



La Yerba Buena

THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 256, July 2011

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, July 14, 2011

What's New With You? Come, Show & Tell!!

The Member's Show and Tell Program is one program we all look forward to as you never know what our Members have up their collective sleeves! This is always a lively, fun program with such good information. We especially want to see anything herbal-related, of course, but if there is something you have been doing in your garden that has been working for you, you need to come and share it with our group. If there is a new herb you are growing and you are loving it, show us a photo. If there a new tool that is working well for you, please bring it and show it off! Have you discovered the penultimate mail-order source for your herbal supplies (garden, kitchen or medicine cabinet)? Or an out-of-the-way and fabulous retail nursery? How about a new-fangled bat-house to help you keep the bugs at bay? Or a new herbal craft? Or a newly-discovered use for one of those favorite herbs? Or a new magazine, book or recipe (wink, hint)! Just remember: In gardening, as in life, there is always something new to learn and from the most unexpected places.



Members' names G-M, please bring an appetizer (with its recipe!) a bit before 6:30 so we can sample your fare during our fellowship time. Come ready to have a great time visiting with your Herb Society friends at the lovely 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



Parking Planning in July

The SA Botanical continues their summer Concert in the Garden Series June thru July, 2nd and 4th Thursdays. This means that parking for the SAHS meeting in July will again be a challenge. The best plan? Come earlier! Visit longer and enjoy a much more relaxed pace for the evening. *(The end of the concert will be quite audible from the parking areas afterwards - good excuse to linger a little longer!)*

Hearty Handshakes to...

SAHS volunteers for responding to several unexpected calls for special events desiring our participation, expertise and information. (See those reports elsewhere herein.)
Thanks so very, very much!

The Full Moon...

The Old Farmer's Almanac says July's full moon occurs on the 15th at 2:39 am (in Boston). Bucks begin to grow new antlers about this time. This full Moon was also known as the Thunder Moon, because thunderstorms are so frequent during this month.



Picnic Fruit Salad Tip

Toss your fresh fruit salad with finely chopped sweet or cinnamon basil. A real treat!



Pick a Cantaloupe

Pick it up and smell it. Cantaloupes don't ripen after they are picked so if it doesn't smell musky and fruity with that great cantaloupe aroma, put it back.

Look at the stem end. Cantaloupes pick themselves when ripe so if the stem is still stuck to the melon, you know it isn't ripe.

Finally, press the end opposite the stem, it should give a little. You don't want it mushy, so just a little give.

This ensures the melon is ripe enough that you can cut your slice with your fork or spoon.

Members' Sale Tables
Contact Marilyn Nyhus at least 2 weeks in advance to arrange for a table.

Hospitality Table Schedule:

Aug: N-S
Sept: T-Z
Oct: A-F
Nov: G-M

Inside this issue:

Member Recipes	2
Over the Fence	3
June Minutes, Program Review; Article by Sam Coffman	4
Festival of Flowers and Basil Fest Events	5
Brian's Garden To-Do List; SIG reports	6
Treasurer's Report; Rackspace Green Day Report	7



GO TEXAN.

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

Member Recipes

Here are the recipes provided with some of the fine foods brought to the June general gathering.

Triple Cheese Spread

submitted by Debbie Schievelbein (as adapted from Allrecipes.com)

8 oz cream cheese, softened
1/4 C sour cream
1 Tbs milk
1/4 tsp salt
1/8 tsp pepper
1/4 tsp Frank's hot sauce (or 1/8 tsp other hot pepper sauce)
1 C shredded sharp cheddar cheese
2 Tbs+ grated parmesan cheese (can't have too much cheese!)
2 Tbs minced fresh parsley (or 2 tsp dried parsley)
1/4 C finely chopped green onion

Directions

Mix well and roll into a log with plastic wrap. Refrigerate a minimum of 1 hour. Serve with crackers. The longer it sets, the better the flavor! I have also added finely chopped walnuts around the outside of the cheese log for a nicer presentation. both ways taste pretty good. Enjoy!

Mini Herb Cheesecakes

submitted by Kathryn Seipp (adapted from a column, "Marilyn's Favorites", written by Marilyn McDevitt Rubin and published December 8, 1988.) Makes 40 minis.

