



La Yerba Buena

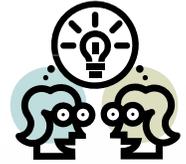
THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 280, July 2013

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 11, 2013

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



The Members' 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 is 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)! Where did you travel that you discovered something new?



N-Q members bring a snack for the Hospitality Tables. Be sure to provide a name card (and recipe) for the dish you bring (or email it directly to the newsletter editor).

The San Antonio Garden Center is always a treat and is located on the corner of Funston and N. New Braunfels.

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

SAHS Community Outreach

On Monday evening June 10, Leslie Bingham, V.P. Programs for SAHS took her first slide presentation out for an airing. An invitation had been extended by The Jefferson Neighbourhood Association through their President, Ted Guerra for an herbal speaker. Ted assured us that most of those in attendance would be first time herb gardeners and so the presentation was geared in that direction. Forty slides were presented by (moi) under the title of "Herbs for Use and Delight" (a broad overview of who we are, what is the definition of an herb in general, some history; then it was developed along the lines of culinary, medicinal, herbs in containers and herbs in the landscape).

The presentation lasted for about 45 minutes followed by a fairly vigorous Q&A. These proceedings took place at the Grace Presbyterian Church and although we had to cram ourselves into a tiny boardroom – as the air conditioning was not working in the main hall – everyone – once started into the subject of herbs – had numerous questions, comments and advice. It was a thoroughly enjoyable evening with about 40 in attendance.

The Board is working on developing a number of these different presentations – i.e., a history of herbs, medicinal herbs, herbs as landscape, herbs in essential oils, etc., – so anyone who is available can pick up the projector, choose the appropriate slide presentation and off they go. No fuss, no muss with consistency and continuity as the goal.

Submitted by Leslie Bingham

If you are interested in helping in this sort of event for the SAHS, please visit with Leslie for more information.



August: Heron's Nest Herb Farm

Melanie Van Aken and her husband began running an herb farm in Blanco county in 1996. Focusing mainly on medicinal herbs, they were able to grow many of the herbs used in her practice. In 2005 they planted a commercial field of Echinacea and one of Lavender. They have participated in the Blanco Lavender Festival as held in June for the last 8 years. They also host a yearly harvest and tincture-making class in the Echinacea field each winter.

Come to our August meeting and hear Melanie's fascinating story of a healthy life with herbs.

<http://www.heronstherbfarm.com/>



Hospitality Table

Schedule:

Aug: R-Z

Sep: A-M

Oct: N-Q

Nov: R-Z

Members' Sale Tables

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

Inside this issue:

Member Recipes	2
Over the Fence	3
May Minutes, Meeting Review	4, 5
Treasurer's Report; Officers' contact info	5
Brian's Garden To-Do List; SIG reports	6, 7



Be sure to view the unabridged version of this newsletter with its full color photos @ www.sanantonioperbs.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.

Farro with Pesto

Submitted by Grace Emery (from Basil Fest 2013)

Ingredients

Farro/Risotto with Pesto

Farro-1 cup or Risotto -1 cup

Stock- 4 cups, chicken or vegetarian

2-4 ozs. of Pesto

Salt and Pepper to taste

Directions

In a large pot bring stock to a boil and pour in the Farro. Boil the Farro until most of the water is gone, about 15-20 minutes. Once the Farro is finished and soft remove from the heat.

In a large bowl add the pesto, then the Farro and toss until the pesto is mixed in, add salt and pepper to taste and some torn fresh basil. Then garnish top with more basil and serve.

About 4-6 servings

Bruschetta

Submitted by Carol Hamling (from www.kingarthur.com)

Ingredients

Topping

15oz can cannellini beans, rinsed and drained

1 pt grape or cherry tomatoes, quartered

½ C diced red onion (half a small onion)

2 Tbs olive oil

1 Tbs lemon juice

1 Tbs Penzeys Pizza Seasoning (www.penzeys.com)

French baguette

Directions

Take a baguette or two; if they are short, slice.

Brush with olive oil, bake 300° until crisp. Cool toasts, and then spoon a heaping teaspoon of topping onto each one.

