



La Yerba Buena

THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 304, July 2015

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.

Thursday, July 09, 2015

Members' Annual Show-n-Tell and Share Session

Ever wondered what it is that our members enjoy doing in their <ahem> spare time and why they got started? SAHS is fortunate that our membership is so varied. Our people enjoy cooking, crafting, healing, gardening, researching, using and just plain enjoying herbs and related things. Items brought in past years include a bat house, bird seed blocks, hand-me-down jelly recipes, using Styrofoam coolers as "emergency" storage for plant cuttings or diggings while on the road, reminders that summer is a good time to buy canning supplies, ant repellent recipes, books, photos, great-uncle's spade, an old coffee can, do-it-yourself reverse-image tee-shirt art, and on and on.

Our July meeting will be a campfire-circle format wherein you'll get the short story of what everyone has to bring.

Do plan to come in July—the variety here is infinite!

Members whose names begin N-Q, 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 especially lovely this year and is located on the corner of Funston and N. New Braunfels.

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

Some Old-Fashioned Advice from the 1852 Old Farmer's Almanac:

To avoid fevers, eat moderately, drink sparingly, lie not down on the damp earth, nor overheat yourself; but keep your temper, and change your clothes as the weather changes.

Party Beverages—Think *Quality and Local* For your Summer Entertaining...

Think seasonal: Be inspired by local fruits, vegetables and herbs for mixers (juices), garnishes and infused syrups.

Think natural sweeteners: Organic cane sugar makes a great simple syrup and local honey or maple syrup works well in hot drinks. Organic agave nectar is trendy but it's not the raw, pure product most of us think it is; use only in small amounts.

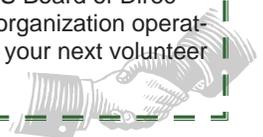
Think quality rocks: Use purified or filtered water to make better-quality rocks. For larger, more decorative, slow-melting ice cubes, use a muffin tin or special spherical mold.

Rethink disposables: It's more than what's in the glass, it's the glass *itself* that makes a cocktail—and also makes it sustainable. Invest in reusable glass barware (or high-quality acrylic for around the pool), and those plastic red cups will be a thing of the past. The same concept applies for stir sticks and straws: get quality reusables or substitute an edible stirrer such as a celery stick, cucumber or piece of sugar cane.



Hearty Handshakes !!

Many, MANY thanks to the outgoing SAHS Board of Directors. You all are the glue that keeps this organization operating through thick and thin. Best of luck in your next volunteer path! Thank you so much.



Did You Know...

An interesting item deserving a repeat explains those little stickers on the produce at the grocer's. "A four-digit number means it's conventionally grown. A five-digit number beginning with a 9 means it's organic. A five-digit number beginning with 8 means it's genetically modified."

Newsletter Deadline for August Issue

All materials for **August** due by **July 17**.

Hospitality Table

Schedule:

Aug: R-Z
Sept: A-M
Oct: N-Q
Nov: R-Z

Members' Sale Tables

Please contact the Program Chair to arrange for your tables at least two weeks in advance.

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Member Recipes

Here are a few of the items from the June hospitality tables.

Low Calorie Crunchy Cauliflower

Submitted by anonymous

Ingredients for coating:

- 1/2 head of cauliflower to make 4 C florets
- 2 C bread crumbs
- 1 tsp taco seasoning
- 2 eggs, beaten
- 1 tsp mustard

oil spray

Ingredients for Dip

- 1/2 C marinara
- 1 Tbs creamed horseradish
- freshly ground sea salt and black pepper to taste

Directions

Preheat oven to 400°F. Spray a baking sheet with oil and cover with parchment paper.

Prepare the cauliflower (wash, drain and break into florets). Beat 2 eggs into a bowl; add 1 tsp mustard. In a separate bowl, combine the breadcrumbs and taco seasoning. Dip each floret into the egg mixture, then into the breadcrumbs. Place on baking sheet and bake for 15 to 20 minutes; turn about halfway through. Heat marinara sauce and blend in horseradish. Serve immediately.

