



La Yerba Buena



THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 244, July 2010

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, June 10, 2010

SAHS and Dill, Herb of the Year 2010

You've seen it, smelled it and tasted it dry, but have you enjoyed it fresh? Dill freshly washed and snipped from the plants in your garden have a fragrance and taste that can't be beat. Joe-Beth Kirkpatrick will share some historical tidbits collected during her research about dill. Part of this program is all about audience participation. If you have a favorite recipe featuring dill, fix it up and bring it to the meeting. Email your recipe to Joe-Beth no later than June 30 for inclusion in the meeting handouts. If you have a favorite anecdote or use for dill, bring those stories, too! Contact Joe-Beth to help. 830-460-0251. *Thanks!!* Members whose last name begins with A-F are asked to bring a snack for the hospitality table. Don't forget to bring the recipe to share.



We're in the San Antonio Garden Center, located on the corner of Funston and N. New Braunfels. For more information, check out our website at www.sanantonioherbs.org

Basil Festival Thanks

A Big THANK YOU to YOU!

Thanks to all of you for making the Basil Fest such a success. This was a "leap of faith" by the Herb Market Association and a First in two ways:

The Herb Market Association has never done a "mini" festival and they, led by Mary Dunford wanted to try out a specialty festival and focus on basil. There were many issues to overcome, (insurance, certified kitchen availability, logistics with chefs and delivering fresh produce from the farmers who are contracted with Pearl to name a few) some of these I really didn't think they would be able to do by June 26. When the permission came, we had 3 weeks to get it done. Mary asked if the Herb Society could help out, and you guys came to the call.

The second "First" is from the Pearl perspective. They have never allowed an "outside" group to come in to the Farmer's Market. They were very adamant about this. This hurdle was also overcome and the Herb Market Assoc. finally allowed to participate during the Farmer's Market hours. Pearl was thrilled with the outcome. And again, it was in large part due to your efforts. The Basil Fest held the audience attention up until the 1:00 cut off as opposed to the dwindling crowd they see at Pearl on any given weekend. The Food Bank and Pearl and the Herb Market Assoc. were thrilled with the donation to the Food Bank. The Herb Society got a lot of good press, sold a lot of books and was very much out in the forefront of the day.

You can say that you were there at the First Annual Basil Fest and that YOU made it happen.

Thanks to all of you, and I appreciate each of you.

Submitted by Evelyn Perrod



From the Old Farmer's Almanac:

Historically, the Native Americans who lived in the Great Lakes region named the full moon each month. Here are some for the summer months:

July - Full Buck Moon. Bucks 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.

August - Full Sturgeon Moon. Some Native American tribes knew that the sturgeon of the Great Lakes and Lake Champlain were most readily caught during this full Moon. Others called it the Green Corn Moon or the Grain Moon.

Hospitality Table Schedule:

July: T-Z
August: A-F
Sept: G-M
Oct N-S
Nov T-Z

Hospitality needs some help.



Members' Sale Tables at General Meetings

Contact Jean Dukes to reserve a table at least 2 weeks prior to the meeting. Have your sales table set up by 6:30 pm and removed by 9 pm.

Members' Share Table

Is always open. Bring your gently used items to share with other members. Items

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Member Recipes

Here are the recipes provided with some of the terrific dishes brought to the May Banquet.

Pico de Gallo

Submitted by Eileen Acorn

Combine:

- 3/4 C seeded, chopped watermelon
- 1 C chopped cantaloupe
- 1 C chopped jicama
- 1 C chopped radishes
- 2 jalapenos, seeded & minced
- 3-4 Tbs finely chopped cilantro

Juice of 1 lime

Toss gently and dust with pure chili powder

Golden Millet with Lemon-Wasabi Dressing

Submitted by Eileen Acorn

Place a medium stockpot of medium high heat. Add 1 C millet, rinsed & drained and stir vigorously until grains are fragrant and dry (about 3 minutes). Slowly add 2 C vegetable stock and 5 sprigs fresh thyme. cover tightly, reduce heat to medium low and simmer 30-35 minutes or until millet is tender and stock is absorbed. Remove from heat and let sit, covered, 10-15 minutes. Turn into large bowl, fluff with fork and let cool. Remove thyme stems (leaves will stay behind). Add the following:

