported the Herb Society as a Presentation Speaker for our meetings or for external clubs and groups. Please stand if you worked at the Festival of Flowers in May, Herb Market in October, SAWS Spring Bloom, Olive Ole, Walk Across Texas, King William decorating committee and Parade, Central Market Herb Fest or the Big Read. We owe a great deal to you for kindly giving of your weekends to help promote this Society that we all love. For all of your help this past year, this banquet is in your honor. I lift a glass to you with much gratitude."*

At the end of the banquet there was a drawing for door prizes. Evelyn and Joe-Beth selected a saying and whoever was holding that quote was invited to select a gift from the center tables. The members were given an herb to take home and guests were given a packet of dill, Herb of the Year. Many thanks to those who brought such wonderful food to share, and thanks for making the May banquet a success.

-- Evelyn Penrod



*You have to be in line fast to be able to sample everything!*



*Sheila and David remembered to get plates & napkins first.*



*Anne and Ed Morris made an appearance, too.*

*Karen, John and Chris tried some of those tasty-looking appetizers*



## Minutes of the May General Meeting

Evelyn opened the meeting at 6:50PM.

Before voting on the minutes in the May newsletter, Evelyn explained that we needed to clarify and amend the meeting minutes as written in the last newsletter. The paragraph "Nominating Committee" was in error. It should have read:



"Gayle announced the slate of officers that we will vote on.

President - Yvonne Baca  
Vice President - Jean Dukes  
Membership Chair - Gayle Morris  
Membership Co-Chair - Maria Lührman  
Secretary - Karen Abel  
Treasurer - Kathryn Seipp  
Publicity - Jeanne Hackett"

Evelyn made a motion to amend the minutes to reflect these positions. The motion was approved and passed.

Joe-Beth requested more volunteers for the Festival of Flowers.

The meeting was turned over to Gayle who announced the slate of officers. The membership voted and the new Officers are:

President - Yvonne Baca  
Vice President - Jean Dukes  
Membership Chair - Gayle Morris  
Membership Co-Chair - Maria Lührman  
Secretary - Karen Abel  
Treasurer - Kathryn Seipp  
Publicity - Jeanne Hackett



Gayle then introduced the rest of the Board of Directors: Joe-Beth Kirkpatrick, Newsletter Editor, Lyn Belisle, Webmaster as well as Green/Environmental Coordinator (unable to attend) and Past President, Eileen Achorn (unable to attend). Marilyn Nyhus was introduced as Program Assistant to Jean Dukes. Marilyn has been invited to attend the board meetings this next year to help with planning and coordination of the monthly meetings.

Evelyn passed the gavel to Yvonne who gave a brief speech to the group thanking them for their support.

The meeting adjourned and the dinner tables opened for the banquet.

-- Evelyn Penrod

*New Board (L-R)*

*Gayle  
Yvonne  
Karen  
Kathryn  
Maria*



*All in all, everyone had a great time visiting and sampling the wonderful food brought by our membership.*

## Treasurer's Report, April 2010

*Submitted by Kathryn Seipp*

### INCOME

Membership	40.00
Plant Sales	1.00
Cookbook	320.00
Resource Guide	0.00
Booklets	0.00
Bundled Sales	70.00
Shirts, Aprons, Tees	15.00
Miscellaneous	11.00
Interest on Savings	0.29
<b>Total Income</b>	<b>\$446.00</b>

### EXPENSES

Attendant Fee	45.00
Banquet	0.00
Booth Fee	0.00
Copies (prepaid)	550.80
Equipment	0.00
Honorarium	50.00
Hospitality	0.00
Licenses & Permits	25.00
Plants Cost	332.80
Postage	180.66
Printing & Engraving	54.06
Rent Expense	85.00
Shirts & Aprons	0.00
Storage Rent	174.00
Supplies	57.00
Tax, Sales	0.00
Total Tax, Business	0.00
Website Fee	0.00
<b>Total Expenses</b>	<b>(\$1,554.32)</b>

Total Income – Expenses                    -\$1,108.32

### ASSETS: Cash and Bank Accounts

Cash on Hand	100.00
Frost Cert Of Deposit	1,154.09
Frost Checking	3,626.42
Frost Savings	2,386.19
<b>TOTAL ASSETS:</b>	
Cash and Bank Accounts	7,266.70
(Liabilities)	(0.00)

## From the Membership Chair

### Our Newest Members:

This month we welcome dual members Barbara Lee and Bethany George (niece and great-niece of member Barbara Scribner) to the SAHS. Look for these new faces at our meetings, introduce yourself, find out what interests you have in common (that shouldn't be too hard!), and make them feel at home!

