



La Yerba Buena

THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 268, July 2012

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 12, 2012 "Wormilicious" with Cassandra Truax



Our July meeting will be all about worms and why you want them. Cassandra is the head worm wrangler at *Wormilicious*. She has been worm composting for a good five years and turned it into a business about two years ago. She will talk with us about her experiences and share a lot of good information so we can all go home and set up our own worm composting bins if we want. Bring a bottle (8-16oz or whatever you have) if you would like to take home a sample of worm "tea" - not to drink, but to use in your gardens.

Members R-Z, please bring a tasty treat for our Hospitality Table. Be sure to provide a name card (and recipe) for the dish you bring (or email it directly to the newsletter editor for publication). Come on out to the lovely San Antonio Garden Center, located on the corner of Funston and N. New Braunfels.

For more information, see our website at www.sanantioherbs.org



SAHS's Community Education and the Rackspace Green/Earth Day Expo

August Meeting



After the first date was rained out in May, "Rackers" were finally able to host their annual Green Day on June 6th, and SAHS was there in all our herbal glory. It was a lovely if warm day this time around, and despite the heat, we managed to stay reasonably comfortable under the giant tent and in front of the oversized fans, and had lots of opportunities to stroll through the farmers market and vendor tables, as well as grab some (free!) lunch with it's emphasis on organic, local and sustainable fare. Jeanne, Carol, Maria, Lenore, Mike, Yvonne, Norm and



Barbara teamed to put up the Herbs in Everyday Life display, with rafts of fresh herbs accompanying it to celebrate everything green. We had a baking soda and rosemary scrub to hand out as well as a cooling herbal spray to try out, fresh bay leaves and rosemary sprigs to take home, and snippets of felt dotted with essential oils to sniff.

Everyone get prepped for the August Show-n-Tell-n-Share meeting. You old hands will know that this meeting can be one of the most entertaining and educational of the year. For everyone else, think about the show-and-tell sessions from back in primary school and those days you had something marvelous to bring to class and show all your friends. Our membership ALWAYS comes up with wonderful things in this session. We've seen bat houses, a family's antique garden tool, aromatherapy ideas, meat marinades, photos from a once-in-a-lifetime trip, books (all genres), restaurant reviews, craft ideas (and demos), homemade seeding "pots", remedies for various health issues and much more. You get the idea. Think about this a little and bring something to the August meeting. You'll be surprised how appreciative our audience can be!



Our cookbook, resource guide, new rose booklet and more were for sale, though the draw for these participants were the handouts and discussions with and questions for SAHS members regarding everything herbal in San Antonio. We got lots of great feedback, and our tables as well as the table next to us with their fluffy, cuddly heirloom chickens easily got the most foot traffic for the day. We

even got a request from the San Antonio State Hospital to participate in their Market Day for staff, planned for mid-November, and another outreach opportunity for us.

If sales were just about nil, we did get a number of folks who signed up for e-blasts about upcoming meetings and events, and we hope some of those friendly Rackers will soon become our new friends!

Submitted by Jeanne Hackett



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GO TEXAN.

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

Member Recipes

Thanks to *everyone* who shared their delicious dishes and recipes during our June meeting.

Submitted without recipe:

Chicken Salad (by Mike Belisle)

Brownies

Red Velvet cake

Roasted Vegetables

Chips, crackers and various Dips

Philly Tomato-Basil Dip

submitted by Patty Wilson

Ingredients

1 8oz pkg Philadelphia cream cheese, softened

2 Plum tomatoes, chopped

2 Tbs Kraft Tuscan house Italian dressing & marinade

1 green onion, thinly sliced

2 Tbs Kraft Shredded Parmesan Cheese

2 Tbs finely chopped fresh basil

Directions

Spread cream cheese onto bottom of pie plate

Combine tomatoes & dressing; spoon over cream cheese.

Top with remaining ingredients. Serve with crackers

Peach Tree Tea Room Chicken Salad

submitted by Carol Hamling

Ingredients

4 Cooked chicken breasts

8 celery ribs, chopped fine

6 green onions, thinly sliced (or small shallot)

¼ C finely chopped yellow onion

¼ C capers with liquid

½ C Peach tree Mayo (see recipe following)

½ C Hellman's Mayonnaise, not salad dressing

Directions

Place shredded chicken, celery, green onions, yellow onion, capers, herb mayo and regular mayonnaise in a mixing bowl. Toss lightly until combined. Refrigerate until ready to serve. Best if made several hours ahead of time or the day before.

