



La Yerba Buena

THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 316, July 2016

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 14, 2016 It's Time to Tell...

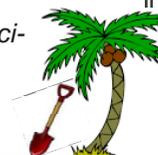


A book, a plant, a trip, an event, a tool, a program, a class, a workshop, a food, an animal, a garden, a place, an artwork... the list is, well, endless. What new something have you discovered this past year?

Our July Program is our annual Share Meeting - and it's all about YOU. Our members take turns sharing various information about herbs. 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 neighbors and friends. So come share a story, article, recipe, or little known fact. This meeting is always fun and we guarantee that you will learn something new along the way.

Members A-M, please bring a treat 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 located on the corner of Parland and N. New Braunfels.



Raffle Basket:

Summertime Sangria

Ahhhhh... What better way to wind down a hot, sultry summer day than with a nice cold glass of fresh, fruit-filled sangria?



Our summer raffle basket is filled with those things you'll need to create the best pitcher-full of goodness your patio party guests have tasted in a long time. Aside from the obvious wine, we've include the fizzy water to make it sparkle and a generous bag of fresh fruit

suitable for that pitcher (lemons, limes, oranges, berries....)

We've also added the accoutrements to get it all prepared: cutting board, peeler, knife, towel, bottle opener, etc.. When the prep's all done, the basket will hold plenty of your additional fingerfoods and treats once you've got that sangria chilling in the fridge.

This raffle is a small way SAHS can add a little to the treasury to help fund the things you expect when you walk in the door at every meeting. We appreciate your contribution to our efforts.

Tickets are \$2 each or buy 3 for \$5 and are available until **August 11** at the general meeting. We'll draw the winning ticket that night. Need not be present to win.



Web and Newsletter News

Need assistant web master

Need assistant newsletter editor

Why? Both of us (Lyn and Joe-Beth) either travel or have elder parent care requirements aside from our regular day jobs. For information to make it to the web site, calendar or newsletter in time for appropriate publication, we, at times, need an extra set of hands.

Calling all herbal techies!

If you have access to the web and are reasonably well-versed in the use of various publishing "tools", please get in touch. Volunteers need a bit of knowledge about webpage updating, FTP and HTML. It's fun and doesn't take a lot of time, plus you get to be the first to get the latest news! Sometimes all we need is someone to help collect and edit information before we hit that big ol' "GO" button.

Hospitality Table

Schedule:

Aug: N-Z

Sep: A-M

Members' Sale Tables

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

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

Members Munch

Here are a few of the items from the June session:

Breakfast Casserole

Submitted by Mike Belisle

Ingredients

- 1 can biscuits, cut into quarters
- 5 eggs, slightly beaten
- 1/4 C milk
- 1 1/2 C grated cheese (your choice)
- 4 scallions, chopped
- 1 bell pepper, chopped (alt: handful of miniature sweet peppers)
- 1/2 lb bacon, chopped and cooked crisp

Directions

Spray a 9x13 baking pan and line with the cut-up biscuits. Stir together the beaten eggs and milk; pour over the biscuits. Sprinkle the cheese, scallions, pepper and bacon over all. Bake at 350oF for 30 minutes.



Other Treats on the Tables:

Eggplant Parmesan

Gilma & Gary Bobele

Cold Salmon Loag with Arugula Topped with Harvest Peach Hatch Pepper Sauce

Dean & Gilda DeBenedictis

Tofu w/ Mixed Vegetables

Gilma & Gilda's friend

Brown Rice

Gilma & Gilda's friend

Jalapeno Corn Bread

Martha Valdez



Another good, time-tested summer treat:

Homemade Popsicles

Mix up a package of your favorite flavor of Kool-Aid and pour into small Dixie cups or into washed-out single-serving yogurt or pudding containers (those multi-pak yogurts are great for this). Wait until partially frozen and insert popsicle sticks into the slush. Set back into the freezer until frozen solid. Remove, dip the cup into warm water for a few seconds then slide 'em out of the mold and enjoy the cold! Experiment with the addition of small amounts of fruit dice or puree or even a little bit of pudding. Have fun with the wide variety of colors and flavors—just have fun with it. Yum!