Blueberry Pudding Cake

Submitted by Loretta Hastings

Ingredients

2 C fresh or frozen blueberries

1 tsp ground cinnamon

1 tsp lemon juice

1 C all-purpose flour

¾ C sugar

1 tsp baking powder

½ C milk

3 Tbs butter or margarine, melted

Topping Ingredients

¾ C sugar

1 Tbs cornstarch

1 C boiling water

Directions

Toss the blueberries with cinnamon and lemon juice; place in a greased 8-in. square baking dish. In a bowl, combine flour, sugar and baking powder; stir in milk and butter. Spoon over berries. Combine sugar and cornstarch; sprinkle over batter. Slowly pour boiling water over all. Bake at 350°F for 45-50 minute or until cake tests done. Yield: 9 servings.



Deviled Eggs

Submitted by Cheryl Morrissey

Ingredients

12 eggs hard-boiled, cooled & peeled

¼ C Greek yogurt or mayonnaise

2 1/2 Tbs mustard (any style)

2 1/2 Tbs onion, grated fine

salt & pepper to taste

garnish as desired with fresh dill snips, bacon bits, paprika

Directions

Cut eggs in half lengthwise. Remove yolks and set whites aside. IN a small bowl, mash yolks, blend in the next six ingredients. Refill whites, using about 1 Tbs yolk mixture for each. Sprinkle garnish on top of eggs as desired. Yield: 2 dozen

Elder, Herb of the Year, 2013

In Low Saxon, the name appears as *Ellhorn*, which meant 'fire,' the hollow stems of the young branches could be used for blowing up a fire: the soft pith pushes out easily and the tubes thus formed were used as pipes – hence it was often called Pipe-Tree, or Bore-tree and Bour-tree, the latter name remaining in Scotland and is traceable to the Anglo-Saxon word. A related tradition holds the following:

“The pith of the branches when cut in round, flat shapes, is dipped in oil, lighted, and then put to float in a glass of water; its light on Christmas Eve is thought to reveal to the owner all the witches and sorcerers in the neighbourhood.”

There are few significant insect pests and diseases of elderberries. Birds love the berries, and you'll need to cover the shrub with netting to keep them from quickly harvesting your crop.

Harvest elderberry fruit from August to September, depending on the variety. Let fruits ripen on the shrub to a dark purple color. Prune off the entire cluster when ripe and strip the berries into a bowl. The fruit doesn't store well at room temperature, so keep it refrigerated after harvest and process as soon as possible. Expect yields of 12 to 15 lbs of fruit per mature (3- or 4-yr old) shrub, if grown properly. Uncooked berries produce a dark purple juice and are astringent and inedible, but when processed impart a sweet, earthy flavor.

Newsletter Articles, photos, etc.

Deadline for all materials submitted for possible publishing is the Friday of the week following the general meeting.

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.

Sweet Basil

Have you ever wondered what gives basil its unique aromas? The distinctive scents and flavors of the many basil species and cultivars are due to the composition of essential oils found in the leaves and other parts of the plant. Most basil contains methyl chavicol, eugenol and linalool. The amount of each of these chemical constituents varies depending on the species or variety. Methyl chavicol provides a sweet flavor that has been compared to anise and French tarragon, linalool produces a floral scent, and eugenol is reminiscent of cloves.

Over the Fence...

2013 Program Line-up



Sales & Events:

August: Melanie Van Aken, the owner of Heron's Nest herb farm in Blanco

Garden Happy Hour (tbd)

Sept: Diane Baines, food evangelist

Garden Happy Hour (9/20)

Oct: Special Interest Ideas

Herb Market (10/19)

Garden Happy Hour (10/25)

Nov: a culinary program, details t/b/d

Dec: Member 30th Anniversary Banquet

Like our programs? We NEED your ideas!

Know a great speaker for an interesting herbal topic? Contact **Leslie Bingham** or any Board member with your suggestions.

Next Board Meetings

June 24, 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 Grace Emory.

SA Botanical Garden Events

Summer art exhibit, "Savage Gardens"

Upcoming Concerts Under the Stars, Second Thursdays in July and August at 7:30 - 9:30 pm

Tickets \$5 (Members buy one get one free)

July 11 Lisa Morales

August 8 Joe Posada & The Show Band w/ Wednesday Ball

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

Garden Center Events

SAGC monthly meetings are held on the first Wednesday of each month and are free and open to the public. For more information call 210-824-9981 or check out their website at SanAntonioGardenCenter.org

Comal County Master Gardener program

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

New Braunfels Library Monthly Garden Series

Free programs at the NB Library, 700 E. Common Street, New Braunfels. No preregistration.