- 2 C blanched fiddlehead fern
(or green beans cut into 1/2" pieces)
- 1 bunch scallions, diced
- 2 bunches radishes, sliced paper thin
- 2 Tbs minced lemon zest
- 1/2 tsp kosher salt
- 1 tsp freshly ground black pepper

Dressing:

Stir 1 Tbs wasabi powder into 1 Tbs fresh lemon juice. Set aside 5-10 minutes to mellow. Then add 1 Tbs unseasoned rice wine vinegar, 6 Tbs safflower oil, 1/2 tsp kosher salt.

Garnish with 1/2 C toasted sliced almonds.

Black Bean Dip

Submitted by Eileen Acorn

Combine

- 2 1/2 C cooked black beans (or 1 19oz can)
- 1/2 C prepared salsa
- 2 Tbs fresh lime juice
- 2 Tbs chopped fresh cilantro
- 1/4 tsp ground cumin
- salt and pepper to taste

Process in food processor until smooth. Serve with tortilla chips.

Tomato Bean Salad

Submitted by Patty Wilson

- 1 can garbanzo beans, drained
- 1/2 red onion, chopped
- 2 cans (small) sliced black olives, drained
- 1 package grape tomatoes

Dressing:

- 1/4 C olive oil
- 1 Tbs fresh basil, chopped
- 1 tsp fresh oregano, chopped
- 1/4 tsp pepper
- 1/8 tsp garlic powder

Prepare dressing and set aside. Gently toss first 4 ingredients, then add dressing. Chill 3 hours.

Chocolate-Zucchini Cakes with Walnuts

Submitted by Patty Wilson

- 1/2 C (1 stick) unsalted butter
- 1 C sugar
- 1/2 tsp coarse salt
- 1 large egg
- 1/2 tsp pure vanilla extract
- 1 C finely grated zucchini
- 3 Tbs sour cream
- 1 C all-purpose flour
- 1/4 C unsweetened cocoa powder
- 1/2 C (3 oz) bittersweet chocolate, chopped or chocolate chips
- nonstick cooking spray
- 24 walnut halves

Directions:

Preheat oven to 350°F. In a large bowl, stir together butter, sugar, salt and egg until combined. Add vanilla, zucchini and sour cream and stir until incorporated. Sift flour and cocoa powder into bowl and stir until combined. Stir in chocolate.

Spray two mini-muffin pans with cooking spray. Fill each cup with 21 tablespoons batter and top with a walnut. Bake until a toothpick inserted in center of a muffin comes out clean, 15 to 17 minutes. Let muffins cool slightly in pans on wire racks before serving. Store in an airtight container up to 3 days.

Hearty Handshakes to...

To Evelyn Penrod for all of the effort is helping make this first Basil Fest a reality. Evelyn, as a member of the October Herb Festival committee, "accidentally" became the lead as SAHS' point of contact and volunteer recruiter and all-around go-to person.



Herbs and essential oils to the rescue

Heat and humidity getting to you? Some ideas: a couple of drops of peppermint essential oil in one of those bottles of water is a refreshing drink.

Or you could try Sandra Lyssy's **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.

Over the Fence...

2010 Program Line-up



August: annual show-and-tell from our membership. Always a fun and relaxed event, Bring something you'd like to share with everyone: a favorite book, a plant from your garden, a recipe, a favorite tool, you get the idea. One year, a member brought a bat-house and another brought an old spade.

September: pending confirmation

October: Judy Barrett of "Homegrown" with a topic title of "What Do I Do With My Herbs?"

Next Board Meeting

July 26, 6:30 pm. These meetings are open to the general membership. Please contact one of the Board members for location or other details prior to the meeting day

NEW Tee-shirts, totes and aprons now available!!

Check out the sales table at the next meeting or contact Patty Wilson.

