



La Yerba Buena



THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 292, July 2014

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 10, 2014 Membership Share and Show-n-Tell

It's YOUR turn! It's time to share those fun facts, stories, or recipes. This is one of our most popular meetings each year where we have the opportunity to thrill our neighbor and friends. Our July program is our annual Share Meeting – and it's all about YOU! Come share a story, article, recipe or little known fact. This meeting is always fun and I guarantee you will learn something new along the way! Remember those Monday mornings back in grade school when everyone stood up front of the class and showed something and explained it to the rest of the class? Everyone had something wonderfully different and interesting. These days, we probably have different things to show off, but we also have a really terrific audience for that. Our membership has brought everything from books, recipes and samples from kitchens to favorite garden tools (old and lovingly cared for), bat houses and hypertuffa pots to photographs, ideas on recycling, information on unique garden supplies and the like.

SAHS members R-Z, please bring a snack to share. Be sure to provide a name card (and recipe) for the dish you bring (better yet, email it directly to the newsletter editor).

The San Antonio Garden Center is always a treat and is located on the corner of Funston and N. New Braunfels. For more SAHS information, see our website at www.sanantonioherbs.org



Field Trip to a new Business Member

On June 22, a group of SAHS folks gathered at SA Gourmet Olive Oils (S. Hackberry). Christine Arredondo, our newest business member, was proud to act as tour guide and educator in her new store.



SAHS members learned what to 'taste for' when personally judging a new olive oil along with how to do the tasting. They were also shown how to warm the oil so that the complex flavor can be deeply appreciated.

And so many choices among those oils and vinegars! All this said, it was a great way to spend an afternoon—enjoyable and educational. And thrifty! Christine wants all SAHS membership to know that there's a discount available (amount depends on the product selected) on all your purchases. Just let the cashier know prior to ringing up your sale. Easy. We'll see YOU at SAGOO soon...



Newsletter Deadline for August Issue

All materials submitted for our August issue due by **July 18**.

Hospitality Table

Schedule:

Aug: A-M
Sep: N-Q
Oct: R-Z

Members' Sale Tables

Contact any Board member 2 weeks prior to the meeting to arrange for your table.

Inside this issue:

Member Recipes	2
Over the Fence	3
June Minutes, Meeting Review	4
Treasurer's report Officers' contact info	5
SIG reports	6

Old Farmer's Almanac

The full moon in June was called the Strawberry Moon by the American Northeastern peoples. It was also known as the Rose Moon in Europe (strawberries aren't native there!)

In July, the Algonquin welcome the Buck Moon. This time of year, buck deer begin to grow the new antlers. The Navajo called this season "Ya'iishjaatsoh" - a time when deer give birth; for gathering seeds and guarding fields; of asking the earth and Holy People to bless the plants.

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

Member Recipes

Here are a few of the treats from June's hospitality table.

Chicken Divan

Submitted by Barbara Quirk

Ingredients

- 2 10-oz pkgs frozen chopped broccoli
- 2 C chicken (boned, chopped; I used chicken breast)
- 2 cans cream of mushroom soup
- 1 C mayonnaise
- 1 tsp lemon juice
- 1 tsp curry powder
- 1 can sliced mushrooms
- 1/2 C sharp cheddar cheese, grated

Directions

Put cooked broccoli into greased 10x9 casserole; cover with chicken. Mix rest of ingredients except cheese. Pour and smooth over th broccoli and chicken. Cover with cheese. Cook 30 minutes at 350°F. Serves 8. Freezes well.

Mediterranean Rice Salad

Submitted by anonymous

Ingredients-salad:

- 1 1/2 C raw brown rice (cooked = 5C)
- 1/2 large red or green bell pepper, chopped
- 1 C salad olives with brine
- 1-2 tomatoes (Roma), chopped
- 10 stems fresh parsley, chopped
- 1 green onion, chopped
- 7 large basil leaves, chopped

Ingredients-dressing

- 1/4 C red wine vinegar
- 2 Tbs olive oil
- 1/4 C onion, chopped
- 3 cloves garlic, chopped

Directions

Toss salad ingredients in a large bowl; refrigerate. Stir together red wine vinegar and olive oil; add onion and garlic and allow to marinate a few minutes. Just before serving, toss the dressing together with the chilled salad.