Contact: 830-964-4494

Gardening Volunteers of South Texas

Third Mondays @ San Antonio Garden Center
3310 N. New Braunfels (at Funston)

Free and Open to the Public, donation is appreciated.

Guadalupe County Master Gardeners

Now taking applications for their Class 25. The dates of the class are each Wednesday from August 7 to November 20, 2013. The class will be held at the Schertz United Methodist Church, 3460 Roy Richards Drive (FM 3009) from 10:00 am to 2:30 pm. The deadline for registration is July 20, 2013 and the cost is \$190.00 per person. For an application go to the web site www.guadalupecountymastergardeners.org and click the link on the main page to download the application form. For further information contact the Class Coordinator Bob Teweles at rteweles@att.net or 210-289-9979.

For information call 830-303-3889 or find our website

www.guadalupecountymastergardeners.org

PayPal and SAHS membership payments

Your dues can be paid online with our PayPal link on the SAHS website. Click on that logo on the SAHS website's home page.

Interested in Texas Native Plants?

Native Plant Society of Texas, San Antonio chapter meets 4th Tuesdays @6:30 pm over at Lion's Field on Broadway. Webpage: www.npsot.org/sanantonio

Traveling this summer?

Bring your herbal medicine kit! Try these simple remedies: Chamomile tea bags: Gentle enough for children, chamomile tea promotes relaxation, relieves indigestion and, applied topically, soothes skin irritations.

Ginger capsules, tea bags or crystallized ginger: The anti-spasmodic and gas-relieving properties of ginger soothe digestive upsets. Ginger also has been shown to relieve motion sickness better than Dramamine, the conventional drug treatment.

Elderberry capsules or liquid extract: Elderberry can help prevent cold and flu viruses from infecting cells. When flying or otherwise potentially exposed to viruses, taking elderberry is a good preventive. If you come down with a cold or flu, elderberry can hasten recovery time.

Calendula/comfrey salve: With calendula's antimicrobial and anti-inflammatory properties and comfrey's ability to help heal wounds, this salve is perfect for minor cuts and scrapes.

Opopanax or bisabol myrrh (*Commiphora erythraea*) is the subject of a good scientific tests on natural tick repellency. This myrrh of the ancient Egyptians has been recently documented as killing the larvae on contact and repelling the adults of African brown ear tick, deer tick, lone star tick and American dog tick.

Summer Cooler—Basil Lemon/limeade

Ingredients

12 C cold water

2-12 oz cans frozen lemonade concentrate, thawed

1/3 C sugar

1/4 C fresh lime juice

1/2 C firmly packed fresh basil leaves, torn

Lemon slices and fresh basil (optional)

Directions

In extra-large bowl or pitcher combine first 4 ingredients; stir well. Stir in torn basil leaves. Cover; refrigerate 8 hours. Strain through a fine mesh strainer into serving container; discard basil leaves. Chill up to 3 days. Serve over ice & garnish with lemon slices and fresh basil. Makes 12 servings. After removing fresh basil, lemonade may be held in refrigerator for up to 3 days.

Newsletter Clarification

A piece of filler text regarding the Garden Happy Hour as published on the first page in the June issue of the Yerba Buena received complaints about its "tone." As a disclaimer, Marilyn Nyhus was not the author of that paragraph. This newsletter gives ALL effort toward properly identifying those persons who contribute articles or photos or other information; this acknowledgement is typically shown as a "submitted by xxx" line at the end of an item. If you don't see that "submitted by" line and have questions or comments regarding anything printed in this newsletter, please contact the newsletter editor, Joe-Beth Kirkpatrick, directly. Thank you for your attention and consideration.

Submitted by Joe-Beth Kirkpatrick

Minutes from June 13, 2013

General Meeting

The meeting was called to order by Emily Sauls at 7 p.m. One new member was introduced. There were numerous visitors.

Emily thanked the members who brought a bounty of hospitality foods for us to sample. She reminded members to stop by the Members' Share Table in the back and the SAHS Membership table with items for sale.

She then introduced our members' sale tables:

Grampa's Teas, manned by Phil Haikey
Rick the Beekeeper (Rick Lay), with honey
Jinnie Perkins, In Home Senior Care and
USANA Health Sciences

Hens to You, Cheryl Morrisey with yard eggs

It was moved and seconded that the published minutes be accepted.