And for when you've been outside doing all that relaxing yard work and garden-tending... cool off on the outside with this handy spritzer from member Sandra Lyssy

Chillin' Out Brew

After a long day in the yard, a few spritzes of this brew will make you feel as cool as a cucumber!

2 tsp witch hazel tincture

10 drops of peppermint essential oil

12 drops of lavender essential oil

Combine these ingredients with enough water to fill an 8-oz spray bottle. Use as needed. Store in refrigerator for an even chillier chill-out!



Well, you can't say we don't put on a good spread!!

Thanks again to all who bring the treats and snacks for our hospitality tables every month! SAHS has some of the best and most creative culinary artists in town.

Anticipating a Raffle Basket: Basic Sangria

Ingredients include these basics: brandy, lemon juice, orange juice, sangria (or other red) wine, triple sec and sugar (or a flavored sugar syrup).

Fruit slices/chunks/pieces typically include citrus (lemon, lime, orange) but might also include slices of apple, peach or strawberry. whole berries or cherries or maraschino cherries. Garnishes include perfect slices of select of the above fruits or perhaps sprigs of an appropriate herb such as mint or lavender.

Optional: sparkling water or club soda

To prepare your sangria punch, mix together the chosen wine, liquor, juices and syrup with a couple handfuls of fruit and set in the frig overnight for the flavors to develop.

Just before serving, strain the punch and discard all solids. Pour the sangria into a chilled serving pitcher and add fresh sliced fruit and mint. Add club soda or sparkling water immediately before serving for a delightful fizz.

The internet is rife with recipes of all sorts—you can hardly go wrong with most any combination of fruit. A random search produced some of these recipe titles (and ingredient combinations): Rose Grapefruit, Roasted Cherry, White Peaches and Cucumber, Watermelon Raspberry, Pineapple, Ginger, Apple Cider, Strawberry Satsuma Champagne.

Are you thirsty yet?

Interesting workshops by the TAMU AgriLife Extension services

The TAMU extension service offers a series of workshops throughout the year under the heading of "Backyard Basics". Classes and workshops are held all around Texas' south central area and can include topics from raising poultry or rabbits to canning jams and jellies to more serious water collection and conservation techniques. The system runs classes for junior master gardeners (for teens) and sponsors summer camps for youngsters (this July, there's a camp on entomology!). Start 'em young!

Check their website <http://bexar-tx.tamu.edu/backyardbasics/> or call the Bexar county extension office on Cherry Ridge at 210-467-6575 for more information.

Over the Fence...

2016 Program Line-up



SAHS online calendar:

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

Aug 11: Grace Emery, Garden First Aid

Sep 8: pending

Oct 13: Diane Lewis/Lien Wilcox: Vietnamese cuisine

Oct 15: Annual Herb Market @ Pearl

Nov 10: pending

Dec 8: Winter Holiday Dinner

Have ideas or contacts for new programs?

Know a great speaker for an interesting herbal topic? Contact Adrienne Hacker with your suggestions and contacts.

Let's complete the list for 2016!

Next Board Meetings

July 25. Please contact any Board member to place an item on the agenda or for location or other details prior to the meeting day.

Remember: ALL members always welcome!

Bylaws Review Sessions

Please contact any Board member for information on these sessions. We especially welcome members with parliamentary experience. The group is working to clarify and update several sections of our existing Constitution and Bylaws.

SAHS Publicity Needs YOU

Every month, SAHS provides meeting info **flyers on our website and via email**. You can help our membership grow!. Be a part of our publicity group and help us meet new friends and fellow herbies. Get with any board member for details.

Speakers Bureau needs you, too.

Do you enjoy talking to folks about various herbal topics? Cooking, gardening, healing, crafting—these topics are all welcome by our various audiences. Currently, members Jane McDaniel, Diane Lewis, Grace Emery and Leslie Bingham have done quite a few of these presentations. Visit with any one of these fine ladies to get the gist of what we do.