Chicken Enchiladas

Submitted by Margie Larkin

Ingredients

- 1 (12.5 oz) can chunk chicken
- 1 (3 pz) can copped green chilies
- 1 (10 3/4 pz) can Campbell's Creamy Chicken Mushroom soup

- 1 C sour cream
- 1 C cheddar cheese, shredded + 1 1/2 C more for topping
- Jalapenos or salsa to taste
- 12 flour tortillas

Directions

In a medium mixing bowl, combine the first 6 ingredients and blend well. Fill each of the tortillas with mixture and roll tightly. Place closely (side by side) in a Pyrex baking pan. Bake for 30 minutes at 350°F.

Alternate method: Use a baking dish that fits in your microwave oven. Microwave on high for 12 minutes. sprinkle with 1 1/2 C grated cheddar cheese; microwave 3 more minutes.



Baked Salmon Meatballs w Creamy Avocado Sauce

Submitted by anonymous

Ingredients for meatballs:

- 1 lb skinless salmon, cut into chunks
- 1/2 medium onion, grated
- 1/4 C + 2 Tbs whole wheat breadcrumbs
- 3 Tbs minced cilantro
- 1 egg white
- 2 garlic cloves, minced
- 3/4 tsp salt
- 1/2 tsp ground pepper

- 1/2 tsp paprika
- 1/2 tsp ground oregano
- Ingredients for sauce
- 3/4 avocado, skin & seed removed
- 3 Tbs fat-free plain Greek yogurt
- 1 clove garlic, minced
- 1/2 lime, juiced
- 5 Tbs water
- 2 Tbs minced cilantro
- 1/4-1/2 tsp chipotle chili powder
- 1/4 tsp salt or to taste
- 1/4 tsp ground pepper

Directions for meatballs

Preheat oven to 350°F. Coat a large baking sheet with oil or cooking spray. Place the salmon in a food processor; pulse until finely chopped, scraping down the sides as necessary. Transfer to a large mixing bowl. Add onion, breadcrumbs, cilantro, egg white, garlic, salt, pepper, paprika and oregano. Stir to combine. Use a 2-Tbs portion of this mixture and form meatballs by rolling between the palms of your hands. Place on and space evenly across the baking sheet. Bake until the meatballs are firm to the touch and cooked through - about 15 to 18 minutes.

Directions for sauce

In a food processor or blender, combine the avocado, yogurt, garlic, lime juice, water, cilantro, chipotle chili powder, salt and pepper. Blend until smooth.



From the archives:

Fig Soda

submitted by Sheila Mangra

Fig soda: pureed figs plus sparkling mineral water plus sweetener.

Pasta with Uncooked Tomato & Basil Sauce

submitted by Jeanne Hackett (my favorite summer supper entree)

- 6 ripe plum tomatoes (about 1 lb)
- 3-4 cloves garlic, minced
- 1 C shredded fresh basil (loosely packed)
- 1/2 C chopped fresh flat-leaf parsley
- 1/2 C olive oil
- 1/2 tsp dried red pepper flakes
- 1/2 tsp salt

freshly ground pepper, to taste

2/3 lb (10 oz) Linguine or spaghetti

Core the tomatoes and cut in half horizontally; gently squeeze out the seeds. Dice into 1 inch pieces & place in a medium bowl. Add all remaining ingredients except pasta. Toss well and let stand for at least 2 hours. (May also be prepared further in advance, covered and refrigerated up to 24 hours.) Bring to room temperature before proceeding with the recipe.

Cook the pasta according to package directions to al dente. Drain well and return to pot or large serving dish. Pour on the sauce, toss and serve. When the dish is served, it tends to be warm rather than hot. This is fine and the flavor will gain as a result.

Serves 4 and doubles easily.



Over the Fence... 2015 Program Line-up



SAHS online calendar:

<http://www.sanantonioherbs.org/Calendar/CALENDAR.htm>

Jul: Annual Members' *Show-n-Tell and Share*

Aug: to be announced

Sep: Cheryl Koch Lehman, Koch Gourmet Country Store

Have ideas or contacts for new programs?