Emily then read a statement from the Scholarship Garden Tour Scholarship Fund committee. More than \$3,100 was raised during the garden tour. It was decided that \$2,020 would be awarded to a qualifying graduating senior from an area school. The scholarship is for the Culinary school at St. Philip's. Unfortunately, only one student applied, and that student did not meet all the requirements for the scholarship. The committee decided to hold the funds and make an award for the 2014-2015 (don't we need to amend this?) school year. If no one is qualified then, the committee decided that they would revise the qualifications.

Grace Emery suggested that the scholarship could be widened to include a student returning to school. Emily said that this was a consideration the committee had addressed. They decided to wait until they had made the scholarship offer a second time, then would consider this option.

Yvonne Baca reported on the Rackspace Green Day. This is our third year to participate. We brought boughs of bay leaves from Mike Belisle's garden and rosemary/baking soda scrub to give away. The volunteers gave out lots of information. The event was a great success.

Beverly Tibbs reported on the King William Parade. She passed pictures around of the event, more pictures are available on the Facebook site. She thanked Jupe Mills for all the seeds. We put our society information on the seeds and handed them out at the parade, inviting people to come to Herb Society.

Joe-Beth Kirkpatrick reported on the Festival of Flowers. It went much better than it had the year before. We brought in about \$500, last year we had \$5. There was a great enthusiastic group of volunteers who made this year work. The Basil Festival, also successful, was the next weekend. Many thanks to the dedicated volunteers who helped at this event.

Emily reminded everyone that our next meeting will be our annual "Share" meeting. Everyone needs to bring something to share. This is a really fun event. We have a brief business meeting, then get in a circle and go around sharing many things. Bring your plants, books, seeds, tools, or ideas that you can share with the group.

Members were reminded that there is a Garden Happy Hour. The next one is June 21, in Joe-Beth's garden. The idea of the Happy Hour is for members to have a quiet, happy time to meet with other members. Be sure to read Marilyn's article on page 3 of the Yerba Buena. All members are welcome, but it is important to RSVP. Sometimes there are road closures or gate codes that guests need to know. It is also important that the hosts have an idea of the head count ahead of time so they may plan accordingly.

Marilyn was still looking for someone to host the July 19 Happy Hour. Member Mama T volunteered her garden.

Our speaker, Marty Ruona, was introduced by Emily Sauls. "Cactus Marty" spoke about how he developed his business, then he showed us an extensive slide show detailing how he obtains, cultivates, and plants his succulents. He then took questions from the members.

Emily thanked him for giving us such a nice talk.

The meeting was adjourned.

Submitted by Robin Maymar (for Barbara Quirk, secretary, who was absent)



High points from Cactus Marty

- o First cactus bought in 1981. For someone from Minnesota, the flora intrigued him.
- o Bought three cactus collections to begin his business, and it took off and was successful.
- o 1987 met Malcolm Beck, who mentored him, and taught him the scientific side of growing.
- o Learned a lot from disasters: major freezes, snow. Could see factors that affected succulents.
- o Learned that some palms and succulents got very large, ended up with some that were hard to manage because of size, inheriting old gardens was sometimes a problem.
- o Began to see gardens in terms of microclimates, discussed placement of plants to form shade and avoid hot 4 o'clock sun. Even in a greenhouse, there can be sub-micro climates. Top shelf in the sun is one micro climate, and below in the second shelf is a different or sub-micro climate.

- o Showed us a lot of before & after pictures, elimination of St. Augustine grass, addition of mulch, granite paths, rocks and succulents.
- o Really into soil. Felt drainage was the key to growth. Recommended plastic rather than terracotta pots. Plastic has extra holes for drainage, salt does not accumulate, and they usually have feet. Feet, so there is air under the plant, are very important. Plastic tends to help the roots grow more monolithically, rather than wrapping the edge of the pot. Painted the inside of terracotta pots, so they would perform like plastic. Used water based industrial enamel paint.
- o Planted gardens so that they undulate, not all on the same level. Terraced, using stones to break up the levels. Also, he put lots of plants close together in some gardens, making sure they had depth to grow in.
- o Trims plants back a lot. Used serrated knives from Ace Mart. Also used ice cream scoops from there, too, to scoop soil in the garden.
- o Soil questions: used Keller cactus soil. 2/3 Keller, 1/3 Ladybug Vortex potting soil. Uses Espoma fertilizer. Uses Gardentone brand. Also adds Vulcanite, basalt that counteracts limestone.