To put your name on our Speakers list, contact any Board member.

Fundraising ideas needed

The SAHS Board is experimenting with a couple different products (aside from our usual books) to sell at the various events we attend. Recent consumable products tested include herb jellies, dried herb blends, salt-and-herb blends, herbal vinegars and soaps. These products require a little different thought in the making, selling and storing. SAHS is also still on the path to publish a smaller cookbook that echos our "Twelve Best Herbs for South Texas" handout.

What are your ideas? How would you implement them? Come bring your ideas and plans to the Board and let's get things rolling!

Membership and a Telephone Committee

Remember 'phone trees'? This is a time-tested method of keeping our membership informed of the happenings in the Society PLUS it's a great way to confirm volunteers for our various events and projects. Many folks enjoy helping out from the comfort of their home—a method that benefits us all. Please contact any Board member.

Other Clubs:

SA Botanical Garden Events

Winged Wonders. San Antonio is an Official Monarch Waystation and is the only Monarch Butterfly Champion City. Family Drop-In Programs, free with admission; Saturdays from 10am – 12noon. July 23, August 13, August 27, September 10, September 24, October 8, October 22.

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

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

SA Garden Center

Regular meetings are every first Wednesday; coffee at 9:30am - program afterwards.

For information, call 210-824-9981 or see

<http://sanantoniogardencenter.org>

Texas Native Plant Society

Meets 4th Tuesdays.

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

contact via email: npsot.sanantonio@gmail.com

or contact Meg Inglis at 512-589-1316.

Gardening Volunteers of South Texas

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

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

Comal Master Gardener program

Third Mondays starting at 6 pm 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

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.

Bexar County Master Gardeners

BCMG general info

www.bexarcountymastergardeners.org/ or call 210-207-3278

SA Rose Society

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

SARS is now on FACEBOOK. Come visit us on Facebook at <https://www.facebook.com/SanAntonioRoseSociety/> and enjoy pictures of roses and learn about upcoming garden events!

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

Ed. Note: SAHS, remember that we have a booklet on roses as herbs published back in 2012 when the rose was herb of the year. This book makes a great gift to your friends who like both roses and herbs! Get one soon.

Minutes from June 9 2016

General Meeting

Introduction: The meeting was opened at 7pm by Grace Emery, President. Attendees were reminded to silence or turn off cell phones

1. New members and guests were acknowledged
2. Hospitality "thank-you" and thank you to those of the members who brought food for this evening. For next month A thru M can bring a dish to share.

3. The merchandise tables:
member Pat Hasser from Ohio, selling Military Appreciation bracelets @ \$5.00 each (fundraiser)

used book sales, with monies going to scholarships, has many new titles to browse with two new boxes of books added tonight.

5. Reminder that Newsletter articles & recipes are due by June 18, Send newsletters articles to Joe-Beth's email in the newsletter. For all contributions, please remember to include the name of the recipe, article topic & your name.

Items for Discussion/Announcements

1. Grace Emery, President, announced that the minutes from the two previous months SAHS General meeting (April and May) were available in the newsletter; asked for corrections or revisions. Hearing none the minutes were approved as written.

2. The Treasurer Report for March was available in the newsletter, asked for any corrections or revisions. Hearing none the Treasurer Report was approved as written.

3. Cookbook Committee update: Committee will meet on June 2 to discuss the plans for the cookbook.

4. WIC and Christus Santa Rosa asked SAHS to provide a presentation on growing herbs for kitchen use to their clientele. There will be two more in June 16 and July 14 with fairly large audiences. Please contact Grace to help. Need at least one assistant for each.

5. New ideas Committee: Mary Beth Wilkinson, Committee Chair gave a brief overview of the new committee, whose purpose is to create new products to increase SAHS revenue. She shared success of newly introduced products, and promised to bring some to general meeting for members to see and/or purchase soon.

Program:

Jane McDaniel introduced program: Soils by John Sells who discussed our Texas soil- and specifically our Bexar County soil- composition and its unique challenges for gardening. Program counted as one CEU for Master Gardeners.