Know a great speaker for an interesting herbal topic? Contact any Board member with your suggestions and contacts. Let's complete the list for 2015!

Next Board Meetings

July 27, 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.

Remember: ALL Members always Welcome!

Next Bylaws Review Meeting

July 16, 6:30 pm Please contact one of the Board members for information on location prior to the meeting day. We especially welcome members with parliamentary experience.

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

Rainforest exhibit thru September. Maze leads guests on an educational experience.

The Garden is open year-round, 9am to 5 pm.

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

SA Garden Center

For information, call 210-824-9981 or see

<http://sanantoniogardencenter.org>

Texas Native Plant Society

Chapter meets every 4th Tuesday, Lions Field Adult Center, 2809 Broadway. Native plant and seed exchange at 6:30 pm, followed by speaker at 7:00 pm. website:

<http://sanantoniochapter.wordpress.com/> or contact via email: npsot.sanantonio@gmail.com

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/>

Bexar County Master Gardeners

Contact 210-207-3278. or [http://](http://www.bexarcountymastergardeners.org/)

www.bexarcountymastergardeners.org/

Guadalupe County Master Gardeners

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.

SA Rose Society

San Antonio Rose Society meets second Mondays at 7 pm at the Garden Center. Public is welcome.

For more information, see www.sarosesociety.org or call Meg Ware 210-698-8440

Submitted by Peggy Jones, Publicity, SARS

Gardening Volunteers of South Texas

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

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

Alamo Area Conservation Workshop

August 28, 8:30 am to 4:30 pm @ Phil Hardberger Park Texas A&M AgriLife along with Bexar County Master Gardeners and Alamo Area Naturalists present this workshop for small acreage landowners, homeowners, etc. Workshop will provide educational programming along with Q&A time. Various certification credits may be applicable. Workshop cost is \$20/\$25 at the door. Lunch included. Public is welcome. For more information, see www.texasconservation.org or call Angel Torres 210-467-6575

Gift Basket Raffle: Drawing in July!!!

Have you bought your raffle tickets yet? Need another one or two? Get to the meeting EARLY and get another couple! The basket to be drawn at the July meeting contains lots of cool stuff for a warm summer's day picnic: beach towels, plates, cups, doodads...did we mention the wine?



So, get another ticket for your self and an extra one for your neighbor! See you in July!

Used Books = Fresh Treasures!

Charlene Swofford and Karen Lopez are coordinating bringing the used books to each meeting for your shopping convenience. Here's a short list from recent donations

THE LIFE CYCLE AND MAN - MALCOLM BECK

HOW TO KNOW THE CACTI

GARDEN PRIMER

DRIED FLOWERS HOW TO DRY THEM

PIONEERING WITH WILDFLOWERS

THE GARDEN GATE

SUNDAYS AT MOOSEWOOD RESTAURANT

LEGENDS OF TEXAS BARBECUE

THE THREE-INGREDIENT CB

60-MINUTE GOURMET

MAKING YOUR OWN GOURMET COFFEE DRINKS

FISH ON THE GRILL

THE COOKING OF JAPAN

LOUISIANA COOKING

A COOK'S TOUR OF SHREVEPORT

STOP & SMELL THE ROSEMARY

AMERICA'S TEST KITCHEN

BEHIND THE SCENES @ AMERICA'S TEST KITCHENS

ENERGIZE YOURSELF

SA Express-News Garden Features Column

The SA E-N is still accepting names of members who're willing to have their gardens featured in a column. They're looking especially for gardens with a theme, topic, purpose, special end-use or whatever.

Contact Grace Emery gemery49@yahoo.com

Remember Savory is Herb of the Year...

How have YOU been using Savory in your cooking and healthy and tasty living this year? Let us hear about it!



Minutes from June 11, 2015

General Meeting

The Meeting was held at the San Antonio Garden Center. Social at 6:30 P.M. everybody enjoyed the hospitality table.