Option: add 2-3 minced anchovy filets



Miniature Cheesecakes

Submitted by Kathryn Seipp

Prep Time 20 minutes; Cook Time 20 minutes;

Ready in 40 minutes; Serves 72

Ingredients

- 72 small vanilla wafer cookies
- 3 (8 oz) packages cream cheese - softened
- 1 C white sugar
- 3 eggs
- 1 tsp vanilla extract
- 1/4 tsp ground nutmeg
- 12 oz jelly or jam

Directions

Preheat oven to 325°F. Line mini-muffin pan with small paper or foil baking liners. Place one small vanilla wafer in each cup, flat side down. In large bowl, beat cream cheese and sugar until smooth. Beat in the eggs one at a time, then stir in the nutmeg and vanilla. Pour mixture evenly into prepared muffin cups; fill each 2/3 full. Bake for 20 minutes or until set. Cool completely, then top each muffin with the jelly. Cover and refrigerate until ready to serve.

May be frozen without the jelly for up to two weeks. Thaw at room temperature and then add jelly and serve.

Dishes without Recipes

Smoked turkey & Swiss cheese on Sour-dough sandwiches

Peach Jelly Cheesecake

Cranberry Jelly Cheesecake



Notes Farmer Markets

Be sure to check the web pages for days each market is open and the location.

**For the Del Fuegos, St. Andrews, Legacy, Leon Springs and the RIM, see

<http://hillcountryfarmersmarket.org>

**For Olmos Basin, Leon Valley Community Center, St. Jude Catholic Church, St. Matthews Catholic Church, Communicare West Campus, see

<http://sanantoniofarmersmarket.org>

**For those of you living out I10 toward Boerne, try the Farmers' Market at the Cibolo Nature Center. Not just produce—this market includes homemade goodies, cooking demos, craft activities, live music, walking trails around the old farmstead and a children's interest spot. See

<http://www.cibolo.org/herffarm/farmersmarket.html>

**Grab your big bag or basket and go get some FRESH vegetables for your lunches this week!

Business Members...



I am Nick Vann (a.k.a. Nematode Nick)

My wife Leslie and I have just opened a small garden center located on the eastern edge of Bexar County. THYME & TREASURE GARDEN CENTER specializes in very drought-hardy Texas natives and adapted plants. These plants are the future for gardening and landscaping in our area. Our water is limited in quantity and getting more so each day, but even with severe water usage restrictions you can still have a beautiful landscape. We also sell seasonal herbs and vegetables all grown without chemicals, for your safety. Check out our web site www.thymeandtreasure.com or better yet come out and see us at Thyme & Treasure Garden Center, 3561 Kusmierz Rd., St. Hedwig, Texas, 78152. 210-667-2220. We are 2 miles south of IH 10 near Randolph AFB. "For a Beautiful Yard Naturally."

(Ed note: Remember, SAHS members receive a 10% discount on most items. Ask at the register!)

Herb of the Year

The International Herb Association has updated the running list of herbs of the year. It may be found on the website

<http://www.iherb.org/hoy.htm>

So you can mark your calendar and start doing your homework on these fine plants, here are the next few honored herbs:

- 2015 Savory
- 2016 Peppers Caspicum ssp.
- 2017 Coriander/Cilantro Coriandrum sativum
- 2018 Agastache ssp. (Anise Hyssop, et al.)
- 2019 Hops Humulus ssp.
- 2020 Rubus spp. (Blackberries, Raspberries, et al.)

Over the Fence...

2014 Program Line-up



Aug: Natalie Cervantes, *AgriLife* agent, on teaching kids about herbs and starting a classroom garden

Sep: Mike Bolner, *Bolner's Fiesta Spices* on development of herb and spice blends

Oct 16: Mary Dunford, drying and arrangement of herbs for holiday decoration

NOTICE OF DAY/DATE CHANGE FOR OCTOBER MEETING— OCT. 16TH (3RD THURS).

Oct 18: Annual Herb Market @ the Pearl

Nov: Herbs for holiday cooking

Tentative for 2015: Savory, 2015 Herb of the Year; Cajun cooking; Spring herb gardening; aromatherapy for stress relief; Herbs and your Pet; more!!

Like our programs? We WANT your questions!

Please send your question to Rachel Cywinski at worldvisitor@rocketmail.com no later than 3:00 p.m. on Sunday before the meeting. Rachel will collect the questions and pass them on to our speaker to consider before the Thursday meeting.

Like our programs? Want more like this?

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

Next Board Meetings

July 28, 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.