Submitted by Robin Maymar

SA Herb Society is Thirty Years Young!!

Inquiring minds want to know: What were YOU doing *back when?* We want to publish them for all our membership to see and appreciate.

Here's some general newsy items from back when...

- Tony Dorsett sets NFL record with 99-yd rush, Dallas vs Minnesota;
- "A-Team" with Mr T premieres on NBC;
- Final TV episode of "M*A*S*H" airs (CBS); record 125 million watch;
- TNN (The Nashville Network) begins on Cable TV;
- "Trading Places," "Ghostbusters," & "Gremlins," premiere;
- 1st time a satellite is retrieved from orbit, by Space Shuttle;
- 8th Space Shuttle Mission-Challenger 3-launched;
- "A Chorus Line" 3,389 performance to become longest running Broadway show.



2014 Herb Market

This year's annual Herb Market will be held October 19th at the Pearl complex on east Grayson. Mark your calendars now and plan to be a part of this great event. SAHS will need your help to prepare samples, sell Resource Guides and other booklets and generally help out. This is OUR TIME TO SHINE and bring our love of herbs to the general public.



2014 Herb of the Year

Plan now to submit your article, anecdote, photos, field trip report, gardening experience with **artemisia**s.

From the Membership Chair

Fifty-seven people attended the June meeting featuring Marty Ruona's presentation on Succulents and Xeric Landscaping. Twenty-one of the attendees were visitors! Our attendees often arrive in waves and sometimes Norm Hastings and I aren't able to give each visitor the hearty welcome he/she deserves. If you are interested in helping greet attendees and answering visitor questions please contact Membership Co-Chair Sarah Rice at casitarice@yahoo.com. Thanks so much!

Your membership co-chairs are Norm Hastings and Sarah Rice. If you've lost your nametag and need a replacement, it can be ordered for a cost of \$14.00 to the member, pre-paid.

Submitted by Sarah Rice

Treasurer's Report

Submitted by Lenore Miranda, Treasurer

No report provided for April or May at this time. Please contact Lenore or Robin for information if needed.

'12 - '13 SAHS Board Officers & Members

- Emily Sauls** - Co-President
830-438-8314 H; kivuli@msn.com
- Yvonne Baca** - Co-President
830-537-4700 H; 210-313-8705; yvonne943@yahoo.com
- Leslie Bingham** - Vice President (Program Chair)
530 852-1702 C; 210 998-3898 H; lesliegw@live.com
- Norm Hastings** - Membership Chair
210-860-4332 C; normhastings@sbcglobal.net
- Sarah Rice** - Membership Co-Chair
210-738-8772 H; casitarice@yahoo.com
- Barbara Quirk** - Secretary, Recording
210-828-0432 H; barbara.quirk@sbcglobal.net
- Lenore Miranda** - Treasurer Chair
253-777-2979 C; tinkyny@earthlink.net
- Robin Maymar** - Treasurer Co-Chair
210 494-6021 H; 830 459-8415 C; frog23@texas.net
- Grace Emory** - Publicity / PR
210 875-6919 C, gemery49@yahoo.com
- Lyn Belisle** - Webmaster & Green List Coordinator
210-826-6860 H, belisle@satx.rr.com
- Joe-Beth Kirkpatrick** - Newsletter
210-590-9744 H, joby53@gmail.com
- Jane McDaniel** - Chair, Hospitality
210-930-1026 H; 210-381-4931 C; janesirish@att.net
- Leslie Bingham** - Co-chair, Hospitality
210-930-1026 H; 210-381-4931 C; lesliegw@live.net
- Margie Larkin** - Co-Chair T-shirts, Cookbooks
- Lynda Klein** - Co-Chair T-shirts, Cookbooks

More Information Contacts

SAHS web page: www.sanantonioherbs.org
SAHS toll-free phone: 888-837-4361

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 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 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 Herbal Rose Garden:

Roses will tolerate a bit (but not too much) of benign neglect in summer. For example, the tedious chore of cutting spent blooms can be modified to simply snapping off the dead flowers at the peduncle. The rose bed will look just as good and roses probably will be the better for it. They can use all the leaves possible including those with only three leaflets.