Ingredients

12 Ritz crackers or 40 bite size whole wheat crackers
16 oz cream cheese, softened (2-8 oz pkg) (light is ok)
2 Tbs flour
1 egg
1/2 C sour cream (light is ok)
2 Tbs chives
1 Tbs chopped parsley
1/8 tsp salt
dash pepper

Red and green bell pepper julienne strips, chopped chives, chopped parsley for garnish.

Directions

Place crackers flat side down on the bottom of 12 foil- or paper-lined baking cups in a muffin tin. Combine cream cheese and flour, mixing a medium speed with electric mixer until well blended. Add egg and sour cream; mix well. Stir in remaining ingredients. Pour mixture into baking cups, filling each cup almost full. Bake at 325°F for 25 minutes. Cool before removing from pan. Chill. Garnish as desired.

Peanut Butter-Chocolate Chip Banana Bread

submitted by Gayle Morris (from RecipeGirl.com)

Ingredients

1 1/4 C all-purpose flour
1 1/4 C whole wheat flour
1/2 C granulated sugar
1/2 C packed brown sugar
1 Tbs baking powder
3/4 tsp salt
1/4 tsp ground cinnamon
1 1/2 C mashed bananas
1 C milk
3/4 C smooth peanut butter
1 tsp vanilla extract
1 large egg
1 C milk-chocolate chips

Directions

Preheat oven to 350°F. Grease two 9X5-inch loaf pans (or muffin tins). In a large bowl, stir together flour, sugars, baking powder, salt and cinnamon. In another bowl, combine mashed bananas, milk, peanut butter, vanilla and egg. Add to flour

mixture, stirring until just combined. Stir in chocolate chips. Pour batter into prepared pans. Bake 50 to 55 minutes (give it a check at 40 minutes), or until toothpick inserted near center comes out clean. Yield: 2 loaves.

Recipe Source: CLBB "Blue Moose"

Lavender Cookies

submitted by Marilyn Nyhus (adapted from the SAHS Cookbook Vol. II, p. 238)

Replace the rosemary and lemon rind and top with ground lavender and raw sugar

Brisket Sandwich with Horseradish Dressing

submitted by Mike Belisle

Ingredients:

Brisket, bread, assorted other sandwich makings. Spread the bread with a simple horseradish salad dressing of choice.

Texas Caviar

submitted by Patty Wilson (from the SAHS Cookbook, Vol I, recipe by Martha Kuper)

Ingredients

1 can hominy or chick peas, drained
1 can black beans, drained
1 can black-eye peas, drained
1/2 bell pepper, chopped fine
1 jalapeno, chopped fine
1 pod garlic, chopped fine
1 bunch green onions, chopped fine
1 bunch garlic chives, chopped fine
2 Tbs cilantro, chopped fine
1 bottle Zesty Italian Dressing

Directions

Mix all ingredients together.

Option: use only 1/2 of a small bottle of dressing.

Rhubarb-Faux Champagne

submitted by Rebecca Kary (see Craft SIG report, p. 6)

4 C finely chopped rhubarb
4 C white sugar
1/2 C white vinegar
1 lemon finely sliced
25 C water

Combine all ingredients and let stand in a pail for at least 2 full days. Strain out fruit and residue and bottle. This is meant to be consumed reasonably soon, as the mixture could become quite pressurized over too much time. See <http://www.savor-the-rhubarb.com/rhubarb-champagne.html>

Homemade Ginger Ale

Makes 16-18 servings.

submitted by Rebecca Kary (see Craft SIG report, p. 6)

3 C fresh ginger root
1 Tbs lime peel
6 C water
1 1/2 to 2 C sugar or sucanat

club soda

lime wedges

Peel ginger root and chop into small chunks. Add ginger root, lime peel and water to a medium saucepan over medium-high heat. Bring to a boil, turn down to medium-low and simmer for 15 minutes. Add in sugar and continue to simmer for 10 minutes or until sugar is dissolved and liquid has reduced down to 4 1/2 cups or so. Turn off the burner and let the ginger syrup cool. Strain out ginger chunks and then pour cooled syrup into a bottle or other airtight storage container. Store in the refrigerator until ready to use.

To make ginger ale:

Pour approximately 1/4 cup ginger syrup over ice. Add 1 cup club soda. Stir lightly to combine and serve with a wedge of lime. Sip and enjoy.