Peach Tree Tea Room Herb Mayo

Ingredients

½ C fresh parsley sprigs (I used Italian)

1 green onion

¼ tsp minced garlic

3 eggs

1 Tbs fresh lemon juice

1 ½ tsp apple cider vinegar

1 ½ tsp dill weed

2 ¼ C oil (I used Canola)

Directions

Combine, parsley, onion, garlic, eggs, lemon juice, vinegar and dill in a food processor or blender. Processor until chopped fine and well blended. With machine running, slowly add oil, allowing the mayonnaise to thicken as the oil is added. Add salt and pepper to taste.

Note: most food processors have a hole in the feed tube that allows the right amount of oil to be added to the mayo at the right speed. It is easier than you think. This makes more than you need for the above recipe. Refrigerate the remaining mayo in a jar with a tight fitting cover.

**Note: Raw eggs can contain bacteria which can cause illness in people with compromised immune systems, the young, and the elderly and pregnant women.

Luscious Salmon Ball

submitted by Barbara Quirk

Ingredients

1 can (16 oz.) red salmon (I used pink)

11 oz. cream cheese, softened

1 Tbs chopped onion

2 tsp lemon juice

1 1/2 tsp horseradish

1 tsp Worcestershire sauce

1/4 tsp liquid smoke (I don't use this)

Directions

Mix all ingredients. Shape into ball. Sprinkle with chopped parsley. Refrigerate. Serve with crackers or pita.

Cucumber Salsa

submitted by Emily Sauls

Ingredients

Cucumber

Red Onion

Dill weed

Feta Cheese

Directions

Peel, and de-seed cucumber and dices into small pieces

Finely dice red onion; add dill weed and feta. Thoroughly mix together;

serve with pita chips or tortilla chips.

Begonia Tid-Bits

Suggested (but not presented) by Paul Cox

On bite-size entertaining crackers, spread a bit of softened cream cheese and top with a fresh, stemmed begonia flower. (Paul claimed these are just the best appetizer!)

Our Friends at the A.R.E.

Antique Rose Emporium has decided to consolidate the business to one campus. They're going back to a single nursery & store back in East Texas. Don't know about you all, but without the ARE and Robbie's able assistance, knowledge and incredible generosity, the SAHS Roses booklet might still be a pipe dream...

Let's everyone in SAHS at the very least go by and thank Robbie and her staff for the beautiful place they've created over the years. Keep your fingers crossed that an aficionado and buyer will turn up very soon!!



SAHS Sale Table

...typically includes these items.

Cookbook Volume II	\$20
Resource Guide	\$20
Individual herb booklets	\$3 to \$5
T-shirts	\$25
Tote bag	\$25
Apron	\$25

Hospitality Table

Schedule:

Aug: A-F

Sept: G-M

Oct: N-Q

Nov: R-Z

Special Interest Groups (SIGs)

If you have a particular area of interest, get in touch with one of our SIG leaders. They'll help you get one started. Here's your chance to do even more herbal things during the month! Start something new in 2012!



Over the Fence... 2012 Program Line-up

August: Annual Members' Show-n-Tell-n-Share session; members are invited to bring something show off or tell about. Our members have brought just about anything you can imagine: books, plants, essential oils, recipe samples, garden implements, bat houses, post cards, dolls, crafts of all sorts, and the list goes on. This is a meeting where everyone gets a few minutes at center stage to brag or educate. The audience is happy to hear either! C'mon along!

September: program to be announced

October: Vegan; 30th Annual Herb Market @ Pearl on October 20th

Have ideas for programs?

Know a great speaker for an interesting herbal topic? Contact Maria Lührman or Emily Sauls with your suggestions.

Next Board Meeting

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

Help SAHS Publicity Get the Word Out!

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

Interested in Texas Native Plants?

Native Plant Society of Texas, San Antonio chapter meets 4th Tuesdays except December & August. July meeting features Michael Warriner, invertebrate biologist for the Texas Parks and Wildlife Department, who will discuss native Texas bumblebees, the ecological services they provide, how their populations are faring, and ways to protect and preserve them on your property.

Tuesday, July 24, 2012, at Lions Field Adult Center, 2809 Broadway, www.npsot.org/sanantonio. Native plant and seed exchange at 6:30 pm, followed by speaker at 7:00 pm. Free and open to the public.