*Submitted by Gayle Morris, Membership Chair*



*More door prize gifts!*



*Adrienne and Marilyn had a nice visit before the meeting.*

## SAHS Officers for the 2010-2011 Term

President: Yvonne Baca  
 Vice President (programs): Jean Dukes\*  
 Membership Chair: Gayle Morris\*  
 Secretary: Karen Abel  
 Treasurer: Kathryn Seipp\*  
 Publicity: Jeanne Hackett  
 Membership Co-chair: Maria Luhrman

### Non-elected positions:

Past President: Eileen Achorn  
 WebMaster: Lyn Belisle  
 Newsletter Editor: Joe-Beth Kirkpatrick\*  
 Programs Assistant: Marilyn Nyhus  
 Book/Shirt/Tote sales: Patty Wilson\*  
 Hospitality: Sandra Lyssy\* & Marilyn Nyhus  
 \* indicates candidate is continuing from 2009-2010

## Festival of Flowers Report

May 29, 2010, chaired by Joe-Beth Kirkpatrick. Volunteers included Gayle Morris, Yvonne Baca, Karen Abel, Marian Luhrman, Vangie Aparicio and friend Lucy, Kathryn Seipp, Jackie Compere, Carol Hamling, Beverly Tibbs, Madeline Sprague and Anne Morris. This event is a one-day slam focused on flowers. You won't find all those hot tub vendors as at other "garden" shows. What you do find are lot of folks happy to talk about (ok, and sell stuff) flowers, gardening supplies and decorations, plants, tools, you name it. This year, the organizers made their first try at adding a Horticultural Show (judged) for home gardeners. They had pretty good turnout for that.

The SAHS table was right in the middle of the main room, so there was always lots of people in and around our table. We had a goal of 50 books sold and managed to part with 33 cookbooks and resource guides, a couple of tote bags plus, our volunteers gave away lots of friendship. These sales are one of our main sources of the funds that help keep us in "business". Gayle spent hours the week before creating our "free gift with purchase" item, a packet of dried herb mix ready to use with a veggie kabob recipe card from our cookbook. It was very well received and seemed to help "push" a few of the sales.

### New Horticultural Show at Festival of Flowers.

Sheila Mangra entered 5 categories of this first-time side event and (you guessed it) walked out with 5 awards!! What an amazing woman—energetic and creative... Maybe next year, we'll see more of our members enter this nifty show!



*Maria, Karen, Chris and Yvonne at the booth, Festival of Flowers. (note the new banner!)*

## What to do with all those Weeds?

Eat 'em!!

A recent issue of the Herb Companion e-news had an article on backyard herbs by Jim Long. Point made: we have become so accustomed to the Mediterranean herbs (such as parsley, rosemary, thyme and sage) that we as a nation have forgotten those herbs growing in our own back yards.

His short list includes plants that are all perfectly edible and useful. Check your yard for these, then look up a recipe or two and let us know what you've tried and found good:

Violets: flowers add a delicate flavor to drinks and are lovely as candied treats; chickweed: young leaves cook up like spinach, dried leaves add to healing salves; Henbit: whole plant is nutritious; Lamb's quarters or pigweed; Long thinks it's better than spinach; redbud trees: flowers and seeds are edible; spearmint and peppermint: teas and flavorings; New Jersey tea: a good substitute for black tea; spicebush: leaves, berries and tender stems used in a variety of dishes; peppergrass: great addition to a simple butter or cream cheese as a cracker spread; sumac: pleasantly tart, red berries in fall. These make a delicious lemonade and also can be used in hot and cold teas and a festive fruit punch; sweet goldenrod: sweet, anise-like fragrance and honey-anise flavor of the young buds and flowers, which give a delicious flavoring to cakes and muffins; the dried, crushed leaves make a pleasant tea; wild ginger (*Asarum canadense*): ground cover, rhizomes edible dried, fresh or candied for storage; wild rose/rose hips: add rosy flavor plus vitamin C to many recipes.

That article coincided perfectly with our June program!