Over the Fence... 2011 Program Line-up



August: Molly Keck, entomologist with the Texas AgriLife Extension Service on "15 Bugs Every Gardener Should Know" Your landscape is filled with bugs, but it is hard to know which ones to keep and which ones to squash. Join Molly and find out whether they are good or bad and how to manage or encourage them.

September: Mary Dunford of Nature's Herb Farm and SAHS founding member on "Fall Gardening".

October: program to be determined; last minute plans before the annual Herb Market on the 15!

November: Thanksgiving

December: Member Holiday Banquet; need coordinator

2012 Tentatives: Bill Varney

Have ideas for programs?

Contact Marilyn Nyhus or Marguerite Hartill program chairs with your suggestions.

Next Board Meeting

July 25, 6:30 pm. These meetings are open to the general membership. 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.

Tee shirts, totes and aprons available

Need a new tote bags for your summer travels? Come check out the new SAHS bags! These are sized up with longer handles and are terrific for a blanket and extra bottle of water for those summer outdoor concert sessions.

SA Botanical Garden Events

Despite the hot, dry weather, the plants in the greenhouse continue to thrive. The July sale is scheduled for Sat., July 23, 9am-1pm, and all plants in gallon containers will be priced at just \$5. They have a great selection, and if people don't want to plant them in the garden because of the drought, the plants are easily held in the pots until the weather breaks.

Events over the summer months include an evening live concert series (June & July on 2nd & 4th Thursdays) as well as movie nights. Call the Garden for information.

NEW!!! Aromatherapy SIG

Jean Dukes is creating a new Aromatherapy SIG. Contact her if interested (see page 8). Organizational meeting later this summer.

SAHS Needs Advertising Help

Every month, SAHS provides flyers via email. You can print them and post them at stores in your area, stores that you would be frequenting anyway. Contact Jeanne Hackett at jeannehackett@sbcglobal.net, or call at 210/735-5333.

SAHS Internet Sites & Feedback

Our Facebook page may be found by going to our existing web page, www.sanantonioherbs.org, and clicking the big blue "F" icon or going directly to www.facebook.com

Lavender Essential Oil Demonstration in August

Date to be announced. Imagine Lavender will team up with MJ Lavender to demonstrate the art and science of distilling essential oil and educate us all in the process. Keep an eye on the Pearl Farmer Market web page for schedule.

Farmer Markets in Full Swing

Provided by the Texas Dept of Ag (http://www.picktexas.com/farm_market/santon.htm), San Antonio Farmers Market Association Schedule (just a few of them)

Pearl Farmer's Market Schedule

WEDNESDAY

Pearl parking lot across from the Sandbar
4pm to 7 pm

SATURDAY

Pearl parking lot next to the River Walk
9 am - 1pm

Legacy Farmer's Market Schedule

SUNDAY

Parking lot

9 am to 1 pm

Central Texas Growers Association

7561 East Evans Road

Days of operation: Saturday

Hours of operation: 9 a.m. – 1 p.m.

(210) 387-0635

E-mail: john.peterson@wholesomeharvestfarm.com

Web site: www.centraltexasgrowers.org

Farmer's Market Schedule

Hill Country Farmers Market Association

24133 Boerne Stage Road (Leon Springs Baptist Church)

Days of operation: Saturday

Hours of operation: 8 a.m. – 1 p.m.

(210) 354-7570

E-mail: donhagans@aol.com

Web site: www.hillcountryfarmersmarket.com

Main Plaza Farmers Market Association

San Antonio Food Bank

115 Main Plaza

Days of operation: Tuesday

Hours of operation: 10 a.m. – 2 p.m.

(830) 665-3579

San Antonio Farmers Market Association

8510 S. Zarzamora St. (Saint Leonard's Catholic Church)

Days of Operation: Monday

Hours of Operation: 7 a.m. until sell-out

(210) 300-2687

E-mail: safarmersmarket@gmail.com

Web site: www.sanantoniofarmersmarket.org

SAHS Membership

We had 2 renewals and 1 new member: Ronnie Bali-Martinez. We also had 4 visitors register. I sent hand written notes thanking them for visiting with us and enclosed a business card.

submitted by Brenda Reinhard

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 gets thrown away.

Newsletter Notes...

Have you been to a special event or great garden or new restaurant? Read a new book or taken a special trip? Tell the editor about it!! (Hey, inquiring minds want to know...)