Courtesy Counts at General Meetings

To all attendees, two things to do each meeting:

- 1) Turn off your personal communication device.
- 2) Remain seated until our program has been completed and the closing announcements have been made.

SAHS Publicity Needs YOU

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. Know of a new contact that would help us? Get with Mike Belisle to help out.

SA Botanical Garden Events

Art in the Garden: Richard Hunt's nine contemporary sculptures in the Conservatory; ends January.

August 2-3: Dog Days of Summer

Sept 6 thru Jan 4: Lego Sculptures

Also in September (get those calendars filled quick!): "Brews & Blooms" on the 13; Starlight Movies on the 19th and 26th.

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

Gardening Volunteers of South Texas

Third Mondays @ San Antonio Garden Center, noon to 3pm; 3310 N. New Braunfels. Bring your hand pruning tools and have them sharpened by "Dr. Fix-It" for \$2 each.

Free and open to the public, \$5 donation is appreciated.

Watersaver Design School (partner with SAWS)

Nov. 1, register by Oct 28; \$25/person. Contact Anne Schiller at (210) 251-8101 or anne@gardeningvolunteers.org

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

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

Texas Native Plant Society

4th Tuesdays, Lions Field Adult Center, 2809 Broadway. Native plant and seed exchange at 6:30 pm, followed by

speaker at 7:00 pm.

July 22, Debbie Reid on Natural Gardening Solutions (including beneficial bugs).

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

NSPOT does not meet in August.

Submitted by NPSOT, San Antonio Chapter

Comal County Master Gardener program

First Wednesdays at the GVTC Auditorium. Meetings are open to the public. Contact (830)964-4494 or 221-4316.

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

Guadalupe County Master Gardeners

Next Guadalupe County MG class (#26) starts August 13 and runs every Wednesday from 10am to 2:30pm.

Cost is \$190; registration deadline is July 31.

Call Cindy Waechter 830-624-1114

July 17, program topic is "Rain Gardens and Storm Water Treatments" as presented by Matt Madrone, Landscape Architect from Austin

The regular meetings are on third Thursdays; free and open to the public (business follows program). For further information call 830-303-3889 or visit our website at

www.guadalupecountymastergardeners.org

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.

Fanick's Garden Center 75th Anniversary

The 75th Anniversary of Fanick's Garden Center was Saturday, the 14th of June. SAHS members, led by Robin Maymar, manned our information table giving out the Herb Society meeting flyers and herb brochures. Visitors to our table were very happy to know that there is an Herb Society in San Antonio. We made many new contacts at the event. WOAI did a live show at the center and mentioned the Herb Society as well.

SAWS' Online—Public Service Med Disposal

There are many questions about the best way to dispose of unused and expired medicines. Prescriptions and over-the-counter medicines are a risk to the environment when flushed down the toilet or thrown away in a landfill. Removing these items from homes can help curb abuse and avoid accidental ingestion by keeping drugs out of the reach of unintended users. **MedDropSA** is the safe, easy way to dispose of unwanted and expired over-the-counter and prescription medications. Bring any unwanted medicines along with other household hazardous waste items to the City of San Antonio's mobile collection events. Medications will be accepted at no charge, and disposed of in a safe, legal way – keeping these drugs off our streets and out of the environment.

Next scheduled event: **July 12, 2014**, from 8 a.m. - 1 p.m.. Alamo City Church, 6500 I 35 N.

Ref SAWS website: <http://www.saws.org/meddropsa/>

SA Express-News Needs Gardens

Stacy Hobson-Lehman with the SAE-N is looking for **your** garden to feature in an on-going column about local gardens of all kinds. She's looking for all kinds of specialties, uses, causes, beginnings, methods, plantings,... you name it. A couple of our membership have offered up their gardens and, hopefully, we'll read all about them soon.

Contact the journalist, Ms. Lehman at tlehmann@express-news.net and tell her your herby garden should be on her short list for features!

Minutes from June 10, 2014

General Meeting

Attendance 60 including 16 guests. The meeting was called to order by Co-President Yvonne Baca at 7:00pm.

Beginning at 6:30, the Hospitality Table was enjoyed by all. Members with last name initials N-Q provided the dishes of food. A pleasant addition tonight was the sampling of seven olive oils and vinegars thanks to tonight's speaker who will be introduced later in the meeting. Handouts were given describing these oils some of which are Tuscan herb-infused, "dairy-free" butter-infused, and harissa-infused.