7 P.M. Meeting called to order by President Leslie Bingham, who gave introductory speech thanking all for her post. She also thanked everyone for the delicious food and beautiful hospitality table and welcomed visiting guests and new members, Mr. and Mrs. Richard Rivera.



Reminder: Friday 19 recipes and articles are due for the newsletter to be sent to Joe-Beth's e-mail address.

Joe-Beth talked about selling raffle tickets for the basket among our friends and coworkers, 1 for \$3.00 or 2 for \$5.00. A beautiful basket was shown. Winning ticket to be drawn at the July meeting.

Basil Fest successful thanks to volunteers, raise \$1,000.00 for Haven for Hope.

Welcome new secretary Gloria Ortiz.

Tonight's meeting is about our Special Interest Groups.

Mad Hatters=Enthusiasm and History about herbal teas=Linda Barker.

Aromatherapy=Therapeutic use of essential oils=Jean Dukes and Yvonne Baca.

Crafts=Eclectic arts and crafts working with natural elements=Kathryn Seipp and visiting sister.

Healthy Living=Promotes health with the use of herbs and natural remedies=Joe-Beth, Marilyn Nyhus, Diane Lewis.

Weed and Gloat=12 years planting, caring and growing herbs at the S.A. Botanical Garden = Jane McDaniel.

Culinary SIG II=All kinds of unique recipes, with the use of herbs=Don & Trini Reiter, Sandra Woodall.

Next month July Meeting=SHARE and everybody invited.

Meeting adjourned at 8:15 P.M.

Submitted by Gloria Ortiz, SAHS Secretary



SIG Presentations



The SIGs various descriptions may be found on pages 6-7 of this newsletter. Meantime, let the photos speak for the fun at the presentation meeting!



In Memoriam

Some of our long-time members will remember Virgil and Bertha Meier. Herbie people, avid gardeners, bee-keepers, square/round dancers and just all-around good folks, Virgil and Bertha participated as volunteers in many activities. Virgil passed away a very few years ago; Bertha on June 12 this year.

SAHS sends our most heartfelt condolences to the family..

Membership

About 40-50 attendees at the June SIG meeting.

We need volunteers to meet & greet our members and guests at each meeting's social time. Please contact Robin to help out.

New nametag system...

Don't forget: your nametag will be available to you at the door at the beginning of each general meeting. Pick up the nametag, wear it with pride, turn it back to the membership desk before you leave for the night. Extra name tags will be available for those volunteers working at one of our events.



SAHS Constitution and Bylaws

Earlier this spring, the Board determined that our bylaws could stand a review and possibly updating. A group of volunteers has met a few times to discuss the items within those documents requiring attention. This is NOT a closed committee or effort. This group welcomes your input. It especially welcomes those persons who are well-versed in standard parliamentary procedures.

The idea is to make our governance timely yet broad enough to allow the Board to make decisions that will benefit the entire organization and encourage its growth. Please contact any board member for information.

Preserving your Herbal Bounty

Preserving herbs grown in your own garden may initially seem like a lot of work. Once you try it a few ways, you'll see that most of the work is in the preparation to allow the drying to take place.

Before you get started, make sure you know which part of the plant to harvest. Depending on the botanical, you may be harvesting the leaves, the flowers, the seeds, the roots, the rhizomes, or another part of the plant. This, in turn, determines WHEN the harvest occurs. Think about the point in your plant's life when it's generating the most energy; that's when the plant's essential oil will be most potent.

Here's a general rule of thumb for harvesting:

Herbs: Pick your herbs in the morning, after they have a chance to dry some of the accumulated dew from the evening. Pick the herbs before the sun's heat reaches its peak.

Foliage: Pick when the plant is beginning to form buds.

Flowers: Pick when the blooms have just begun to open.

Here are a few common ways to dry your harvested herbs:

Bundle. Use this method with "tough" herbs like mint, rosemary, sage; the herbs that are hardy and strong. Secure a handful of the stems in a bunch with a rubber band. Hang the bundle in a cool, airy room away from direct sunlight, possibly in a garage or a basement.