## The Olive Leaf

*Submitted by Sally Garrett*

**Botanical Name:** *Olea europaea*

**Family:** Oleaceae

**Description:** It's flowers are fragrant & cream-colored at the tips of branches with opposite pairs of narrow leaves. As a gnarled, evergreen tree, it grows up to 23 ft.

**Growing Conditions:** Native to the frost-free hillsides of the Mediterranean & cultivated for over 4,000 years. It is long-lived & drought-resistant. Now there are thriving orchards in parts of the hill country & southern Texas.

**Parts Used:** Leaves & oil

**Harvest:** Pick leaves & use fresh or dried. Since oleuropein is an unstable glycoside, extracts should mostly be prepared from fresh leaves but the percolation method seems best when using dried plant.

**Culinary & Medicinal Uses:** The leaf is bitter & has astringent, antiseptic, antihypertensive & anti-inflammatory properties. Oleuropein, a bitter seco-iridoid, is described as a natural microbe buster & has shown peripheral vasodilatory, antihypertensive, antiarrhythmic & immunomodulating effects according to Gazmend Skenderi in his book, <Herbal Vade Mecum> (underscore title). The leaves are used for lowering blood pressure, cholesterol & triglycerides & treating inflammation, viruses & fevers. It's a liver protective & also helpful with chronic viral infections such as Epstein-Barr disease, chronic fatigue syndrome & herpes.

The oil is nutritive (oleic acid, mainly, as well as palmitic & linoleic acids) & when used internally, is a mild laxative. First cold pressing, extra virgin is best quality & has a high antioxidant content. It's wonderful on salads & for dipping bread. Green olives are picked unripe, black olives when ripe, and both are cured for eating. Externally, it is used as a liniment & carrier oil & as an emollient in skin creams.

The olive branch is a universal symbol of peace.

**Personal experience:** The bitter quality comes through loud & clear when chewing a fresh leaf or using a tincture. Imagine the slightly bitter flavor of an olive isolated from the salt & oil that makes it so appetizing--and this is it, multiplied by 10. This probably makes it a great digestive aid when taking a few drops on the tongue before a meal. It can be delicious, though, when blended with other herbs for a tea. I use a weak, lukewarm tea of olive leaf in a neti pot, as a nasal wash, when challenged with sinus infections.

**Contra-indications:** If not using the whole plant, doses higher than standardized oleuropein may cause gastrointestinal irritation. Otherwise, no reports of side effects when used properly.

## Member Recipes con't from p.2

### Slow Cooker Char Siu Pork Roast

*Submitted by Gayle Morris, from Cooking Light, March 2006*

- 1/4 C low-sodium soy sauce
- 1/4 C hoisin sauce
- 3 Tbs ketchup
- 3 Tbs honey
- 2 tsp bottled minced garlic
- 2 tsp grated peeled fresh ginger
- 1 tsp dark sesame oil
- 1/2 tsp five-spice powder
- 2 lbs boneless Boston butt pork roast, trimmed
- 1/2 C fat-free low-sodium chicken broth

Combine first 8 ingredients in a small bowl, stirring well. Please in a large zip-top plastic bag. Add pork to bag and seal. Marinate in refrigerator at least 2 hours, turning occasionally. Please pork & marinade in slow cooker. Cover and cook on low setting for 8 hours. Remove pork from slow cooker using a slotted spoon; place on cutting board, cover with foil and keep warm. Add broth to sauce in slow cooker. Cover and cook on low for 30 minutes or until sauce thickens. Shred pork with 2 forks and serve with sauce.

*Char siu is a Chinese version of barbecue. Serve with sticky or long-grain white rice and a steamed or stir-fried medley of vegetables.*

### Chicken with Olives and Pine Nuts

*Submitted by Marilyn Nyhus, from Lydia Bastianich*

3-4 1/2 lbs assorted cut-up chicken pieces (rinse, dry, remove skin and excess fat; remove drumsticks from thighs, divide breast halves in half again.