Yvonne Baca, co-president, opened the meeting at 7:00 pm by introducing herself.

Those with cell phones were asked to turn them off. New members were acknowledged as well as guests. There were 60 attendees including 16 guests tonight.

The Hospitality Committee was thanked for the olive oil-inspired table as were those who had contributed food.

Our next meeting will be July 10. Those with beginning initials R-Z are asked to bring food.

Yvonne asked that all visit the tables in back. Tonight there was the Share Table, the Merchandise Table, and Linda Barker's "Scentsy" Table.

A reminder that Newsletter articles and recipes are due by June 19th. Please remember to include name of recipe.

UPDATE ON ACTIVITIES:

Rackspace Earth Day – (April 24) - Mike Belisle (absent) was Chair for this event which we have been doing for four years.

King William Parade - (April 28). Because of Beverly Tibb's unexpected absence, Linda Barker took over. Parts of a letter from Linda were read acknowledging the tremendous help she received from the committee. Robin Maymar hosted a seed packet packing group for the seeds donated by Jupe Nursery. Margie Larkin had a sign making party for signs to be used during the parade. Norm Hastings had the truck, trailer, and his daughter and her friend all planned in advance. Fun was had by all.

Joe- Beth Kirkpatrick was Chair for three events; all brought in money for our society.

- Celebrate Herbs (May 10) - At Rainbow Gardens. It was good publicity for us. She recommended we consider it next year. Two of our members were on the speaker list.
- Festival of Flowers (May 24) – Successful event- Customers were very interested in the fliers this year.
- Basil Fest (May 31) – Another good event. More volunteers were needed.

Fanick's Garden Center 75th Anniversary Event. (June 14) - Robin Maymar will chair this one-time event. She passed around a clipboard for volunteers.

SAHS Scholarship Update - Robin Maymar reported that two @\$1010.00 scholarships have been given to the Department of Culinary Arts of St. Phillip's College. These were made possible by our 2012 Garden Tour funds. The college is to notify us of the recipients of these scholarships.

Cookbook Committee Update. Grace Emery reported the committee is aiming to get 200 recipes for the cookbook. The committee will reconvene in Sept. Recipe testers are needed.

Upcoming Field Trip — Rachel Cywinski, Program Chair, had sign-up sheets for this event on June 22 at 2:30 pm at tonight's speaker's shop, S.A.'s Gourmet Olive Oils, for oil sampling.



Rachel Cywinski introduced tonight's speaker, Christine Arrendondo, owner of S.A.'s Gourmet Olive Oils.



Program Notes: Gourmet Olive Oils!

Christine Arrendondo is a graduate of Harlandale Middle School and South San Antonio High School. As a career Marine, she has served two tours in Iraq. She found the benefits of olive oils from her travels around the world. She said it is not so important where olive oil is made but how it is made. Health benefits, flavor and freshness decrease over time. It is important to check the expiration date because olive oils can become toxic due to antioxidant levels decreasing and free radicals increasing. Polyphenols are antioxidants found all olive oils.



Oils are classified mild, medium and robust. Oleic acid is a free fatty acid (FFA) found in all olive oils. A low FFA is desirable because a high FFA gives indication of fruit that is damaged, over-heated during production, or delayed too long between harvest and crush. Besides checking the expiration date, checking the crush date is important. Olive oils should be kept in a dark bottle away from sunshine and heat.

Olive oils labeled as being from several countries may not be good because the time between harvesting and crushing may be too long. Freshness is guaranteed by acquiring olive oil every six months from the current harvesting hemisphere (northern or southern). Once it is produced, the oil is tested in the country of origin, then again in the U.S. (by the National Olive Oil Council) to verify its Ultra-Premium chemistry.

Q&A followed.

Rachel Cywinski thanked the speaker.

A nursery from St. Hedwig, *Thyme and Treasure*, passed fliers before the meeting advertising Texas natives, organic vegetables and herbs. (*Ed. Note: Thyme and Treasure is a new venture by long-time SAHS biz member, Nematode Nick's; see p. 8*)

Yvonne thanked the speaker. A reminder was given about next month's Share Meeting.

Meeting was adjourned by Yvonne at 7:55.