Screen Dry. This is a great way to dry parsley or basil in large amounts. Take one screen, spread the herbs in one layer, and then add a second screen on top. This second screen is optional but allows for easily flipping of the herbs every couple days, for about a week.

Hint: Want to test if your herbs have actually dried? Try the "Jar Test!" Load your dried herbs into a glass jar, secure a lid on top, and wait to see if any foggy moisture builds. If so, your herbs need a couple more days of drying before they're crisp and ready for consuming. It's very important that you completely dry your herbs to avoid bacteria growth.

Freeze. The freezing method is great for preserving herbs, but they tend to lose their texture. This is where the fun begins; you have the ability to get very creative in the freezing process and combine herbs with your plentiful vegetable harvest. Try combining squash and oregano, tomato and basil; sauces and soup bases are great when prepared in ice cube trays for easy measuring later.

Treasurer's Report, May 2015

Submitted by Karen Lopez, Treasurer

No report available as of press time.

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.

'15 - '16 SAHS Board Officers & Members

Leslie Bingham - President

lesliegw@live.com

Grace Emery - Vice-President / Program Chair
210 875-6919 C, gemery49@yahoo.com

Robin Maymar - Membership Chair
210 494-6021 H; 830 459-8415 C; robinmaymar@gmail.com

Gloria Ortiz - Secretary, Recording gloria4clarins@yahoo.com

Karen Lopez - Treasurer i_quilts@yahoo.com

Mike Belisle - Publicity / Speaker's Bureau Contact
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 - Hospitality and Weeder Extraordinaire
210-930-1026 H

Leslie Bingham - Hospitality

Yvonne Baca - Immediate Past President
830-537-4700 H; 210-313-8705 C; yvonne943@yahoo.com

Margie Larkin - Co-Chair, SAHS New Merchandise

Lynda Klein - Co-Chair, SAHS New Merchandise

More Information

SAHS web page: www.sanantonioherbs.org

Our website contains an archive of past newsletters, membership and book order forms PLUS includes a PayPal link for your convenience.

SIG-nificant Events

Most of our SIGs gave presentations for our June meeting. Here are outlines and/or reports.

Culinary SIG I

As has happened so strangely often when our SIG meets, there was rain coming down hard on the evening of our get-together. And not just any rain but, as the Weather Channel described, rain of biblical proportions. Planning to meet at Pasha, a Middle Eastern restaurant that would give our host Yvonne a culinary replay of her most recent travel adventure and chance for the rest of us to hear about it, the rain interfered. After a lot of phone calls, we cancelled this month's meeting in the interest of safety.

Next month, we meet at Beverly's for our now annual mid-summer treat, an ice cream dinner. And yes, our SIG has had rain in past third Wednesdays in July when we gathered to celebrate ice cream. Let's hope we keep dry next month. Stay tuned!

Stay tuned!

Submitted by Jeanne Hackett

Herbal Crafts SIG



For their contribution to the SIG display at the June general meeting, the Craft SIG brought lots of examples of their recent projects including bottle cork key fobs, poly-clay plant markers, fired clay bowl, hand-made papers and recycled cd mobiles.

The SIG met later in June at Marilyn Nyhus' house. Diana Fox showed us how to up-cycle plates, bowls, vases and knick-knacks into Garden Totems. They make eye-catching yard ornaments that reflect the sun and catch your interest in key spots in the garden. Just be sure to let the glue dry thoroughly!

If any of you would like to be part of our SIG, please contact either Leslie at lesliegw@live.com or Kathryn at kseippccc@aol.com. New members are *always* welcome.

Submitted by Kathryn Seipp

Healthy Living with Herbs SIG

In June, we put together a little outline of what our group has done over the past almost 15 years together. We started out as a Medicinal SIG and planned each year's meetings around such topics as major body systems, teas for healing, tinctures and flower essences. Over time, we evolved and decided to let the name reflect those changes, thus the Healthy Living moniker. We now tap into a broad range of topics, all centered on healthy living with herbs. We still sit and study and discuss along with taking a field trip from time to time.

We have room for new members, so get in touch—we love company! We ask that new members to commit to staying with the group for a year as we all take turns preparing for and presenting at least one "class" during that time.