SA Botanical Garden Events

July Plant Sale at the SABOT Greenhouses Saturday, July 24th, 9:am to 1 pm. Browse the greenhouses and growing tables for that perfect summer addition to your garden... Select sun-lovers, shade bloomers or just plain pretty plants ready for you to take home and enjoy. Don't miss this delightful July Plant Sale at the Garden!"
NEW: Playhouses and Forts exhibit throughout the Garden.

SAHS and "Go Texas" membership

The Board is looking into advertising our cookbook and resource guide in this year's "Go Texan!" member gift guide.

Our Membership is in Demand...

As knowledgeable speakers. We recently received a request from the Hollywood Park Garden Club for program speakers for the months of October, November, January, February, March or April. If you have a prepared Herbal topic, please contact Lyn Belisle for more information.

Our Friends from Sandy Oaks Olive Farm

4th of July Tapas Party Jul 3, 2010, 11:00 AM to 3:00 PM Begin your 4th of July Celebration with tapas, wine and beer in our outdoor kitchen. Wine and beer priced by the glass, tapas are free.

Cooking Class, Where There's a Grill, There's a Will!, July 17th, 11am by Chef Cathryn S. Tarasovic. Reservations are a must for the cooking class. <http://www.sandyoaks.com/> or call (210) 621-0044

By the way, Chef Cathy won the Pesto cook off during the **Basil Festival** at Pearl Brewery June 26th. The winnings were donated to the SA Food Bank.



More places to get information:

Mitchell Lake Audobon Center

Mitchell Lake Audubon Center
10750 Pleasanton Rd., SATX 78221
<http://tx.audubon.org/mitchell.html>, 210-628-1639
email: mlac@audubon.org
center events are ongoing: birding, plant walks, insect investigation, family programs and more.

Joe-Beth Kirkpatrick & Diane Lewis recently took a native plant walk led by Patty Leslie Pastor. Well worth it!

Helotes Creek Nature Center

Louise Cooper, administrator; Myfe Moore, founder; 14433 Bandera Road, Helotes, Texas 78023; 210-695-1711, <http://www.helotescreeknaturecenter.org>

More Dietary and Nutrition guides and info

If you want a REAL guide to which foods you should eat, check out Mike Adams' Honest Food Guide, an easy-to-use nutritional reference chart that will help you make the best choices at every meal. The "Honest Food Guide" is based on real nutrition, not politics or special interest groups, and it illustrates the nutritional principles that will keep you healthy for life. Because this information will help you live a healthier lifestyle, Mike is giving away downloadable copies at <http://www.HonestFoodGuide.org>

Submitted by Jean Dukes

Lyn Belisle's son,

Rick Riordan's first book in the next series comes out this fall. Borders was advertising a discounted early order. Good to see the success.

Farmer Market info

A little checking found that there are literally dozens of opportunities for you to shop for locally grown produce and meat. This list is of the websites of the several Farmer's Market groups. Each site lists its vendors and dates/times/locations of operation. Enjoy the fresh!

<http://hillcountryfarmersmarket.org>
<http://pearlfarmersmarket.com>
<http://sanantoniofarmersmarket.org>
http://naegelifarms.com/Farmers_Market.html
<http://centraltexasgrowers.org>

from the Online Herb Companion...

...suggested some **great summer-time ice teas** and beverages: Peach Pick-Me-Up (Peach puree with dried and fresh mint); Hip Apple Rose Tea (rose hips, hibiscus flowers, pineapple sage or apple mint, raspberry leaves); Black Forest Magic (black tea leaves, cocoa powder, cinnamon, black cherry juice); Tummy Tamer (fresh ginger slices, orange zest); Lavender Lemon Quencher (lemon balm leaves, fresh (or dried) lavender buds, lemon slices). Here's hoping someone will try one of these out and bring it to a meeting to share!!

Click on <http://www.herbcompanion.com/> and search for "herbal ice tea".

The Father of Texas Botany

Ferdinand Jacob Lindheimer

Many of us know that when it comes to October Fests, one of the best places to visit is the New Braunfels Wurstfest. But how many of us know that New Braunfels is also the home of the father of Texas botany? And that it hosts many beautiful gardens that need to be visited.