Webpage: www.npsot.org/sanantonio

The next SAHS cookbook, a "Best of" issue

The cookbook committee is in the organizing and type-setting process. If you have questions, please contact co-chair Kathy Bruce at kmbruce05@gmail.com

SA Botanical Garden Events

Next Plant Sale July 21, 9am to 1pm

The greenhouse is bursting with plants of all sorts, grown mostly organically with some TLC thrown in for good measure. Special deal: buy 4 gallon pots @ \$5, get the 5th free! For info call 210-207-3255.

Guadalupe County Master Gardeners

The July meeting: 6:00 PM on Thursday July 19, 2012 at the Master Gardeners-AgriLife Extension Office, 230 East Live Oak Street, Seguin, Texas. Following will be a free, one-hour presentation on Keeping Your Trees Alive by Mr. Jim Johnson, of the Texas Forest Service. For more information, call Jose Contreras at 830-401-0800 or email him at elmerojose@gmail.com.

The next series of classes for the Guadalupe County Master Gardeners begin August 15. Call for info & application. Meetings are free and open to the public. For more information, please call us at 830-303-3889. or go to our website at www.guadalupecountymastergardeners.org

SAHS & the Farm & Ranch Freedom conference

The SAHS board voted to again buy a small sponsorship in the Farm & Ranch Freedom conference program. This organization promotes local, sustainable agriculture. Our donation

also put our name and website link in their printed conference materials as well as on their web site. Visit their web pages: farmandranchfreedom.org

Sweet-tooth a little too much?

Replace sugar with these alternatives (via Herb Companion online):

- Stevia (from Paraguay)
- luo han kuo (*Siraitia grosvenorii*). (from China)
- Agave (from Mexico)
- katemfe, a shrub (from west Africa)
- Honey
- molasses
- maple syrup
- birch syrup
- sugar cane

not licorice root (glychorizzhiin - damages kidneys, liver) US averages 140 lbs sugar/yr/adult in 2010 (= approx 70 lbx of body fat) compare to the average 19th cent American/pioneer and 12 lbs/yr.

Weed Wipeout Tonic

Ingredients:

- 1 tablespoon of dishwashing liquid
- 1 tablespoon of gin*
- 1 tablespoon of white vinegar
- 1 quart of hot water

Instructions:

Mix all of the ingredients together, and pour the solution into a handheld sprayer bottle. Then drench the weeds to the point of runoff, taking care not to get any of the tonic on nearby plants. *If you don't have any gin on hand, use vodka instead.

from Jerry Baker, "The Impatient Gardener"

How about Yoga and Herbs?

SAHS member Randy Gibberman-Mass will conduct yoga sessions designed for stress relief later this summer with fellow instructor Maya Sokovic at the San Antonio Yoga center in Helotes. Randy is a long-time herb fan and often incorporates essential oils for aromatherapy into her practice. This workshop will include the use of fragrant eye pillows. Call (210) 521-1951 or (210) 325-6318 for information.

It's Getting Closer

Upcoming event of importance to the SAHS: The 30th annual Herb Market, October 20th at the Pearl complex. Since we are an integral part of this rather large event, we'll need upwards of 30 volunteers to cover all the bases. The SAHS table will be selling our books and have various handouts; our hands-on "Herbs in Everyday Living" table is always a big draw and needs a couple of folks all day; the market t-shirt table also needs staffers. This event goes from 9am to 5pm, but we'll need people to cover the set-up & take-down, too. If EVERYONE (this means YOU!) gives just two hours that day, we'll have it made.

Can't say enough about how this event is where SAHS can really shine in our efforts to bring the wonderful world of herbs to the general public. We are selling not only our paper goods as fundraisers, but we sell our passion for herbs as essential to our world, our health and our families. Hope to see you there!

Members' Sale Tables

Contact any Board member at least 2 weeks in advance for a table.

Minutes from June 14, 2012

General Meeting

14 June 2012 Approximately 58 in attendance
Meeting called to order by President Marla at 7:02.

Ø Marla greeted and welcomed everyone. Reminded all of the July 12 meeting with Cassandra Truax who will speak on worm composting. Reminded all of the SAHS table manned by Patty Wilson, the share table, and the members' sale tables (In Home Senior Care (Jinnie Perkins), Fabulous Fascinators (Adrienne Hackler), and Native edible plants/Garden Surprises (Corvette Irwin)).