- 1 tsp kosher salt
- 2 Tbs olive oil, extra virgin
- 2 Tbs butter
- 3 plump garlic cloves, peeled
- 2 bay leaves, fresh is best
- 1 C brine-cured green Italian olives or oil-cured black Italian olives (remove pits and crush larger olives into smaller pieces.
- 1/2 C white wine
- 1/4 C toasted pine nuts

Season chicken all over with salt. Melt butter and oil in pan (medium to low heat) until just sizzling. Lay chicken skin side down and drop the bay and garlic in between. Cover and cook, allowing the meat to brown slowly, turning after about 10 minutes. After about 30 minutes, scatter the olives in the pan bottom and pour in the wine. Raise the heat to simmer covered and allow liquids to reduce about 5 minutes. Remove the cover and cook, allowing the pan juices to evaporate. Turn meat occasionally. If there is a lot of fat, skim it off. Scatter the pine nuts around the chicken and continue cooking and turning until the pan juices have thickened and coat the meat like a glaze. Serve, drizzling the pan sauce and pine nuts over the chicken.

## SIG-nificant Events

**SIG Leaders... What has your group done lately?** Don't forget to get a note to the newsletter editor for next month!

### Healthy Living with Herbs SIG

May 16, 2010 at Joe-Beth's home in NE San Antonio. Our assigned tasks had to wait until everyone had strolled the backyard and the casual garden beds found there. A serendipitous sale gained one of the beds some odd varieties of Dill, this year's project. These are sitting happily along a fence line with a healthy Artemisia (it has global dominance in mind), a good patch of thyme and some "uncle" iris that are busy spreading. Back inside, we sampled a few treats featuring dill and the group got to preview a new tri-fold brochure discussing dill (to be made available to the general membership in June). A follow-up session to a tonic-making meeting back in March gave us the chance to decant and blend ourselves a healthy "brain" tonic made from lemon verbena, ginkgo biloba, rose hips and rosemary. Hope this stuff works!

This summer we plan a movie night at Jean's and a field trip to *Imagine Lavender* in Vanderpool.

*submitted by Joe-Beth Kirkpatrick*

### Culinary SIG

No report for May.

### Herbal Crafts SIG

Despite all the rain on Friday, Saturday turned out to be one beautiful day. On May 15, the Herb Craft SIG went to Becker Vineyards for the Lavender Fest. Robbie Will, from the Antique Rose Emporium, talked about Planting for Humming Birds and Butterflies. She was excellent and we all learned about a few new plants for our gardens. Shane Dunford from Nature's Herb Farm, spoke on Growing Lavenders in the Hill Country. Cindy Burrows who is co-president of the Austin Herb Society, talked about medicinal uses for lavender, dill and basil. We were entertained and learned some culinary tricks by 5 different chefs. As each chef did a cooking demonstration, Becker Vineyards provided a tasting of a wine that would go well with the dish. At the end of the presentation, we all received a sample of the food. There were winery tours and wine tastings all day. The live music was great, the artichoke fields were amazing and the vendors outstanding. Many vendors received their share of our cash. It was a great day and a fun time.

Our next meeting will be on June 19 at 10:00. Evelyn Penrod will show us how to make a first aid kit for the house or car.

*Submitted by Sally Ann Hnaituk*



Back at the banquet, Diane picked a nifty ceramic for her door prize while Beverly went for the "Flynnstone" garden planter.



### Herbs For your Pets:

Summertime heat is back. For your long-haired pet, try using herbal rinses to keep those coats clean and pest-free. Suggestions include using rosemary, tea tree and neem. Try pureeing a small blade of aloe vera to add to this mix to help heal any hot spots already started.

## King William Parade SIG

Here's a few more photos taken on Parade day. Check out this nifty float the SIG made. Just terrific. Thanks, you all, for your efforts to get a little more publicity about SAHS!!



This little guy was trying out the new arch and seating put together by the parade SIG. I think it was one size fits all. Gorgeous float—majority of the materials and decorations were recycled!!

How much fun can a body stand in one morning? This is one parade that brings out the kid in everyone. We just want to have fun and promote the Herb Society, to boot! Can you spot Karen, Rebecca, Sally Ann, Vangie, Chris and Mary in this photo?



## Brian's June To-Do List for The Garden

*Please See Brian's full column via the [www.sanantonioherbs.org](http://www.sanantonioherbs.org) web page.*

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

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

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### In Home Senior Care and USANA Health Sciences Nutritionals (distributor)

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### Lisa Ann Stanley, Realtor

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### The Hermits Garden

Jan and Phil Conwell, Resident Hermits  
Custom Leather and Folk Art  
[conwell@hermitsgarden.com](mailto:conwell@hermitsgarden.com)  
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### Here's To Yum Bistro

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PLEASE SEND TO:



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