Lindheimer helped to categorize hundreds of indigenous plants. He placed our region's flora on the horticulture map by collecting thousands of plants and sending them to Harvard University where they were classified, named and then distributed to botanists worldwide. Lindheimer's name is included in the designation of 48 species and subspecies ranging from the sunflower to the cactus.

Born in 1801 in Frankfurt, Germany, Ferdinand Jacob Lindheimer was well-educated young man with a passion for justice and distaste for compromise. He became a teacher at Bunsen University where he joined a political movement hoping to reform the German government. He immigrated to the United States in 1834 as a political refugee and joined other Germans, many of whom were political refugees also, in Belleville, Illinois. From there he moved to another German settlement in Veracruz, Mexico where he collected plant and insect specimens. He became disgusted with Mexican politics and return to the United States and enlisted in the Texas army under John Coffee Hays and served until 1837. This short military career gave him the opportunity to learn the Texas terrain and its inhabitants, both native and immigrant. This later served him well in his collecting travels.

Lindheimer knew George Englemann, a botanist with the St. Louis Botanical Gardens from his days in Frankfurt. Englemann had partnered with Asa Gray, a Harvard botanist. Lindheimer made an agreement with them to work as a collector of Texas plants. He ranged from the Gulf Coast to the Hill Country. In 1845 Lindheimer settled on 2.5 acres on the Comal River at the invitation of Carl Prince Solms-Braunfels. For a short time he lived in a tent on the property before building a modest cottage. He married in 1846 when he was 45. He and his wife, Eleanor raised two sons and two daughters. He continued to collect plants and planned on establishing a botanical garden. He was highly respected in the community and in 1852 he was unanimously elected the first editor of the *Neu Braunfelser Zeitung*. He held this position for nearly twenty years, fearlessly defending the right to free expression. His knowledge of political affairs allowed him to assume many public duties. He also conducted a free private school for gifted students, he served as Superintendent of Public Instruction in Comal County for several terms and was the first Justice of the Peace until age and failing health forced him to retire many activities. He died in 1879. His devotion to the preservation of the natural beauty of Texas entitles him to the title "Father of Texas Botany."

Adapted from Lu Allen, Peggy Hamm, Bonnie Leitch and Mary Salmon.

Next month, more about his house and gardens and then about many of the plants that bear his name. Come out to the Lindheimer home at 491 Comal Avenue in New Braunfels.

Submitted by Sally Ann Hnaituk

Ed. Note regarding the photos printed in this newsletter: Many photos do not gracefully reduce in size in order to be fit into the spaces herein. Try checking the full color version of this newsletter in the SAHS web pages. The photos are much more easily viewed when you can enlarge them with the programs in your home computer.

Minutes of the June General Meeting

June 13, 2010

Yvonne Baca opened June meeting for the first time as our new president at 7:05pm.

May Minutes and April Treasurer's report were approved as printed in the newsletter.



Lyn Belisle announced the passing of former SAHS member Mary Lee Estess. Funeral services tomorrow (6/11) at Ft Sam Houston and memorial service to be at Wayside Chapel (Sat., 6/12). Mary Lee had served SAHS as treasurer and program chair and had also created lovely, hand painted thank-you cards for our guest program presenters. She will be dearly missed.

Evelyn Penrod surprised Carol-lee Fisher with the presentation of a lifetime membership and memento photo album. Carol-lee will soon be moving to Bastrop, Tx.

Joe-Beth Kirkpatrick spoke next about the Festival of Flowers where we sold 33 SAHS cookbooks and resource guides at a nice profit.

Yvonne announced that the Basil Festival will be June 26 at Pearl Brewery at the Farmers Market from 9am-1pm. Evelyn Penrod (also on the Herb Market steering committee) is the contact for volunteer information.

She also announced that Joe-Beth will make the program presentation on Dill at the July general meeting (July 8th)

August meeting will be our traditional "share" (a.k.a. Show-n-Tell) meeting.

Jean Dukes introduced our speaker Sam Coffman who is a retired military special forces survivalist, medic and studied botany. He gave an informative discussion about local native plants and their medicinal uses.