Announcements:

Membership: We had five new members join this meeting: Barbara Barnett, Carolyn Freeman, Judy Conner, Linda Kay Maldonado and Betty Riggs

Next meeting is July 14, 2016, one of our favorite meetings, the Share meeting where everyone brings a tool or tip that makes your life easier.



Two new events needing volunteers are on the calendar:

• July 4 Alamo Heights Parade featuring "Scent Detectives" program for children. Contact Robin Maymar

• July 12 Christmas in July at the Highlands Social Club. Contact Mary Beth Wilkinson

Adjournment: 8:30 pm

Submitted by Mary Beth Wilkinson, Secretary

Program: John Sells & Soils

Here's some trivia John put out there for us to ponder in the form of a "Did you know...?" sort of question:

- * NASA, et. al., spends more money on researching the dirt on Mars than here on earth.
- * According to the USDA, it takes 1,000 years to create 1 inch of soil out of volcanic rock.
- * Worried about erosion? You should be. It takes only 3 inches of rain across only 50% of 1 acre of land with a tiny slope (10°) to move 4.5 tons of soil (that's soil gone—washed away).
- * Soil is a habitat for upwards of 11,000 types of bacteria. One gram of soil can contain a million microbes that live and "breathe" and provide nourishment for other organisms, small and large.
- * Between downtown SATX and Devine, there are 10 distinct and recognized geologic soil types.

Conserve the soil and feed the soil for healthy gardens. Be as organic as you can. John noted that just in the past 100 years, world farming (food production) has gone from being 90% organic to 98% synthetic.

Another big take-away John had to offer was the fact that no one can change the overall character of the dirt within his or her yard or garden. Amendments can be added by the ton - and even then, several tons of amendment MIGHT change the pH of the soil by 0.1% - and that change won't last. John strongly recommended that each person learn what grows best in his local environment and use container gardens if other plants are desired.

Learn to live and work and conserve what you do have - you and the soil will be happier.

From the Old Farmer's Almanac

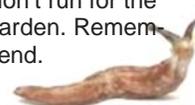
July—the month of the Full Buck Moon. Buck deer begin to grow new antlers at this time. This full Moon was also known as the Thunder Moon, because thunderstorms are so frequent during this month.

How to get rid of garden slugs?

Everyone knows about luring slugs to a drunken death by placing shallow dishes of beer around the garden. They can't resist the stuff! But then, any yeasty, sweet liquid will attract them, so instead of beer, make a gooey brew that the slugs will find delicious by mixing equal parts flour and water with a heaping spoonful of molasses, a sprinkling of cornmeal, and a teaspoon of yeast. Put this goop in shallow containers around the yard and it will have much the same effect as beer without having to ask for ID.

What Eats Slugs?

Lightning bug larvae, garter snakes, turtles and salamanders consider slugs delectable, so don't run for the hoe next time you see a snake in your garden. Remember: the enemy of your enemy is your friend.



Membership

Our membership continues to grow! As of the end of April, the total was about 90 with monthly attendance averaging just about 40.

As ever, you are encouraged to bring a friend to our meetings. The program chairs are always on the lookout for something new or someone with an interesting topic or story to tell. Look at our newsletter archive on the SAHS web page for some of those reports. You'll see for yourself!

We hope you'll find the program line-up for the rest of 2016 something those friends will enjoy as much as yourself. Looking forward to seeing you soon.

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: check and replace mulch layers and pinch back blossoms to help plants avoid drought and heat stress.

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. (Water the ground, not the leaves.)

Enjoy harvesting dill, cilantro, basil and other annuals that go to seed in the heat. Feed basil after harvesting.

Note on saving seed: ideal storage conditions are 45 Deg. (F) and humidity below 50%. Store freshly harvested seeds in brown paper bags until thoroughly dry. Try not to store for more than 1 year. Parsley seeds especially should be fresh each sowing season.

Till, compost and prepare fall garden area.