Your input is what makes this newsletter newsworthy!!

Thanks so very, very much!

Minutes from June 9, 2011 General Meeting

Yvonne Baca called the meeting to order at 7:02 PM. Approx. 60 people in attendance.

Stated agenda was followed with acknowledgement and appreciation of hospitality team and food providers. Emphasized that more help is needed in Hospitality in setting up and cleaning up the food area. Everyone encouraged to contribute to the newsletter with articles, events or photos.

Mike Belisle was approved as new Secretary.

Yvonne reviewed future meetings' programs. She also announced the new SAHS logo designed by Lyn Belisle. This new logo will debut on the revised and republished Basil Booklet.

Joe-Beth Kirkpatrick reported on the Festival of Flowers (May 28, 16 books sold, a much lower net profit than anticipated).

Gayle Morris reported on the Basil Fest (June 4, \$307 in sales).

Yvonne Baca announced that SAHS has been invited to participate in the RackSpace Green Day on June 23 from 11-2. This is not only an informational event, but one in which SAHS will be able to sell books.

SAHS has also been invited to participate in the "Girls in the Garden" event as part of the Health Collaborative event on Saturday, June 25 from 9-11:30. This is not only an informational event, but one in which SAHS will be able to sell books. Joe-Beth Kirkpatrick will chair.

Jean Dukes announced the forming of a new Aromatherapy SIG. Still in the planning stage but details will be forthcoming. Contact her for info.

Eileen Achorn discussed the 2012 fundraiser, the 2012 SAHS Garden Tour. There are 9 gardens signed up so far and it would be desirable to have at least 3 more. Date is 22 Sept 2012 (29 Sept as rain date).

Next general meeting is scheduled for 14 July 2011 which is the annual members' Show and Tell meeting. People were reminded that parking will be limited since that is the same date as the SABOT Concert Under the Stars.

Featured Program Speaker

Marilyn Nyhus introduced Patience Diaz from Imagine Lavender Farm from Vanderpool, TX.

Meeting was adjourned at 8:20 PM.

Submitted by Mike Belisle

June Program—

Imagine Lavender & Patience Diaz

We have had some of the best programs! Patience will tell you that she's anything but her what namesake implies and that it's hard to WAIT on plants to either grow or die in the hardscrabble environment of the Texas Hill Country. Maybe not patient, but certainly persistent!

When dealing with what seem to be harsh conditions, one does what one can to promote the growing of a crop. Looking around at other specialty farms, Patience' interest was piqued with those folks growing lavender. She jumped into that idea with enthusiasm and lots of books and several trips abroad to study this delightful and historic plant.

Imagine Lavender was started on otherwise unused family ranch property in 2005 with 400 lavender plants plus another 3,000 added in 2006 (after most of that first planting died). Lavender is an extremely adaptable plant and does well even in drought conditions and poor soils. Her mantra became "adaptability". And lavender fits that description the best - especially when you consider there are dozens of varieties available. As she explained, it was a matter of imagining what could be done with the acreage that would provide income, too.

In the few years her family has been experimenting with lavender, she's begun to feel deeply responsible for farming in a sustainable way. Patience discussed the idea of "permaculture" or permanent agriculture. This method steers the farmer clear of mono-culture (think acres of grain) and advo-

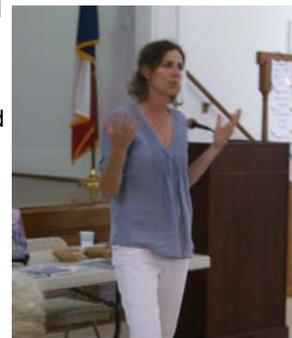
cates a variety of plants in any one field plus not using irrigation or fertilizers. It depends mainly natural grasses, compost, beneficial insects, worms and available moisture to keep the soil - and the crops - rich and healthy. She cited a farmer in **northern** Europe who grows lemons outdoors quite successfully using this very natural "method" of farming. She discussed her three favorite 3 species of lavender (L. stoechas, L. augustifolia, and L. intermedia, from which several varieties grown at her farm), their growing conditions and their general uses.

Lavender as a food and medicine has been around for thousands of years. There are references of its use from ancient Egypt. Its anti-viral, anti-fungal, anti-bacterial, anti-spasmodic and antiseptic properties make this plant a natural for the treatment of cuts, bruises and burns. We all know it in modern times as a very familiar fragrance in aromatherapy where it's typically used for its relaxing properties.