Submitted by Barbara Quirk, Secretary



From the Program Chair

Assistants needed

VP-Programs Rachel Cywinski is seeking two assistants who are willing to accept the responsibility of bringing the SAHS projector to each monthly meeting and help set it up between 6:00 and 6:30 p.m. Related duties include packing up projector after the each meeting and coordinating projector use with other SAHS members who borrow it to do presentations for the organization. Compensation includes getting to know our monthly speakers better! This is an EXTREMELY IMPORTANT position! Your valuable work will directly impact the quality of our programs. Yes, YOU ARE NEEDED! Contact Rachel at worldvisitor@rocketmail.com if you are willing to make this important contribution to San Antonio Herb Society.

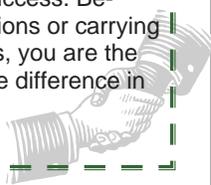
SAHS Speakers' Bureau

SAHS needs your help! We have many members who are able to share their passion for herbs in formal presentations, and have much to share about what they have learned using herbs. Do you have a presentation prepared that you would be able to do again with just a few days' notice? Do you have a presentation that you are preparing about herbs? VP Rachel Cywinski is creating a resource list of members who would be willing and able to immediately step in and help in the event that one of our speakers is unable to make it to a meeting. If you would be willing to help in this capacity, please send information about the topic(s) you can present to Rachel. Don't be shy! You are needed!

Submitted by Rachel Cywinski

Hearty Handshakes!!

To ALL our members who helped make all seven of the sales and outreach events this past spring such a success. Between your talents at answering visitors' questions or carrying signs on a float or making a few sales of books, you are the BEST! Every single person makes such a huge difference in all our events. Thanks so very, very much. Hearty handshakes all around!!



Happy 4th of July!
America is indeed Beautiful!

Cookbook, Vol III Committee Report

Goal is 200 recipes. Bring your recipes to any of the committee members: Barbara Quirk, Leslie Bingham, Robin Maymar, Marilyn Nyhus, Adrienne Hacker, Karen Lopez has joined the committee as the tasting chair. She will be at the July Share meeting to encourage members to help test / cook dishes which will be brought to the general meetings for taste testing. Recipe submittal criteria for the new cookbook:

Recipe Format

1. Recipe name & submitter's name
2. Origin (if interesting or applicable)
3. Ingredients list
4. Instructions
5. Comments (if any)

Evaluation Criteria for Recipes

1. Presentation and appearance
2. Use of herbs
3. Use of seasonal and/or fresh ingredients as possible
4. Taste

Send your herbal recipes directly to Grace Emery:
1415 Sage Run, SATX 78253 or gemery49@yahoo.com



Treasurer's Report, May 2014

Submitted by Robin Maymar, Treasurer

INCOME

Membership	\$0.00
Wine Basket raffle donations (5/7)	20.00
Wine Basket raffle donations (5/12)	43.00
Celebrate Herbs (Rainbow Garden event)	138.00
<u>Festival of Flowers</u>	<u>425.00</u>
Subtotal - INCOME	\$626.00

EXPENSES

Garden Center, attendant fee	\$45.00
Garden Center, rent	85.00
FedEx seals	21.63
<u>Spring Banquet expenses</u>	<u>144.72</u>
Subtotal - EXPENSES	\$296.35

TOTAL (Income-Expenses) \$329.65

ASSETS

Frost Cert. of Deposit	\$1,209.28
Frost Checking	7,475.03
Frost Saving	460.36
Scholarship Fund	3,116.72
<u>Cash on Hand</u>	<u>110.00</u>
TOTAL	\$12,371.39

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

'14 - '15 SAHS Board Officers & Members

Emily Sauls - Past-President

830-438-8314 H; kivuli@msn.com

Yvonne Baca - Co-President

830-537-4700 H; 210-313-8705; yvonne943@yahoo.com

Grace Emery - Co-President & Cookbook III Chair

210 875-6919 C, gemery49@yahoo.com

Rachel Cywinski - Vice President (Program Chair)

worldvisitor@rocketmail.com

Ann Rossi - Membership Co-Chair

210 422-8506 C; aspiring_annie@yahoo.com

Penny Cardwell - Membership Co-Chair

210-380-9755; p_card1@aol.com

Barbara Quirk - Secretary, Recording

210-828-0432 H; barbara.quirk@sbcglobal.net

Lenore Miranda - Treasurer Co-Chair

253-777-2979 C; tinkyny@earthlink.net

Robin Maymar - Treasurer Co-Chair

210 494-6021 H; 830 459-8415 C; robinmaymar@gmail.com

Mike Belisle - Publicity / PR

210-826-6860 H, mbelisle@satx.rr.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