Submitted by Joe-Beth Kirkpatrick

Culinary SIG II

We met at the home of Robin Maymar on June 25th for a feast from India. The group welcomed four new members as a result of the June SIG presentations meeting. Grace Emery

made varynoon palata recipe which was a spicy vegetarian dish with Indian bread called Phulkas. Gilda and Dean DeBenedictis made some heart-healthy dishes: bulghur wheat salad and chickpea salad with mint dressing, both of which were cold and delicious. J. Ann Bauerkemper made a curry rice with raisin dish that she made from scratch; both presentation and taste were excellent. Adrienne Hacker surprised the groups' palates with a spicy shani kabob masada and Indian nom bread. A savory mulligatawny (with chicken) soup was brought by Karen Lopez. Pat Hasser, visiting from Ohio, made a great sunflower seed cookie that tasted like snickers. Trina and Don Rieter unfolded an artichoke hearts rice baked to perfection with Indian spice. Sandra Woodall's Bryani was made delightful with fresh mint chutney. Robin served a wonderful and eggless chilled mango custard. The two surprises of the night were from Mary Beth Wilkins, a cold chicken curry salad (my new personal favorite) and from Gilma and Gary Bobele, a lovely wheat pasta/raisin dessert and a sweet vermicelli with saffron and nuts (similar to a rice pudding).

We are on vacation for July. In August, we'll meet at Trina and Don Reuter's for a seafood event on August 27th.

For SIG meeting information, please contact Grace Emery at 210 875-6919 C, or gemery49@yahoo.com

Submitted by Grace Emery

Mad Hatters

Even with Tropical Storm Bill on its way, the Mad Hatters would not be deterred from having tea. Those that braved the possibility of the forecasted rains met for a wonderful lunch at Crumpets.

With June being National Iced Tea Month, most of us started out with a wonderful hibiscus iced tea; others had a traditional hot tea. After much visiting and lots of conversation, we placed our lunch orders and began our discussion of teas.

Sassafras was my topic for this month's lunch. My research led me to all kinds of information about sassafras tea. Who knew that there is so much good and bad about sassafras? From its extreme toxicity to its nostalgic taste, we all shared what we knew about this old tea and flavoring with some very interesting and surprising information.

Next we moved on to our tea sharing. Mad Hatters are real tea lovers; we were able to swap and share from every kind of tea you can imagine. There were several fruity teas, a hibiscus sangria, green teas, herbals, chi, Assam, Irish cream tea, bagged, loose teas and individually wrapped and on and on. We picked possible new favorites to try or whatever caught our fancy. Also shared were places to shop and find different brands and types of teas.

Our tasty lunch selections ranged from a rosemary chicken, shrimp & chicken salad, hamburger/fries, eggs Benedict, tortilla soup, salad and fresh-made warm croissants.

The food was wonderful and we ended our time at Crumpets by visiting the onsite bakery for some tasty baked goods to take home. We had a very nice, peaceful afternoon in a beautiful garden setting.

We wish Jane a wonderful, safe trip as she heads to Ireland for the summer. AND....the Mad Hatters give a warm welcome to a couple of our new members, Gloria & Marsha. We will skip meeting in July & get back to our usual antics in August.



Tea quote for this month.....

"Conversation without tea is like a night sky without the stars & moon."

Have a Wonderful summer everyone!

Interested in having tea with us? Contact me at

lnbdesignline@aol.com.

Submitted by Linda Barker

Weed-n-Gloat SIG

Overview:

The SAHS Weed n Gloat team has taken care of the Herb Garden at the SA Botanical Garden for the past 11 years. We plan the plantings for Spring and Fall, weed, plant, cultivate and generally take care of this plot between the Rose Garden and the Old Fashioned Garden. An added joy is meeting visitors to the Botanical Garden and the Herb Garden in particular, who have questions and queries about herbs and their uses. Another added enjoyment is that all Weed n Gloat team members are official SA Bot Garden volunteers, and with that have free access to the Botanical Garden at any time. We are 12+ herbal enthusiasts who love to get together on the last Monday of the month at the Herb Garden, from 9 - 10 am during the hot months, and from 10 - 11 am during the cooler months. You do NOT need to be a herbal expert to be a Weeder! We usually meet for lunch afterwards at a nearby café or restaurant.