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

In the Garden

With as much coolness and moisture as the SATX area had this spring, everything's growing like, well, like weeds. While we do so enjoy the mild weather and respite from those 100 degree days in May we've seen in recent years, it behooves us to remain diligent in the gardens and keep things tidier than ever. Don't forget to clean out the bottom of the lawn mower—all that pretty green grass makes a brick-hard layer between the blades and the mower deck. Scrape it off as soon as you're done mowing. This, too, is prime time to get rid of the undesirables and encourage and train those plants whose company most enjoyed. I've got my clippers and diggers oiled and sharp. How about you?

Treasurer's Report April 2016

Submitted by Grace Emery & Karen Lopez

INCOME

Deposit—Membership	\$65.00
Deposit—Miscellaneous items	159.00
Includes books 50.00, speaker 25.00, cookbooks 52.00, salts/herbs 20.00, tickets 22.00	
Deposit—Irish Heritage Festival	121.00
<u>Includes sales of book, raffle tickets, soaps, jelly and herbs</u>	
Subtotal - INCOME	\$345.00

EXPENSES

Garden Center rent	\$85.00
Garden Center attendant fee	45.00
Robin Maymar Herb Mix /Salt supplies	22.64
Natures Herb Farm plants—SAWS event	1,118.05
Festival of Flowers booth fee	50.00
Irish Cultural Society Booth Fee	35.00
3 Barrels - SABotanical Herb Garden	79.98
Public Storage (quarterly rent)	282.00
Utility Media Inc/ hosting Media (quarterly)	49.00
Subtotal - EXPENSES	\$1,766.67

NET TOTAL (Income-Expenses) (\$1,421.67)

ASSETS

Frost Cert. of Deposit	\$1,215.36
Frost Checking	5,998.18
Scholarship Fund	1,097.00
Cash on Hand	50.00
TOTAL	\$8,360.54

Newsletter Deadline for August Issue

All materials for August due by July 22.

'16-'17 SAHS Board

Grace Emery - President

210 875-6919 C; gemery49@yahoo.com

Adrienne Hacker - Vice-President Program Chair

210-930-1026 H; hackla@aol.com

Jane McDaniel - Co-Vice-President, Program Co-Chair

210-381-4931 C; janesirish@att.net

Robin & Milan Maymar - Membership Co-Chairs and Used Book Wranglers

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

Gloria Ortiz - Membership Assistant

210-326-7382 C; gloria4clarins@yahoo.com

MaryBeth Wilkinson Secretary, Recording

210-788-8831 C; soapfisticated@gmail.com

Karen Lopez - Treasurer

830-379-1837 H; 210-316-0817 C; i_quilts@yahoo.com

Lisa & Mike Kelly - Publicity / Speaker's Bureau Contact

817-223-4142 C; sahs@mail.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

Lisa Kelly - Hospitality

Sandra Woodall - Hospitality

210-824-5422 H; lwoodall@gmail.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 and a membership form PLUS a PayPal link for your convenience.

SIG-nificant Stuff

Culinary SIG I

It was all pasta when the Culinary SIG met in June. Our clever hostess had a fresh flower centerpiece in a bright green colander, dried pasta was even sticking out to form a sunburst. Not being content with that, she went on to make napkin rings out of dried manicotti. We hated to pull out the napkins and I will admit I was tempted to use my sleeve, but the thought of trying to get tomato sauce out of my blouse made me reconsider.



As the date of our meeting crept closer, our numbers kept getting smaller. Illness, a funeral, a delayed return on an out of town trip, a prolonged hospital stay - we were afraid to think who would be next. When the day arrived, we were three. We dined on pasta with sweet Italian sausage and tomatoes that had fresh basil. The cook insisted that it is an easy dish to prepare. Our hostess prepared an old family favorite of chicken (or turkey) tetrazzini that had mushrooms and black olives, next time she thinks she will add chopped artichokes. There was Orecchiette with Broccoli and Tomatoes. The dish also had capers, anchovy fillets, lots of fresh garlic and toasted breadcrumbs on top. Since we have to have dessert, there was a macaroni pudding which was described as a take on rice pudding with raisins and nutmeg. The cook said it appeared in cookbooks as early as 1800. As usual we had good food and good conversation. The favors for each of us was dried lavender in a purple bag.