Leslie Bingham - Co-chair, Hospitality

lesliegw@live.com

Margie Larkin - Co-Chair T-shirts, Cookbooks

Lynda Klein - Co-Chair T-shirts, Cookbooks

More Information

SAHS web page: www.sanantonioherbs.org

SIG-nificant Events

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

Culinary SIG I

Our June meeting found us in Boerne with Yvonne hosting at her friend Robert's lovely home. Egyptian cuisine was the theme, inspired by Yvonne's recent and fabulous trip there. Trying our hand at this exotic (for us!) food was so much fun, and Yvonne assured us that our dishes tasted like what she had sampled there.

We started with two delicious soups, the first called Nile split pea, unlike any split pea any of us had tasted. Flavored with fresh ginger, lemon slices, cilantro, cumin, cayenne and coriander, it was absolutely wonderful, with or without a dab of sour cream on top. A national favorite, *molokheva* (or jupe soup) was a favorite with us too. A combo of spinach and okra (close relatives to the Egyptian veggie, jupe) is served over white rice and topped with *basal mekhalel*, or pickled red onions. *Mezze*, little bites, included a refreshing and tangy white bean salad with a tomato-based dressing, and *dolmas*, stuffed grape leaves served with two kinds of herb-infused oil, and were welcome and tasty palate cleansers.

Koshary is an Egyptian street food eaten at breakfast, lunch and dinner (and as a snack too!). Made of rice, pasta, lentils, flavored with spices, onions and tomato, no two versions are exactly alike. Our two yummy versions proved that, and it was easy to see why this is a beloved national staple. Also a big hit with our group was an Egyptian beef stew, fragrant with cloves, cinnamon and cardamom, and served with either rice (our chef's choice) or pasta.

Dessert offerings were equally unusual and delicious. An almond bar cake was feather-light, served with a choice of simple syrup or whipped cream (or both!). *Khoshaf ar asali*, pumpkin pudding, was a wonderful combo of pumpkin, coconut, almonds, golden raisins, cinnamon and cardamom. What wonderful finales to our Egyptian culinary trip!

In addition to our normal catching up, the evening's entertainment included a charming piano mini-concert by Robert, and some up-close and personal encounters on the front lawn with a herd of beautiful and dainty deer who find sanctuary in this safe and peaceful setting. We understood why Robert is called "the deer whisperer"! It was a perfect ending to another super evening. Next month is a favorite annual summer treat, our ice cream party at Beverly's. Stay tuned!

Submitted by Jeanne Hackett

Healthy Living with Herbs SIG



The Healthy Living SIG meet on Tuesday June 17th at the home of Diane Lewis. The goal for the evening was to make a "Friendship Tea." Each member present brought a dried herb of their choice and gave a short class on the virtues, uses and growing tips for the SA area. Afterward, using each of the

herbs a tea blend was made of the combined herbs. The tea blend consisted of each members selection from all the contributions: lemon grass, sweet woodruff, blue lotus, elder flowers, olive leaf, spearmint. There was enough for everyone to take home a pint jar of this blend to enjoy and think of their SA Herb Association SIG friends until they meet again.

Submitted by Randy Mass

Texas Natural Living SIG



The Texas Natural Living SIG has been very busy this month. On Saturday, June 14th, we traveled to the Blanco Lavender Festival. The vendor's square was a great place to shop and to talk to many folks who grow and sell lavender in and around Blanco. We ate lunch across the street at Uptown Blanco, a classy restaurant with lots of lavender infused drinks and dishes. Then it was off to the only two farms left on the tour. As you may know, many lavender plants have succumbed to a fungus. Fingers crossed that they find a way to deal with this problem soon.

On June 19th, we met at Grace Emery's lovely home to talk about LEMON BALM. Grace gave a detailed presentation about this herb, complete with some mouth-watering recipes that I can't wait to try...apple strudel with lemon balm, roasted lemon balm chicken, lemon pasta, and lemon balm pesto/cookies/bread. And did you know that planting lemon balm deters many pests like squash bugs that plague so many gardens? It's true. Now I know why my squash have been producing so abundantly this year!

Our next meeting will be hosted by Diane Lewis and we are going to make some herb-infused vinegar. Last, we are happy to have Randy Mass join our SIG group this month! Welcome Randy!