Ø Maria Lührman spoke on the scholarship fundraiser. Tickets will be \$10 and will go on sale in September. Reminded all not to forget the Botanical Garden Plant Sale on June 16 from 9 to 1, the 3rd Friday Happy Hour (this month at Jackie Compere's house with the July meeting needing a host; the DeBenedictis family will host in October) and had everyone sing Happy Birthday to Lyn Belisle.

Ø Joe-Beth reminded all of the Herb Market the 3rd weekend in October and stressed that we will need more volunteers.

Ø Marla announced that the SAHS is now on FaceBook and that the new Community Ed SIG still needs a chairperson. Asked the membership about the missing tablecloths and all were accounted for.

Marilyn Nyhus introduced the guest speaker for the evening, Paul Cox who would speak on "Edible Weeds"

Meeting adjourned at 8:20.

Submitted by Mike Belisle, SAHS Secretary on 15 June '12.

A Weedy Program...

Ø Paul gave a history of herbs and edible gardens in San Antonio to include various personalities and restaurants. Talked of the restaurant at the Japanese Tea Garden, the Japanese Society from our sister city in Japan (Kumamoto) and his experiences visiting and entertaining the citizens there. He then introduced several books on edible plants.

Ø Paul started a slideshow on plants talking on which parts are edible and various ways to cook and prepare these plants. Included were: slime mold, poke berry, poke salad, Ipecac syrup, bull nettle, sticker burrs, green briar, blackberries, with a reminder never to eat any plant growing right next to a path because of the possibility of contamination by pets.

Ø Paul remarked that the best way to cook most plants would be to include butter, garlic, lemon and salt as the base. He then went on to talk of acorns, red bay, mesquite beans, su-mac marinade, Barbados cherry, walnuts, agarita jelly, juniper berry, hawthorn berry, persimmon (use it in nut breads), hack-berries, prickly pears, nopalitos (best way to prepare: slice very thinly, dredge in tempura batter and fry 'em up!), cactus tunas, yucca flower (great in a frittata), chili petines, morel mushrooms, wild mustard greens, American ground nut (more nutritious than potatoes), Jerusalem artichoke, sunchokes and Maximilian Sunflower.

Ø Paul then went on and talked of various roots with the admonition that if it doesn't smell like onions or garlic, it is probably not going to taste good. He then talked of wild leeks, clover, thistle, dandelions, chickweed, cucumber weed, dayflower, peppergrass, epizote, amarantas, mulberries, purslane, portulacas, begonia flowers and palm hearts.

Garden Happy Hour-3rd Fridays

Have you heard? SAHS is having a Garden Happy Hour every month! This is strictly a casual affair with visitors bringing appetizers or snacks and a chair and the host providing ice and paper goods. Come to visit and admire a garden, swap stories and tips. We'll try this on every third Friday of the month from April to October, from 6:30 to 8:30 pm. RSVPs required to help each month's host prepare for you and to provide you with a gate code if necessary.

June at Mark & Jackie Compere's

As hot as it was that week, the plantings around the front and back of the house were healthy and happy. Several seating areas around the back yard invited folks to sit and visit for probably much longer than we should have. The herbs and other greenery are planted in groups—they even have a "bully" corner for those plants that tend to get a little



insistent about where they want to be.

Jackie took inspiration from a magazine article and reused a mirror from the house as a "trompe l'oeil" opening in the back fence. VERY effective—looks like a few of the fence boards are missing! (See the photo above, past the fellows talking.) Jackie gave us a



card with descriptions of "critters" scattered throughout the yard and we set off on a hunt. Fun diversion and terrific conversations began as a result. Mark got to show off the foundation of his new tool shed (big enough to house the 4-wheelers). The Compere's use a small water garden to house for some gambusias whose appetite for mosquitos helps keep that darling population at bay.

July 13th garden host will be **August** needs a host. We'll skip **September** as that's the day before our Scholarship Garden Tour.

October garden host will be Dean & Gilda DeBenedictis RSVPs will be needed, so contact them directly.





Green Hints & Tips

Reduce. Reuse. Recycle.