Submitted by Carol Hamling for Jeanne Hackett

Culinary SIG II

The SIG met at the home of Pat Hasser on June 23rd for a feast of all kinds of foods from Ireland, Wales and Scotland. Grace Emery made *colcannon*, an Irish potato dish - basically mashed potatoes with onion and cabbage. Sandra Woodall followed the potato dish with her version of *colcannon* - in my mind a great plan. Pam DeRoche made an exceptional beef and cabbage casserole. An interesting concoction was brought by Karen Lopez, as you can tell by its name, DEVILS ON HORSEBACK. Devils on Horseback is a wonderful balance between salty and sweet, with crispy, chewy and crunchy textures, you just had to be there!!! Robin and Milan Maymar served a warm and wonderful Irish soda bread that made your mouth water. Pat Hasser surprised us with her apple cake with lemon sauce plus a Druidic specialty of warm herbed spinach topped with a lovely group of herbed mushrooms and goat cheese. But dessert was the best I have ever had - MaryBeth Wilkinson made blueberry goat cheese pie to finish off our themed dinner.

Well, it was a wonderful evening but we are taking the month of July off. We'll meet again in August.

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

Submitted by Mary Beth Wilkinson

Weed-n-Gloat

The San Antonio Herb Society's 13-year old Weed n Gloat Team met on May 31st to do what we do best - weed and take care of the Herb Garden at the SA Botanical Garden. We had thirteen members of the WnG team, and one extra: physiotherapist Emily Gustin from California and niece of Robin Maymar. Robin was there, as were Gloria Ortiz, Mary Jo and Basil

Aivaliotis, Lisa and Michael Kelly, Tinky Miranda, Grace Emery, Margie Larkin, Lydia Klein, Marilyn Nyhus, Marsha Wilson and your's truly. All did trojan work, and the Herb patch has not looked this good in a long time. The invasive canna is gone and an old rosemary bush, as is a lot of the mint, which loves this cool, wet weather.

There are three new half whiskey barrels, donated by the San Antonio Herb Society - *MANY THANKS!* - which now

hold this year's herb, capsicum, in various varieties; we put in a couple of black peppers, too. We also re-planted the scented pelargoniums and some lavenders which weren't getting the sun they needed. All in all,



a great 90 minutes of work. Lydia Klein and Margie Larkin left to tend to the Warrior's Garden at Ft. Sam and the rest of us repaired to Commonwealth Cafe to partake of scrumptious salads and iced coffee. What an amazing organization the SAHS is, with members generous and cheerful at work for others! From next month on, Tinky will be bossing the WnG Team around - I am looking forward to being one of the WnG grunts when I return from Achill Island, off the west coast of Ireland, in August. A huge thank you to Tinky for giving the WnG Team the benefit of her huge experience as a Master Naturalist and gardener.

We meet from 9-10 am during the hotter months, and usually meet afterwards for a light lunch or coffee at a nearby cafe. Contact Tinky if you would like to come and join this merry group.

Submitted by Jane McDaniel

Ed. Note: The Weeders are part of a much larger contingent of volunteers who help maintain the SA Botanical Garden overall. The SABot held an annual appreciation brunch for everyone in mid-June. Nice to be recognized! Thanks to the SAHS Weed-n-Gloat gang for their dedicated and stellar work.

Aromatherapy

In May, the Aroma SIG studied Copaiba (*Copaiba langsdorffii*) essential oil. We all learned a lot about this really amazing South American oil which is tapped from a leguminous tree (genus *Copaifera*) similar to the way maple syrup is obtained. In June, we will study Palo Santo (*Bursera graveolens*). This is considered a sacred oil, sustainably collected using steam distillation only from trees that have died, and is known as the frankincense of South America.

July and August topics are in the works.