As a side note, Patience encouraged travel to even foreign places to enjoy lavender farms or museums. She's done so herself and enjoyed every bit of the time spent in learning about her chosen herb.

Her presentation was very well received.

Submitted by Joe-Beth Kirkpatrick



Health Collaborative's Girls in the Garden

A rather unexpected request by a new contact turned into a Saturday morning under a huge old oak tree downtown. The Health Collaborative held their first "Girls in the Garden" fundraising event June 25th. The theme was herbs (surprise!).



Diane Lewis was invited to demonstrate a fresh herb salad, Jean Dukes set up her essential oils and Joe-Beth Kirkpatrick gathered up Marilyn Nyhus and Barbara Quirk and set up the SAHS table with books and a few of the examples from our "Everyday Herbs" display. The idea of this event was not only to raise funds for the Collaborative, but to offer a glimpse into the world of herbs and their many aspects and uses in our lives. The small

campus where the event was held sports a nice little set of raised gardens, already filled with thriving vegetables and herb starters. We hope we helped this busy group of public health and medical professionals in their efforts to bring natural health to the inner city.

submitted by Joe-Beth Kirkpatrick



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

Medicinal Plant Comparison: *Asclepias tuberosa* vs. *Asclepias Asperula*

(Ed. note: This article is a follow-on to the field trip report submitted by Jean Dukes in the June issue.)

If you have driven around in the hill country near San Antonio over the past few months you have possibly noticed a milkweed-family, flowering plant growing and blooming in the hard-packed soil alongside roads. The plant I am referring to has several common names (Antelope Horns, Spider Milkweed, to name a few), and is the *Asclepias asperula*. This is an extremely important medicinal plant and is a cousin to one that is better known and more widely used as a medicinal plant: *Asclepias tuberosa*, with common names like "Butterfly weed" and traditionally called "Pleurisy."

As the common name of the *tuberosa* would imply, "Pleurisy root" was used historically and very effectively for both upper and lower respiratory conditions, such as pleurisy. However, the medicinal uses of both of these plants are much more broad ranging than the respiratory system. The *tuberosa* was introduced (post-Columbian) probably from Europe, but is now endangered in many states. It can be found throughout TX, especially in hotter, drier climates like the hill country. However, the *asperula* is a native southwest species that is abundant in the hill country especially north of San Antonio.

Medicinally, the *tuberosa* root is used as a superlative anti-microbial, both externally and internally. A diaphoretic and mild diuretic, it works well in cold and flu formulas as well as cough syrups (both relaxing and stimulating). The *tuberosa* is also effective to help curb diarrhea and dysentery, somewhat bitter as a gastric stimulant and a mild lymph stimulant. Like most bitters it helps with long-term fatigue in cases of convalescence. However, this is a powerful medicinal, and like most powerful medicinal plants, it must be used with caution. This is not a long-term tonic herb, but rather an herb to be used for only a few days to a few weeks maximum.

In comparison, the *asperula* root does not have the same amount of documented historical use behind it. This was not an old-world herb, and most of the known usage comes from Native American and Native Mexican herbalism. However, this plant is every bit a powerful medicinal herb as its cousin (*tuberosa*). In Mexico, it has been used traditionally as a cardiac stimulant (increasing tonicity and output of the heart) and diuretic. The root has been chewed to help the body deal with issues like congestive heart failure. *Asperula* is also a respiratory herb, and has been used traditionally as an anti-microbial. However, it is also oxytocic and used during childbirth to help induce labor. For this reason, this plant is of course contraindicated during pregnancy (aside from childbirth).

These two cousins come from the same family, same genus, and enjoy the same types of growing conditions (hot, hard-packed, arid, dry and poor soils), yet have their medicinal differences as well. I recently started seeds from some of the numerous *asperula* seed pods that are all over the area right now. To compare, I also started some *tuberosa* seeds, and am looking forward to watching both these species grow side-by-side as I propagate and use them medicinally.