- Collect chopsticks from take-out supermarkets and Asian restaurants. The large end is great for poking large seed holes, and the small end for smaller seeds. You can also write on them with a fine Sharpie marker and use as artistic plant markers.
- Be on the lookout for thrift shop dinner plates to use as unusual and decorative plant saucers – salad plates for smaller pots, platters for large one. Color coordinate them with your plant container. One article described a decorative use: They became the "Great Wall of china" when some very decorative ones were hung along the back yard fence.
- Save those long clear newspaper bags for plant tie strips – cut into 1" "rings," split the rings apart and tie up your tomatoes and peppers. They are clear, almost invisible, and just the right length. (Try them out for storing long-stem silk flowers. (You can also use these as "gloves" for that all-important doggy-doo clean-up chore.)
- Save leftover ceramic tiles from remodeling jobs to raise pots – use three as "feet" under a large pot. Stick them along the garden border diagonally for a decorative triangle edging. Broken clay pots work well used this way, too.
- Recycle your dirty fishbowl or fishpond water to water house plants – free nutrients included!
- Punch holes in the bottom of large tin cans like tomato juice cans to sink into the ground. Plant your mints and other invasives inside the tin barrier to contain their growth and invasiveness.
- This is one of my favorites – it came from Bob Webster. Use an old rural mailbox for garden supplies. I have mine mounted on a shelf by the potting shed area and it has my garden gloves, favorite pruning tool, scissors and twine, seed packs, and a small notebook safe and dry inside.
- Don't toss wet coffee grounds. Add to compost pile to increase nitrogen balance. Dilute with water to use as liquid fertilizer. Mix into the soil of houseplants.

From the Almanac

July's full moon is known as the Full Buck Moon since the bucks begin to grow their new antlers around this time. The full moon was also known as the Thunder Moon because thunderstorms are so frequent during this month. August will give us the Grain Moon or, if you live a-way up north, the Green Corn Moon.

SAHS Membership

Don't forget to check your name on the sign in sheet when you come in for the general meeting. This count lets our membership chairs know that you're active. It also lets us know our visitor counts and *that* tells us if our outreach is working or not. This tally helps confirm a member's request for nametag, too.

*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.*

Book Reviews

One premier herb book is "Gerard's Herbal" - published in the 16th century - still valid today. You'll have to look for reprints - Amazon.com or Half Price books? I've never checked the Library to see if they have it - I tend to buy good herb and plant books to gloat over at length, over time.

Another fascinating life story is that of John Tradescant - he was an amazing gardener and botanist in the 16th/17th? century - was a life time gardener at two of England's stately homes, traveled to Eastern Europe and brought back a lot of new plants and trees - also founded London's famous Physik Garden, a herb garden in downtown London. He can be looked up by name in the SA Public Library - I got a couple of books on him there - one on his son, John Tradescant Jr. - who went west to early USA, doing what his father did. Fascinating people. Got that book at the San Antonio Library. A great service which the SA Library provides is to look for specific books or authors in public libraries and university libraries all over the USA; we do that quite a lot and get books one would never reach on Amazon.com

Another great read is John Stuart's (English gardener and botanist) "Dangerous Garden - the quest for plants to change our lives", a riveting account of herbal material medica sparked wars, helped establish intercontinental trade routes and seeded fortunes: it's a great source for info on the medical uses of herbs and plants. And then there's his other book, "The Plants that Shaped our Gardens" - an account of how plants came from the American and African colonies to European usage, and how the shapes of our landscapes evolved over the generations, and also how plant prospecting today may prove essential to continuing plant diversity and preservation of species.

Recently, I have been re-reading "The Brother Gardeners" by Andrea Wulf - which is a well-researched and fascinating story about a small group of 18th century naturalists who greatly influenced the scope of British gardens and landscapes - that was a garden revolution which began in America with the swapping of seeds between the two nations. The book follows the lives of six men who exchanged seeds and cuttings: American farmer John Bartram, London cloth merchant Peter Collinson, Swedish botanist Carl Linnaeus, Phillip Miller (who wrote the best-selling Gardeners Dictionary), Joseph Banks and Daniel Solander, who explored the flora of Brazil, Tahiti, New Zealand and Australia on Captain Cook's ship, *Endeavour*. Wulf writes well about a world which was opening up to new knowledge of gardening and the multi uses of herbs and plants on both sides of the Atlantic.

Submitted by Jane McDaniel



Brian's July 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 OVER-WATER. 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 45oF 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.