The SIG meets at 6:30 at La Madeleine on Broadway on the 4th Tuesday of each month. Arrive by 6 to enjoy a bite to eat prior to the discussion.

If you would like more information about the SIG or have questions please contact Jean Dukes at 210.566.4379 or itmakescents@earthlink.net.

Mad Hatters

The last Mad Hatters Tea had us donning our best hats and enjoying lunch & tea at The Bread Box. This is a really nice restaurant for lunch in the old Apple Annie's in Artisan's Alley. We each had wonderful sandwiches or soups and tasty desserts, along with great conversation and, since June is National Iced Tea Month, we all of course had a lovely iced tea.

At the check-out counter, the glass cases full of yummy breads and muffins and the most scrumptious-looking brownies will tempt even the most resistant. All of these items were available to take home and enjoy later. We found the lunch and bakery items reasonably priced and delicious. I hope everyone gets a chance to try out the Bread Box soon.

Upcoming summer tea sessions? Possibly an Oriental tea or a visit to a Japanese Tea Room.... We're thinking about inviting friends thru the internet Meet-up system to join us. Join the Mad Hatters & join us for Tea

Tea wisdom:

"Each cup of tea represents an imaginary voyage."

Contact me at lnbdesignline@aol.com

Submitted by Linda Barker

Texas Natural Living

The Blanco Lavender Festival on June 10th was a great success! Sure, we've lost many plants so the farms are affected and that is a shame BUT the festival is a celebration of the plant itself and celebrate we did! There were tons of people all around the town square buying and selling. We found what we were looking for and even some surprise treasures to bring home. Last but not least: when we *did* take a trip out to one of the farms, we saw the real deal! Lavender as nature intended, beautiful and fragrant! No trip (at least for me) is complete without lavender refreshments and I was not disappointed. We had lavender iced tea and lemonade at the Redbud Cafe (off the Courthouse square in Blanco) and lavender ice cream at the farm. Like I said, we went to celebrate this much-loved plant and celebrate we did!

Submitted by Randy Mass

Herbal Crafts

The Herbal Craft SIG met on June 18th at Linda Barker's house to make luminarias. We recycled empty tin cans and punched holes to let in the light. A little paint and a candle makes this a great yard decoration. This is a great way to repurpose what would go in the trash or recycle bin. July's SIG is clay impressions at Janet Huffman's house and August is Lavender Peach Jam.

If you would like to be part of the Craft SIG, please contact Kathryn at kseippccc@aol.com or 210-643-1445. We meet from 10 am to 1 pm on the 3rd Saturday of the month with a potluck lunch. We take turns at different members' homes and have different topics. We have no limit on membership, so feel free to join us.

Submitted by Kathryn Seipp

Healthy Living with Herbs

The group did not meet in June. A few of the ladies are also members of the Texas Natural Living SIG. These intrepid travelers visited the annual Blanco Lavender Festival. See report elsewhere in this issue. '

12 Herbs Cookbook Committee

The new cookbook committee is still testing, sorting and arranging all the recipes contributed.. Thanks to all who submitted and especially those who've been testing the recipes.

Herbs FROM your garden needed

Thinning your plants? We are seeking freshly harvested Mexican Mint Marigold, parsley, and chives (garlic or onion) to dry and use in the spice packets we sell at upcoming events. Any amount appreciated. Contact MaryBeth or Grace.

Herbal Outreach Events Volunteer Opportunities

July 4

The Terrell Hills (and Alamo Heights) cities hold an annual 4th of July celebration along Geneseo street starting at 9 am on Monday, July 4th. SAHS will be there with our "Scent Detectives" educational display. It's always a lot of fun to get kids (and their grown-ups!) to play this thinking game. We'll have some little plants to give away. This event needs lots of willing hands to come early to set up and stay later to help pack up the left-overs. Contact Robin ASAP to help out.

July 14

The Christus system and WIC (Women Infants and Children): This program includes the 12 herbs that grow easily in south central Texas and emphasize the use of these herbs in everyday meal preparation. We aim to teach moms and dads (and kids!) simple ways to start and maintain a small kitchen garden as well as how to use the products of those gardens in simple and easily-prepared meals everyone will enjoy. And who knows? Perhaps those youngsters will grow up and be dedicated and passionate gardeners *and* herbalists!