Sam explained his background growing up and in the military to help us understand his current passion in herbalism and getting back to the earth. Trained and proficient in many survival methods, he came to see that humans can exist quite comfortably (and healthily!) by living in harmony with the earth.

He presented his top 8 favorite locally native plants in a combination slide show and discussion. This was a poised and pleasant program in which we all learned quite a bit. Some plants we knew right away about their properties (mullein and plantain, for example). Others were a little more new (who knew verberna was so versatile?) It ended much too quickly. Thanks, Sam, for making this presentation.

Meeting was adjourned at 8:45p.m.

Treasurer's Report, May 2010

Submitted by Kathryn Seipp

INCOME	
Membership	150.00
Plant Sales	1,031.50
Cookbook Sales	60.00
Resource Guides Sales	140.00
Booklets Sales	36.00
Bundled book Sales	420.00
Shirts, Aprons, Totes	30.00
Miscellaneous Sales	9.00
TOTAL INCOME	1,876.50
EXPENSES	
Attendant Fee	45.00
Banquet	306.20
Equipment	294.65
Rent Expense	185.00
Supplies	24.00
Total Expenses	854.85
Total Income-Expenses =	1,021.65
ASSETS	
Cash and Bank Accounts	
Cash on Hand	100.00
Frost Cert of Deposit	1,154.09
Frost Checking	4,648.07
Frost Savings	2,386.19
TOTAL Cash and Bank Accounts	8,288.35
TOTAL ASSETS	8,288.35
LIABILITIES	0.00
OVERALL TOTAL	8,288.35

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 and a person may have a reaction to any herbal product even though it is not a toxic substance.

From the Membership Chair

NEW MEMBERS

We have lots of new members to welcome this month! Some came to us after hearing about us from friends, some came as the result of Festival and Flowers and several heard about us through a Master Gardener class. We welcome all of you and look forward to getting to know you better and working with you on our various projects and events. Keep up the excellent work, members, in welcoming newcomers and visitors! Look for our newest members at future meetings: Duane Eaton, Jo Fred Burt Evans, Tracy Hamblin, Lisa Nixon, Brenda Plotkin, Brenda Reinhard, Emily Sauls and business member Sam Coffman.

NAMETAGS

Nametags will be ordered in June to arrive in time for the July meeting. We have a few new members who are due their nametags and who I will have contacted about how you'd like your name to appear. Remember, if you lose your nametag and need a replacement, see me at the membership desk or contact me by phone or email to place an order. Replacement tags are \$12.50 and must be paid for before the order is placed. The next nametag order will be placed following the September meeting.

Submitted by Gayle Morris, Membership Chair



Patty Leslie Pastor, a terrific native plant expert, Mary Dunford and Carol-lee Fisher (probably solving world issues!)

That's Don Crites and Eileen Achorn talking with a visitor before the June meeting.



Did somebody say "Snacks"?



More snack and good visiting time.

OK. All settled in and ready for meeting and program time.



Brian's July To-Do List for The Garden

Compiled by MG Brian D. Townsend



1st Week:

Watch for insect pests. Spray for specific ones ONLY as needed. Avoid general "wipe-out" sprays. Remember that when you kill beneficial insects, you inherit their job!

SPIDER MITES can be controlled with insecticidal soap or horticultural/plant oil, such as *Neem*, or a strong spray of water under the leaves.

Pull up squash vines if SQUASH VINE BORERS have bored into the stems. Pitch them in the compost pile.

Remove spent flower spikes from all salvias. Remove flower buds from caladiums, coleus, mums, and santolina to keep the plants growing vigorously.

Keep tomatoes evenly moist to prevent blossom-end rot. Mulch with 2–3 inches of organic material, being careful not to mulch against the stem of the plant.

Divide and replant Mexican mint marigold (*Tagetes lucida*) and chrysanthemums so you will have more flowers in fall.

Sun-loving flowers such as portulaca (moss rose) and purslane still can be planted.

There's still time to plant okra. This vegetable loves the heat and will do well planted even into June.

Plant summer annuals for color. Good candidates for sunny areas are moss rose, firebush, copper plant, celosia, and lantana.