We should not let our roses go too long without water, however. The three-times-a-week routine suggested by some growers is necessary only in very loose sandy soil but a deep watering as the soil begins to dry will be good in any bed. Some varieties, such as FRAGRANT CLOUD and its close relatives are more susceptible to water deprivation than others, and if allowed to get too dry, will defoliate completely.

Another treatment of a heaping tablespoon or two of Epsom salt may stimulate some more much needed basal breaks. We would hope they come sooner rather than later, because breaks after August or September usually are winter damaged too much to be of value at pruning time next February.

Summer Odds-n-Ends

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

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

Take a critical look at your landscape and note plants that need replacing, overgrown plants that need to be removed and possible activity areas that can be enjoyed by your family. This will give you a head start on planning winter projects. Now is the time to decide if you can carry your spring-planted tomatoes through for a fall crop. Vines that have been ravaged by early blight (a big problem for a lot of gardeners this year) or are under attack by spider mites should probably be removed and new transplants set out in a different part of the garden. Don't worry, those newly planted seedlings will survive just fine. Just be sure to give them plenty of water, some mulch and a little afternoon shade until established. If your spring plants appear healthy, then cut them back some, re-apply mulch and they will be productive until the first frost in the fall.

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

Our June Culinary SIG meeting featured hostess Yvonne at beau Robert's home in Boerne, complete with a tame deer to greet us at the door! The theme was "anything goes", herbally speaking, and as usual we had a splendid array. A cilantro-spiked Tomato Refresher from a 1965 recipe started us off, with main dishes including beautiful Thai-inspired grilled chicken and apricot skewers, a delicious fennel pasta salad, a home-style chicken and wild rice casserole, an unusual pesto made with basil, arugula, avocado and lime juice with linguine, and a tasty cabbage and apple side dish. Butterscotch bars with a baked egg white topping was a sweet treat that nicely accompanied make-your-own parfaits: two styles of sweetened quinoa (one made with coconut milk and the other with chocolate) with fresh mango, blueberry, raspberry and strawberry layers and topped with whipped cream, toasted coconut, nuts and a raspberry sauce---quite sumptuous finales to our potluck feast!

Business included discussion of plans for the October general meeting and what our SIG might present, as well as preliminary ideas for mentoring new Culinary SIGs, a hoped for result of that general meeting.

Next month is our annual ice cream social at Beverly's, and we are already researching recipes for this much anticipated meeting. Stay tuned!

Submitted by Jeanne Hackett

Healthy Living with Herbs SIG

In June, a few of us treated ourselves to the Lavender festival up in Blanco. Such a great little place with an interesting history. There were only 3 farms on the tour this year---the festival seems to have scaled back from their early years of having almost a dozen farms open. The market on the courthouse square had a nice variety of vendors and wares---art, clothing, music, food, soaps, a wine and beer-tasting tent, speakers and more. Marilyn and Leslie made a whirlwind trip to a couple of the farms before settling at the Redbud café (redbud-cafe.com) across the street for some welcome lunch.

Later in the month, Jinnie gave a talk about quercetin (a plant flavonoid having antioxidant and anti-inflammatory effects) which inspired a lively discussion.

In July, we'll be at Diane's to discuss and make some skin care products. In July, Carol-lee will lead a discussion on the Bach Flower essences and Edward Bach's philosophies on healing with them.

Submitted by Joe-Beth Kirkpatrick

Herbal Crafts SIG

June meeting cancelled.

If you're interested in joining us or if you have any questions, contact Leslie Bingham:
lesliegw@live.com; 530-572-1702.

Weed-n-Gloat SIG

The SAHS Weed and Gloat team (and SIG) is in it's 10th year; we are the busy bodies who care for the Herb Garden at the SA Botanical Garden. What that entails? On the last Monday of each month throughout the year, we weed, and plant in the spring and fall - and we gloat, too.

We are around 10 members of the Herb Society, guys and gals - it's a lot of fun, a fair amount of work, but as one member recently said: "it's fun, and I learn so much about herbs, too." We meet at 10 am during the cooler months; as soon as it gets warmer, usually in May sometime, we start meeting at 9 am - always, officially, for an hour. It could be longer, an hour and a

half, when we are busy talking or planting. We bring our own tools. Most usually, we have lunch somewhere cheap and good afterwards. Sometimes we meet after working on the deck at the back of my house for new wine and French Flamme'kuche. The positives: if you are a beginning gardener, or want to learn more about herbs, this is the SIG for you. As accredited SABot Gdn volunteers, we participate in a number of free volunteer luncheons or BBQs a year, hosted by the SABot Gdn, and have free entry to the San Antonio Botanical Garden all year. Is that a good deal, or what?!!!