For information, please contact Marilyn Nyhus (rudyardmar@yahoo.com) or Marguerite at mhartill@aol.com.

Submitted by Marguerite Hartill

Mad Hatters

The Mad Hatters are out and busy and decided to skip having a session in June. Linda reports she's looking for a suitable lovely tea room for the group in July. Interested in this group? Have an idea for a meeting location? Contact Linda at lnbdesignline@aol.com.

Submitted by Linda Barker

Weed-n-Gloat SIG

My last hurrah before I leave on Wednesday for Achill!

Robin Maymar and I met for the May Weed-n-Gloat on June 2nd, postponed because of Memorial Day in May.

We were met at the Herb Garden by a sizable crop of healthy weeds - due to the recent rains and muggy weather. Nonetheless, after an hour and a half of serious weeding and talking we had it all ship shape again. Our herb garden at the SA Botanical Garden is looking great!

Weed-n-Gloat is, as usual, on the last Monday of the month. Come out and be surprised at how much you know about herbs! Contact for Weed-n-Gloat during June and July is Leslie Bingham - call her if you have any questions.

Submitted by Jane McDaniel

(Ed. Note: Jane's off to Ireland for a summer on Achill Island, her & spouse Robert's retirement home. Look for a full report on the beauties of that spot when she gets back!)

Aromatherapy SIG

The Aromatherapy SIG met at La Madeleine where Frankie Campbell led a discussion on the energy of essential oils, and how their energies resonate with, and enhance, the energy in our bodies. Essential oils contain bioelectrical frequency (measured in MegaHertz—MHz). Synthetic and adulterated essential oils have little to no life force (energy) while pure essential oils can contain anywhere from 52 to 320 MHz of energy, therefore enhancing the life force in our bodies. Our next meeting will be July 8th, at 6:30 pm at La Madeleine on Broadway. Christine Sinick will talk about using essential oils on reflexology points on the feet.

This SIG meets at La Madeleine on Broadway. For info, please contact Jean Dukes @ 210 566 4379

Herbal Crafts SIG



Five of the Crafty Herbalists met today at Annette Millard's incredibly beautiful, artful & gorgeous home and garden (you have to see to believe but suffice to say Annette is an artist!!), myself, Diana Fox, Annette, Kathryn Seipp and Linda Barker were initiated into the ancient art of incense making by Annette. We learned some of the basics; I stress some, as there is certainly a great deal to learn. It was lots of fun and really instructive, and none of the participants will every again buy the commercial variety of incense - really just nasty chemicals masquerading as the real thing. We were transported back in time to the Silk Road and travelling caravans from the mysterious east carrying herbs and spices so rare that lives were lost over their theft or misuse. Evoking the imagery of ancient Egyptian temples and misty Celtic sea caves where wise women pored over the ingredients more costly than life itself, lending their healing smoke to rituals now lost to time and memory.

Each of us made up our aromatic concoctions under Annette's skilful hand as we sniffed our way through a

virtual cornucopia of aromas from the ancients: black, white and gold copal, jasmine, sandalwood, frankincense, myrrh, lemongrass, star anise, cedarwood, dragon's blood, musk, oakmoss, guggal, balsam - the list is endless. My first attempt was lavender, lemongrass, sandalwood and cinnamon. We learned how to grind, mix and fix with a variety of ingredients such as guar gum and mokka (hope I got the spelling on that one correct?). We formed them into cylinders around a strand taken from a whisk broom, small and large cones, slices, sticks and little balls.

To top off the morning, as usual there was a variety of delicious recipes from some of our best cooks, to satisfy our lunchtime hunger pangs. The company as always - goes without saying - was stimulating, the subject fascinating and the laughter constant.

Thank you, Annette. Another memorable crafty get together!

Our SIG continues to collect your unwanted Christmas decorations. These will be incorporated into our theme for the 2014 Christmas Banquet. You can bring them to the next general meeting. For more information, contact Lenore Miranda.

Submitted by Leslie Bingham

Culinary SIG II - Appetizing!

On Thursday, June 26, the Culinary SIG II met at the home of Bernetta Haden. The theme was Appetizers and,

as you can imagine, it was very appetizing. A Six-Layer dip with a south of the border flare was provided by Grace Emery; Pat Hauser made stuffed cucumbers and cucumber tea sandwiches.