In the Herb Garden: Shape plants by pruning gently. Pinch back blossoms to save plants from going to seed and cross-pollinating. Maintaining 2" of mulch is the key to saving water, discouraging weeds, and cooling the soil. Water early in the morning and deeply; check on a regular basis. Caution: Do not over water. Keep water-thirsty plants separate from more tolerant plants. It is easy to kill sage or rosemary by being too kind with water. If you're looking for a different summer plant, consider basil for the summer garden.

2nd Week:

Compost squash, brussel sprouts, and other vegetable plants that are at the end of their productive life.

If you had a good season with flowering sweetpea, inspect and pull dried seed pods and save for sharing and fall sowing.

Bougainvillea doesn't like to be pampered. Let it get root-bound and dry out to 1" below the soil line between waterings. Fertilize every 4 weeks with hibiscus food for a bountiful bloom.

Soak coleus, caladiums, and geraniums to a depth of 8" to help them cope with summer heat.

Plant southern peas (black eye, purple hull, crowder) for a summer harvest and soil improvement.

3rd WEEK:

Start tomato and pepper seeds now so you can be ready for fall planting.

For dry, sunny beds now is the time to plant vinca for summer bloom.

Fertilize flowerbeds lightly every 4–6 weeks.

Plant heat-loving shade plants such as coleus, caladiums and begonias.

Watch for BAGWORMS on junipers, arborvitae, and other conifers.

Remove by hand or use Bt or other approved insecticide.

4th WEEK:

Remove faded flowers from zinnias and roses for a longer bloom season. Get the same effect on verbena and lantana by skimming the plants with a string mower/trimmer every four weeks.

Place firebush in a container to attract hummingbirds to the patio. The plant needs full sun. If you have a shady patio, use firespike instead.

Periodically prune reblooming salvias, such as cherry sage (*Salvia greggi*) and mealy blue sage (*Salvia farinacea*), for continued blooms slow-release lawn fertilizer per 10 ft. of row.

Prune fall-blooming perennials, such as Mexican mint marigold, chrysanthemums, and Mexican bush sage, during summer to keep them compact and reduce the need for staking.

Remove faded flowers from plants before they set seed to encourage plant growth and produce more flowers.

Now is the time to plan for next spring. Consider digging and dividing any crowded spring bulbs. Once bulbs have matured and the foliage has turned brown, it is time to spade them up and thin out the stand.

**In updating this collections of useful tips, I have come across several comments, instructions and chemicals that are being replaced with newer techniques and materials. In some cases, I do not want to change what others have written, but I need to bring "them" up-to-date by putting a "(?)" right behind the point in question and maybe adding my own two-cents worth. - me*

Many thanks to my contributors for sharing their wisdom so I can learn and share it with you.

Also from the Herb Companion's online news...

... some **great summer-time ice teas** and beverages: Peach Pick-Me-Up (Peach puree with dried and fresh mint); Hip Apple Rose Tea (rose hips, hibiscus flowers, pineapple sage or apple mint, raspberry leaves); Black Forest Magic (black tea leaves, cocoa powder, cinnamon, black cherry juice); Tummy Tamer (fresh ginger slices, orange zest); Lavender Lemon Quencher (lemon balm leaves, fresh (or dried) lavender buds, lemon slices). Here's hoping someone will try one of these out and bring it to a meeting to share!!

Click on <http://www.herbcompanion.com/> and search for "herbal ice tea".

SIG-nificant Events

SIG Leaders... What has your group done lately? Don't forget to get a note to the newsletter editor for next month!

Healthy Living with Herbs SIG

June 8 and we were at Jean's house to view the documentary film "Sweet Suicide". This film, about an hour, takes a close look at what the excessive quantities of sugar and other sweeteners is doing to the health of Americans in general. Pretty scary. It profiled several individuals who'd turned themselves around from either morbid obesity and/or myriad ailments and organ failures and back to health.