Want to help make this presentation? One more session on July 14 needs at least 4 volunteers.

Contact Grace Emery today!

July 16

The Southeast Business Women's Club is holding their annual "Christmas In July" Arts and Crafts Fair on July 16. The location is the Highland Social Club, 2929 S. WW White Rd; time is from 9 to 3. The SAHS plans to bring books and some of the new food products to this event. Sounds like a fun event and a good time to practice those volunteer skills. Contact Grace or MaryBeth to help out right away.

August: Herbal First Aid

Get a boo-boo while gardening? A scratch that drew a little blood? Something more serious? How's your herbal first aid knowledge? Here's an example: did you know that purslane crushed up and smeared on a fresh poison ivy site will help relieve the worst of the rash (in many cases)? Or that a handful of cobweb can help clot up a freely bleeding wound?

At our August meeting, Grace will present on how you can be herbal and emergency ready, too.

October: Vietnamese Cuisine

Mark your calendars now for October 13th's meeting. Diane Lewis and friend Lien Wilcox will co-present on Vietnamese cooking and show how this culture utilizes LOTS of herbs and vegetables in everyday foods. They plan to demonstrate *Banh Mi* (think "sandwich"), a coleslaw and a dessert. Lien is a talented cook—this should be one tasty program. Hope to see you all there.

Herbies Travelling to Ireland

Dateline, Achill Island: this just in from our own intrepid Irishwoman, Jane:

Got some really changeable weather here - misty and sunny and windy and rainy....But we've had a couple of Bulmer's and Guinness-es on you at Lynott's and Gaiety's pubs.

I had an Airbnb guest from Sydney, Australia stayed for 2 nights - he loved the big Irish breakfasts. Had a big bonfire last night - it was St. John's Night; tradition here for centuries to have bonfires. You could see them at night all over the hills. Robert—a pyromaniac at heart—was in fire heaven; the fire pile was 15 ft. high.

You'd love it here - by any weather.

Submitted by Jane McDaniel

Nature's Herb Farm

Mary Dunford (SAHS Founding Member)
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

CIMA Hospice

Therese Pieniazek, volunteer coordinator
12400 Network Blvd., SATX 78249
210-202-7533 (c)
1-800-hospice (467-7423)
rpieniazek@cimahospice.com
www.cimahospice.com

Koch Ranches Gourmet Country Store

Cheryl Koch Ludwick
2114 Mannix Dr, SATX 78217
210-858-9795
www.kochranches.net

It Makes Scents

Natural Health Counseling & Essential Oils
Jean Dukes, RN, CNHP, Cert. Aromatherapist
210-566-4379
itmakescents@earthlink.net
www.youngliving.org/makescents

Health by Choice

San Antonio's "go-to" group offering Natural Health Solutions
Sil and Yoli Huron, BA, CNHP
AIM™ Living Well Coach
210-735-9053
health4ever@barleybaby.com
www.barleybaby.com

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

Yvonne Baca, LMT

Holistic Health Practitioner: Therapeutic Massage, Lymphatic Drainage, Aromatherapy, Reiki Master, Therapeutic Touch, Akashic Record Consultations
830-537-4700 H
210-313-8705 C
yvonne943@yahoo.com
<http://www.boerneholistichealth.com/>

Lyn Belisle Studio

A Place of Creative Belonging
Lyn Belisle
1824 Nacogdoches Road, SATX 78209
210-860-9468
www.lynbelisle.com
lyn@lynbelisle.com

Bolner's Fiesta Spices

Mike Bolner, VP, Sales & Mktg
426 Menchaca, SATX 78207
<https://www.fiestaspices.com>

FloraScape

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

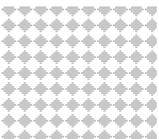
Renew your business membership today for your business name to be listed in this space!

Business Members

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



PLEASE SEND TO:



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