To learn more about herbs on site, please get in touch with me, Jane McDaniel, at email: janesirish@att.net or Leslie Bingham, at email: lesliegw@live.com.

Submitted by Jane McDaniel

Household Pests got you down?..

Here are a few thoughts about herbal insect repellants:

The castles of medieval and Renaissance Europe must have been rich in sights, sounds and smells. Imagine the inhabitants tossing bones and other scraps for the dogs on the floor, and the heaps that would accumulate... It was probably helpful in those times to own at least two castles so that when "the middens became stinking", the royalty could move on and the floors could finally be swept out. Just imagine the populations of fleas, ticks and lice evicted along with the detritus! The practice of strewing herbs on the floor to repel vermin and freshen the air between cleanings dates back at least to this era. Leaves of sweet flag, flowers of lavender and leafy stems of pennyroyal were among the herbs commonly used for this purpose.

These days, few of us have spare castles to retire to when the vermin take over. We have not only higher standards of sanitation, but also more effective ways of controlling populations of insect pests. Herbs still can play a part, though, particularly as we search for "natural" solutions from the garden. Countless plants have been used throughout the ages or may have potential for use as insect repellents.

Please remember that herbs carry their own set of dangers and warnings. "Natural" does not mean "harmless". Avoid using, either internally or externally, any plants that are questionable or NOT generally regarded as safe by the FDA.

If your grandma put bay leaves in her flour canisters, it was because of this herb's long reputation as an insect repellent. Today, the effectiveness of bay (*Laurus nobilis*) in repelling cockroaches is well documented. Simply place fresh or dried bay leaves in and around cupboards, especially where they will be brushed and crushed in normal kitchen activity. Bay is also recommended as a cockroach deterrent. Other plants shown to be repellent to cockroaches include Osage orange (*Maclura pomifera*), Japanese peppermint (*Mentha canadensis*), Scotch spearmint (*M. gracilis*) and vetiver.

Try these ideas for safe, natural ant control

- 1/4 cup dried peppermint leaves
- 1/4 cup cayenne
- 1/4 cup borax

Combine the ingredients then sprinkle the mixture in an area where smaller insects can enter your house. Don't touch your eyes after using this mixture; the cayenne will burn!

You can also try using dried tansy leaves. Most bugs, such as ants, hate this stuff, so placing a few leaves around the house should help keep them out.

Make an 'ant trap,' which can work for other insects as well. In a screw-open jar, mix 1 cup water, 1 cup sugar and 4 teaspoons boric acid. Then poke a few holes in the lid and place the jar near the ant trails. Make sure that children and pets keep away from this ant trap!

Garden Happy Hour—our Second Year!

SAHS Members may open their gardens to visitors per a set schedule and on an RSVP basis. Visitors are welcome to bring snacks or BYOB; hosts supply basic serving necessities (small plates, cups, cutlery, napkins, etc.). Our schedule is every third Friday, **6-8 pm**.

Visitors MUST provide RSVP in order to receive street address, gate codes or other pertinent access information.

Hosts & schedule are as follows:

July 19	Mama Tee and Don Reiter
rsvp	210-681-2402 H; 210-414-5139 C
August tbd	Robin Maymar
rsvp	210 494-6021 H; 830 459-8415 C
September 20	Leslie Bingham
rsvp	lesliegw@live.com
October 25	Jean & Sid Dukes
rsvp	10days@earthlink.net 210 566 4379 RSVP by Oct 20

The Garden Happy Hour in June found its way to Joe-Beth's home and backyard garden. The recent rains have produced a lush and cool retreat from the hot and noisy streets just the other side of the gate. We had about 7 visitors and all agreed sometimes small is good! Plus the treats everyone brought were completely fitted to the occasion! Thanks to all who came out!

You must RSVP so the host can prepare properly AND to get the street address, directions and gate codes, if you need them.

Submitted by Marilyn Nyhus,

606-2933 or via email at rudyardmar@yahoo.com

Lemons—Did you know...