In Our Organic Rose (Herb) Garden:

For an effective pest control program, add the following to Garrett Juice and spray as needed:

Garlic teas - 1/4 cup/gal. or label directions for minor insect or disease infestations.

Citrus oil, orange oil, or d-limonene - 1 oz./gal. of water as a spray, 2 oz./gal. of water as a drench.

Potassium bicarbonate - 1 rounded tbsp./gal. for minor diseases.

Liquid biostimulants - Use per label. Some labels are: Agrispon, AgriGro, Medina, Bio-Innoculant or similar product.

Neem - Use per label directions (should not be used when temps. are 85-90oF or above) for more serious insect and disease infestations.

Fish emulsion - 2 oz./gal. for additional nutrients (may not be needed when using compost tea).

General Notes for the Summer Season:

Enjoy firebush, esperanza, poinciana, salvia, crape myrtle and zinnias blooming all over San Antonio!

July is a good month to prune oaks and avoid OAK WILT threat. Paint pruning wounds immediately to be safe.

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.

Skim the top of lantana and verbena with a string mower every six weeks to keep the plants blooming consistently.

Turk's cap is a good blooming plant that attracts hummingbirds and grows in light shade.

Hummingbirds will be bringing their young to sugar-water feeders now. Keep feeders clean, dumping old solution once a week (twice a week if in the sun and the temperatures are in the 90's) into a shallow pan for butterflies.

It is time to plant your fall vegetable garden (or start in shelter if the temperature is hovering around 100 deg.). Put in a simple drip irrigation system for efficient watering.

Container plants sitting in full sun may be taking a beating in the 100-degree heat. If so, move them to a location where they get a few hours (shade from 3pm on) less sun. Check the root balls of container plants to make sure they are absorbing water. If the root ball has dried out too much, water will just run down the side. If this happens, soak the plant for 10 to 15 minutes to correct the problem.

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 on the SAHS website.

SIG-nificant Events

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

Culinary SIG

The Culinary SIG continued its travels in food and explored Middle East Cuisine for our June get-together. We gathered at Maria and Mike's home where we enjoyed a wonderful and relaxing evening. As everyone arrived, the table became overflowing with delicious and very aromatic dishes from Egypt and Turkey (and India thrown in for good measure!) "Enhancement" turned into the word of the night as we individually described the ingredients and "enhancements" in our dishes – cumin, turmeric, garlic, cilantro, mint, ginger, saffron, yogurt... The flavors were amazing. We enjoyed Turkish spicy meatballs with cacik sauce, and tagine chicken. It was hard to pass up the tagine butter beans, cucumber, tomato and feta salad and the warm red lentil dal. The curried red lentil soup with cilantro, dried red cherries and finished with a slash (just a slash) of coconut milk was wonderful. But, we aren't done yet, there was salad-e shirazi, buttery seeded naan and pita bread by the dozen. We finished the evening with honey bars and kharboozeh va holoo makhloot – you all know what that is right? It's a melon and peach dessert with rose water (seriously – it was part of the recipe and very fitting as rose is the herb of the year!) To see photos of our Middle East Cuisine dishes, stop by the SAHS Facebook page.



Next month we take a break for our cuisine travels to enjoy our annual Ice Cream meeting at Beverly's. Last year it was such a hit, that we decided it was worth repeating. I can't wait to see what wonderful new herbal ice creams we all bring this year.

Submitted by Emily Sauls

Healthy Living with Herbs SIG

Despite the drought, a few lavender farms were still open for the 8th Annual Blanco Lavender Festival this year. To say the countryside was bathed in lavender might be a stretch, due to the lack of rain, but Miller Creek Lavender, Hill Country Lavender, and the Wimberley Lavender Farm hosted many guests. As always, the lawn around the Blanco County Courthouse overflowed with vendors and shoppers searching for arts and crafts and local lavender products.



The Healthy Living SIG – Jean Dukes, Marilyn Nyhus, Diane Lewis, Marguerite Hartill, Joe-Beth Kirkpatrick, and Carol-lee Fischer – attended the festival on Saturday, June 9th, visiting the farms and the square. Mid-day, the group stopped for lunch at Hill Country Lavender. They have nice picnic tables in the shade and a pink tractor to let you know you have arrived. Everyone brought a dish or drink. We had pimento cheese finger sandwiches, tomato pie, blueberry breakfast cake, corn and black bean salad, herbal iced-tea, fruit salad, caprese salad, and macaroons...all delicious. So...if you didn't succumb to the lure of lavender this year, save the date for next year.