Submitted by
Sam Coffman



Asclepias tuberosa

Asclepias asperula

Festival of Flowers

This year's Festival was just as nice an event as in previous years. Those of you who didn't come out to at least window shop, missed out. There were several one-hour seminars throughout the day featuring some of the great names in local gardening plus a few more widely known folks. Malcolm Beck, Judy Barrett and Henry DeLeon were among the presenters that day. Milberger's Nursery outdid themselves with their waterfall arbor complete with "lion" napping overhead. SAHS had a terrific spot right next to Nature's Herb Farm and the customer traffic was pretty good. We even got to show off one of Eileen Achorn's horseradish plants.

We sold 16 cookbooks and resource guides and several of the smaller booklets. Of course, we handed out lots of our pamphlets and gave lots of other information out, too. Even accepted a couple membership applications.

Thanks to all the volunteers who came & helped out. Your talents are many and much appreciated!

Submitted by Joe-Beth Kirkpatrick

Basil Fest @ Pearl

This year's Basil Fest (the second annual) sponsored by the San Antonio Herb Market Association kicked off at 9:00 a.m. on Saturday, June 4, in conjunction with the Pearl Farmer's Market. With an estimated 3000 in attendance we were able to keep fairly busy until about the last 45 minutes before closing down at 1:00 p.m. For such a short day, we were pleased to have sold \$307 in books and notecards to interested and enthusiastic visitors to our booth. I understand that's not too shabby. The Resource Guides and Basil booklets (newly revised and looking gorgeous) were top sellers, as were our remaining packets of notecards.

Smiling volunteers not only manned our booth but assisted in the demo area, passing out goodie bags and samples for Chef Michael Flores' Mediterranean Cooking demo; assisting Luis Morales in his pesto-making demo; and assisting the pesto challenge chefs as needed, which included counting the money generously donated toward feeding the hungry in San Antonio.



Back at our booth, we enjoyed conversations with and questions from our visitors, several of whom expressed an interest in coming to our meetings and perhaps joining our organization. (So please watch for new faces at our meetings and greet them warmly!) Many thanks to our volunteers who are responsible for making this event happen and run smoothly: Karen Abel, Eileen Achorn, Helga Anderson, Yvonne Baca, Adriene Hacker, Jeanne Hackett, Marguerite Hartill, Joe-Beth Kirkpatrick, Michael Morris, Evelyn Penrod, Barbara Quirk, and Chris Sinick. (A side note: You might want to consider volunteering as often as you can; one of our volunteers, who shall remain nameless, won Michael Flores' fabulous door prize! Very exciting!)

Submitted by Gayle Morris

Brian's June To-Do List for The Garden

Compiled by MG Brian D. Townsend
"In his garden every man may be his own artist without apology or explanation Here is one spot where each may experience the "romance of possibility." – Louise Beebe Wilder



In Our Herb Garden:

This is a maintenance month: Continue to avoid drought stress, to check and replace mulch layers, and to pinch back blossoms. Trim back mints to ensure a continuous supply of young, tender leaves. Continue to cut them back throughout the summer (keep them off the ground!!!). Do not try to cure heat stress by spraying haphazardly during the mid-day. DO NOT OVERWATER. Enjoy harvesting dill, cilantro, basil and other annuals that go to seed in the heat. Feed basil after harvesting. Note on saving seed: ideal storage conditions are 45°F and humidity below 50%. Store freshly harvested seeds in brown paper bags until thoroughly dry. Try not to store for more than 1 year. Parsley seeds especially should be fresh each sowing season. Till, compost and prepare fall garden area.

- HERBS: A Resource Guide for San Antonio

Perhaps you have thought about it but never done it. Now, in July, between our two gardening seasons, is a great time to have your soil tested. Just think, you won't have to guess anymore about what your soil needs. You can obtain testing information from your county extension office or online at <http://soiltesting.tamu.edu>. The cost is minimal.

1st Week:

There are many common signs when a plant becomes stressed. A wilting plant probably needs water, limp or curling leaves can indicate pests or disease and a plant that is lush and not producing any flowers may be over-fertilized. - TGS

2nd Week:

For hot-weather nematode control, plant Mari-Mum marigolds. Apply iron sulfate dissolved in water to St. Augustine grass to replenish iron and cure chlorosis.

If dead areas on the lawn pull up like a toupee, or looks moth-eaten, GRUBS probably are the problem. Verify by examining the soil underneath the dead patches. Treat with Oftanol or use a beneficial nematode treatment.

As vegetable beds become vacant, till and cover with a black plastic cover to control weeds and nematodes until fall planting.