Adrienne Hacker marinated chicken with a peanut sauce. A delicious ceviche was served by host Bernetta. Marilyn Nyhus did a mango salsa and some marinated chicken wings. J. Ann Bauerkemper brought a spicy, warm jalapeño cheese dip and Sandra Woodall made "cascarones": olive- and pecan-stuffed cherry tomatoes. But the surprise of the evening was Gloria Ortiz's dish of Roquefort Grapes, a very amazing taste.

The Culinary SIG II will have no July dinner but will return the 4th week of August on Thursday, the 28th, at the home of Sandra Woodall and co-hosted by Gloria Ortiz. Mint will be the theme.

Submitted by Grace Emery

Garden Happy Hour

Besides the gulf fritillary butterflies, 8 members of SAHS attended the Garden Happy Hour at the home of Diane & Rob Lewis on Saturday, 6/21. We sampled white wine sangria, cantaloupe with cucumber and basil agua fresca, and raspberry zinger iced tea. There was delicious food and lovely fellowship shared by all with lots of daylight, thanks to the summer solstice.

Submitted by Diane Lewis

Ed Note: **RSVP required for access to the Happy Hour.** Contact Robin at robinmaymar@gmail.com for information on the next Happy Hour.



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, SATX 78253
 (210) 688-9421
www.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 and Thyme & Treasure
Landscape Design & Installation
Organic Landscaping, Organic Fertilizing
 Nick & Leslie Vann
 3561 Kusmierz Rd.
 St. Hedwig, Texas 78152
 (210) 667-1500
www.nematodenick.com

Norm Hastings
Therapeutic Massage
 SATX
 210 435-4459 H
 210 860-4332 C
normhastings@hotmail.com

San Antonio's Gourmet Olive Oil
 Christine Arredondo
 1913 S. Hackberry, SATX 78210
 (210) 257-5946
<http://sanantoniooliveoils.com/>

It Makes Scents
Natural Health Counseling & Essential Oils
 Jean Dukes, RN, CNHP,
 Certified Aromatherapist
 (210) 566-4379
itmakescents@earthlink.net
www.youngliving.org/makescents

In-Home Senior Care and USANA Health Sciences
Nutritionals You Can Trust™
 Greg & Jinnie Perkins
 5805 Callaghan Rd. Ste. 205, SATX 78228
 (210) 256-2273
jinnieperkins@yahoo.com
www.inhomeseniorcare.net

San Antonio Yoga Center
 Randy Mass, ERYT, Studio Manager
 11011 Shaenfield Road, SATX 78254
 (210) 523-SAYC (7292)
<http://www.sanantoniogyogacenter.com>
randy@sanantoniogyoga.com

Hens to You
 Cheryl Morrissey
 Elmendorf, Texas
 210-635-7269
rosepink5@aol.com

Jupe Mills Feed
 14906 Bandera Rd., Helotes, Texas 78023
 (210) 695-3551
<http://www.jupefeeds-sa.com/>

Yvonne Baca, LMT
Holistic Health Practitioner: Therapeutic Massage, Lym-
phatic Drainage, Essential Oils, Reiki Master, Therapeutic
Touch, Akashic Record Consultations
 (830) 537-4700 H
 (210) 313-8705 C
yvonne943@yahoo.com
<http://www.boerneholistichealth.com/>

Heron's Nest Herb Farm
 Melanie & Fred VanAken
 1673 River Bend Dr., Blanco, Texas 78606
 (830) 833-2627
heronsnest@txwinet.com
www.heronsnestherbfarm.com

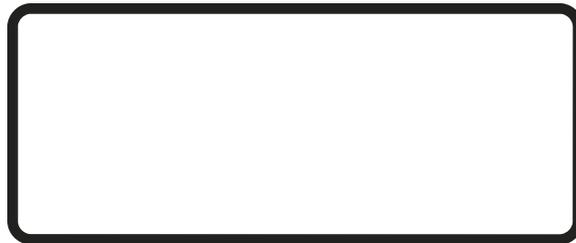
Lyn Belisle Studio
A Place of Creative Belonging
 Lyn Belisle
 1824 Nacogdoches Road, SATX 78209
 210.860.9468
www.lynelisles.com
lyn@lynelisles.com

The Human Path
Herbology and Wilderness Medicine Classes
 Sam Coffman & Suchil Coffman-Guerra
 210-807-0891
www.thehumanpath.com
Sam@thehumanpath.com

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

12/14

0615



PLEASE SEND TO:



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