Sore Throat Soother: Hot tea with lemon is a sore throat folk remedy for good reason: The acid in lemon juice changes the pH balance in your throat, helping to make an inhospitable environment for germs. A good source of vitamin C and antioxidants, lemons also boost the immune system. Lemon works especially well as a sore throat remedy when combined with soothing, antibacterial honey.



Hangover Help: Help your body recover from a few too many drinks by mixing a few teaspoons of lemon juice into a glass of water. Lemon encourages the liver to produce bile and helps with the organ's natural detox process.

Food Preserver: Prevent cut fruits such as apples and pears from browning by spritzing them with lemon juice.

Fingernail Cleaner: Lemons work wonders on dirty, grimy fingernails. Just rub a lemon wedge over yellow fingernails to restore their color.

White Brightener: A natural bleaching agent, lemons can help you achieve whiter whites in the laundry room. Just add ½ cup lemon juice to the rinse cycle. An added bonus—your clothes will smell citrus-fresh!

Hair Lightener: Take your hair from dirty blond to beach blond by mixing 1 cup lemon juice (about four lemons) and ¼ cup warm water in a spray bottle, then liberally spritzing your hair. Lemon's natural bleaching properties work best when combined with sunshine. Expose your hair to bright sunlight for 30 to 60 minutes before rinsing out the lemon juice and conditioning your hair.

Cutting Board Freshener: Disinfect and deodorize cutting boards by rubbing a cut lemon over the surface. Let the juice dry, then wipe clean with water.

Business Members

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

Nature's Herb Farm

Mary Dunford
7193 Old Talley Road, #7
SAT 78253
(210) 688-9421
naturesherbfarm.com

Diane R. Lewis, B.S. & A.A.S.

Herb, Cooking & Gardening Classes;
Landscape Design
(210) 495-6116
drl designs@swbell.net
www.communityed.neisd.net

Nematode Nick's

Landscape Design & Installation
Organic Landscaping, Organic Fertilizing
Nick & Leslie Vann
3561 Kusmierz Rd.
St. Hedwig, Texas 78152
(210) 667-1500
www.nematodenick.com

Christa Emrick, Raw Food Chef

C-Me Change, Gourmet Raw Foods
210-710-4793
Counter Culture Café & Patio
inside Gold's Gym, US281 N & Evans Rd
christa@cme-change.com
10/13

Ten Days Health Ministry Natural Health Counseling & Essential Oils

Jean Dukes, RN, CNHP,
Certified Aromatherapist
(210) 566-4379
10days@earthlink.net
www.youngliving.com/tendays

In Home Senior Care and USANA Health Sciences

Nutritionals You Can Trust™
Greg & Jinnie Perkins
5805 Callaghan Rd. Ste. 205
SAT 78228
(210) 256-2273
jinnieperkins@yahoo.com
www.inhomeseniorcare.net

Rick the Beekeeper

Rick Lay
PO Box 90812
San Antonio, Texas 78212
210-369-8174
RickTheBeeKeeper@gmail.com
www.rickthebeekeeper.com

FloraScape

Mary Blasko TCLP, TCNP
florascape@swbell.net
"We can help with your gardening projects"

Yvonne Baca, LMT

Holistic Health Practitioner
Therapeutic Massage, Lymphatic Drainage,
Essential Oils, Reiki Master, Therapeutic Touch
Akashic Record Consultations
830-537-4700 H
210-313-8705 C
yvonne943@yahoo.com
www.holistichealthboerne.com

Texas Olive Ranch

Abby Rutledge, Sales Mgr.
btwn Carrizo Springs and Asherton on FM 1557
855-TX-OLIVE (855-896-5483)
<http://www.texasoliveranch.com>
Legacy Farm Mrkt, Sundays
(Lp1604/US281)
12/13

Grampa's Tea

Phil "Grampa" Haikey
210-725-5092
www.grampastea.com
grampastea@yahoo.com
"The Best Tea in the World direct to your front door."

Jupe Mills Feed

Farm & Ranch & Pet Supply
14906 Bandera Rd., Helotes, Texas 78023
Alex Blue, manager
(210) 695-3551
www.jupemills.com
(courtesy listing, 12/13)

July!, celebrate our diversity!



PLEASE SEND TO:



The San Antonio Herb Society
PO Box 90148
San Antonio, TX 78209
www.sanantonioherbs.org