3rd Week:

Remove suckers from the base of fruit trees. They grow from the root system (stock) and are a different variety than the top, called the scion. Suckers will quickly dominate the scion if left uncut. Turk's cap and shrimp plant are good blooming plants that attract hummingbirds and grow in light shade.

Bear with trees and shrubs with yellowing leaves. They are reacting to hot, dry weather and will recover in milder conditions (do not water the base of the tree trunk as this will contribute to more stress, water out at the drip-line).

4th Week:

If you want to install organics such as fish meal or alfalfa into the soil, the last of July or first part of August is the time to give a tremendous boost to the fall bloom. The alfalfa can be spread on the mulch like fertilizer but fish meal needs different treatment. Holes punched in the ground around the drip-line of the bush provide a means of getting the meal out of reach of the neighbors dog (and away from the neighbor's nose). - AJW
Thanks to MG and SAHS long-time member Brian Townsend for this monthly article. Brian has culled this information from the wisdom of a number of local and regional gardening experts, plus our own HERBS: A Resource Guide for San Antonio. Please see the full length version of this on the SAHS website.

SIG-nificant Events

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

Culinary SIG

A hot and steamy June evening got SIG-nificantly (sorry) cooler when our Culinary SIG brought out an amazing array of refreshing cold salads, with nary a shred of iceberg lettuce to be seen. Beating the heat was also helped by our host Alma's lovely stone home overlooking the green Olmos Basin golf course. We raved over the deceptively simple avocado and mango salad sprinkled with lime juice and New Mexico chile powder, the refreshing and nourishing quinoa and mint combo, the faux chicken, rice and tropical fruit main dish, the luscious and substantial roasted eggplant and peppers dish, the deliciously marinated shredded kale and tangy kalamata olive salad, the colorful and crunchy broccoli salad, the beautiful homegrown tomato and mozzarella salad drizzled with herb-infused olive oil, and two scrumptious and completely different pistachio-based salads, one sweet and one savory.

It was an evening of wonderful taste sensations, and the conversation was wide-ranging, with the lack of rain and the havoc wreaked in our garden perhaps one recurrent theme. Maybe all that concentration on the topic helped, though.....it rained that evening! Next month, it's on to Bev's and an evening of indulgence with homemade ice cream, sorbets and ices. It can be as hot as it wants, and I don't think our group will care!

Submitted by Jeanne Hackett

Healthy Living with Herbs SIG

Diane Lewis' friend, Lein Wilcox, opened her home to discuss Asian cooking and herbs. Er, make that *sample* some



fabulous Vietnamese crepes made with vegetables, pork and shrimp. Diane had the discussion all lined out but it sure is hard to concentrate on the talk at hand with all that delicious temptation in front of you. The crepes are made with coconut water - quite healthy itself - and the batter can be made

as thick or thin as desired. It's all cooked in very hot oil in a non-stick pan. Into the pan with a little onion, pork bits and bean sprouts, then the batter. Add fresh, cleaned shrimp, a handful of fresh spinach and cover to finish. When the crepe is done, it's folded, turned out so diner can add more fresh items (pepper, cilantro, you name it) then wrap a chunk of this in a big, crisp lettuce leaf and begin the feast. Fresh, fresh, fresh is the name of this game. Certainly a healthy meal anytime.

We did finally discuss a few of the herbs common to Vietnamese cooking and how these plants are healthy for us. A few of these included Vietnamese coriander, Thai basil, Kaffir lime leaves - all of which are surprising good for you!

Submitted by Joe-Beth Kirkpatrick

Herbal Crafts SIG

Emily Sauls led the Herbal Crafts SIG's June session in making summer sodas. Making the recipe for ginger beer was like moving the chemistry lab into the kitchen. Fermentation does some exciting things to a drink. It's amazing how a few grains of yeast can naturally carbonate drink and cause explosive pressure buildup in the bottle if you're not watching it. Think about a bottle of champagne blowing its cork or a shaken can of soda squirting all over.



We learned how to make ginger beer (watch out for the pressure build-up of carbonation as you open the bottle), home-

made ginger ale (way better than what we had for tummy aches growing up), a summer refresher (with cucumber, mint, or lemon balm), rhubarb faux champagne, vanilla cream soda (with vanilla and almond), fruit pop (with seasonal berries, peaches, pineapple, or grapes), chai syrup concentrate (serve it cold, too), orange-cardamom drink, root beer, and melon and mint slush.