...and pray for rain for the folks who farm those lovely lavender fields.

Submitted by Marguerite Hartill

Herbal Crafts SIG

It is that time of year when you have to decide what to do with all your abundance of fruits and vegetables so the Herbal Craft SIG decided to turn to our canning expert Kathryn.

We participated in a Peach Jam making session at her home. Kathryn was kind enough to obtain Fredericksburg Peaches to use in our exploits. We had a very good turn out with most of our members attending.

We whipped up three batches so everyone had a chance to blanch, peel, chop, cook, ladle and process. It sure makes a difference with lots of hands to help out!!!!

Kathryn decided since we are the herb society to add a bit of an herb to our recipe so we made Peach Lavender Jam (yummy!!). We made approximately 35 jars of jam.

We had a great time sharing tips and hints on canning. Here a few:

Prior to blanching your peaches cut an X at the top this way you can easily peel the skin off after blanching.

Sterilizing jars can be done various ways – pour boiling water into clean jars and let set for 10 mins or sterile by using you oven at 200 degrees by placing the jars on a cookie sheet and bake at 200 degrees for 20 mins.

Canning gadgets can be a life saver -- such as a canning funnel and the magnetic lid retriever.

And as always we ended by sharing a wonderful meal together. Thanks, Kathryn, for opening your home and presenting.

Next month we will be meeting at Emily's for a card making session.

For the SIG's next plan of action, please contact Sandra (210-659-5561, slyssy123@yahoo.com) or Rebecca Kary (karyrebecca@yahoo.com).

Submitted by Sandra Lyssy

Life and Thyme of Herbs - NEW SIG!!

No report this month.

Please contact Jennifer Lange for the group's schedule. Her email is niffers_00@yahoo.com

Aromatherapy SIG

May 's report...

Our May meeting topic was dill and was hosted by Cheryl Easson. We learned that the use of dill goes back to records found in 3,000-year-old Egyptian tombs. Ancient physicians used fragrant dill as a digestive aid and a remedy for intestinal gas. The Romans chewed dill seeds to promote digestion, and they hung dill garlands in their dining halls, believing that the herb would prevent stomach upset.

In summary, dill oil can be helpful for bronchial problems, colic, dyspepsia, flatulence, diabetes, liver deficiencies, indigestion, constipation, respiratory infections such as bronchitis, headaches, stress and nervousness. It may also help normalize insulin levels, lower glucose levels, promote milk flow in nursing mothers, support pancreatic function, and clear toxins. A drop or two on the wrists can even help remove addictions to sweets! It is also used to combat urinary infections plus quell hiccups. Dill makes a useful addition to cough, cold and flu remedies, and is a mild diuretic. But use with caution if susceptible to epilepsy.

Cheryl served baked dill and cream cheese stuffed crescent rolls, stuffed dill cucumbers and Dainty Dill Cookies.

If you are interested in joining this SIG, contact Jean Dukes @ 210 566 4379

Weed-n-Gloat SIG

July and the Irish are off visiting Ireland! The rest of the Weeders will have to pick up the slack at the Garden...

Treasurer's Report, May 2012

Submitted by Barbara Quirk, Treasurer

INCOME	
Membership	\$0.00
Cookbook	0.00
Resource Guides	0.00
Booklets	<u>0.00</u>
SUBTOTAL - INCOME	\$0.00
EXPENSES	
Attendant Fee	60.00
Banquet Expenses	373.27
Rent Expense	85.00
Supplies	107.70
Printing & Engraving	42.35
Honorarium	100.00
Sales Tax	<u>0.00</u>
SUBTOTAL - EXPENSES	<u>\$768.32</u>
TOTAL (Income-Expenses)	<u>-\$768.32</u>
ASSETS	
Cash and Bank Accounts	
Cash on Hand	100.00
Frost Cert of Deposit	1,194.95
Frost Checking	2,528.04
Frost Savings	<u>2,388.58</u>
TOTAL Cash and Bank Accounts	6,211.57
TOTAL ASSETS	6,211.57
LIABILITIES	<u>0.00</u>
OVERALL TOTAL	6,211.57

'12 - '13 SAHS Board Officers & Members

Marla Garza - President

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

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*To our business members:
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here for a whole year!
Thanks for your patronage*



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Happy Independence Day!

The San Antonio Herb Society
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