Later, on June 24, we drove up to Imagine Lavender, just outside Vanderpool. There, in the fine Texas Hill Country, we saw just how dedicated Patience is with her farm. Only in the biz for a few years, now, she's been a quick study. The fields are planted with several varieties and some cultivars of lavender as a hedge against having "all your eggs in one basket". The plants are widely spaced for excellent airflow, which this herb seems to require. The white lavenders were blooming and busy with bees and butterflies—we had to dodge a few of each! These fields are also being allowed to regrow the native grasses that were destroyed with the first plowing. Patience educated us and entertained us for almost 2 hours—she is a wealth of good information. We wrapped it up in the little farm store and bought a few items to bring back and enjoy. (My Lab has already tried the dog shampoo!)

July's meeting will be a session on cooking with various types of tea at Diane's home.

submitted by Joe-Beth Kirkpatrick

Culinary SIG

The Culinary SIG met on the 22nd of June at Beverly Tibbs' house to talk about drying herbs. Beverly led the meeting and had dried some herbs in the microwave (can you believe it?!!) before we came. They came out beautifully – great texture (is that the word I want?) and wonderful aroma. She also talked about hanging herbs in bundles and showed us some creative hangers she was working on made out of the sides of a discarded baby crib. (Don't you just love people who can think "outside the box"?) Nathan Summar offered another method he uses – just laying the herbs out on newspaper inside the house away from the sun. We had some great food while there; there's always a nice array of healthy things to eat. We did, however, indulge in a fabulous cake that Madeline Sprague picked up from Nadler's to celebrate Beverly's birthday – three layers comprised of chocolate mousse, cheesecake, and chocolate cake, all topped with chocolate ganache. (Madeline, my birthday's in December...hint, hint.) And, of course, there is always ample conversation about the topic of the evening and all other sorts of topics, herbal and not. (We just have a really good time together and never run out of things to discuss and share!) Our next meeting is July 22 at Chris Sinick's house where we will try to beat the summer heat with smoothies (and I think some other concoctions of interest...). We were originally going to do the smoothies in early June, then Chris and I switched hosting, then the early June meeting was canceled because of my bum knee, so...the culinary herbal blends meeting from early June will be rescheduled for a later date.

submitted by Gayle Morris

Herbal Crafts SIG

No report for June



At Imagine Lavender, the hand-built store. Not shown are a couple of cool, breezy, shady picnic tables & benches for visitors

Patience and Carol-lee at the start of a great tour of the fields and many explanations for the cultivation methods in use.



At Imagine Lavender, a few of the white lavenders in bloom.

Brian's June To-Do List for The Garden

Please See Brian's full column via the www.sanantonioherbs.org web page.

'10 - '11 SAHS Board Officers

Yvonne Baca - President

210-313-8705 (cell), yvonne943@yahoo.com

Jean Dukes - Vice President Programs

(210) 566 4379, 10days@earthlink.net

Gayle Morris - Membership

210-497-7416 or 210-912-9787 (cell)

gaylemorris09@gmail.com

Karen Abel - Secretary / Recording

210-326-8685; kl89murray@yahoo.com

Jeanne Hackett - Publicity / PR

210-735-5333, jeannehackett@sbcglobal.net

Lyn Belisle - Webmaster & Green List Coordinator

210-826-6860, belisle@satx.rr.com

Contacts

Marilyn Nyhus—programs assistant

727-643-1380 (cell); rudyandmar@yahoo.com

Maria Luhrman—membership assistant

210-474-0550; mluhrman@yahoo.com

Joe-Beth Kirkpatrick – Newsletter

210-590-9744, joby53@gmail.com

Sandra Lyssy – Hospitality

210-659-5561; slyssy123@yahoo.com

Patty Wilson - T-shirts, Cookbooks

210-647-0838, dwilson@satx.rr.com

Business Members

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

Nature's Herb Farm

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

Nematode Nick's Landscape Design & Installation

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

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drl designs@swbell.net
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Email: sj@atotaldomain.com
(210) 744-1707 (cell)

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Jean Dukes, RN, CNHP,
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10days@earthlink.net
www.tendayshealth.com

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www.inhomeseniorcare.net

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San Antonio, TX 78258
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lstanley@cbharper.com
lstanley12@yahoo.com

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