Emily had made several variations of the recipes, and we got to taste test them all. She then discussed with us tweaking the recipes to our own preferences...for example, more or less of certain flavors, carbonation, and optional ingredients.

Sandra Lyssy: 210-659-5561, slyssy123@yahoo.com;

Rebecca Kary: karyrebecca@yahoo.com

Submitted by Sandra Lyssy

(Ed note: recipes are on page 2. These are a great way to recycle those liter water or soda bottles.)

Weed-n-Gloat SIG

Jane is off to Ireland for a few weeks. We'll hear from the crew on her return.

Eileen's Horseradish Adventures

Horseradish update – The renegade root that sprouted in the dark and in sub-freezing temperatures from a cast-off piece of the mother root is thriving! It visited Festival of Flowers and Basil Fest. Back home it is delivering up serrated leaves – a new development. Previous leaves have been ovate. Without 3x weekly watering, it wilts – even in the shade as it is – but it perks right back up once it gets a drink. Harvest is 5 months away – stay tuned for progress reports and pictures.

Submitted by Eileen Achorn

Scholarship Garden Tour Committee Update

The Scholarship Garden Tour planning is in full swing! We have 10 gardens confirmed as of this date and are still looking for two more east of 281, preferably in the '28, '29, '30, '40, '49, or '50 zip codes. Gardens do not have to be masterpieces to be included; works in progress are acceptable. If your garden qualifies and you want to volunteer, please contact Eileen Achorn. Or maybe you have a friend whose garden would qualify and you can convince him/her to become a member of SAHS so it can be included on the tour. We'd love to have it! Rosemary Kotrich has joined the planning committee and we are happy to have her input and enthusiasm. In all, planning is proceeding smoothly and the committee is very excited about this first annual event to fund our scholarship for a culinary student at St. Phillips College. Remember to save the date: September 22, 2012 with a rain date of the 29th.

Submitted by Eileen Achorn

Rackspace Green Day

SAHS added a 'first' this month, with our participation in the 5th Annual Rackspace Green Day, an event dedicated to equipping attendees with the tools and knowledge to live, work and play more sustainably. Co-chairs Jeanne Hackett and Gayle Morris, with the able help of Norm Hastings, Marilyn Nyhus, Yvonne Baca, and Lyn and Mike Belisle, put together a fragrant and colorful display of herbs in everyday products that had participants flocking to our booth. They loved Yvonne's collection of essential oils as well as our handouts, had lots of questions and even bought some of our printed material.

We had a great time, not only meeting so many interested people, but also visiting the 30 or 40 other tables at the event. I think we all came away with some ideas and inspiration to live "greener"!

Submitted by Jeanne Hackett

(ed note: photos from this event are posted on the SAHS web pages)

Treasurer's Report, May 2011

Submitted by Kathryn Seipp

INCOME	
Membership	60.00
Cookbook sales	100.00
Resource Guide sales	80.00
Booklets	23.00
Bundle Book Sales	175.00
Miscellaneous Sales	1.00
TOTAL INCOME	439.00
EXPENSES	
Attendant Fee	60.00
Honorarium	50.00
Banquet	245.61
Printing & Engraving	382.23
Rent Expense	85.00
Storage Rent	-15.00
Supplies	63.00
Total Expenses	785.84
Total (Income-Expenses)	-346.84
ASSETS	
Cash and Bank Accounts	
Cash on Hand	100.00
Frost Cert of Deposit	1,194.95
Frost Checking	4,775.12
Frost Savings	2,387.38
TOTAL Cash and Bank Accounts	8,457.45
TOTAL ASSETS	8,457.45
LIABILITIES	0.00
OVERALL TOTAL	8,457.45

'10 - '11 SAHS Board Officers & Members

Yvonne Baca - President

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Marilyn Nyhus - Vice President Programs

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Marguerite Hartill - Programs Assistant

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Lyn Belisle - Webmaster & Green List Coordinator

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Eileen Achorn - Immediate Past President

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Joe-Beth Kirkpatrick - Newsletter

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Sandra Lyssy - Hospitality

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Patty Wilson - T-shirts, Cookbooks

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More Information Contacts

SAHS web page: www.sanantonioherbs.org

SAHS toll-free phone: 888-837-4361

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