Contact Jane for more information: janesirish@att.net

Submitted by Jane McDaniel

June's meeting:

The team met at the San Antonio Botanical Garden on June 29th to get the weeding job done. We had two new members there recruited from the June SIG presentations meeting. Lisa Kelly and Margie Larkin



were very instrumental to getting the day's job done. The other members cleaned the area, trimmed the overhanging herbs and of course there was a little gloating about the great results. We continued our meeting at the Central Market with some ice cold beverages.

We will meet again on Saturday, July 11th, at 9 am to get the mint under control, fix a few bare spots and do some general spruce up. Everyone is welcome to come help.

The next regularly scheduled Weed and Gloat will be on July 27th at 9:00AM at the herb garden.

Submitted by Grace Emery

Texas Natural Living SIG

This day-time meeting group is on hiatus for a little while, regrouping after ill health or members' moving away.

For SIG meeting information, please contact Marilyn Nyhus (rudyardmar@yahoo.com).



Ginger Mint Soda

Keep this flavorful concentrate and some club soda on hand in the refrigerator for making fresh-tasting sparkling beverages.

Ingredients

3 qt water (12 C)
1 lb fresh ginger: unpeeled & chopped in small pieces
1/4 C ginger mint leaves, washed & chopped
3 C sugar
2-lb honey
1 C fresh lemon juice

Fresh ginger mint leaves for garnish

Club soda

Directions:

Bring the water to a boil in a large nonreactive pot; add the ginger. When the water returns to the boil, reduce the heat and simmer, covered, for 20 minutes. Add the chopped mint leaves, sugar, and honey. Turn down the heat as low as possible, stir to dissolve the sugar, and heat gently for 15 minutes. Remove the pan from the heat and let the mixture stand, covered, for several hours or overnight. Strain and stir in the lemon juice. Cover the concentrate and store it in the refrigerator.

To serve, combine 1/4 to 1/2 cup concentrate and 1 cup soda in a large glass. Add ice and garnish with fresh mint leaves or a lemon slice as preferred.

Makes 1 gallon concentrate.

Egypt Calling

Yvonne Baca recently took an extended trip to Egypt and has promised a report soon. Don't touch that dial!!

Ireland Calling

Jane & Robert McDaniel are again spending their summer on Achill Island off the west coast of Ireland. Jane will be BUSY volunteering there with various activities and events and story-telling and doll-making and selling. SAHS anxiously awaits photos and stories from the garden on Achill!

Thyme & Treasure and Nematode Nick's

SAHS, Nematode Nick's has decided to close their retail store, Thyme and Treasure, as of June 20th. Sorry to see that, it was a neat little place.

Nick's IS STILL open for landscaping. In fact, they're looking for help—landscaping laborers, to be specific. Lots of work, 9\$/hr. Please call and inquire.

SAHS, please pass this request along to those you think would be interested.

Aromatherapy SIG

Yvonne and I are talked about EO adulteration, using lavender as an example. We had several varieties of lavender for people to smell, and it gave them a real good idea of the differences in quality.

We also talked about the three main ways EOs can be used:

Aromatically
Topically
Internally

For more information, contact Jean Dukes at 210-566-4379 or itmakescents@earthlink.net

Submitted by Jean Dukes

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
drldesigns@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
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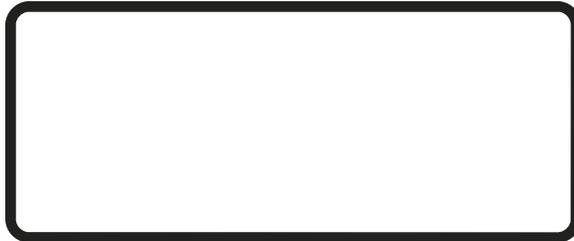
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